

Ornery Rabbits & Sleepy Bears

Length of Activity: Anywhere from 20 to 30 minutes

Optimal Student Grade Level: Great for Kindergarten to Third grade. You may even want to try this with your older students – they all love it.

Equipment:

- 3 short pylons that will hold a ball (tops cut off around the size of a tennis ball)
- Cute jersey or top for “bears” to wear (fake fur is fun!)
- 3 soft, spongy throwing balls (around the size of a volleyball)
- 2 or more pylons for “Ornery Rabbit Safe Zone Line”

Steve’s Notes:

Wonderful way to introduce the children to the equipment. If you start off with **Copy and Pass**, and then go onto **Lions, Tigers & Bears**, and then use this lesson plan, the younger students will gradually become familiar with the equipment and with **this** game they will be using the stations on their own for the first time.

This game must be played close to the PFA station equipment.

How to Play:

Pick three students to be sleepy bears, have them put on their tops and stand over the throwing balls with their backs to the ornery rabbits (remainder of the class). The Ornery rabbits stand by the safe zone line (about 30 feet away (more for bigger kids) from the bears) and on teacher command, “Slow Tip Toe” ... the rabbits tip toe slowly up behind the sleepy bears (can’t go in front, can’t touch a bear) ... and they start whispering to the bears “Wake up sleepy bear... Winter’s over sleepy bear... You smell funny sleepy bear.” Teacher then yells, “WAKE UP!” The bears pick up the throwing balls, turn and throw them at fleeing rabbits who are running toward their “Safe Zone Line”. Rabbits who are hit before they make it to the safe zone line & rabbits who fall down become “Injured Rabbits” and they have to go to the “PFA Hospital” to recover. That is one round and the bears should be changed every 3 to 4 rounds.

PFA Hospital

Injured rabbits must limp (the kids really love to act this out and the others like to watch) to the PFA Hospital (equipment stations) to get healthy and well. They are healed when they have completed the appropriate number of repetitions. You can increase the number of reps and the difficulty for the older students.

- 10 sit ups
- 1 horizontal ladder
- 20 steps (up up/down down)
- 15 modified pull ups

HINTS

- Don't let rabbits run to the bears
- Don't let rabbits talk too loud to the bears
- When you have hyper or dangerous rabbits – have them do a “Walk & Think Safety lap”
- Add Bears & Balls if you want more injured rabbits
- GREAT reward game after they learn it!