



More Cooperative and Fitness Activities on Scooters

by Mark A. Sterling

Traffic Jam

Space all scooters evenly in a square-shaped formation. Scoot in a forward direction across the square without touching other scooters as you pass them.

Warm up: North crosses to south, then south crosses to north. East crosses to west, then west crosses to east. Now east/west cross simultaneously, then north/south together. Finally N, E, W, S all cross at the same time.

Explain rules of driving: right of way, speeding, one way, courtesy, passing on the right or left, etc. Issue tickets for poor driving. Guilty drivers go to *Traffic School* for rehabilitation (one minute time out, with a list of traffic rules to look at).

Cooperative twist: High fives, low fives, high tens, swing your partner, dos a do, etc. as scooters cross.

Timed Traffic Jam: With everyone crossing from all four sides at once, what is the quickest time for everyone to get to their opposite side.

For the next games, line up (on scooters) according to height, birthday/age, scooter color, boy-girl-boy-girl, or alphabetical.

Chariot

Two people, one scooter. One partner seated on scooter, legs crossed. Other partner, push-up position, feet on lap of seated partner. Push-up partner walks with hands pulling the seated partner.

Crab Walk

One person, crab walk position, feet on scooter or two people, crab walk position, feet on same scooter.



Variations: Crab Walk (hands on scooter); Push Up Position (feet on scooter); Push Up Position (hands on scooter); Swim Across (on belly); Cross Legs on Scooter (spin around without touching hands to ground).

Pom Pom Pull Away (A Tag game)

All *fleeing* scooters line up on "east" side of playing area. One *chaser* scooter ("it") starts on the opposite ("west") side. At signal, fleeing scooters must get to the west side, avoiding the chaser scooter who attempts to tag them. Any fleeing scooter tagged by the chaser becomes a chaser. New chasers join prior chasers on the east side. Untagged scooters are now on the west side. At signal, fleeing scooters attempt to get back to the east side without being tagged. Continue east-west-east-west.

Clothespin Hustle

Attach three clothespins to your back. On signal, grab clothespins from other players' backs and attach them to your front.

Four Corners

Number the corners of a square playing area, 1, 2, 3, 4. Each player selects a corner and scoots to it. A blindfolded player calls out the number of one of the corners. In the traditional game, players in that corner are eliminated and the game continues without them. In this game, instead of elimination, all players in that corner have to do scooter push ups, but they stay in game. So, dramatic tension is created by trying to avoid the scooter exercises.

Spider

Two students on scooters sitting back to back with elbows locked. Move together in one direction. Then, 4 students (2 groups of 2 students, back to back and side to side) move together. 8 legs = spider.

Carousel

Five or more students on scooters in a circle holding hands. Move clockwise using only your feet and without releasing hand grip. Then counter clockwise. How fast can you circle?

Amoeba

Ten or more students on scooters linked by elbows and back to back. Move in unison. Transition to a chase and catch game. Sit on scooters, linked by elbows, in a line. Remaining linked, the line attempts to encircle fleeing, single seated scooters. When caught, the single scooter joins the line to chase others.

Caterpillar

Lines of six scooters. Students sit with legs crossed, all facing the same direction. Use hands to propel the scooter, keeping your knees in contact with the person in front of you. Attempt to cross room this way without separating.

Centipede

Lines of six scooters, all facing the same direction with legs straight. Place your heels on the handles of the scooter in front of you. To travel together, use your wrists and forearms to help the person behind you keep his or her feet on your scooter handles. The centipede propels itself with small wrist and hand movements on the floor.

Snake

Six students on scooters holding hands in a straight line. Attempt to maneuver around the playing area being lead by the "head" of the snake. Avoid other snakes. (Use feet to propel the scooters.)

Hook Up

Before play starts, pair up. Sit on scooters side by side. Hook elbows and place your outside hand on your hip. Players paired in the "hook up" position do not move. "It" chases "loose" (single) players. Those players may hook up with any pair anywhere in the playing area. As the loose player hooks up on one side, the other partner must unhook, and becomes a loose player. If it tags a loose player, that player becomes it and the original it is now loose and can hook up with any pair. (Thank you, Don Puckett)

Scout Back

Teams of six. Divide teams in half so three are seated 20' across a court from the other three, facing each other. The first player on each side, seated on scooters, meet each other at the center of the court. They pass a ball back and forth. Every time they both catch the ball, they scoot back one push. If they are able to continuously catch the ball and eventually push back all the way to the side of the court, they receive one point for their team. If the ball is dropped, the players go to the end of their lines and the next player from each side begins at center court.

Scooter Limbo

Students seated on scooters attempt to travel under a Limbo bar or around other obstacles.

Team Games

Flickerball on Scooters (Ultimate Disc Rules)

The object of the game is for each team to pass a football to teammates down the field without missing or dropping the ball. Points are scored when the ball is thrown to the goalkeeper, seated on a scooter in a 4' x 4' base area behind the end line. Two points are scored when the goalkeeper catches the ball inside the goal area. One point is scored if the goalkeeper touches the ball while in base area. No points are scored if the goalkeeper is out of the base area. After a score, the goalkeeper gives the ball to the opposing team. Opposing players can intercept or bat the ball away from the passing team when it is thrown. The opposing team gains possession of the ball when this occurs. No player may advance the ball by moving forward on his or her scooter. However,

a passer may scoot laterally. No opposing player may guard a passer. Any ball dropped by the throwing team becomes the opponent's ball. No player except the goalkeeper can cross the end line. The game begins with a coin toss and the football is given to a player at their own end line (Adapted from MDCPS, 1986).

Basketball on Scooters

The rules are the same as in Flickerball, but the goal is a 50 gallon plastic garbage can located in the center of a circle with a 5' radius. No player may enter that circle. Two points are scored for every basket. The opposing team gets the ball after each score.

Prisoner Volleyball on Scooters

10-15 students seated on scooters in a regulation size volleyball court, but with a modified 5' high net. Players pass and catch the ball back and forth across the net. The strategy is to have the opponent miss the ball, at which time they have to go to "prison" (a 5' deep area at each end line; players go to prison on the opposite side of the net).

Players may pass the ball to teammates in prison, who must successfully catch the ball in order to escape. A single person gets out of prison when they catch a bounced or rolled ball thrown by a teammate. A "jailbreak" happens when a prisoner catches a fly ball (before it bounces), allowing all prisoners to return to their side of the net to continue play.

Scooters With Alpha Lids

Alpha lids are bottle caps with one letter of the alphabet attached. Begin in teams of six, with one scooter for each team. Line teams up 20' from a milk crate or 5 gallon bucket. One at a time, members of each team take turns scooting to a shooting line (6' from the bucket) and attempting to throw a bean bag (from a pile of bean bags adjacent to each team's starting point) into the bucket. Each team is given a bucket of alpha lids and a target bucket. When they make a basket, they take two alpha-lids from the bucket (placed near the shooting line). When they miss the shot, they can take only one alpha lid. The object of the game is to spell as many words as possible using the alpha lids collected from making baskets. At the teacher's discretion, students who play fair or exhibit good sportsmanship may be given bonus alpha lids. Make the game more interesting requiring that words have a minimum of 3, 4, or 5 letters. Teams might also be required to form sentences out of their words. (Thank you, Tim Elrod)

4 Goal Push Ball/Cage Ball (48")

Divide students into 4 teams of 6 players, all seated on scooters. Each team defends one of 4 goals. Locate

goals on each side of a 50' x 50' square playing area. Make a goal from two 28" orange cones placed 6'-8' apart. Players may push the cage ball through any goal (except their own) to score a point. A point is scored for all 3 teams (those not scored upon) whenever a goal is made. Students are not allowed to kick, punch, or pick up the ball by its laces. They must also remain seated on their scooter at all times. Teams may elect to place a player between the cones as a goalkeeper. Play begins with placing the ball in the center of the playing area. On signal, all participants charge the ball. After each score, all teams return to their own goal lines and the team scored against gets possession of the ball. Play resumes on signal.

Treasure Hunt on Scooters

Teams of 4-6 players. One scooter board for each team. To start the game, the first person in line scoots to their treasure pile on the opposite side of the playing area and selects one piece of treasure to carry back to their team's treasure chest. Teams attempt to fill their "treasure chest" (a box or milk crate) with "buried treasure" (bean bags, deck tennis rings, tennis balls, relay batons, poly spots, etc.) taken from the opposite side of the playing area. When one team's buried treasure pile is empty, they may "pirate" treasure from another team's buried treasure piles until all the buried treasure is gone. The object of the game is for each team to fill its chest with the most treasure.

Tunnels and Bridges (or) Snake Pit

Two partners for each scooter. One partner stands stationary in general space with feet spread apart. Scooters "swim" through as many legs (bridges and tunnels) as they are able in one minute. Partners then switch, so the scooter person is now a bridge/tunnel and vice versa.

Variation: Tunnels can also be formed by a crabwalk position or with feet and hands on the ground and body arched up.

Throw and Catch

One partner stands and walks backward. The other partner, seated on a scooter, follows while playing throw and catch.

Scotback

Both partners step or scooter back after each throw. How far can you accurately throw? How many consecutive throws?

References

MDCPS. (1986). *Children in action: Elementary physical education curriculum guide*. Miami, FL: Miami-Dade County Public Schools. 