

Christmas Energiser Activity

Elf Express

Level: Any (just change the number of students per team to fit your age level. The less students the easier it is to move around).

Purpose: This is a great way to put a Christmas theme on a tried and true concept that will inspire teamwork and cooperation with your students.

Formation: Divide students into even teams (4 per team is ideal), provide each student with a hoop to stand in and get each team to place hoops in a line behind starting line.



Directions

Level 1 – Move the Sled

Aim: To move your sled from one end to the other by following the instructions given.

Set up a line of cones or skipping ropes at one end (this is the starting point), set up another line of cones or ropes about 10 metres away from the starting line (this is the end line).

Instructions:

- To move your sled from one end to the other, you must stay in the hoops.
- You may step into the hoops, but you may only lift the hoops off the ground if they are empty. Otherwise, they must lie flat on the ground.
- You may not drag or throw the hula hoops.
- Your team may have any number of people in each hoop, but if someone falls out of the 'sled', the team must return to starting line and start again.
- Once you reach the end line you may step out of the sled.

Level 2- Collect the Toys

Spread 4 bean bags (toys) per team around the area (at least one per team member). Team move their sled around as per Level 1 activity to collect the 'toys'. To collect a beanbag students must ensure they keep both feet inside the hoop.

Level 3 – Deliver the Toys

Spread 4 extra hoops around the area (number of extra hoops will depend on number in each team e.g. teams of 3 = 3 extra hoops; teams of 6 = 6 extra hoops). Teams are now going to deliver their 'toys' (beanbags) to the extra hoops. Drop off one 'toy' at each of the different hoops.

Variations:

- Change the number of people in each team to make it easier or harder
- If you want to make it more challenging, you could set a time limit
- Use actual toys instead of beanbags

For Under-fives:

- Play in pairs to make it really easy
- Decrease distance they have to travel

This activity to help to develop the following fundamental movement skills:

Balance skills - balancing in their hoops and as they change positions (dynamic), balancing in hoop as they lean over and pick up beanbags (static)

Manipulation - moving hoops along the line, picking and dropping off beanbags

Locomotor movements - walking

[Click here to view a video of the activity](#) (scroll to bottom).