

Duck Duck Goose

Topic: Physical Activity

Supplies: Cones

Objective: Warm up exercise

Players: 2+

Students will find a partner and face each other at mid-court. Make a line with cones on each end of the gym about 20ft. from the wall.

One partner starts by saying “duck” then the other partner says “duck” and this continues until one says “GOOSE!” The goose runs straight back for the line of cones behind them. If their partner tags them, they must do 5 jumping jacks – If they do not tag the goose, they do 5 jumping jacks before playing again.

Stress “good tags” and no pushing! The partners can’t leave one step from their spot until they say “goose”. **A visual aid is included on the next page**

Duck Duck Goose



Players will face each other with cones behind them. One will start off with saying “Duck” and the next player can either say “Duck” or “Goose”



If the player says “Goose” they run to the cone behind them and if they get to the cones before being tagged is safe.



The one that was tagging has to do five jumping jacks or any physical activity of your choice.

Duck Duck Goose



If the player says “Goose” and they run to the cone behind them and the other player tags them before they get to the cone.



The player tagged has to do five jumping jacks or any physical activity of their choice.