



WARM UP
WHAT TIME IS IT MR. WOLF?
(5 min)

SKILLS:

Running, chasing, dodging

ORGANIZATION:

- 1 player is MR. WOLF, who starts at one end of the designated area.
- Other players start at the other end.

ACTIVITY:

- players start moving toward Mr. Wolf calling “What Time Is It Mr. Wolf?”
- Mr. Wolf calls out various times (i.e. 2 o’clock, 6 o’clock: sleep time)
- when Mr. Wolf calls “dinner time”, (s)he runs after other players who try to get back across the safe line before being caught
- you may have to use an adult or coach as Mr. Wolf to get them started

COACHES NOTES:

