

# Sleepy Buffaloes

Grades K-5

**BENEFIT**

Vigorous aerobic exercise

**LOCATION**

Grass

**EQUIPMENT**

24 cones

**Tip**

While listening for noise from the runners, stand directly in front of the runners, beyond the line they are running toward.

- 1** Establish boundaries for a medium-size square playing area on the grass (roughly 100 feet by 100 feet). Have your students form a line along one side of the square, standing side by side. Call four students forward to be buffaloes; the remaining students are runners. The buffaloes begin the game spread out in the center of the square, facing the runners. Have the buffaloes drop their heads and close their eyes, pretending to be asleep.
- 2** Say “Ready, go” to begin the game. The runners start tiptoeing across the playing area, trying to reach the other side of the square, as quietly as possible. If you hear any noise, whether it is rustling feet or an audible sigh, you call out, “Wake up, buffaloes!” At that signal, the buffaloes open their eyes and begin to chase the runners, trying to tag them or force them to run out of the square. The runners stop tiptoeing and run to the other side of the square for safety.
- 3** Any runner who gets tagged becomes a buffalo in the next pass. Any student who runs before you wake up the buffaloes becomes a buffalo in the next pass. Runners who go out of bounds along the sidelines become buffaloes in the next pass.
- 4** Once the first pass is complete—all the runners have either crossed the boundary line or been turned into buffaloes—the next pass can begin. The remaining free runners line up on their side of the square; all the original buffaloes, plus the new buffaloes, spread out in the center. When you say “Ready, go” again, the buffaloes pretend to sleep and the runners start tiptoeing back to the side where they first started. One round continues, pass after pass, until there are about 12 buffaloes, at which point you can restart the game with 4 new buffaloes.

Buffaloes start in a head-down position (A). The other students try to move past the buffaloes silently (B). When the teacher hears any noise and calls out, “Wake up buffaloes!” the buffaloes chase the other students (C).

