

Animal Rescue

K-5

OBJECTIVE:

Animal Rescue was inspired by the game of **Capture the Critters** (Mike Graham @pe4everykid) and **Pokémon Go Get ‘em** (HyPEd Up! 2017). Animal Rescue is a cooperative game that will allow students the opportunity to explore teamwork and communication skills while helping to improve each student’s fitness and cardiovascular endurance.

EQUIPMENT:

- Stuffed animals (30-50 medium to large size animals; the more the better). **Hint:** send home a parent letter with your students requesting a donation of stuffed animals and you will get MORE than enough to use for the game.
- One foam noodle per student (swim noodles are typically 3 to 5.5 feet in length)
- Optional: something to represent points such as wristbands

SCENARIO: Dr. Mainjee, the fiercest animal poacher alive, is illegally capturing and stealing the world’s most precious animals from their natural habitats and homes. Dr. Mainjee takes these animals from their families and sells them on the black market to the highest bidders to be put inside cages, never to see their families again. It’s up to the Rescue Rangers of place your school name here to work together to locate and rescue these scared animals and get them home to their families.

PROCEDURE:

Before classes arrive identify the boundaries. **Note:** *I use the outside lines of the basketball court as the boundaries.* Spread all of the stuffed animals within the boundaries on the floor (See Figure 1). The **object** of the game is to complete as many exercises as possible in order to earn trips to rescue as many animals as possible before the time elapses.

To Begin: instruct students to partner up, each player get one foam noodle, and sit anywhere outside of the boundary lines. **Note:** *creating one group of three or allowing one player the ability to use two noodles may be necessary if there is an odd number of students.* Each team of **Rescue Rangers** must earn the right to take a trip to rescue an animal. A rescue trip is earned by performing any exercise/skill listed on the dry erase board or announced by the teacher. **Note:** *exercises such as running 1 lap, performing five push-ups, performing 10 squats, etc. can be written on the board or periodically changed at the teacher’s discretion.* Each team, after earning a rescue trip, may enter inside the boundaries to attempt to rescue any animal of their choosing using their rescue noodles. A rescue trip involves tremendous teamwork from each team by carefully surrounding the scared animal (of their choosing) and enclosing it inside the noodles to pick it up for a safe extraction (See Figure 2). The goal after the animal has been squeezed with the noodles and lifted up, is to safely carry and release the animal by laying it down anywhere outside of the boundaries (See Figure 3). **Note:** *I try to announce on the microphone each time an animal has been safely released.* Any team crashing into another team or dropping an animal during extraction must leave the animal in that spot and perform another exercise to earn a new rescue trip. **Optional cute idea:** *make sure you hug each animal that you have rescued to show it some love because everybody loves a good hug* (See Figure 4).

Teams will continue the process of earning rescue trips to try and save as many animals as possible until the end of the time limit or until all the animals have been rescued. Instruct all of the students

to get the animals and return them inside the boundaries to start a new round if time permits. Option: give each team one wristband for each rescued animal and when the time has expired, instruct each team to calculate their points to determine the following award amounts: **Note:** *mentioning levels/prizes is just for fun and obviously not real. Feel free to change, omit, and or alter the levels.*

Levels of Accomplishment:

2-4 points = Minor Rescue Rangers

5-7 points = Junior Rescue Rangers

8-10 points = Major Rescue Rangers

11+ points = Elite Rescue Rangers



Figure 1: stuffed animals on the floor within the boundaries



Figure 2: carefully surrounding the animal



Figure 3: safely carrying to release the animal



Figure 4: showing the rescued animal some love with a hug

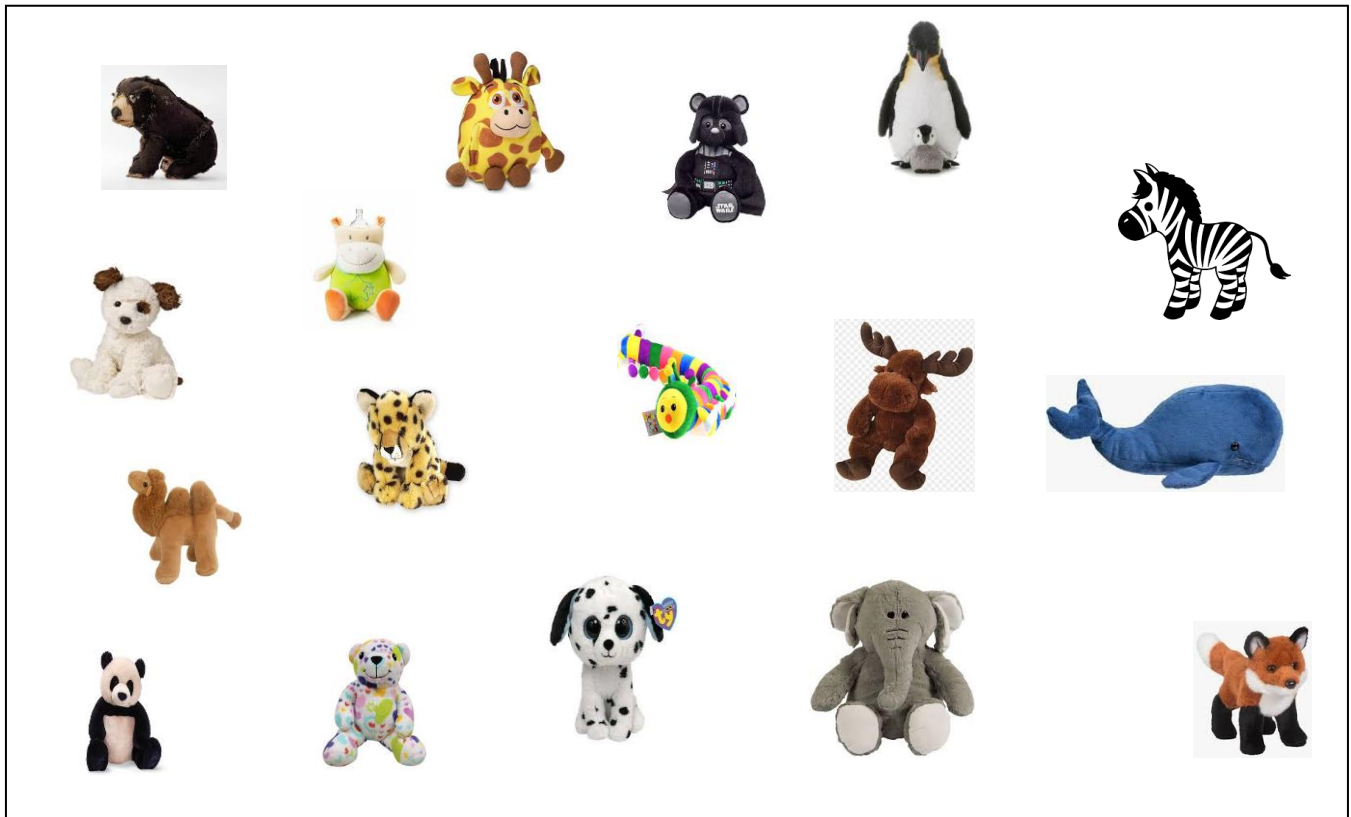
RULES:

1. Students must perform an exercise to earn a rescue trip
2. Each Rescue Ranger team must safely carry and release the animal by laying it down anywhere outside of the boundaries.
3. Any team crashing into another team or dropping an animal during an extraction must leave the animal in that spot and perform another exercise to earn a new rescue trip.
4. Each team may rescue **one** animal at a time.

VARIATIONS:

1. Add points to the game. Each team rescuing an animal is allowed to get **ONE** wristband from the bucket. The team with the most animal rescues wins.

DIAGRAM:



= stuffed animals inside boundaries



= 1 foam noodle per player

