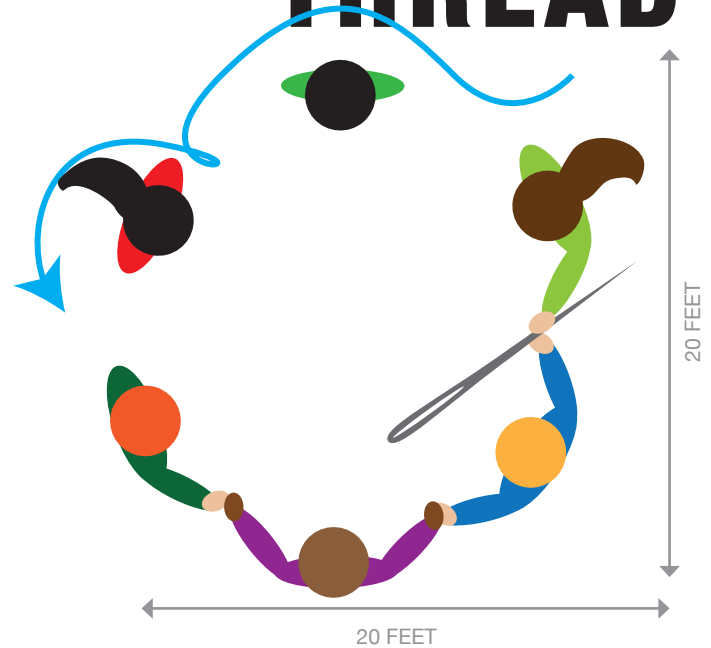


NEEDLE AND THREAD



READY

EQUIPMENT:

CONES

SET-UP:

CIRCLE

NUMBER OF STUDENTS: 20 +

TIME: 15 MINUTES +

EXPLAIN

- 1 Form a circle! One person will be the “Needle” and the other person will be the “Thread.”
- 2 The “Needle” will start inside or outside the circle. The “Thread” must start on the opposite side of the “Needle.”
- 3 Whenever the “Needle” runs between two people in the circle, they must link hands and create a barrier. The “Thread” cannot break the link.
- 4 The “Needle” must try to close the circle without getting tagged by the “Thread.”
- 5 If tagged, do 5 jumping jacks and rejoin the circle. A new “Needle and Thread” will be chosen.

✓ For Understanding:

- What do you do if the “Needle” runs between two people?
- Can the “Thread” break the link?

GAME TIP:

- Have the students cheer each other on.

CONFLICT RESOLUTION TIP:

- Have students high-five each other if they get tagged.

INDOOR TIP:

- Have students skip or hop to lower the energy.

CATEGORY:

CIRCLE

ENVIRONMENT:

SMALL PLAYGROUND

GRADES:

K-5

FITNESS FOCUS:



BACK-UP GAMES:

CAT AND MOUSE

CELEBRITY TAG

TAKE THAT SPOT

PLAY → REP IT OUT!

- **EASY:** Tag on shoulders.
- **MEDIUM:** Hop on 2 feet.
- **HARD:** Tag on the elbow.