

Appendix D: Groupers

Birthdays

Have players line up so all participants with January birthdays step forward and put the first four in a group. Call for February, and put the first four in a group, etc.

Lines

Place four cones near the playing area. Ask all players to line up behind the cones, making four even lines. Tell the first player in each line to step forward, and put those four players in a group. Change grouping strategy each time.

Mixed Counting

Players will often line up next to their friends to be on the same team. Always mix up your counting to prevent this (e.g., "1, 2, 3, 4, 4, 3, 2, 1" or "1, 2, 2, 1, 1, 2, 2, 1").

Round Up

Say, "Get into pairs" (or groups of five or groups of eight). Players must get into groups quickly. The last players to find groups must perform a challenge (e.g., star jumps, burpees).