

READY

EQUIPMENT:

TAPE, CONES, TASK TENTS.

SET-UP:

When creating stations, space cones far enough apart so students can remain 6 feet away from each other for the duration of the activity. Insert the Knights of the REP Table activity sheets into the task tents(one sheet per tent), to create up to eight stations. You may want to number each station to help guide participants.

NUMBER OF PLAYERS: 8-12

TIME: 15 MINUTES +

EXPLAIN

- Gather up! Make sure participants are standing 6 feet apart from one another.
- The leader says, “Welcome, knights! I am Knight Coach, and I’ve gathered you because I think you have what it takes to join the REP round table as knights too. You’ll need to show me what you’re made of!”
- All around the room there are different stations with task tents. Each task tent contains a card with a description and illustration of the quest you’ll need to complete. For example, there is a galloping station at which you’ll need to practice galloping like a horse.
- You will have 60 seconds at each station, so make sure you are questing for the whole time.
- After the 60 seconds, everyone will transition to the next station.

✓ For Understanding:

- *How long do participants have at each station?*
- *How will participants know it’s time to switch stations?*

GAME TIP:

- Make sure there are enough activity stations so there are never more than two to three participants at a station. Ensure there is always enough room for players to be 6 feet apart from one another.

CONFLICT RESOLUTION TIP:

- If players are having a hard time at any particular station, have them practice their galloping to get their heart rate up.

PLAY → REP IT OUT!

- **EASY:** Players gallop between each station.
- **MEDIUM:** Increase the amount of time at each station.
- **HARD:** With tape, create a 20-foot long line at each station, and have students complete each training exercise along that line.

CATEGORY:
 CIRCLE

ENVIRONMENT:
 AUDITORIUM,
 CAFETERIA,
 GYMNASIUM,
 HALLWAY,
 PLAYGROUND

GRADES:
 K-5

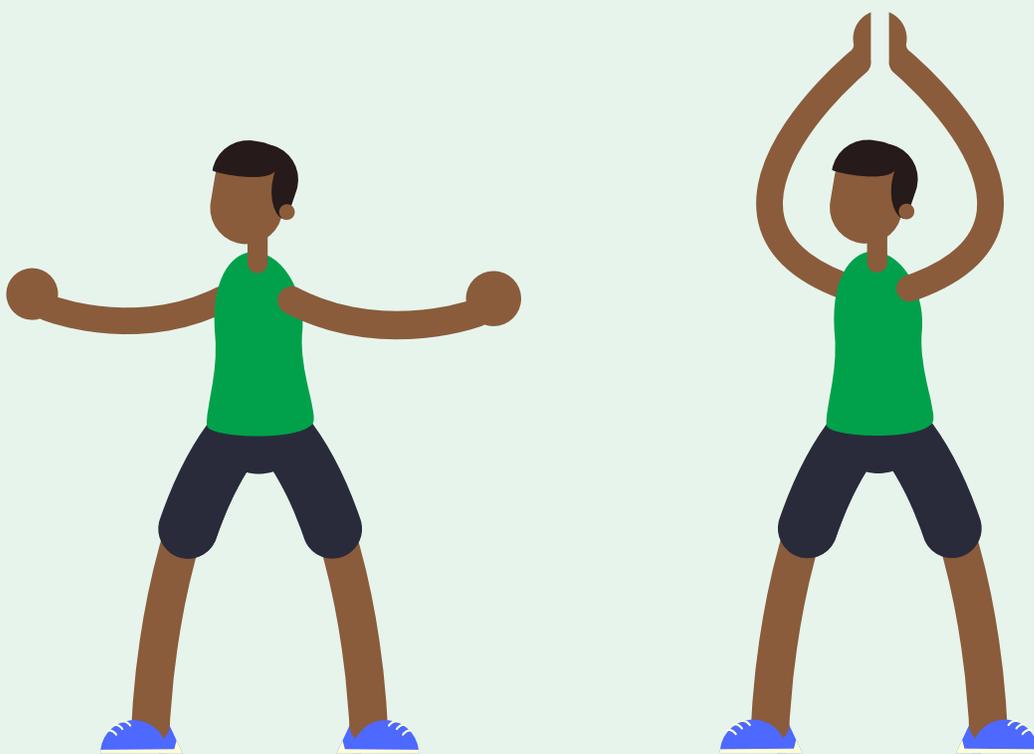
FITNESS FOCUS:



BACK-UP GAMES:
 ALIEN
 RED HANDED
 RING BLING

SWORD AND SHIELD CURLS

Swords and shields can get heavy! Train yourself to carry them by standing nice and tall with your arms straight out at your sides so your body forms a T. Slowly lift your arms up as you bend your elbows, and then slowly lower them back down to your sides.



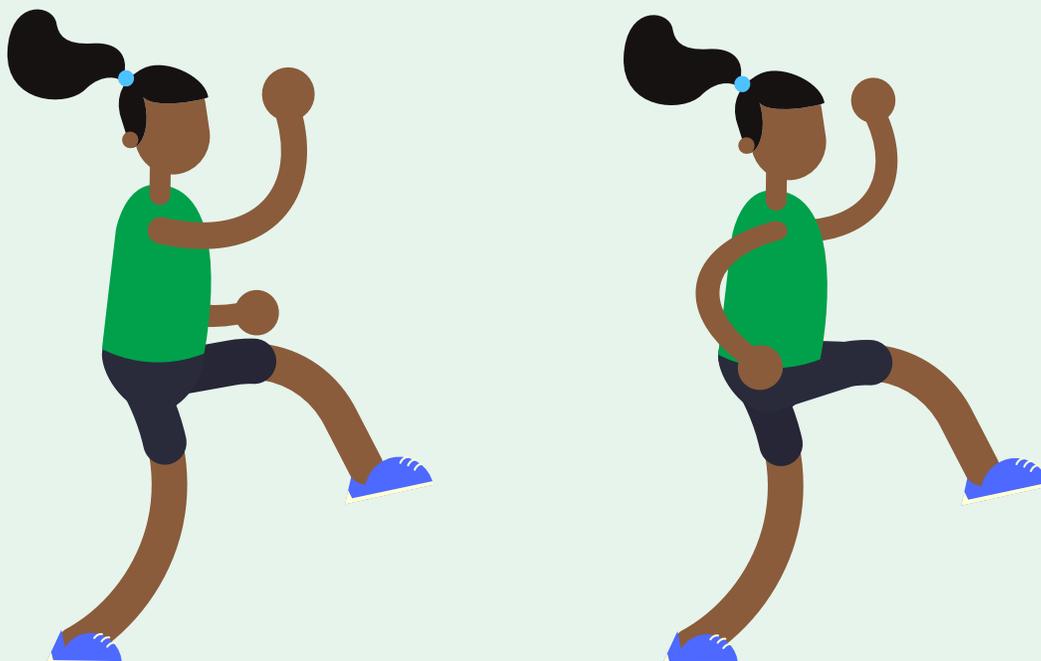
SQUIRE SQUATS

We need to practice ducking and dodging because knights are always getting things thrown at them. Start with feet shoulder-width apart, put your weight in your heels, and sit back like you would in a chair.



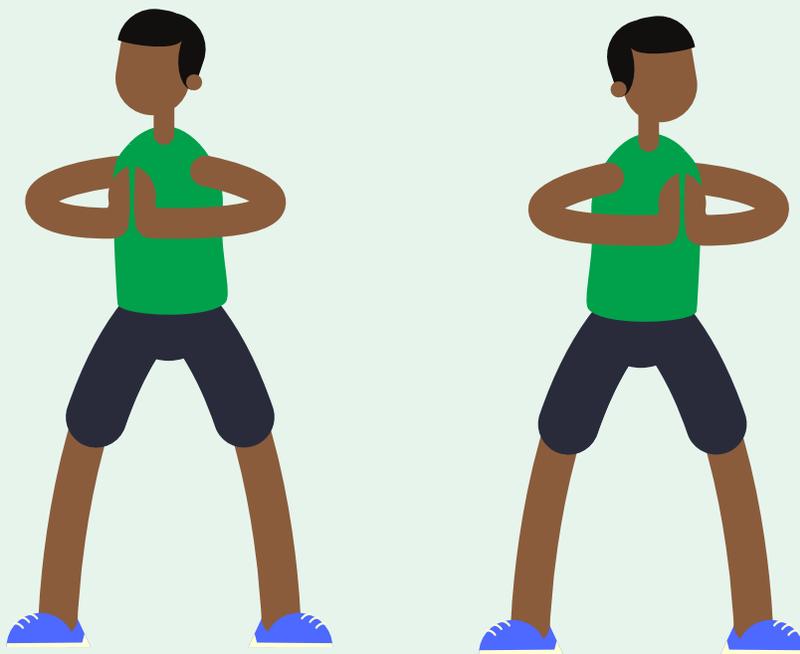
KNIGHTLY HIGH KNEES

Leg armor can get heavy, so let's train to lift it quickly. Stand with your feet hip-width apart. Alternate lifting your left and right knees to your chest. Continue moving as fast as you can. Bring your knees as high as they can go!



SHIELD PRACTICE

A knight needs to learn to block what he or she can't dodge. Stand up straight with your feet shoulder-width apart. Keeping your legs planted and your lower body facing forward, twist your shoulder and upper body from left to right slowly – like you're moving a shield to block something.



GALLOPING

Every knight needs a horse. Practice galloping in place by standing upright with one foot in front of you and one foot behind you. Both feet should be in line with your shoulders. Push off with your front foot, and then follow with your back foot. Switch the position of your feet after 30 seconds.



ARMOR CLEANING

Yes, even knights need to clean. Stand with your feet shoulder-width apart, and extend your arms straight out, parallel to the floor. Begin circling your arms forward using small, controlled motions, gradually making the circles bigger – like you're wiping down armor. Alternate the direction of the circles every 15 seconds.



CASTLE WALL CLIMB

Train to climb over castle walls. Stand straight with your feet shoulder-width apart and your arms by your sides. Bring your right knee up to waist level and extend your left arm overhead. Return to the starting position and then repeat with the opposite side. Keep alternating sides as fast as you can.



FESTIVAL OF DANCE

Every knight eventually finds themselves at the Festival of Dance, so we must be ready. Do your favorite dance for 60 seconds and show every other knight your moves!

