

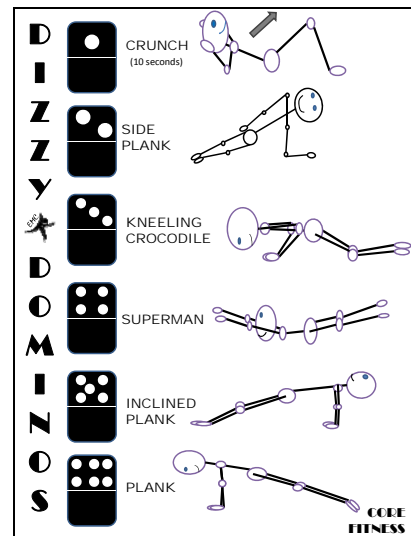
Dizzy Dominos

Game Description and Rules:

The objective is to have the least number of dominos in your teams pile when time is called. The hula hoops are positioned into a large square or rectangle. The game time is determined by the teacher. When first playing this game, play for 3-4 minutes and increase time as the students' conditioning improves. There are several different versions to the Dizzy Domino Cards (i.e. yoga, dynamic flexibility, jump rope, fun stunts, core fitness, muscular fitness, etc.).

To begin:

- (1) Split an equal number of dominos between all teams. Place the dominos in a hula hoop or Frisbee. If possible, you want the same number of students in each group.
- (2) Each student selects a domino and then completes the activity associated with the number on the domino. For example, if a student gets a domino that has 1 dot and 2 dots, she/he would complete the activities that correspond to the number 1 and 2 on the activity card.
- (3) Once the students complete the activity, they run and place the domino into another groups pile. Then they run and pick up another domino from their teams pile.



Equipment:

1. 3-4 sets of Dominos
2. Hula hoop or Frisbee for each team
3. Dizzy Dominos station card with activities

Playing Space and Set-Up:

Create a large square or rectangle. The Frisbee is the home position for each team.

Game Modifications:

Version #1: All students are performing the same activity. The teacher would tell the students what activity they would be performing. For example: it could be everyone is jumping rope or throwing/catching a ball. The numbers on the dominos designate how many times or how many seconds they would perform the movement. If the movement is jump rope, and the domino selected has one dot on the left side and two dots on the right side, the student would perform 3 basic jumps.

Version #2: You can align the activity with the unit you are teaching. For example: if you are teaching a volleyball unit have the students complete serving for a 1, or sets for a 2, etc.

Version #3: Have the teams try to get the most dominos. The students would go to another teams Frisbee and take one of their dominos. They would complete the movement and then run and place the domino into their Frisbee before going to get another domino.

Version #4: Have the students write on the blank card what they would like to complete for 1-6. Each team could have their own card. The individual members of the team would then compete against each other to get the most dominos.

Version #5: Have the students write on the blank card activities for 1-6. The teacher would then collect the cards and redistribute the cards to different teams. This way no team knows which card they would be getting.