

## **Builders and Bulldozers**

*Everyday 5 minutes*

Level: Moderate to Vigorous

Skill: Manipulative

Equipment: 12-14 small cones

Activity: Divide the students into 2 groups.  
One group will be the builders and one will be the bulldozers.  
On the signal to start, the builders will move around the playing area attempting to set up any cones that have been knocked over. The bulldozers will move around the playing area attempting to knock down any cones that are upright. Bulldozers may only use their hands (no kicking the cones) to knock down the cones.  
After a few minutes, stop and switch the roles of the students.  
Those students who were builders will become bulldozers and bulldozers will become builders for round two.

Modifications:  
None, game may be played inside or outside.

## **Clean Your House**

*Everyday 5 minutes*

Level: Moderate to Vigorous

Skill: Throwing and Retrieving

Equipment: fluff balls (or yarn balls) and cones to mark room division

Activity: Divide your class into two teams and have one team on each side of the room. Scatter fluff balls evenly on each side of the room to start. On the signal, "Clean Your House", students throw the fluff balls to the other side of the room. Students should not cross onto the other side of the room at any time to retrieve or throw a ball. At the end of the playing time the winning team is the team with the least amount of balls on their side.

Modifications:  
Best played inside, may be played outside – substitute beanbags for fluff balls