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## Sheep and Wolves

### Subjects

- Physical Education
- PE Games
- Exercise and Movement



### Grade

- K-2
- 3-5

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### Brief Description

Students release energy in a quick game of "Sheep and Wolves."


### Objectives

Students will

- follow directions.
- follow rules.
- take turns.
- get exercise by playing this fast-moving game.

### Keywords

PE, physical education, phys ed, chase, tag, dodge, cooperate, following directions

Shop materials  
for this project. 

### Materials Needed

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- four marker cones (or other markers) to denote limits of the playing field
- up to four balls of foam rubber, sponge material, or another soft material (optional)

## The Lesson

This fun game can be played indoors or outdoors. Playing the game gives students an opportunity to release pent-up energy. After a few quick games, students are bound to return to the classroom ready to settle down.

Mark a large square or rectangular field; use four marker cones or other markers to set the playing area's boundaries.

Choose four or five students to be "wolves." The rest of the students will be "sheep." Blow a whistle or call out to start the game. The wolves must catch the sheep.

This game can be played in two ways:

-- Wolves use foam-rubber/sponge balls to "tag" sheep. Any sheep hit by a thrown sponge ball is "caught" and must leave the playing area. -- Instead of using sponge balls, wolves gently tap the sheep.

Sheep are caught when they are tagged by a sponge ball or hand. When a sheep is caught, he or she must immediately leave the field and sit down in a designated area. *(No arguments!)*

If a wolf catches a sheep by tagging him or her with a sponge ball, the wolf then retrieves the ball and goes after another sheep.

Sheep cannot run outside the boundaries that are set; if they run outside the playing area boundaries to escape the wolves, they are out of the game.

The game ends when all the sheep have been caught. *Or* the teacher might impose a time limit (for example, 3 minutes) for the wolves to catch the sheep. *Or* the teacher might call an end to the game when only four or five sheep remain. The remaining sheep then can be wolves for the next round of play.

## Assessment

After a few quick games of Sheep and Wolves, your class should be quite happy to go back to the classroom and do something less active.

## Submitted By

Denis McCarthy, Sheng Kung Hui Primary School on Macau

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