

Giants/Elves/Wizards

Focus: Teamwork, Competition

Materials: 3 Long ropes to signify boundaries

Level: Grades 3 and higher

Sources: See *More New Games* (1981) by Fluegelman.

Suggested Procedure

1. You will need space for this activity, so it is best done in a gym or outside. It can be done inside if everyone is required to walk slowly (one way to do this is to have people walk heel to toe – placing their heel directly in front of their toe).
2. Divide the group into two smaller groups.
3. Teach three signals:
Giants: Stand tall with arms over heads (try to be large)
Wizards: Put arms out and waves hands (like making a spell)
Elves: Bends at the knees with hands moving on either side of the ears (be small with antenna)
4. What everyone needs to know is that this activity is much like Rock/Paper/Scissors. The giants beat the wizards (they are larger than them), the wizards beat the elves (they can put a spell on them), and the elves beat the wizards (because they are smaller and can maneuver more quickly).
5. Place one rope in the middle (whatever that is in your space), and the other two ropes equi-distant from that rope. In this way you have a middle line and two boundaries.
6. Each group gathers on either side of the middle line and huddles up to decide which of the three beings **the whole team** will be.
7. They then line up on their side of the line and across from the other team. On a signal, each person does their being and notices what the people on the other team is doing.
8. **Whoever wins** then tries to tag those on the other, losing, team. **Whoever gets tagged then joins the other team for the next round. If the people running away get across the boundary line behind them, then they are safe.**
9. If there is a tie (i.e. both teams show Wizard), then they shake hands and go back to the huddle for another round.

Sample Processing Questions

- This is a competitive activity. Who were you competing against?
- Did it matter which team you were on? Why or why not?
- How did you decide on the being you were going to be? Was it different when the groups were smaller or larger? Why?

Facilitation Notes

This activity can just as easily be done with Rock/Paper/Scissors. Sometimes groups are more willing to try that version because it is more familiar and people are used to doing those motions. Doing this version invites people to break through a small barrier by acting silly, if they are ready to do so.

We did this activity using the three fitness components: Flexibility, Cardiovascular, Strength