

Table of Contents

1. 3 Down
2. Alley Ball
3. Anagrams
4. Assembly Line
5. Australian Kickball
6. Backstop
7. Barnyard
8. Base Tag
9. Basketball Snatch Ball
10. BattleBall
11. Bean Bag Game
12. Bear Trap
13. Beast, Bird, or Fish
14. Beat The Bunny
15. Beater Goes Round
16. Beater Tag
17. Benchball & Quarterback Rescue
18. Birthday Line
19. Black Cat
20. Black Magic
21. Blindfold Drawing
22. Blind Man's Bluff
23. Blob
24. Bronco Dodgeball
25. Bombardment
26. Box Hockey
27. Bronco Dodgeball
28. Buzz
29. Camping Trip
30. Capture The Flag
31. Cat & Rat
32. Catch the Dragon's Tail
33. Center Catch Ball
34. Chief
35. Chips
36. Circle Dodgeball
37. Circle Stride Ball
38. Circle Soccer
39. Clean Up Your Backyard
40. Color Game
41. Cookie Jar
42. Concentration
43. Crab Soccer
44. Crazy Kickball
45. Crows and Cranes
46. Dodgeball
47. Dog House
48. Dragon's Jewel

49. Dragon Tag
50. Drip, Drip, Splash
51. Duck, Duck, Goose
52. Easter Egg Hunt
53. Elbow Tag
54. Elephant, Rabbit, Palm Tree
55. Engines And Caboose
56. Family Feud
57. Farmer In The Dell
58. 500 (Five Dollars)
59. Football Volleyball
60. Four Square
61. Four Team Volleyball
62. Freeze Tag
63. Frisbee
64. Frisbee Baseball
65. Frisbee Football
66. Frisbee Golf
67. Frisbee Tag
68. Fruit Salad
69. Go-Go-Stop
70. Gorilla, Elephant
71. Gossip (Telephone)
72. Go Tag
73. Group Juggling
74. Guess Who
75. Hangman
76. Hang Time
77. Hit and Run
78. Hit Pin Baseball
79. Hit The Wickie
80. Hop-Scotch
81. Horse
82. Hospital Tag
83. Hot Potato
84. How the Grinch Stole Christmas
85. Hug Tag
86. Hula Hoop
87. Human Obstacle
88. Human Pinball
89. Human Spring
90. Hunker Hawser
91. Indy 500
92. Infinity Volleyball
93. Jewel
94. Jump Rope
95. Jump The Brook
96. Jump The Shoot
97. Kalah

98. Keen Eyes
99. Kickball
100. Kick The Can
101. Knock Hockey
102. Knots
103. Lap Sit
104. Last Detail
105. Leader Ball
106. Lemonade
107. Line Roll Ball
108. Line Soccer
109. London Bridge
110. Long, Long, Long, Jump
111. Loose Caboose
112. Magazine Scavenger Hunt
113. Marble Football
114. Me Switch
115. Mill
116. Mini Rhyme
117. Modified Soccer
118. Monkey Ball
119. Mouse Trap
120. Mr. Fox What Time Is It?
121. Mum
122. Musical Chairs
123. Musical Hoops
124. My Ship Came In
125. Naught & Crosses (Tic Tac Toe)
126. Newcomb
127. Nonverbal Birthday Line-up
128. Norweign Kickball
129. Nose & Toe Tag
130. No Walking, No Talking, No Teeth (Green Light, Red Light, Mum)
131. Obstacle Course
132. Octopus
133. One Mother Witch
134. One A Cat
135. One Pine Out
136. Over & Under Baseball
137. Paddle Tennis
138. Pantomime Chair Reaction
139. Pantomime Rhymes
140. Partner Tag (Elbow Tag)
141. Pass Ball
142. Pegitty
143. People Pass
144. People To People
145. Pies
146. Poison Cups

147. Poison Circle
148. Poison Hoop
149. Poison Pen
150. Pom Pom Pullaway
151. Pop Goes The Weasel
152. Prisoner's Bane
153. Progressive Dodgeball
154. Prui
155. Pumpkin Tag
156. Pyramid Contest
157. Quoits
158. Rain
159. Red Handed
160. Red Light, Green Light
161. Red Rover
162. Ring Around Rosie
163. Ring-O-Lette
164. Roadblock
165. Rock, Paper, Scissors
166. Running Dodgeball
167. Schmerltz
168. Shoe Scramble
169. Ship
170. Shore to Shore
171. Shower Ball Volleyball
172. Simon Says
173. Skill Softball
174. Show White
175. Squirrels In The Tree
176. Star Wars
177. Sleeping Beauty
178. Sling Wrestling
179. Smugglers
180. Snake In The Grass
181. Spider & Flies
182. Spongebob Tag
183. Spoons
184. Spud (Baby In The Air)
185. Stand Up
186. Statue Tag
187. Stealing Sticks
188. Steal The Bacon
189. Streets and Alleys
190. Stoop Tag
191. Take 5
192. Ten Steps Around The House
193. Then The Boiler Burst
194. The Ocean Is Stormy
195. This Is My Nose

196. Three And Over Volleyball
197. Three Deep
198. Tic Tac Toe
199. Trench
200. Trial
201. Trivia
202. Tug Of War
203. Turtle Race
204. Twenty-One
205. Two Pitch Softball
206. Ultimate Frisbee
207. Uncle Sam
208. Uninterrupted
209. Viking
210. Whistle Mixer
211. Wizard, Elves, Giants
212. Wolf & Sheep (Triangle Tag)

Individual Stunts

Double Stunts

Parachute Activities

- ABC Volleyball
- All Change
- Alligator
- Ball In The Pocket
- Basketball
- Big Turtle
- Cat & Mouse
- Catch The Parachute
- Centipede
- Circle
- Cocoon
- Cover Up
- Doughnut Making
- Jaws
- Jello Mold
- Jellyroll
- Knock It Off
- Mole Tag
- Moon Walk
- Mushroom
- Number Change
- Popcorn
- Steal The Bacon
- Predator
- Running Number Game
- Safe From The Storm
- Same Name Exchange

- Shark Hunter
- Treasure Hunt

Relay Activities

- Animals In The Zoo
- Back To Back
- Ball Of String
- Cardboard
- Crab
- Crooked Walk
- Dizzy Izzy Relay
- Double Hopping
- Instant
- Kangaroo
- Knock Down, Set up
- Obstacle
- Over & Under
- Pass It

Jokes for Kids

3 DOWN

Equipment: 3 balls, 3 pins

Group forms a large circle. Set the 3 pins up in the center and have 2 people in the center to “guard” the pins. The players on the circle must try to knock down all 3 pins while the 2 in the middle try to keep at least 1 pin standing at all times. If a pin is knocked over, they may set it up. When all 3 pins are knocked over, the round is over. You can time the groups to see which group can stay in the middle the longest.

ALLEY BALL

Equipment needed: 8-10 inch rubber balls (one for every two students)

Object of the game: To develop and improve underhand-rolling skill

Instructions: Have student’s form and stand on opposite lines, facing their partners. Have one pair stand at the opposite ends. Give one person in each pair the ball. The students roll the ball back and forth to their partners. The partners on the sides of the alley will try to hit the ball being rolled from end to end to keep it from rolling all the way down the alley. If the ball being rolled from end to end is stopped, the partners on the end must trade places with a pair on the side. Game ends when every pair has had a chance at the end of the alley.

Safety: Keep the ball below waist. No whipping the ball. Practice underhand rolling skills.

ANAGRAMS

Number of participants: Small

Activity level: Slow

Age group: Must know alphabet

Equipment needed: Cards with alphabet on.

Playing area: Shady area or bench

Object of the game: The player with the largest number of letters at the end of the alphabet wins.

Instructions: One player sits opposite the rest of the group. This leader names a category such as groceries, house furnishings, animals, birds, cars, etc. The first player to call a city, river, or article in the given category beginning with the letter shown by the leader collects the turned up letter.

ASSEMBLY LINE

Number of participants: 10-30 kids

Equipment needed: 4 hula hoops, 2 each of various equipment

Instructions: Split the children into two equal groups. They must each line up in a parallel single-file line. Place one hula hoop at each end of each line. At one end, put one copy of each equipment item into the two hula hoops. The teams must attempt to make all the items in their team's hula hoop travel from the starting hoop to the one on the other end. The trick is that teams may not use their hands in the process. If a team uses their hands or an item falls, that item must be placed back in the starting hoop. The first team to get to all their items from one hoop to the other by passing it to each person in their line is the winner.

AUSTRALIAN KICKBALL

Number of participants: 10-40 children

Equipment needed: Playground ball

Playing area: An open area

Instructions: Split the kids into two equal teams. One person from team one takes the ball and kicks it as far as they can. The thrower then begins running around the rest of the team (best if entire team forms a blob for the runner to run around), each time around is one point. Meanwhile, team two races to the ball, one person from team two picks up the ball with the rest of the team forming a line behind that person. The team passes the ball under and over through the entire team. When the ball reaches the end, the last person has to scream "stop" the runner on team one stops and the amount of runs is recorded. All of team one kick first and then all of team two kicks. Play as many "innings" as you would like.

BACKSTOP

Number of participants: 3-10 children

Equipment needed: Soccer type ball, baseball diamond backstop

Instructions: This is the classic school yard game where two children challenge each other to kicking a ball against a backstop. Each child takes turns taking one kick to make the ball touch the front side of the backstop. When one child's kick finally misses or falls short of the backdrop they are out and must go to the end of the line. The first person in line then enters the game and challenges the winner of the previous game.

BARNYARD

Number of participants: Medium

Activity level: Slow

Age group: 7 and under

Equipment needed: Barnyard cards. Names of animals written for each member of the group.

Playing area: Small Area

Instructions: Every player is given the name of some form of animal or bird; cow, sheep, turkey, etc. A leader stands in the middle of the group and conducts. Whenever the leader points to a person with his right hand, the person will have to make the noise appropriate to his allotted character, and he cannot stop until the leader holds up his flat palm. By sweeping his hand around the leader may get the full circle joining in chorus, thus the barnyard music.

BASE TAG

Number of participants: Medium

Activity level: Active

Age group: 7 and over

Equipment needed: None

Playing area: A small playing area about 25' or 30' square, with a base in each corner or at the sides.

Object of the game: To avoid being tagged IT while in the open playing area. One player is IT. He tries to tag any of the other players who run around inside the playing area. A player is safe and may not be tagged when he is on a base. Any player tagged becomes the new IT.

Suggestion: Children should be encouraged to venture off the bases and to cut across the playing area.

BASKETBALL SNATCH BALL

Number of participants: Large

Activity level: Moderate

Age group: 8 and over

Equipment needed: Basketball and Deck Tennis Ring

Playing Area: Basketball Court

Object of the game: To make a basket for your team.

Instructions: Two teams face each other across a playground, and each has a number. A number is called and that number runs to the center of the field where the basketball is resting on a deck tennis ring. Each tries to grab the ball and run to a basket. Whoever makes a basket first, makes a point for his team.

Variations: Two balls can be placed in the center and whoever makes a basket first gets a point for their team.

BATTLE BALL

Number of participants: Large

Activity level: Active

Age Group: 8 and over

Equipment needed: Several playground balls

Playing area: Large running area divided by two.

Object of the game: To reduce the opponent's team to one member.

Instructions: Two teams facing each other. Members throw the ball at the other team, trying to hit them below the waist. If someone is hit they must sit on the side. If the ball is caught without a bounce, the player who threw it is out. If a player is hit above the waist, the player who threw the ball is out.

BATTLESHIP

Instructions: Leader calls out " Battleship and a Locomotor Movement " (i.e. skipping). The battleships try to move across to the opposite safe zone without being tagged. If they were tagged they become mines. The mines sit down (or stand and pivot) where they were tagged and tag other battleships coming across. The last two battleships tagged get to be the caller for the next game.

Variations: Change locomotor movement, decrease playing area, or change name of game

Safety: No jumping over mines.

BEAN BAG GAME

Equipment needed: Bean bags

Playing area: Utilizing a medium sized square (a foursquare court is good for this), place four beanbags (16 total) in each corner, preferably a separate color in each corner

Instructions: Each round consists of four children, one for each corner. When play begins they race to their opponent's corners taking their beanbags and adding the stolen bags to their own piles. They may only take one bag with each trip. The object is to get as many bags as possible and have the largest pile before the predetermined amount of time is up (5-10 minutes). Whoever has the largest pile stays in for the next round while the next three people in line take the corners vacated by the losers.

Cautions: As funny as it looks, children will sometimes run into each while running opposite directions along the same path. There is no way to counter this, just be ready for it.

BEAR TRAP

Number of participants: Medium

Activity level: Moderate

Age group: 6-10 years

Equipment needed: None

Playing area: Circle

Object of the game: To avoid being caught in the TRAP. The element of suspense and daring as well as the dramatic possibilities appeal to children.

Instructions: Children stand around the circle facing clockwise. Two of the circle players take hands and form an arch, the TRAP under which other children (Bears) walk. The leader calls "Snap" and anyone caught in the TRAP steps into the center of the circle. As soon as two BEARS are caught, they form another arch. Continue forming arches as more are caught. The last one caught is the winner.

BEAST, BIRD, OR FISH

Number of participants: Medium

Activity level: Slow

Age group: Any

Equipment needed: None, or small Ball or Bean Bag

Playing area: Circle

Object of the game: Try to respond before the count of ten.

Instructions: The players stand or they are seated, preferably in a circle. The "IT" person stands in the center with a ball, or you may simply point to a person. He/she tosses the ball or points to a person and quickly says, "Beast, Bird or Fish" then repeats one of these classes and immediately counts to ten, whereupon the player who has been selected must name some beast, bird or fish, according to the class that has been called "IT". This must not be a repetition of any birds, beasts, or fish previously mentioned in the game. The "IT" repeats the game until someone does not succeed in meeting the requirements. The one that does not succeed become the new "it"

Variations: The game may be played by substituting the words, "Fire, air or water". The player being required to name some animal that lives in the air or water when those elements are named, but to keep silent when fire is named.

BEAT THE BUNNY

Equipment needed: 2 balls of different sizes

Instructions: The bunny (small ball) is started first and is passed from child to child around the circle. When the bunny is about half way around, the farmer (large ball) is started in the same direction. **Note:** The farmer can change directions to try to catch the bunny, but the bunny can only go one way.

BEATER GOES ROUND

Number of participants: Medium- large

Activity level: Modern

Age group: 6 and over

Equipment needed: Soft swatter made of material or foam.

Playing area: Circle

Object of the game: To become "IT"

Instructions: The old man (one with the swatter) walks around the outside of the circle. He places the swatter in the hand of one of the circle players. The one who receives the swatter immediately begins to swat the person in front of him with it. The latter runs around the circle counterclockwise and is free from further swatting when he gets back to his/her original place. The original old man steps into the place vacated by the swatting runner. The one with the swatter now places it in the hand of a new circle player, and the game continues as before.

Suggestions: All hits must be below the belt; and, for added suspense have the players close their eyes while the swatter is being put in the hands of a player.

BEATER TAG

Number of participants: Medium

Activity level: Active

Age group: Any

Equipment needed: Foam or cloth beater

Playing area: Large running space

Object of game: To avoid being tagged

Instructions: "IT" has a beater to make him more visible. He is to swat the person he tags using the swatter to swat someone below the neck.

BENCHBALL & QUARTERBACK RESCUE

Equipment: 4-6 balls or footballs, 2-3 jump ropes, cones

Set field up like "Trench". Divide into 2 teams. One person from each team starts in their team's "bench" (the trench area). The object of the game is to get your entire team to the "bench" before the other team. Two ways to get to the "bench" – (1) someone from your team's bench catches the ball you throw to them or (2) you get someone from the other team out like in dodge ball. However, if you get out, you continue to play – do NOT go to the "bench".

Quarterback rescue is played much the same. However, everyone starts in the "end zone" (the trench area) and your quarterback must try to throw a ball to their end zone for someone to catch. If caught, that person comes out of end zone to help their teammate rescue more players. First team to rescue the entire team wins. No dodge ball.

BIRTHDAY LINE

Number of participants: Any

Age group: Any

Equipment needed: Kids must know their birthday

Instructions: This is a great starter as well as a good get-to-know you activity. Start the game by telling the children to line up in order of their birthdays, month and day only. The children must then use teamwork and communication to accomplish this. They will enjoy a time limit challenge and are surprised by like birthdays and "strange/holiday" birthdays. An interesting variation is to have them perform this task without using any spoken language.

BLACK CAT

Number of participants: Medium- large

Activity level: Active

Age group: Any

Equipment needed: None

Playing area: Large running area

Object of the game: To avoid being tagged

Instructions: One person (IT) stands opposite all the others who are standing on a line. "It" yells, "Black Cat" and the line of people runs across the playing field trying to avoid getting tagged. If a person is tagged, he helps "IT" until only one person is left. The last person tagged becomes "It".

BLACK MAGIC—THIS GAME IS A SECRET!!!

Number of participants: Small

Activity level: Slow

Age group: 8 and over

Equipment needed: None

Playing area: Small

Object of the game: To figure out what black magic means

Instructions: Two players are conspirators. One volunteers to go into a hallway and not listen. The person that stays asks the group what object they should choose for the other person to guess. When the person comes back from the hall they make several guesses as to what the object is. Then the person who stayed says, "Is it a chalkboard?" (Which is black)? And then the next thing would be it.

BLINDFOLD DRAWING

Number of participants: 2-30 children

Equipment needed: Blindfold, drawing paper, pencils or crayons

Instructions: Have the children pair up. One child puts on a blindfold. The blindfolded child then draws a picture of choice, or an assigned what to do. When drawing is completed, the other child tries to guess what it is. The children then change roles.

BLIND MAN'S BLUFF

Number of participants: Medium

Activity level: Slow

Age group: 7 and under

Equipment needed: None

Playing area: Circle

Object of the game: Try to guess who is making the noise

Instructions: The players are in a circle formation with one player, the blind man, in the center and blindfolded. The circle moves around until blind man claps his hands. He then points toward the circle of players and calls the name of an animal. The player to whom he is pointing makes a noise like that animal and the blind man tries to guess who the player is. Three trials are given. If he is successful guessing the name that player becomes the blind man. If he doesn't guess right, he is the blind man again and the game is repeated.

BLOB

Number of participants: Large

Activity level: Active

Age group: 8 and over

Equipment needed: None

Playing area: Large running area

Object of the game: Do not get caught by the Blob!

Instructions: The blob begins innocently enough as a mere individual playing a game of tag. When that person catches someone, they join hands and become the blob. They set out hand-in-hand in search of victims. Everyone the blob touches (only the outside hand on each end of the blob may grab players) becomes a part of the blob. Thus, the blob keeps growing. The blob gallops around the field cornering victims and forcing them to join up. You have to agree on boundaries before the game since some people will go to any length to avoid being swallowed up. The blob can split itself up to raid remaining players. The exciting climax comes with the final capture of the last remaining player who has put up a gallant and heroic struggle on behalf of humanity. But, alas, there is no defense against the blob.

BRONCO DODGEBALL

Number of participants: Medium

Activity level: Active

Age group: 8 and over

Equipment needed: Playground ball

Playing area: Circle

Object of the game: Same as dodgeball

Instructions: Three players, the BRONCO, stand behind one another inside the circle with hands grasped around the waist of the player in front of the player in front of him. Remaining players spread out around the outer circle. Circle players try to hit the last man or RIDER of the BRONCO with the ball. Hitting any other player does not constitute a hit. If the last man is hit he changes places with the circle player who hit him. New player coming in becomes the head of the BRONCO.

Suggestions: Hit below the waist. Players must clasp hands tightly so that the BRONCO does not separate them. All BRONCO players must be alert so that they can dodge as one. Circle players must throw from outside the circle in order to eliminate center players.

BOMBARDMENT

Number of participants: Two teams, varying 6 to 20 each

Activity level: Active

Age group: 8 and over

Equipment needed: Several playground balls and 2 bowling pins

Playing area: Rectangular court approx. 50 feet long and divided into two equal halves outlines the playing area.

Object of the game: To knock down the bowling pin, which the opposing team is defending. Each knock down constitutes a point for the team knocking a pin down.

Instructions: The "A" team is confined to their half of the court as is the "B" team in their half. When the "A" team is throwing to knock the pin over the "B" team is defending their pin. The guards position themselves in front of the pin which is set 1 1/2 feet from the end line. The other team members play at the centerline and receive balls fed to them from the opposing team. They in turn throw the ball and try to knock down the opposing team's pin. Every pin knocked down by "A" is by a glancing ball or directly by a throw from a player.

BOX HOCKEY

Number of participants: 2

Activity level: Slow

Age group: 8 and over

Equipment needed: Box hockey box, 2 hockey sticks, 1 croquet ball

(The box is 6 feet long, 3 feet wide and about 10 inches high)

There are two partitions spaced at equal distances from each other and the two ends. In the partitions are two holes six inches square, with one hole 6 inches square in each of the ends.

Playing area: Dirt or grass area **DO NOT PLAY BY GLASS WINDOWS!!!!**

Object of the game: To make a goal by knocking the ball through the gates and out of the box at either end. The gates are there in place of forwards and wings and defense men. The last gate is the hockey goal proper.

Instructions: The game is being played with one on each side. The ball is dropped on the center divider by one of the players. If the ball lands on your side you start.

The object of the game is to knock the ball through the holes to the end hole which will score them a point.

When the ball is in play it must be struck not pushed. It is not a foul to use the stick off the playing surface as long as it is not raised above the level of the surrounding box sides.

A foul is committed when any player raises his stick above the edges of the frame.

A foul is committed when any player steps or falls into the playing area.

The penalty for all fouls is the same. The opponent is allowed one free hit from the spot where the puck is at rest. While he makes his free try the player who committed the foul must remove his stick from the line of play. Neither player can hit a free ball until it has hit the frame or come to a stop.

Players can move the ball from one section to the other either by knocking it through the holes or causing it to jump over the partitions. However, to score, the ball must go through the hole at the end of the boxes. A jump over the end means bringing the ball back to the section from which it was hit and have a face-off.

One point is made each time a player knocks the puck through the passageway of the end of the box.

Any agreed number of points consists of a game, either three or five.

BRONCO DODGEBALL

Number of participants: Medium

Activity level: Active

Age group: 8 and over

Equipment needed: Playground ball

Playing area: Circle

Object of the game: Same as dodgeball

Instructions: Three players, the BRONCO, stand behind one another inside the circle with hands clasped around the waist of the player in front of him. Remaining players spread out around the outer circle. Circle players try to hit the last man of RIDER of the BRONCO with the ball. Hitting any other player does not constitute a hit. If the last man is hit he changes places with the circle player who hit him. New player coming in becomes the head of the BRONCO.

Suggestions: Hit below the waist. Players must clasp hands tightly so that the BRONCO does not separate them. All BRONCO players must be alert so that they can dodge as one. Circle players must throw from outside the circle in order to eliminate center players.

BUZZ

Number of participants: Small-medium, two teams

Activity level: Slow

Age group: 8 and over

Equipment needed: None

Playing area: Circle

Object of the game: Avoid giving points to the other team

Instructions: The group starts counting around the room consecutively. One member of group starts game by saying the word ONE, the next player says TWO, the next THREE, etc. When it is time to say SEVEN, a number containing a SEVEN, or multiple of SEVEN, the word "BUZZ" must be said instead. Any player saying 7.14.21.etc instead of "BUZZ" had one point against him. This game can be played in teams. Each miss is a point for the other team.

CAMPING TRIP

Instructions: You need at least two people who already know how to play the game. Play begins by one person saying "I'm going on a camping trip and I'm going to bring..." (at this point the person talking picks anything he/she would like to bring on the trip. Let's use a sleeping bag as an example) "A sleeping bag" (at this point the person picking picks anything that he/she would like to bring on the trip, but it must begin with the letter "G" since the last letter of the first person's camping accessory was a "G". For example let's say the second person wanted to bring a "guardian" they can bring that so everyone says "OK you can bring that on our camping trip" Say the third person hasn't caught onto the game yet and says, "I'm going on a camping trip and I'm going to bring HOT DOGS." Everyone says, "No, you can't bring hot dogs" and play continues to the next player until everyone has caught on to the game.

Variations:

Also can be played with a different 'rule' each time. One player makes up a rule, and then says something like: "I would take apples, but not potatoes" The other players then try to figure out the rule. It will take several different clues:

"I would take a Corvette but not a Camro"

Once a player thinks they have figured out a rule, they ask the first player whether or not they would take a certain item to verify their idea:

"You would like Fruit Loops but not Corn Flakes, right?"

"Right"

Play continues until everyone gets the rule figured out. Then someone else picks a rule and a new game begins. The rule can be anything, and are only limited by the creativity of the players.

CAPTURE THE FLAG

Number of participants: 20-60 children

Setup: The game is played on a large field. Split it into two, even halves. On each side, place a single cone (jail) in one corner and the flag in the other. The flag can be whatever you want it to be. Attempt to place the opposing jails and flags equal distance from the centerline.

Instructions: Split the children into two teams. Each team has their own half of the field. The object is for someone on each team to be able to capture the opposing flag and return it to their own side without being tagged by the other's players. As soon as a player crosses the centerline onto the opposing side's area, they may be tagged by the opposing team's players. When a player gets tagged they must go to the opposing team's jail. Players may cross the centerline as often as they please, so long as they do not get tagged. If a player is in jail, they can only be freed by being tagged by one of their own players who has made it to the jail without being tagged. As soon as a player is freed, that player and the one who tagged them must walk back across the line before they can continue play. These players may not be tagged back into jail while they are walking back to their own side. When a player is able to cross the line without being tagged and capture the opposing team's flag they must then run back across the line with the captured flag. The flag may not be thrown at any time, but it may be handed off to another team member. If the player with the flag is tagged before crossing the line back to their own side they must drop the flag where they were tagged and goes to jail. The flag stays where it was dropped until it is captured again. The flag and jail guards must stay approximately 5 feet away from the flag and jail, everyone else must stay at least ten feet away. The only time players are permitted to go within these distances is if an opposing player has run past them and they must pursue the player to tag them.

CAT & RAT

Number of participants: Medium- large

Activity level: Moderate

Age group: 6-10

Equipment needed: None

Playing area: Circle

Object of the game: To avoid being caught by the cat

Instructions: One player is the Cat, another is the Rat. The remaining player's form a single circle, facing center, hands joined, with the Cat on the outside of the circle and Rat in the center. The Cat starts to chase the Rat. The players in the circle let the Rat run in and out of the circle by raising their clasped hands to give him room. They lower hands to prevent the Cat from following him. When the Rat is caught, both players join the circle and a new Cat and Rat are chosen. With a large number of players, form more than one circle, or choose 3 Cats and 3 Rats. In this case, distinguish the Cats by tying handkerchiefs on their arms.

Suggestions:

- 1.) When the chase is dragging, have circle players drop hands; this will allow the Cat to catch the Rat more easily.
 - 2.) Relieve slow runners when they are incapable of catching the Rat.
-

CATCH THE DRAGON'S TAIL

Number of participants: Large

Activity level: Active

Age group: 8 and Over

Equipment needed: None

Playing area: Large running area

Object of the game: To catch the dragon's own tail

Instructions: Break into teams of eight (8) players each and form a line by holding one another around the waist. The last person sticks a handkerchief or scarf into their belt or back pocket, and presto! Octamorous dragons with tails. At the starting signal, each dragon begins to chase its own tail, trying to catch it. The tail, meanwhile, having its freedom in mind, tries to steer clear, which leaves the center of the dragon wondering whether it's coming or going? When dragons grow weary of chasing their own tails, they often turn toward pursuing each other's. Growling and hissing help a lot in this endeavor and get you into feeling foolish freely.

CENTER CATCH BALL

Number of participants: Medium

Activity level: Active

Age group: 8 and Over

Equipment needed: Basketball, Volleyball or BeanBag

Playing area: Circle

Object of the game: To pass the ball quickly and in such a way so that the center player cannot intercept it. Encourage players to jump to intercept the ball.

Instructions: All players but one stand in a circle facing in; the extra player stands in the center and tries to intercept the ball as it is being passed quickly from one player to another. If the center player intercepts the ball he changes places with the player who last handled it. Winner may be the circle player who catches the ball in the shortest time.

Suggestions: Circle players may throw the ball over the center player's head. Coach players to feint and to bounce the ball.

CHIEF

Number of participants: 15 or more

Activity level: Slow

Age group: 8 and over

Equipment needed: None

Playing area: Circle

Object of the game: To guess who the leader is.

Instructions: Participants sit in a circle and pick a person to go out of the room or immediate area. Then one person is chosen as the leader. He starts to clap and the person in the other room comes back and tries to guess who the leader is as he secretly changes the action-which the group follows. The person gets three guesses. The leader then goes out of the room.

CHIPS

Number of participants: 5-40 children

Equipment needed: A ton of poker chips

Playing area: Large open area

Object of the game: To collect the most poker chips

Instructions: Have the children take off one shoe and place along a line with all the other shoes. Then spread the poker chips all over the play area. At the same time all the children are let loose to gather up the chips and place them in the shoe they left on the line. The catch, though, is that they can only carry one chip in each hand while running funny because they only have one shoe on. Therefore, after picking up two chips, they have to go back and deposit them in their shoe before they can get more. The game ends when all the chips have been gathered. Everyone, then, empties their shoes and counts how many chips they gathered. After the winner has been discovered, the chips are gathered up again and tossed back into the play area for another round. For team play you can have the children keep their shoes on and put their chips into a cone or other team container.

CIRCLE DODGEBALL

Number of participants: Medium-Large

Activity level: Moderate

Age group: 8-12

Equipment needed: Playground Ball

Playing area: Circle

Object of the game: To hit the players in the center with a ball

Instructions: Draw a large circle; the size depends upon the number of players. Divide the group into two teams of equal ability. One group stands inside the circle. The players outside the circle throw the ball at those inside the circle. If circle players step across the circumference of the circle to hit a center player, the hit does not count. Each time a center player is hit, a point is recorded for the circle team. Use equal periods, giving each team a turn in the center. The team having the fewer points against its wins. The game may also be played on an elimination basis. A center player is to be retired as soon as he is hit, with the last player in the center being the winner. All hits must be on a fly.

CIRCLE STRIDE BALL

Number of participants: Small-medium

Activity level: Active

Age group: 8 and Over

Equipment needed: One or two playground balls

Playing area: Circle

Object of the game:: To push the ball between your opponent's legs

Instructions: Arrange the group in a circle, standing with their legs spread far apart and with their feet touching the players next to them. All players bend over and use their hands to protect the space between their outspread feet and legs. A ball is tossed into the circle and the players attempt to push the ball between the legs of some player in the circle. All players must maintain their position when warding off the ball or passing it along, or when trying to push it through the legs of another player. Any player allowing the ball to pass through his legs three times is eliminated from the circle. Players are not allowed to use their legs to keep the ball from going through.

CIRCLE SOCCER

Number of participants: Medium-large

Activity level: Active

Age group: 8-12

Equipment needed: Soccer ball

Playing area: Circle

Object of the game: To kick the ball through the opponent's side

Instructions: Two teams line up on the circle, one team on each half of the circle. The game starts with a kick-off (to prevent two players from attempting to kick the ball simultaneously and probably kicking one another, have captains alternate taking the ball in the center). The captain tries to kick the ball through the circle on the opponent's side. The ball must be lower than the opponent's waist when it goes through the circle to score a point. The captains or centers may move anywhere within the circle. They remain as center players until one of them scores a point. The centers come in from the right side of the circle.

FOULS: If the ball is touched by the hands.

If a player takes more than one step into the circle while he is kicking.

If a player kicks the ball across his own team lines.

If a ball is kicked above the waist level.

All fouls made by a team give the opponents a point.

Teaching Suggestions:

1. Keep your eye on the ball.
2. Kick ball low, with the inside of the foot.
3. Avoid kicking through your own team.
4. Stay in own place.
5. To stimulate interest, announce scores often.
6. The game may be played on points or on a time limit.

CLEAN UP YOUR BACKYARD

Equipment needed: Yarn balls/ nerf balls

Object of the game: The object of the game is to get all of the balls.. "garbage", out of your "yard", and into the neighbor's yard.

Instructions: Students are separated into two teams, team A and team B. Each team stands on one side of the playing area. The playground leader places an equal amount of balls on each side of the playing area. Spread the balls out. When the teacher calls out (this may be done by yelling out, whistle, or music could be used to start and stop the game) the players throw the balls from their "yard" into the neighbor's "yard". When the leader calls stop (or the music is stopped), all players must stop throwing. The team members gather all of the balls. "garbage" in their yard put into a pile. The balls are then counted. The team with the least amount of "garbage" in their yard wins.

Variations: Larger/smaller playing area, divide players and playing area into more than two sides.

Safety: Depending on the types of balls used, you may require the students to roll, instead of throwing the balls.

COLOR GAME

Number of participants: Small

Activity level: Slow

Age group: 6 and over

Equipment needed: None

Playing area: Small

Object of game: Try to guess the object

Instructions: "I am thinking of something red." The group then proceeds with ten guesses, before they are told what is red.

COOKIE JAR

Equipment needed: Bean bags, hula hoops, music

Object of the game: Object is for the students to one at a time remove one bean bag at a time from their hula hoop, cookie jar, and place it in someone else's cookie jar, by walking over to it.

Instructions: Place hula hoops in a circle. Hula hoops can also be placed in the center of the circle, depending on how large the circle is. Then put the same number of beanbags in the hula hoops that form the circle. Have two students stand next to each of the hula hoops that form the circle. Students can not put their cookies in the jars right next to them and team members can only go one at a time. The object is to have the least amount of cookies in your jar when the music stops.

CONCENTRATION

Number of participants: Small

Activity level: Slow

Age group: 8 and over

Equipment needed: None

Playing area: Circle

Object of the game: To obtain and hold the first position.

Instructions: Players sit in a circle. Everyone learns four part rhythms before the game starts. It is this:

Slap both hands on both knees	Count 1
Clad hands together	Count 2
Snap fingers of Right hand	Count 3
Snap fingers of Left hand	Count 4

Players are numbered consecutively around circle. The chosen player starts the rhythm calls on the last two counts of the rhythm according to the following: on count 3 the player calls his own number; count 4, that of another player. The player whose number is called must reply by calling his number on the next count of 3 and another player's number on count 4. Anyone who fails to respond when his number is called, or breaks the rhythm must move to the next position of the last player, and all other players move up one space. When this happens the players numbers also change accordingly.

CRAB SOCCER

Number of participants: Medium

Activity level: Active

Age group: 8 and over

Equipment needed: Soccer ball & cones

Object of the game: To advance the ball across the team's goal line

Instructions: Players must crawl on all fours to move with their backs toward the floor. No one is allowed to use his hands, Team member's line up facing each other. The ball is placed in the center of the field. Players rush for the ball and attempt to kick it over

the opposing end line. When the ball goes over the sideline, it is thrown back by the referee.

CRAZY KICKBALL

Number of participants: 10-20 per team, two teams

Activity level: Moderate

Age group: 8 and over

Equipment needed: may be adapted to situation. Two jump ropes, two basketballs, two Indian clubs or bowling pins, home plate, one kickball

Playing area: Baseball diamond

Object of the game: To score more points than the other team.

Instructions: The game is a kickball variation with two jump ropes at first base, 2 basketballs at second base, and 2 Indian Clubs at third base and regular home plate. The fielding team sets up as in a softball game; catcher, pitcher, baseman, and outfielders. The kicking team sends a kicker to the plate who kicks the rolled ball from the pitcher. He then runs to the first base, picks up one of the jump ropes and jumps rope 10 times. He then places the rope on the spot he picked it up from, runs to second base, picks up the basketball and shoots (2 or more) baskets, replaces the ball where he got it, runs to third, and using only his feet, knocks down and sets up the Indian Clubs. He then runs home. Meanwhile, the fielding team fields the ball, throws it to the first baseman who jumps rope 10 times, tosses the ball to the second baseman, who shoots 2 or more baskets, tosses the kicked ball to the third baseman who knocks over and sets up the Indian Clubs then throws the ball to the catcher at home plate. If the runner beats the ball home, the runner is out. A fly ball that is caught constitutes an "out". Three outs per inning. No boundaries, but ball must roll ahead of plate.

CROWS AND CRANES

Number of participants: Medium

Activity level: Moderate

Age group: 6-12

Equipment Needed: None

Playing area: Large running area

Object of the game: To tag members of the other team

Instructions: One team is designated as CROWS, the other as CRANES. The equal teams line up facing each other 3 feet apart. One goal is marked at least 25 feet to the rear of each team. The leader calls out either CROWS or CRANES. If he calls CROWS, then the CROWS run for their goal with the CRANES in pursuit and vice versa.

Suggestions:

1.) Instead of standing face to face, have the teams stand back to back; sit or kneel.2.) In the primary grades (1-3), those caught go over to the other side; in grades 4-6 count a point for each person tagged.3.) The leader may tell a story, which he makes up as he goes along. From time to time he uses a word beginning with the sound of "cr", when he does so, he always prolongs the sound of the "Crrr....." and then completes the word. Such words as crackers, crazy, crunchy, crumbly may be used to give the game and story added suspense.

DODGEBALL

Number of participants: Medium-large

Activity level: Moderate

Age group: 8 and over

Equipment needed: Playground ball

Playing area: Running area

Object of the game: For players to avoid being hit by a ball. DODGEBALL is a popular game with possibilities for developing skill in quick and accurate passing, agility, dodging, and some team passing.

Instructions: Divide the group into 2 teams. Players throw the ball across the line and hit an opposing team member below the waist. If the opposing team member catches the ball the thrower sits on the sideline. If a team member gets hit with the ball they sit on the sideline. The team with the most players left wins.

DOG HOUSE

Number of participants: Medium

Activity level: Moderate

Age group: 8 and over

Equipment needed: 2 Pins, playground ball, chalk

Playing area: Blacktop or smooth surface

Object of the game: To score runs by bowling between pins for a home run or by getting on base by knocking pins down.

Instructions:

- 1.) Chalk in bases and pin location (o o) in a safe area.
- 2.) Distance between home and bases should vary according to ability of players.
- 3.) Pins are placed on spots (O O) at a width so that ball may pass easily between them. Adjust distance between home plate and pins to ability of players.
- 4.) The fielder stands behind restraining line or in DOG HOUSE just behind two pins.

Instructions:

- 1.) First batter stands at home plate and bowls at pins.
- 2.) If the ball goes between pins without knocking them down, it is a home run and the batter runs the bases.
- 3.) If the ball knocks down one or both pins, the batter runs to first. He may continue on to the next base; however, he must get home or stop on a base when the fielder has set up the knocked down pins, has the ball in his hands, and is on the restraining line or in the DOGHOUSE.
- 4.) If the runner is off a base, he is out.
- 5.) Batter is also out if after 3 trials at bowling, he does not make a home run or knock down one or both pins.
- 6.) When a batter or runner is out, he becomes the fielder.
- 7.) Each player keeps score of his own runs.

Suggestions:

- 1.) If the ball is bouncing when pins are knocked down, the bowler is out. Ball must be rolled.
- 2.) Adjust entire game to ability of players.
- 3.) An additional one or two bases could be added.

DRAGON'S JEWEL

Number of participants: Medium

Activity level: Moderate

Age group: 8 and over

Equipment needed: Object for jewel, such as a beater, pin or frisbee

Playing area: Circle

Object of the game: To snatch the jewel from the dragon.

Instructions: Make a circle. One person is the dragon and he stands in the center of the circle. He puts the jewel between his feet. The dragon guards the jewel while the people around him try to snatch it without being tagged by the dragon.

DRAGON TAG

Number of participants: Large

Activity level: Active

Age group: 8 and over

Equipment needed: None

Playing area: Large running area

Object of game: To catch all the players

Instructions: From five to ten players link arms and become the dragon. They endeavor to encircle the other players one or more at a time. When they do the players are caught. Boundaries should be decided before the game begins.

DRIP DRIP SPLASH

Number of participants: Medium

Activity level: Moderate

Age group: 8 and under

Equipment needed: Plastic squirt bottle or plastic pail and small cup, water

Playing area: Circle

Object of the game: To try to catch "it"

Instructions: The game is played in a circle just like Duck, Duck, Goose. A small drip of water is placed on each head as the person walks around the circle. A large amount is poured on the head of the child "it" wants to be chased by.

DUCK, DUCK, GOOSE

Number of participants: Medium

Activity level: Moderate

Age group: 8 and under

Equipment needed: None

Playing area: Circle

Object of the game: To try to catch "it"

Instructions: Children sit in a circle. One player is "It" and stands outside the circle. "It" goes around the circle tapping each child on the head as he says "Duck, duck, duck" When he comes to the one whom he wishes to tag he says "Goose". That player then chases "It" around the circle. If "It" gets back to the vacant place safely, the chaser becomes "It". If he is caught, he is "It" again.

EASTER EGG HUNT

Equipment: Plastic Easter eggs, cone for each group plus 15-20 extra, ball for each group, prizes for the eggs or paper to write point values on

Beforehand, scatter 15-20 cones in the field and place Easter eggs under some of the cones. You can either put candy or paper numbers in the eggs.

Divide into groups of 3-4 and have them line up behind a cone. Give each group a ball. The first person in each line must try to roll the ball and knock over a cone. If they do, they can go collect the cone and egg (if there is one). Then the next person tries and so on. However, if someone finds the cone with the Easter Bunny under it, they lose all their eggs and they are put back into the playing field. Once all the cones are knocked over, you can see who has the most eggs, the most points, or just eat the candy!

ELBOW TAG

Number of participants: Large

Activity level: Active

Age group: 5 and over

Equipment needed: None

Playing area: Large running area

Object of the game: To avoid being tagged

Instructions: Divide into pairs and have each pair link an elbow with his partner, keeping his outside elbow bent and his outside hand on his waist. We need one volunteer to be "It" and another to be the runner. The runner who is "It" tries to tag the runner. The runner can avoid being tagged by linking an elbow with the free elbow of any members of any pair on the playing field. When he does, he shouts, "Go" and the other member of the pair must take off as the new runner is tagged, he's "It". His partner becomes the runner.

ELEPHANT, RABBIT, PALM TREE

Number of participants: Large

Activity level: Slow

Age group: 7 and over

Equipment needed: None

Playing area: Grassy area

Object of the game: To avoid staying in the center of the circle

Instructions: An elephant is composed of one person who turns himself into a long trunk and two other players, one on each side who become two floppy ears. A palm tree has a tall trunk that reaches for the sky, with arching branches on either side. A rabbit holds up his whiskers, while the two ears are on either side. We form a circle and one player is a spinner in the center. He twirls around while everyone makes jungle sounds. The person pointed to must assume the central pose, The player on either side must complete the pose. The pointer counts to ten and if one person fouls up, he becomes the pointer. Otherwise the pointer tries again.

ENGINES AND CABOOSE

Number of participants: Large

Activity level: Active

Age group: 8 and over

Equipment needed: None

Playing area: Large running area

Object of the game: To try to catch on to the end of any train

Instructions: There are three to six players in a group. Each player in a group lines up behind one player who is the engine holding one another around the waist or arms. One or more extra players are left out of the formation. These extra players are the cabooses and they try to catch on to the end of any train. When a caboose is successful the engine of that group becomes the caboose.

FAMILY FEUD

Number of participants: Two teams of 5, one questioner

Activity level: Slow

Age group: 8 and over

Equipment needed: Set of questions

Playing area: Table

Object of the game: To answer more questions correctly than the other team

Instructions: The questioner asks each team captain a question and the captains may confer with their teammates before answering. If answered correctly, another question is asked of that same team.

FARMER IN THE DELL

Number of participants: Medium

Activity level: Moderate

Age group: 7 and Under

Equipment needed: None

Playing area: Circle

Instructions: Children form a single circle, players facing the center. One child is selected to be the farmer. All join hands and circle around him, singing;

1. The Farmer in the dell, the farmer in the dell
Heigh-O, the Dairy-O, the Farmer in the dell.
2. The Farmer takes a wife, etc.
3. The wife takes a child, etc.
4. The child takes a nurse, etc.
5. The nurse takes the dog, etc.
6. The dog takes the cat, etc.
7. The cat takes the rat, etc.
8. The rat takes the cheese, etc.
9. The cheese stands alone, etc.

Verse 1-Players move to the right or left during the singing.

Verse 2-The farmer chooses a wife by taking another player in to the center of the circle with him.

Verse 3-The wife chooses a child. The choosing continues until the end of the verses.

Variations: Several farmers may be chosen, and each one chooses a wife. Each wife chooses a child, and so on.

Teaching Suggestions: As the cheese stands alone, have all players move out of the circle, clapping their hands over their heads as they sing, "The cheese stands alone", etc. On a signal the cheese gives chase, trying to catch as many players as possible in a given time. Those caught are out of the chase.

500 (FIVE DOLLARS)

Instructions: This game needs a couple of kids and a ball (both football or a baseball are common) One person is the thrower, and everyone else clusters about throwing distance away from the thrower. The thrower tosses the ball in the air towards everyone else and announces a number between 50 and 500, like so "I've got 200 up for grabs." If a kid catches it they get as many points as the thrower yelled. If someone drops it though, they lose the same number of points (negative scores are possible).

OR

One person is the tower, and everyone else clusters about throwing distance away from the thrower. The ball is the thrown (or kicked) towards the group. If caught on the fly, it is worth 100 points; after the first bounce; 75 points; second bounce: 50. And after the third bounce: 25. The first person to 500 becomes the thrower (or kicker) for the next round.

FOOTBALL VOLLEYBALL

Number of participants: Medium

Activity level: Moderate

Age group: 8 and over

Equipment needed: Volleyball net and football

Playing area: Volleyball court

Object of the game: Score more points than the other team.

Instructions: This is Newcomb played with a football.

FOUR SQUARE

Number of participants: 4 or more

Activity level: Active

Age group: 8 and over

Equipment needed: Four square pattern painted on playing surface, playground ball

Playing area: Four square box

Object of the game: To get to square A

Instructions:

1. One player is in each square A,B,C,D. The player in square D starts the game by bouncing the ball once. He then strikes it with one or both hands directing its flight upward so that it bounced in any of the other areas. The receiver must keep the ball in play by striking the ball before it has bounced again and by directing it to any one of the other areas. Play continues until one player fails to return the ball or fouls. A player who misses the ball or fouls must move to the end of the waiting line, while the other contestants advance one square. For example, if B fouls, player C moves to B, D to C, and B goes to the end of the line. A new player takes his place in area D. A remains in his square.

2. Fouls:

- a. Failure to return the ball to another square
- b. Striking the ball with the fist
- c. Causing the ball to land on any line
- d. Allowing the ball to touch any part of the body except the hands
- e. Pushing the ball

3. Techniques:

- a. Hit the ball with fingertips
- b. Put spin on ball by hitting across back of ball

FOUR TEAM VOLLEYBALL

Number of participants: Medium

Activity level: Moderate

Age group: 8 and over

Equipment needed: Volleyball net and volleyball

Playing area: Volleyball court

Object of the game: To score more points than the other teams

Instructions: Players are divided into four teams. Each team takes one quarter of the volleyball court. The four teams play regular with the exception that a team only returns balls hit in their quarter of the court. The serve rotates among the four clockwise beginning with a coin flip.

FREEZE TAG

Number of participants: Large

Activity level: Active

Age group: 8 and over

Equipment needed: None

Object of the game: To tag everyone

Instructions: "It" runs and tags everyone. When he does they must "freeze" and stay in one place until someone crawls under their legs.

FRISBEE

Number of participants: 2 or more

Activity level: Moderate

Age group: 8 and over

Equipment needed: Frisbee

Playing area: Large running area

Object of the game: To catch the frisbee without dropping it or throw it so that it can be caught.

Instructions: Skills may include:

1. Accuracy flight through hoop
2. Backhand, slide arm or underhand flight
3. Right curve
4. Left curve
5. Skip flight
6. Behind the back catch
7. Between the legs catch
8. Distance/accuracy flight

FRISBEE BASEBALL

Number of participants: Medium

Activity level: Moderate

Age group: 8 and over

Equipment needed: Frisbee and 4 bases

Playing area: Baseball diamond

Instructions: Batter stands at home plate and throws the frisbee into the playing field area and runs toward first base. If the frisbee touches the ground, it is considered a ground throw and the batter must be thrown out at first base unless the fielder chooses to play on other runners. If the frisbee is thrown in the air, it is considered a fly and if caught the batter is out. Three outs to an inning.

Variations: Can be played with a pitcher. The pitcher throws the frisbee to the batter who tries to catch it. If the player drops it, it is a strike.

FRISBEE FOOTBALL

Number of participants: Large

Activity level: Active

Age group: 8 and over

Equipment needed: Frisbee, boundary lines

Playing area: Large running area

Object of the game: To run the frisbee over opponent's goal line

Instructions: Frisbee football is a game of passing skill, pass defense and receiving. The passer may throw the frisbee in any manner and it may be caught in any manner. The pass defender may use any tactic to intercept the frisbee except that the defender may not touch the receiver in anyway. Down is played over if defender interferes.

The passer must pass the frisbee any may not run. The defensive team may rush one player to try to block the pass but may not touch the passer in any way. The rusher must delay the rush for a five- (5) count before rushing.

If the frisbee is passed and caught, then the receiver or interceptor may run with the frisbee until touched on any part of the body.

The offensive team has four (4) downs in which to score. If they fail to score then the frisbee is turned over to the other team.

The field of play is decided by the teams. A score count one (1) point. A game consists of (5) points.

Any number may play with one player designated as the passer and one the rusher. All the rest are either receivers or defenders.

FRISBEE GOLF

Number of participants: Small

Activity level: Moderate

Age group: 8 and over

Equipment needed: Frisbee

Playing area: Large running area, playground

Object of the game: To successfully hit the hole with fewer tries than your opponent

Instructions: Any number may play frisbee golf. Flip to see who gets to lay out the first hole. Pick any object (a tree, a sprinkler, a can) to be the "hole" Map out the course with out-of-bounds, hazards, dog-legs and so forth. You are ready to play.

Your score will be the number of throws it takes to hit the "hole" Score as in regular golf. After the first hole the "winner" of the hole gets to map out the second hole. Be as inventive as you can be. Play 9 or 18 holes.

FRISBEE TAG

Number of participants: Medium-Large

Activity level: Active

Age group: 6 and over

Equipment needed: Frisbee

Playing area: Large running area

Object of the game: To tag someone

Instructions: "It" has the frisbee and tags someone with the frisbee. When a person gets, tagged, he takes the frisbee and becomes "It".

FRUIT SALAD

Number of participants: 12-24 children

Playing area: an open area

Instructions: The children need to create two parallel rows. Each row is a team. Have them be seated with the ends of their feet touching the ends of the person's feet who is across from them in the other row, creating a ladder effect. Assign a different fruit to each pair of children. The leader then calls out the name of a fruit. The pair of children who's fruit name is called then stand and run through the ladder, being careful not to stop on anyone around outside to the other end, and then back to their spot in line. The first child to complete his gets a point for their team.

Be sure to have the children place their legs flat upon the ground so that the runners do not trip over them. Also, to keep the children from becoming careless and stepping on each other. Enforce the rule that if they step on someone, the other team gets the point automatically.

GO-GO-STOP

Number of participants: Medium

Activity level: Moderate

Age group: 8 and under

Equipment needed: Boundary lines, beginning and finish

Playing area: Large running area

Object of the game: To tag the person who is the leader

Instructions: Everyone stands on a line, facing one direction. The leader stands across the field facing them. He turns his back on them and yells, “go,go,go!” and faces them again and yells “stop” If the leader sees someone move they must go to the beginning and start again. The process is repeated until someone can tag the leader without getting caught.

GORILLA, ELEPHANT

Number of participants: Medium

Activity level: Moderate

Age group: 5 and over

Equipment needed: None

Playing area: Grassy area

Object of the game: To find your own species

Instructions: A group of people make elephant sounds, while another group makes gorilla sounds. They wander about an area with their eyes closed until they find their own kind and then assemble a huddle until all “Gorillas” arrive.

GOSSIP (Telephone)

Number of participants: Small

Activity level: Slow

Age group: 8 and over

Equipment needed: None

Playing area: Circle

Object of the game: To repeat the same phrase at the end of the circle

Instructions: Everyone sits in a circle. A leader is chosen and he starts the “Gossip” by whispering a word or phrase to the person seated next to him. This word or phrase is passed around the circle by each person whispering what he heard to the player next to him. No one can ask to have it repeated. The last one to hear it says it out loud. A new word or phrase is whispered, and the game starts over again.

GO TAG

Number of participants: Medium

Activity level: Moderate

Age group: 8 and over

Equipment needed: None

Playing area: Large running area

Object of the game: Chaser should tag the runner

Instructions: Everyone squats in a line, alternating players facing opposite directions. You can imagine an oval track running around the line. The person on one end of the line will be the first runner. He may run around the track in either direction. The person at the other end will be the first chaser. She may start running either clockwise or counter-clockwise, but she may not switch directions once she starts. The chaser can tap the back of any squatter and shout “Go!” The tapped player steps forward to begin the chase. While the old chaser squats in his place in line.

GROUP JUGGLING

Number of participants: Medium

Activity level: Moderate

Age group: 8 and over

Equipment needed: 3 balls or beanbag

Playing area: Medium running area

Object of the game: To successfully repeat the pattern

Instructions: Make a circle. Catch and throw the ball in a pattern across the circle. Then, when everyone has received the ball, start the pattern again. Add another ball

and do another pattern, then a third ball. This is a cooperative game, trying to keep all three balls in the air at one time.

GUESS WHO

Number of participants: 20-60

Instructions: All players need to be in an area where they are all visible to each other. One child is selected to be the guesser. The guesser has one minute to study who all the people are in the room. The guesser is then removed from the room. One of the players in the room is then removed from the room. This person's identity is kept secret from the guesser. The guesser then returns and must guess who left the room. The guesser gets one guess as to who is missing but they may ask up to three yes or no questions. Once the guesser makes their guess the missing person is revealed. The missing person from that round is the guesser for the next round. To make the game more difficult have the players in the room rearrange themselves once the guesser leaves.

HANGMAN

Number of participants: two

Activity level: Slow

Age group: 8 and over

Equipment needed: Paper and pencil

Playing area: Table

Object of the game: To guess the word before your man is hung

Instructions: Player A selects any word and makes appropriate blanks for the number of letters in the word. Player B tries to discover what the word is by asking what letters the word contains "Is there a letter A in the word?" Player A responds by saying yes or no. If yes, player A places the correct letter in its appropriate blank and player B tries another letter. If the answer is no, player A starts drawing the hangman beginning with part #1. Each time player B guesses incorrectly, he gets another part.

HANG TIME

Instructions: To play you must have at least two players, one Ref with a stopwatch, and a tennis ball. To play throw the ball in the air and have the ref see how many seconds it stays in the air and then record how many seconds it stays in the air. Then let the other have his/her turn, and do the same. Do this however long you want to then add up the seconds, the player with the most wins.

HIT AND RUN

Number of participants: Medium-Large

Activity level: Moderate

Age group: 8 and over

Equipment needed: Bat and ball

Playing area: Baseball diamond

Object of the game: To return home to score

Instructions: The pitcher rolls the ball to the hitter who tries to kick the ball into fair territory. The batter attempts to run directly to second base and return to score. The fielders get the ball and try to throw out the batter by hitting him. They may not run with the ball.

HIT PIN BASEBALL

Number of participants: Two teams, each with nine members including catcher, pitcher, first baseman, second baseman, third baseman, shortstop, right fielder, center fielder, shall line up as in baseball, one team in the field and the other at bat

Equipment needed: 4 pins, 1 playground ball

Playing area: The distance between bases shall be 45 feet. The distance from the point of intersection of the first and third baselines at home plate to the front of the pitcher's box shall be 20 feet.

Object of the game: The object of the game is to score runs. One run is scored when player has succeeded in striking a fair ball and completing the circuit of the bases without being put "out".

Instructions: A softball diamond is used with bases about thirty feet apart. Each team has a catcher, bowler, first, second and third baseman, shortstop, with all additional players playing in the field. An Indian club stands at each base, including home. The bowler, standing in the pitcher's box, rolls the ball toward home plate. The batter, who is standing inside the circle at home plate and in front of the Indian club, tries to kick the ball within the fair territory of the softball diamond. If he kicks the ball fair, he runs for first base and so on around the bases as in baseball. A fielder can put a base runner out only by knocking down the club ahead of him with the ball, which may be thrown or held in the hand. A run is awarded to the runner's team when he completes his run to home plate or when a baseman or fielder interferes with the runner. To simplify the rules and provide more activity, eliminate the strikes and balls. The runner is out when:

1. The kicked ball is caught by any player on the opposite team before it touches the ground (fly ball).
2. He knocks down an Indian club while running.
3. The fielder succeeds in knocking down the club before the runner reaches the base.
4. He interferes with any player or the ball.
5. A fair ball which he kicks knocks down a base club before striking the ground.
6. He or the pitcher knocks down the Indian club at home plate.

After three outs, the team in the field changes places with the team at bat. An inning continues both teams turns at bat. The team scoring the most runs after a designated number of innings is the winner.

Teaching suggestions:

1. For safety, require the runner to go on the outside and not touch the bases. This should lessen the possibility of interference between base runners and baseman.
 2. Have teams equally divided in number and ability.
 3. A demonstration and explanation should be given after the teams are placed in position. Have a trail demonstration with the leader as the first batter.
 4. Develop leadership by appointing captains and allowing them to place the fielders.
 5. Duties of a captain should be to see that all players have equal turns at bat and that players rotate fielding positions.
 6. Batters should be required to stay in the batter's safety area.
 7. Referee should make quick and accurate decisions, announce score often, and make corrections as the game progresses.
 8. When the play period is short, have two outs retire the side.
 9. Have players decide on rules pertaining to balls kicked into the bleacher, ceiling, etc.
 10. Keep the game simple and add rules as the players are ready for them.
-

HIT THE WICKIE

Number of participants: Medium

Activity level: Active

Age group: 8 and over

Equipment needed: Bowling pin, throwing stick, playground ball

Playing area: 70' playing area

Object of the game: To knock over the pin and tag the opponent's team.

Instructions: The court is laid out as designed below. The wickie (a stick or any object that will stand up to be knocked over) is set up on the centerline. Two teams stand facing each other with one of the teams armed with a ball. The thrower throws at the wickie and if it is knocked over the throwing team rushes to its out-of-bounds line. The other team pursues them and tries to catch them before they reach the out-of-bounds. If a pursuing team member catches members of the throwing team before they reach the out-of-bounds, the thrower has to join the pursuing team. The teams alternate throwing.

HOP-SCOTCH

Number of participants: 1-5

Activity level: Slow

Age group: 8 and over

Equipment needed: Hopscotch court

Playing area: Hopscotch court

Object of the game: To perform a number of stunts without failing.

Instructions:

Starting position: Contestants shall stand in hopping pose on one foot beyond the baseline of the court with taw in one hand.

Stunt #1

- a. Toss or drop taw into square 1
- b. Hop into square 1
- c. Take any number of hops in square without touching any line with hopping foot or any other part of the body.
- d. Kick taw out of square over and beyond baseline with hopping foot.
- e. Finally hop out of square over and beyond baseline. Don't step out.
If no error has been made, proceed to stunt #2.

Stunt #2

- a. From starting position toss taw into square 2.
- b. Hop into square 1 and then into square 2.
- c. Take any number of hops and kick taw directly out beyond baseline.
- d. Finally retrace course outward to square 1, then if no error proceed.

Stunt #3

- a. From starting position, toss taw into triangle 3.
- b. From this position standing on one foot, leap into square landing with right foot in #1 and left foot in #2 at the same instant.
- c. Jump from both feet and land on either foot in triangle #3.
- d. When ready, after pushing or sliding taw with hopping foot, kick taw toward and beyond baseline. If it stops in a square of smaller number without resting on a line it must be retrieved as follows:
- e. Return by leaping into square 1 and 2 with right foot in #2 and left foot in 1 at the same time. If taw has reached only one of

these squares raise either foot and while hopping, kick taw out.
Then hop beyond baseline. If no error, proceed

Stunt IV

- a. From starting position, toss taw into triangle #4.
- b. Advance as in stunt 3 to triangle 3 and hop into triangle 4.
- c. Retrieve taw and return to starting position as in stunt 3. If no error proceed.

Stunt V

- a. From starting position, toss taw into triangle #5.
- b. Advance as in stunt 4 and hop into triangle #5.
- c. Retrieve taw and return as before. If no error proceed

Stunt VI

- a. From starting position, toss taw into triangle #6.
- b. Advance as in stunt 3 to #3.
- c. Leap to alight with right foot in triangle 4 and left foot into triangle 5.
- d. Retrieve taw as before.
- e. Return leaping to alight with right foot in 5 and left foot in 4 at the time. Jump into 3 with one foot only, leap into 2 and 1 with right foot in 2 and left foot in 1 at the same time and jump out beyond baseline to land on one foot. If no error proceed

Stunt VII

- a. From starting position, toss taw into rectangle #7.
- b. Advance as in stunt #6 and leap to land on both feet at same time in rectangle 7.
- c. Walk about in 7 moving taw with foot or feet along until in position to retrieve it by kicking it out over baseline or into a space of smaller number.
- d. Return by raising one foot and hopping into triangle 6, and continue out as before. If no error proceed

Stunt VIII

- a. From starting position, toss taw into semi circle #8.
- b. Advance as before to 7 and when ready to progress to space 8, raise either foot and hop out of rectangle into semi circle and landing on one foot.
- c. Retrieve taw as before.
- d. Return by leaping to land on both feet at the same time in rectangle 7 and when ready continue as in stunt 7. If no error proceed

Stunt IX

- a. From starting position toss taw into arc #9.
- b. Advance as in stunt 8. Stop in 8.
- c. Retrieve while in hopping position in semi-circle by picking up the taw by hand from arc #9.
- d. Return as in stunt 8 carrying taw in hand.

Stunt X

- a. From starting position toss taw into arc #10.
- b. Advance as in stunt 9 and hop into arc 9.
- c. Retrieve as in stunt 9.
- d. Hop into semi-circle 8 and return as before, stopping for a few seconds rest in 7 if desired

Stunt XI

- a. From starting position, without tossing or caring taw, advance as in stunt 8 to semi-circle.
- b. Leap to land on both feet at the same time with right in arc 9 and

left in arc 10.

- c. About face and reverse position of feet by leaping half turn.
- d. Return by jumping to land on one foot in semi-circle and continue out according to stunt 8.

Fouls, Errors, or Misses

Players are penalized by loss of turn:

1. For tossing taw while not in proper hopping position back of baseline. Leaning over is allowable.
2. If taw when thrown comes to rest touching any line of the court, or does not stop completely within the section the player is throwing for.
3. If taw is not kicked completely out of the court beyond the baseline.
4. If taw passes out of the court over the side lines when kicked.
5. For any irregularity in progression as judged by the umpire (leader)

HORSE

Number of participants: Small

Activity level: Moderate

Equipment needed: Basketball

Playing area: Basketball court

Object of the game: To provide opportunities for practice in various shots. A good self sustaining activity for older boys and girls.

Instructions: Players take turns shooting. The first player may shoot from any place and try the same type of shot. If the basket is made the succeeding players must shoot from the same place and try the same type of shot. If the player misses his shot he has a HORSE against him only if the player proceeding him has made his shot. When a player misses, the succeeding player need not attempt the same shot. After a miss the next player may try any shot. This continues with each succeeding player attempting the same type shot as the person shooting ahead of him, if that shot was made. A HORSE is called for every shot missed only if the preceding player has made a successful shot. When a player has three HORSES against him, he is out of the game.

HOSPITAL TAG

Number of participants: Large

Activity level: Active

Age group: Any

Equipment needed: None

Playing area: Large running space

Object of the game: Avoid being tagged

Instructions: "It" tags everyone he can catch. The person caught must place his hand on the "injury". Each person must be tagged again and then in turn must hold on to the "injury" with his second hand. The third time each person is tagged he must lie in the designated "hospital" area. The game continues until the entire group is in the "hospital" The person who is "it" should try to tag people on the foot or leg so when they hold their "injury" it is difficult for them to run.

HOT PATATO

Equipment needed: ball or something to pass

Instructions: The potato is passed from one person to person until the leader gives a signal. The person left holding the potato is eliminated. You can use also use music and when the music is stopped, the person holding the potato is out.

HOW THE GRINCH STOLE CHRISTMAS

Equipment: Cone for each group, beanbags (lots)

Divide into groups of 3-4 and have each group stand behind a cone. Scatter the beanbags at the opposite end of the field as the teams. Choose 1-2 kids to be the Grinches.

The Grinches have taken all the Christmas presents (beanbags) from the Who's (the teams). The Who's want their presents back. So the first person in each line tries to run to the opposite end of the field and take back ONE present without getting tagged by a Grinch. If tagged, they return the present to the Grinch and return to their line with nothing. Next person in line tries. Play until all the presents are back in Whoville or for a certain amount of time. Team who collects the most presents wins.

HUG TAG

Number of participants: Large

Activity level: Active

Age Group: 8 and over

Equipment needed: None

Playing area: Large running area

Object of the game: To avoid being tagged

Instructions: "IT" chases people and whoever is tagged becomes "IT". To avoid being tagged, one must hug another person. The time limit is three seconds to hug, and then the player must break apart and find a new partner.

HULA HOOP

Number of participants: Small

Activity level: Moderate

Age group: 8 and over

Equipment needed: Hula Hoops

Playing area: Small

Object of the game: To do each trick successfully

HUMAN MACHINE

Number of participants: Medium

Activity level: Slow

Age group: 8-12

Equipment needed: None

Instructions: One person makes a motion and a noise to mimic a machine motion and noise. Another person stands very near the first person and does the same but a different motion and noise. The group adds to the machine one by one until the machine is humming and moving to the maximum.

HUMAN OBSTACLE

Number of participants: Medium

Activity level: Moderate

Age Group: 8-12

Equipment needed: None

Playing area: Large running area

Object of the game: To complete the obstacle course

Instructions: Each team contains five players. They are placed approximately ten yards apart. The first player stands erect, the second at stride, with feet well apart, the third crouched down in leap frog position, the fourth erect, and the fifth player is the first runner. He must run completely around the first player, crawl thru the legs of number

two, leap frog over number three, run completely around four, and then in front of number four, he assumes the position of the first player (astride) and then shouts "Go" to signal the next player to start. As each player completes the course, he assumes the position of the first player he passed. The race is over when all five players have been through the human obstacle course.

HUMAN PINBALL

Number of participants: 20 or more

Activity level: Moderate

Age group: 8 and over

Equipment needed: Playground ball

Playing area: Circle

Object of the game: To become the target

Instructions: Stand in a circle facing outward. To be a flipper, stand with your legs spread at shoulder width with your arms hanging down. Your feet should touch your neighbors. One player stands in the middle and the flippers try to hit him with a ball by hitting it back and forth across the circle. If the flipper hits the center person, he gets to be the new target.

HUMAN SPRING

Number of participants: Two

Activity level: Moderate

Age group: 8 and over

Equipment needed: None

Playing area: Grassy area

Instructions: Stand with feet spread at shoulder's width facing each other about an arm's distance apart. Hold hands up in front of you, palms facing forward. Keep body as rigid as possible, lean forward at the same time. Catch each other with your palms, rebounding to a standing position with a spring like action.

HUNKER HAWSER

Number of participants: Small

Activity level: Moderate

Age group: 8 and over

Equipment needed: Rope 15 feet long, one inch in diameter

Playing area: Large grassy area

Object of the game: To unbalance your opponent by tightening or slackening the rope

Instructions: If you like one-on-one competition, here it is-along with a real surprise as to what gets you off your pedestal. Pedestals are about six inches high and small enough so those players can't move their feet without losing their balance. (A good mount might be a tree stump, railroad tie, flowerpot, or chamber pot.) Players hunker down on their stump about 6 feet apart each holding a rope about one inch in diameter and at least fifteen feet long. The excess rope lies between them. At the starting signal, the players begin reeling in. The object is to unbalance your opponent by tightening or slacking the rope. Sound simple? Just give it a good pull and off comes your opponent. Suddenly, she lets go and off you tumble-defeated by your own energy. In fact, the more aggressive you are the more vulnerable you are. The whole idea of how to win the game becomes as topsy-turvy as the chamber pot on which you are hunkering.

INDY 500

Equipment: Hula hoops

Instructions: Place hula hoops around the playground in a circle. Place the hoops far enough away from each other so that a foot can fit in between each one. Children do the locomotor action that is given by the leader around the playground, making sure to step in each of the hoops. If the children's foot touches the hoop or if they do the action outside of the hoop, or if the child does the wrong action they need to make a "pit stop". Children have to have one foot in a hoop when the music stops. If they do not they will have to make a "pit stop". Children that have to make a "pit stop" have to go into the circle that is created by the hula hoops and do 5 jumping jacks.

Variations: Make different pit stops, change the rules about where feet need to be when music stops.

INFINITY VOLLEYBALL

Number of participants: Small-Large

Activity level: Moderate

Age group: 8 and over

Equipment needed: Volleyball & net, or nerf ball or two volleyballs

Playing area: Volleyball court

Object of the game: To keep the ball on the volley indefinitely

Instructions: In general, the normal rules of volleyball apply, except that no specified number of players is required. As in regular volleyball, one team may hit the ball no more than three times before sending it over the net. Players of both teams chant aloud the number of times the ball has been volleyed. Both teams share the final score. For average players, any score over fifty is very good, a 100 or more is phenomenal.

Variation #1

An indoor variation may be played with a nerf (sponge rubber) ball. A point is scored each time a player hits the ball. No player may touch the ball twice in a row. Any score over 100 is considered good, 200 or more is great.

Variation #2

This game uses two volleyballs at once. A point is scored each time either all goes over the net. Care must be taken that neither ball is hit more than three times on a side. A score of 25 is considered good, 50 is great.

JEWEL

Number of participants: 5-20 children

Equipment needed: A small bag of trinkets or just a ball

Playing area: Large area

Instructions: One child is selected as the jewel keeper. This person is responsible for protecting the jewel from everyone else. They may stand over the jewel or near it, but not on it. When the keeper says go, all the other players, who were lined up on a fence or other convenient line, charge toward the keeper and try to get the jewel away without being tagged. When a player gets the jewel away from the keeper without being tagged, they must run back to or across the starting line before being tagged. If the player is successful in this, they become the new keeper for the next round. If the player gets tagged before crossing the line, they are frozen and the keeper gets to return the jewel to its initial position.

JUMP ROPE

Number of participants: 3 or more

Activity level: Moderate

Age group: 6-12

Equipment needed: Long jump ropes

Playing area: Large paved surface

Instructions: Rope jumping with long rope. In these events a long rope is used with two players (turners) swinging the rope while the others jump in.

- 1, Select five events and have five rope swinging. Each child goes from one rope to the next and attempts to perform the feat required in each rope. The contest is to see who can complete the series without a miss.
2. Divide the players into teams and conduct as in number 1. Count the players in each team who compete the series without a miss. The total is the team's score.

Keep the Kettle Boiling: Ropes are placed at a suitable interval around the playground or radiating from the center. The players form in twos, threes, or fours, and on signal all run around the course, jumping each rope in turn. The object of the game is to keep the jumping continuous; the ropes should therefore be quite low at first. Later they may be raised slightly, but they should be adjusted to the capacity of the weakest jumper.

Over the Swimming Rope: The ropes, arranged as in #1 are swung slowly from side to side. And the players must judge their jumps accordingly. Later the difficulty may be increased by changing the rate of the swing.

Serpents or Over the Waves: Waves are made in the ropes by one turner at each end moving his upward and downward, slowly or quickly at will. Players jump over the ropes, watching carefully, as the height and speed of the waves will probably be different at each rope.

Over & Under: The players jump over one rope and crawl under the next. Steps-the ropes are arranged in increasing heights.

Building a House: The participants line up, jumping over the rope one at a time and repeating until one is left. Each time the line begins again, the rope is raised about two inches.

Over the River: This involves running through without jumping and without being touched by the rope. This is, jumpers must cross the river without getting wet. Each in turn runs through until only one is left who has not missed.

Double Rope: Two ropes are used turning toward each other, one slightly after the other. The jumpers run in jumping as many times as possible (not over 50)

Rope Skipping with Long Rope

All in Together: As the name implies, the children enter as quickly as they can and try to continue skipping until all are in. As soon as the last players enter, count in kept of the number of skips that are kept up (Note: The easiest way to enter is from the side.)

Running In: The children, in groups of five or more, run in from a little distance, and then after a certain number of skips, out again without checking the rope.

Over the Moon: Both the preceding games can be taken with the rope turned backward.

Higher & Higher: The rope is turned so that it does not quite touch the ground and is very gradually raised so that the players must jump or lift their knees higher and higher to clear it.

Double Dutch: Two ropes are used. The turners have a rope in each hand; they hold their arms rather far apart and make the ropes touch the ground alternately. The ropes may be turned either inward or outward.

JUMP THE BROOK

Number of participants: Small-large

Activity level: Moderate

Age group: 4 and over

Equipment needed: 2 jump ropes

Playing area: Large grassy area

Object of the game: To make each jump successfully more often than everyone else
Instructions: Players line up approx. 10' from the edge of the brook. In turn, players jump over the brook, marked by the two ropes. As the players complete their jumps they go to the end of the line. Those who fail to make it should go next to the person moving the ropes. After the entire group has jumped once, the ropes should be set a part several inches.

JUMP THE SHOT

Number of participants: Small-large

Activity level: Active

Age group: 8 and over

Equipment needed: Rope 8' to 10' long with light weight at the end. The weight should be light enough to avoid hurting players. An old tennis shoe or a piece of inner tube makes a good weight.

Playing area: Circle

Object of the game: To avoid being hit by jumping over the end of the rope as it is swinging around the circle. A good game for developing timing and ability.

Instructions: Players stand in a circle with one in the center who is the swinger. The swinger swings the rope around the circle just in line with the feet of the players who must jump in. Players who are touched with the weighted rope are eliminated last one is the winner. Players must stay on the circle and may not step back to avoid being hit. Swinger should avoid swinging rope too high. Swinger can change speed of swing but be careful that the rope does not swing too high. Players should land on ball of feet on the jump. Children tend to back away from the rope. Bring them back to the circle so that the rope can reach them.

KALAH

Number of participants: Two

Activity level: Slow

Age group: 8 and over

Equipment needed: Kalah board, bag of corn

Playing area: Table or bench

Object of the game: Concentrate as many counters as possible in your Kalah. The game ends when all of the pit sides are empty. The score is the number in excess of counters in all pits at start of game.

Instructions: The field is laid out with two rows of pits, six on a side, and assembly pits called Kalahs at either end, as per diagram.

Game starts with six counters in each pit. The first player is chosen by toss of a coin or agreement. In succeeding games, the first player alternates. Plays are made by transferring counters one by one into each pit to the right. Each player in turn empties any pit that seems best, and leaving it empty, drops one counter into each pit. If there is enough men, he also drops one into his own Kalah and continues around on other side. The only place he ever skips is his opponent's Kalah, because one in a Kalah, counters stay there until end of game, and victory goes to player having the most counters in his Kalah. Whenever the last counter lands in your Kalah, you have another turn. You can sometimes have several turns in succession.

This is called "break through" and should enable you to capture counters.



Counters are captured by distributing your last one into an empty pit on your side opposite a pit containing men on your opponent's side. These men captured from your opponent are transferred to you Kalah together with the Guard who made the capture. If there are no men in the opposite pit, there is no victory. If your last man lands in an empty pit on your opponents side there is no gain nor penalty. Your turn ends with the capture of whenever the last man transferred lands anywhere except in your own Kalah. When the first player has ended his turn by distributing his last man, whether or not he makes a capture, the second player distributes, choosing the pit which he believes will improve his position. Plays thus alternate throughout the game.

The main action of the game depends upon two rules:

1. When distributing you have an extra turn whenever your last man lands in your own Kalah. Your turn ends if your last man lands in any pit on your own or your opponent's side, even if you make a capture.
2. If your last man lands in an empty pit on your own side, you capture all of your opponents men in the pit opposite.

The game ends when all pits on one side are empty. Counters remaining in pits on the opposite side go into the Kalah on that side.

Scoring: The score is the excess number of counters captured from the opponent. A series of games ends when one player has scored a total of forty points. The count is quickly made by taking all of the men from one of the Kalahs and transferring three (six in adult game) to each pit on that side. If there are not enough to fill the pits on that side, the game has been lost by the number required to fill the other pits. If more than enough, the extra number shows the score of the winner.

KEEN EYES

Number of participants: 10-20

Activity level: Slow

Age group: 8 and over

Equipment needed: None

Playing area: Two Lines

Object of the game: To be able to detect changes

Instructions: Divide the players into two groups which stand in line facing each other. Each person observes closely what the one opposite is wearing. Team A turns their back on team B, while the later changes something about their appearance such as removing hair ribbons, undoing a button, untying a shoe, etc. When they are ready Team A faces them again and tries to guess what changes are made. The players can make the same or different changes as their teammates. One point is given for each correct guess. Players may only observe the one opposite. The teams take turns changing, and guessing.

KICKBALL

Number of participants: Medium-Large

Activity level: Moderate

Age group: 8 and over

Equipment needed: Four bases and playground ball

Playing area: Softball diamond

Object of the game: To score more points than the other team.

Instructions: A softball diamond is used. There are two equal teams. One takes its place in the field the other is up to bat. Each team consists of a catcher, pitcher, first, second, and third baseman, one or two shortstops, and as many fielders as there are players left. The pitcher rolls the ball to the batter, who kicks it forward into the playing area. If it is a "fair kicked ball", the batter runs to first base or as many bases as he can reach without being put out. The runner must touch each base in order. Teams change

sides when there are three outs. Each team must have an equal number of times at bat to complete the game.

The hitter is out if:

1. The fielder touches the base with any part of his body while the ball is held in his hands before the runner reaches base.
2. He is hit by a thrown ball by any of the players on the opposite team while running the bases, providing the hit is below the waist line.
3. Any fly ball is caught.
4. Four foul balls are kicked.
5. He runs more than three feet outside the baseline to avoid being tagged.

Teaching Suggestions:

1. When possible have equal number of boys and girls on each team.
2. A demonstration and explanation should be given after the teams are placed in position. Fielders should move within hearing distance. Have a trial demonstration with the teacher as the first batter.
3. Make sure that all players understand the terms, "fly ball", "fair ball", and "foul ball"
4. Develop leadership by appointing captains and allowing them to place the fielders.
5. Some duties of the captain are to see that all players have equal turns at bat, to rotate the fielders, and to see that players not batting remain within the safety area.
6. The referee should announce scores often, make quick and accurate decisions, and make corrections as the game progresses.
7. Have the players decided before the game starts, on rules pertaining to balls kicked into bleachers, over the fence, etc.

KICK THE CAN

Number of participants: 6 or more

Activity level: Active

Age group: 8 and over

Equipment needed: Coffee can

Playing area: Any

Special conditions: Need a place to hide

Object of the game: To kick the can

Instructions: One person is "It". He stands with one foot on the can, closes his eyes and counts to ten. Everyone runs and hides. Then he goes and looks for them. If he finds them he runs to the can and says where he sees them. Players can free themselves by kicking the can without IT seeing them. Those who are freed coach those who are still hiding.

KNOCK HOCKEY

Number of participants: Two

Activity level: Slow

Age group: Any

Equipment needed: Knock Hockey board, 2 sticks, 1 puck

Instructions: The game is played with the opponents standing at opposite ends. Short metal sticks are used to push the puck, trying to get in into the opponent's goal.

KNOTS

Number of participants: Large

Activity level: Moderate

Age group: 8 and over

Equipment needed: None

Playing area: Large grassy area

Instructions: To form a knot, stand in a circle, shoulder to shoulder, and place your hands in the center. Now grab a couple of hands (be a creative grabber). If you ever want to get out of this, make sure that no one holds both hands with the same person or hold the hand of a person right next to them. It might take a bit of switching around to get a really good knot. Now comes the test. Get out!

Another way to form a knot is to have everybody join hands and stand in a long line. Then the people at both ends begin to wind their way toward the middle of the line. In and out they go until they meet in the middle. Occasionally, someone who is not at the end of the line wants to be a leader and they may start going in and out between hands just to make a good knot. When the knot is well tied-untie it!

LAP SIT

Number of participants: Medium-large

Activity level: Slow

Age group: Any

Equipment needed: None

Playing area: Circle

Object of the game: To get everyone to sit on everyone's lap

Instructions: Players organize themselves into a circle. Any number and age group may participate. First, they hold hands on the shoulder of the person in front of them. Walking in clock-wise direction players have a leader tell them when to sit-down. The object of the game is to sit on the lap of the person behind them. If done successful then every person in the circle will be sitting on someone's lap. If done improperly then someone falls and gravity wins. The world's record is 1306 persons sitting at once.

LAST DETAIL

Number of participants: 2 or more

Activity level: Slow

Age group: 8 and over

Equipment needed: None

Playing area: Line

Object of the game: Name six changes

Instructions: Start by facing each other, team to team. Remain still for two minutes and observe as much as you can about the person facing us. Then turn around and change six things about your appearance. Then turn back and see if the person facing you can name six changes.

LEADER BALL

Age group: ages 7 and under

Equipment needed: balls (1 for every 6 kids)

Rules:

1. One person starts off as leader, they will have the ball.
2. Leader will throw the ball to someone in the group, calling the name of the person right before they throw the ball.
3. The person whose name was called tries to catch the ball. If they do, they now become the leader. If they drop the ball, the leader doesn't change and a new person is thrown to.

Variations:

1. Bounce pass, instead of throwing the ball
2. Type of ball used
3. Use math problems or spelling of words in place of name of people (Leader says 2+2, person who is thrown to says "4")
4. Catch and throw with one hand or weaker hand

LEMONADE

Number of participants: Medium

Activity level: Moderate

Age group: 8 and over

Equipment needed: None

Playing area: Large running area

Object of the game: To guess and catch the other team

Instructions: Lemonade (or trades) is a game in which one line pantomimes. This line first decides upon a trade, for instance, "tending the furnace". They walk up to the other line and the following conversation takes place, the last answer ending with the initials of the trade chosen:

First Side: Here we come. Second Side: Where from?

First Side: New York Second Side: What's your trade?

First Side: Lemonade Second Side: Give us some if your not afraid!

The first line then begins to pantomime putting in coal, adjusting drafts, and doing other furnace work. As soon as the second line guesses the trade, they chase the other back to their base line, catching as many as possible. The ones caught join their captors. The second line then chooses a trade, and the game is repeated.

LINE ROLL BALL

Number of participants: Small

Activity level: Moderate

Age group: 6-10

Equipment needed: Playground ball

Playing area: Smooth playing area with 2 lines about 30' apart

Instructions: Players line up across and about 3'-4' behind one end line. The leader with the ball stands on the opposite line facing the group. The leader rolls the ball toward the group and at the same time calls the name of a player. That player runs forward and tries to catch the ball before it crosses the end line. The player called throws the ball to the leader and goes back to their place. The leader throws to all children.

LINE SOCCER

Number of participants: 24 or more

Activity level: Active

Age group: 8 and over

Equipment needed: Soccer ball

Playing area: 30 x 50 feet

Object of the game: To make more goals than the other team.

Instructions: Number the players off in fours, or the ball can rotate from the end out into the playground area. #1's start the game in the center and may run all over the court. #2,3,4 remain on their own goal line as goal keepers during the time #1's are playing. The umpire starts the game by rolling the ball into the middle of the field from the sideline. The roving players of each team try to score by kicking the ball over the opponent's goal line below the shoulders of the goalkeeper. Roving players do not use their hands at any time. The foal keepers may move to the right or left along the goal

lines and may take one step in front of the line. At the end of the #1 turn players change places and rotates into the playing area.

Fouls

1. Players in the center using their hands.
2. Players on the goal line catching or throwing the ball.
3. Players on the goal line advancing more than one step forward.
4. Center players kicking the ball above the heads of the goalkeepers.

Score: One point is scored for each goal made. One point is scored for each foul called against the opponent, or a free kick is awarded for any foul on the spot where the foul occurred.

LONDON BRIDGE

Number of participants: 10 or more

Activity level: Slow

Age group: 8 and over

Equipment needed: None

Playing area: Small area

Instructions: London Bridge is falling down
Falling down, falling down
London bridge, falling down
My fair lady (gentlemen)
Take the key and lock her up
Lock her up, lock her up
Take the key and lock her up
My fair lady.

LONG LONG LONG JUMP

Number of participants: 4 or more

Activity level: Moderate

Equipment needed: Tape measure

Instructions: Each player does a standing long jump, and the jump is measured. The jumps for each team are totaled to determine the winner.

LOOSE CABOOSE

Number of participants: 12-30

Activity level: Moderate

Age group: 8 and over

Equipment needed: None

Instructions: One person is designated as the "loose caboose" and tries to hook on a train. Trains are formed by three or four people standing in a column formation with each person holding his hands on the waist of the child immediately in front of him. The trains try to avoid the caboose from hooking on the back. Should this happen the front person of the train breaks loose and becomes the new caboose. Try not to break the caboose apart. Add more cabooses if there are 20 or more participants.

MAGAZINE SCAVENGER HUNT

Number of participants: Medium

Age group: Any

Equipment needed: Lots of magazines, scissors for each child or team

Instructions: This game is based on a traditional scavenger hunt except that the players look for items in magazines. Prepare a list of items for the children to look for. They then race through the magazines, cutting out pictures as they find them until they have found all the items on the list.

MARBLE FOOTBALL

Number of participants: Two

Activity level: Slow

Age group: Any

Equipment needed: Marble football game, marbles, slides, wooden football

Playing area: Table

Object of the game: To score more goals than the other players.

Instructions: One player stands at each end with a double handful of marbles in the box at each end. Regular marbles should be used for the best results (lighter weight smaller marbles do not carry sufficient weight to move the football along.) Place a wooden miniature football on the middle circle, the 50 yards line. At a signal, each player releases the marbles, one at a time and as fast as possible from the top of the chute, trying to hit the football and scoot it across the goal line. Chutes can be moved across the end board and angled to get into position to direct the marbles to hit the football. Give 6 points for a goal. Play specific length of time or to a certain number of goals. When marbles in the hand of a player are used up, just pick up another handful for your end, which have accumulated from the opposing players "shooting". Four people may play as partners if two chutes are placed at each end. Partners may play together at the same end.

ME SWITCH

Number of participants: Small

Activity level: Slow

Age group: 8 and over

Equipment needed: None

Playing area: Small

Object of the game: To get your opponent to make three signals in a row, the same as you

Instructions: Three basic signals:

1. One hand pointed up and the other sideways touching the opposite elbow.
2. Hands angled above the eyebrows.
3. Both hands crossed in front of chest.

One person starts by saying, "Me switch" at the word "switch" we snap into one of the three signals. If you trap your opponent three times into making the signal, you win. Otherwise he becomes the leader and tries to trap you.

MILL

Number of participants: two

Activity level: Slow

Age group: 8 and over

Equipment needed: 9 red checkers, 9 black checkers, millboard

Instructions: Two may play MILL, each has nine men of the same color. Players take turns alternately placing a man on one of the intersection spots. The object is to get a "mill" which is three men in a row, while preventing an opponent from doing so. A mill may run horizontally, vertically, or diagonally on a line as shown in the diagram; some rules do not permit use of the diagonal line.

When a player has formed a mill, he takes one of the opponent's men, called "pounding". A man cannot be taken from a mill unless no other piece is available. When each player has placed his nine men, the play then takes the form of moving his own men to form mills. A man so moved must always be moved on one of the lines as diagrammed

(again, some rules do not permit diagonal moves.) No man may be moved twice in succession. Only one space may be moved at a time, that is, move may be made only from one intersection to the next one. A mill once made does not have to remain-it may be "opened". Every time a mill is made or remade after opening it, the one so doing may "pound" an opponent's man.

When a player is reduced to three men, he may "jump", that is, he may put one man from any part of the board each turn. When a player is further reduced to two men, he loses the game.

MINI RHYME

Number of participants: 5 or more

Activity level: Slow

Age group: 8 and over

Equipment needed: None

Playing area: Any

Object of the game: To guess the word being acted out

Instructions: Think of a word that rhymes with "feet". Try acting out the word in front of the group. The group tries to guess what the word is.

MODIFIED SOCCER

Number of participants: Medium

Activity level: Active

Age group: 8 and over

Equipment needed: Soccer ball and 8 cones

Playing area: Soccer field

Instructions: This game is similar to regular soccer with some exceptions. The players are not restricted to any part of the field. There are no boundaries except the sidelines and end lines. The goalies are the only players who may touch the ball with their hands. A goal is scored by kicking the ball through the cones, but it must not be higher than the goalie's head.

MONKEY BALL

Activity Level: Active

Equipment needed: Ball

Instructions: Two teams should be standing in lines side to side, arms linked and numbered one and up. The ball will be placed in the center of the playing space. The game leader will call out one number. The player from each team that has that number will run to the center to get the ball. The rest of the team will act as the moving goalie. The goalie lines can only move side to side and must stay attached. The play is over if the ball goes out of bounds and when a shot is made.

MOUSE TRAP

Number of participants: Medium-large

Age group: 7 and older

Equipment needed: None

Playing area: Circle

Instructions: The game is played somewhat like London Bridge. Traps are placed around the playing area. To form a trap, two players stand facing one another with hands joined and up in the air. All other players stand in a line and at a given signal begin to walk, skip, or run through the traps. Suddenly the leader says, "snap" and the trap is shut quickly by dropping the hands. All mice caught in the trap join the trap, thus making it larger. The game continues until all the mice are caught. The signal for the

trap to close may be sudden cessation of music, the clapping of hands, or the sound of the whistle.

Teaching suggestions:

1. When the group is large, increase the number of traps.
2. Change the original trap holders so all players will get to play.
3. When one trap gets too large for the available space, start a new game or divide the trap into smaller traps.
4. The game has the most appeal for children when done to music.

MR. FOX WHAT TIME IS IT?

Number of participants: Medium-Large

Activity level: Active

Age group: 8 and over

Equipment needed: None

Playing area: Playing area with a "den" and a goal line

Object of the game: For the FOX to catch CHICKENS, and for the CHICKENS to get home safely without being caught. There is suspense and an element of the dramatic which makes this game appealing to children. Dodging and the ability to outwit the chaser are important.

Instructions: One player is chosen to be a FOX.

The other players are the CHICKENS.

The FOX stands in his den which is marked in one corner of the playing area.

The CHICKENS are in the Hen House behind the goal line.

The FOX can come out of his den only at "twelve o'clock midnight".

The CHICKENS are safe to run about it then meadow until that time.

The kids say, "Mr. Fox what time is it?" and he answers with any hour he chooses.

Should the FOX say "midnight" he rushes out of his den chasing the mother hen and CHICKENS who try to reach the hen house without being caught. Those caught become FOXES and help the first FOX—only the original FOX may call the time.

The last CHICKEN caught may be the next FOX.

If the mother hen is caught she chooses another group to take her place.

MUM

Number of participants: Large

Activity level: Moderate

Age group: 8-12

Equipment needed: None

Objective: To tag "it"

Instructions: This game is like red light green light except there is always complete silence.

MUSICAL HOOPS

Equipment needed: Music, hula hoops or ropes

Instruction: This game is similar to musical chairs, but does not eliminate anybody.

Scatter a number of hula hoops and ropes around the area in which you are playing the game. The number of ropes or hoops will vary with the number of people playing. Play music loud enough for everyone to hear and instruct them to move around (hop, skip, backward run, etc). When the music is stopped, the group must be holding one of the ropes or hoops. Each time the music stops you remove one hoop or rope until everyone is holding onto or standing inside one.

MUSICAL CHAIRS

Number of participants: 12 or more

Activity level: Moderate

Age group: 3-7

Equipment needed: One chair for each child and music

Playing area: Enough room to walk around

Object of the game: To be the last one left with a chair

Instructions: Place two rows of chairs back to back. There should be one less chair than children. Play music as the children walk around the rows of chairs. Stop the music. Children should quickly sit down. Whoever doesn't have a chair is out. Keep playing the game until one child is the winner.

MY SHIP CAME IN

Number of participants: small

Activity level: Slow

Age group: 8 and over

Equipment needed: None

Playing area: Circle

Instructions: The players are seated. The leader says to the one seated next to him, "My ship came in". "What did it bring?" asks the second player. "A fan", says the leader, and begins a fanning motion with his hand. The second person turns to the third and the conversation is repeated. And so it goes all the way around the circle.

When it gets back to the leader he repeats, "My ship came in". "What did it bring?" asks the next, bring the response, "A pair of scissors", and the leader uses the middle and index fingers of the other hand to imitate a pair of scissors. Next comes a pair of shoes with the feet being set in motion. Then the pair of glasses with the eyes blinking, followed by a false teeth with an opening and closing of the mouth, the teeth being displayed. Finally, a hat with the head bobbing back and forth. That will probably leave the group limp, for all motions started must be continued.

NAUGHTS & CROSSES (Tic Tac Toe)

Number of participants: Nine

Activity level: Slow

Age group: 8 and over

Equipment needed: Nine chairs or chalk marks

Playing area: Paved area

Object of the game: To get three in a line, horizontally, vertically, or diagonally

Instructions: Two teams. Nine chairs are arranged in three rows of three each. The game is played exactly like the pencil and paper game. the boys take the part of O and the girls X. Players sit one at a time as their turn comes up. First girl sits and then a boy, etc. The side wins which first gets three in a line-horizontally, vertically, or diagonally. Chalk marks may be used instead of chairs to mark the square.

NEWCOMB

Number of participants: Small-medium

Activity level: Moderate

Age group: 7 and over

Equipment needed: Volleyball net or rope; Volleyball or other ball

Playing area: Volleyball court. If no volleyball court is available, stretch a rope about 6' from the group dividing a playing area approximately 25' x 50'.

Object of the game: To score team points by throwing the ball across the net and having it land on the ground in the court opposite. A fast game in which throwing and catching and teamwork in covering the court are important.

Instructions: Players are divided into two teams, one on each side of the net. The game may be played by points or in two halves from five to eight minutes each.

Team A puts the ball into play from any place in the court by throwing it across the net into the opponent's court. If it lands on the ground in the opposite court (team B), a point is scored for team A. If a player of team B catches it, he immediately throws it back across the net and players continue throwing it back and forth until it is not caught or until it hits the ground. When it hits the ground in any court a point is scored by the opposing team.

Rules:

1. A ball landing on the line is a good ball and counts.
2. Players may not step with the ball.
3. Players may not hold the ball longer than three seconds.
4. Players may not bat the ball.

Fouls:

1. Walking with the ball.
2. Holding it longer than three seconds.
3. Standing on a boundary line when throwing the ball.
4. Throwing the ball under the net.
5. Throwing the ball out of bounds.
6. Hitting the top of the net with a returned ball.

NONVERBAL BIRTHDAY LINE-UP

Number of participants: Any number

Activity Level: Slow

Age group: 8 and over

Equipment needed: None

Object of the game: To find out when everyone's birthday is.

Instructions: Start with January and try to get everyone lined up in order according to their birthday. The trick is to not speak.

NORWEIGN KICKBALL

Number of participants: Minimum of 12

Activity Level: Active

Age group: 8 and over

Equipment needed: Large playground ball

Object of the game: To accumulate more points than the opponent

Instructions: This game is composed of two equal teams of any number, and usually played on a softball diamond using the foul lines, although this is not necessary. The kicker kicks the ball that has been rolled to him by the pitcher. The kicker then runs around the file formed by teammates. (Some kickers will have a tendency to run towards the non-existent first base instead of around their teammates file). The kicker must make it around this file three times in order to be safe. Any other times he goes around beyond the initial three times, equals one run.

Meanwhile, the fielding team fields the ball. Whoever fielded the ball acts as the head of the line and all other teammates line up in file formation behind him with their legs spread-eagle. The fielded ball is rolled down the file between all of the fielder's legs. When the last person in line receives the ball, he holds it above his head and yells, "Stop". This is the signal for the kicker to stop running around his teammates. If he has failed to run around them three times, he is out.

3 times around-safe 4 times around-1 run 5 times around-2 runs

This may be change by the leader according to the age and ability of the players.

NOSE & TOE TAG

Number of participants: Any

Activity level: Active

Age group: Any

Equipment needed: None

Playing area: Large running area

Instructions: All players stand in a group with "It" moving in and about them. He seeks to tag anyone who has not assumed the nose and toes position. To be safe players grab their nose with their right hand and left toe with their left hand.

NO WALKING, NO TALKING, NO TEETH (Red Light, Green Light, Mum)

Number of participants: Medium-large

Activity level: Moderate

Age group: 4 and over

Equipment needed: None

Playing area: Large running area, line

Instructions: Children line up facing IT. He in turn, turns away from the group yelling "Go" The group moves forward towards him. He quickly turns and yells, "No walk, No talking, no teeth." They stop in their tracks. Anyone walking, talking or smiling has to go back to the starting line. The game continues until someone can sneak up and tag "IT".

OBSTACLE COURSE

Number of participants: Small

Activity level: Active

Age group: 8 and over

Equipment needed: Playground equipment

Playing area: Large

Instructions: Set up a course that children can run, jump, crawl over, under and through. Use jungle gyms, ropes, landscape, hopscotch or whatever is available. Time each participant.

OCTOPUS

Number of participants: Large

Activity level: Active

Age group: 8 and over

Equipment needed: None

Playing area: Large running area

Object of the game: To avoid being tagged

Instructions: A line of people faces "IT". He calls octopus and everyone runs across to the opposite line. If a person is tagged he stands where he is caught for the rest of the game. As the person runs across again, the octopus's wave their arms, keeping their feet in place, trying to tag the runner.

OLD MOTHER WITCH

Instructions: One child chosen as the witch walks along in front of the other player who poke, pull, and tease her in every way possible. AS the follow after her they call, "Old mother witch, fell in the ditch, picked up a penny, and thought she was rich!" The witch turns around and yells, "Whose children are they?" any name may be given and the witch carries on, but when they say "yours" the witch chases them. The first child caught takes her place.

ONE A CAT

Number of participants: Medium

Activity level: Moderate

Age group: 8 and over

Equipment needed: Ball and bat

Playing area: Softball diamond

Instructions: The players are scattered over the field. The batter hits until a ball is caught on one bounce. All players move up one spot. If a ball is caught on the fly that player gets to bat.

ONE PIN OUT

Number of participants: 5-12

Activity level: Active

Age group: 8 and over

Equipment needed: Wooden pins or Indian clubs. One less than the number of players. (or beanbags can be used)

Playing area: Playing space-two lines about 30'-40' apart

Object of the game: To run and to be able to secure one of the wooden clubs on the opposite goal line. A strenuous game in which speed in running and agility in picking up an object on the run are important.

Instructions: Players line up behind starting line. On the opposite line wooden pins are set up 18" apart, one less than the number of players. On signal, the players run to the opposite line each one trying to get away and the other are again set up. Players who fails to get a pin are eliminated. Game continues and as players are eliminated, a pin is taken away. Player getting the last pin is the winner.

OVER & UNDER BASEBALL

Number of participants: Medium

Activity level: Active

Age group: 8 and over

Equipment needed: Bats, ball, gloves, bases

Playing area: Baseball diamond

Instructions: Played like regular baseball except the outfield team lines up single file and tries to pass the ball back over one head under the next legs, etc. before the runner reaches home plate.

PADDLE TENNIS

Number of participants: Two or four

Activity level: Moderate

Age group: 8 and over

Equipment needed: Paddle court, net, paddles, ball

Instructions: The players shall be on the opposite sides of the net. The player who first delivers the ball is called the server, and the other the receiver. At the end of the first game the receiver becomes the server, and the server becomes the receiver, and so alternately during the remaining games of the match or set.

Before commencing to serve, the server stands with both feet back of the base line (and line of the court) to the side of the center. Both feet must remain behind the line until the ball is struck.

The service is delivered from the right and left sides of the court alternately, beginning from the right in every game, and the ball served must strike the ground in the service

court diagonally opposite. The server must not touch the ball with any part of his body, or anything he wears or carries, except his paddle.

If the first ball is incorrectly served, the server may try another from the same spot. If the second ball is also incorrectly served, the server must change to the other side of the court, and a point is scored for his opponent.

The player who last returns the ball over the net correctly-that striking it before it has bounced more than once, and sending it within the bounds of the opposite court-scores a point for himself.

On either player winning his first stroke, the score is called 15 for that player; on either player winning his second stroke, the score is called 30 for that player; on either player winning his third stroke, the score is called 40 for the player, and the fourth stroke won by either player except as follows: If both players have won three strokes, he wins the game; if he lose the stroke, the score returns to deuce, and so on until the player wins the two strokes immediately following the score of deuce, when the game is scored for that player. If a player has scored no points, his score is "love". In calling the score for any game, the server's score is called first.

The player who first wins six games wins the set; except that if both players have won five games or more, wither player must gain a load of two games to win the set.

Equipment: A net 2'9" high, plywood paddles 8" wide and 17" long, "deadened" tennis balls or official paddle tennis balls which is sponge.

PANTOMIME CHAIR REACTION

Number of participants: Small

Activity level: Slow

Age group: 7 and over

Equipment needed: None

Playing area: Grassy Area

Object of the game: To guess the pantomime

Instructions: Five players leave the room at the same time, the others are in the audience. The five players are numbered from 1-5. One of the audience is selected to pantomime an action which the rest of the audience chooses Player #1 comes in. The leader pantomimes the action to him. Player #1 calls player #2 and repeats the pantomime to him. Player #2 does the same for #3 and so on until #5 has been called and has seen the action. Player #5 must then guess the action. He may not question the other four. Few people really remember what they see. Be prepared for some funny guesses

PANTOMIME RHYMES

Number of participants: Small

Activity level: Slow

Age group: 7 and over

Equipment needed: None

Object of the game: To guess the word

Instructions: The leader says, "I am thinking of a word that rhymes with _____." (using a single syllable word) Anyone in the circle may respond by saying, "It is _____?" pantomiming it, not saying the word. For example, the leader might say, "I am thinking of a word that rhymes with cat" (the word is bat). One person may pantomime wiping his feet, and the leader says, "No it is not mat." Another may pantomime tating, and the leader says, "No it is not tat." Another pantomimes a batter

in the box, and the leader says, "Yes, the word is bat." The person who guessed correctly is "IT" for the next word.

PARTNER TAG (Elbow Tag)

Number of participants: Medium-large

Activity level: Active

Age group: 7-12

Equipment needed: None

Playing area: Large running area

Object of the game: To avoid being tagged

Instructions: All of the players but two hook arms in couples. Of the two who are free, one is the "IT" or chaser, and the other the runner. The runner may save himself by hooking arms with either member of any couple he chooses. Whenever he does so, the third party of that group becomes the runner and must save himself in like manner. If the runner is tagged before he can hook arms with a couple, he becomes "IT" or chaser, and the chaser becomes the runner.

PASS BALL

Number of participants: Medium

Activity level: Active

Age group: 7 and over

Equipment needed: One playground ball

Playing area: Circle

Instructions: "IT" attempts to intercept a ball being passed from player to player in the circle. The ball must be passed consecutively from player to player in either direction. The players should stand about three feet apart.

PEGITTY

Number of participants: Two

Activity level: Slow

Age group: 8 and over

Equipment needed: Peg & peg boards

Playing area: Table

Instructions: Make pictures on the pegboard with the pegs.

PEOPLE TO PEOPLE

Number of participants: Medium-large

Activity level: Moderate

Age group: 7 and over

Equipment needed: None

Playing area: Circle

Object of the game: To avoid being the odd man

Instructions: All players except one stand in pairs scattered around at random. The odd man gives commands which the other follow, such as "Knee to Knee", "Toe to Toe", "Thumb to Thumb". Sooner or later, the odd man calls "PEOPLE TO PEOPLE", and all must find a new partner and stand back to back with them. The player left out is the odd man next time.

Suggestions: Make a rule that once two players get back to back they must remain there until the signal to change. Or have players choose different partners each time.

PIES

Number of participants: Two or more players

Activity level: Active

Age group: 7 and over

Playing area: Large running area

Instructions: This is a chase game that is best played outside. Two or more players.

One person is it, and stands several feet away from the group of other players, who gather at home base. All the players at home base think of types of pies, and whisper their selection to all other players, so that everyone but the one who is it, knows everyone's pie. This is to prevent cheating.

Once the pies are selected, "it" calls out flavors of pies. When someone's flavor is called the must get up and run around the established route, within the proper boundaries, and make it back to home base, before "it" tags them. Both "it" and the runner must go in the same direction. A safe zone of about 10 feet, extended from home base toward the start of the running route, may be used as an area for the runner to get ready. "It" may tag the person in this zone. In this zone the runner may quickly get back to home base.

The distance of "It" to home base should be far enough so that "it" would have to be very fast to tag someone in the safe zone. The runner can only tag up home base from the safe zone three times, on the forth they have to run the whole route and take their lumps. If the runner gets tagged they will become "it", if not they wait until someone else does, or if "it" goes through everyone and misses them all. At that point, "it" is it again,

POISON CAPS

Number of participants: 2 or more

Age group: 7 and up

Equipment needed: Metal bottle caps, and chalk

Playing area: Pavement

Instructions: To start the game off you will need to draw a spiral-shaped track of consecutive boxes. Give each player an equal number of bottle caps. To start, each player puts one cap on the square of his or her choice- and initials the squares in chalk. Players flip a coin to see who goes first, then the winner gets to shoot one of his/her bottle caps (flicking it with her thumb, marbles style) and try either to claim an empty spot or knock another player's cap off the board. If you knock a cap out, it's yours. And so is the space-everyone else will have to jump hopscotch style over it. Rub out the previous player's chalk initials with your shoe and write in your own. If you flick your cap onto a marked space (without knocking that player's cap out), you lose your cap to that player. The first player keeps shooting until he/she misses; the he/she jumps the course, staying off his/her opponent's squares. The next player shoots until he misses and then jumps the course, and so on. As the game progresses, more squares become off limits, and longer hops are necessary. You're out of the game when you run out of caps. The player who takes over the whole board or winds up with all the caps wins.

Variations: When players have mastered the spiral shape, let them design their own grids to hop. Hand out the chalk and get each kid to come up with his/her own design of consecutive squares (or triangles or circles). Some ideas: rockets, pirate ships, mazes, dinosaurs, and snakes.

POISON CIRCLE

Number of participants: Small

Activity level: Active

Age group: 7 and over

Equipment needed: 3 bowling pins

Playing area: Circle

Object of the game: To have players pull others into the inner circle and to avoid stepping into themselves. Agility in side stepping the circle and arm and leg strength the circle and arm and leg strength are important factors in this game.

Instructions: Mark a circle about one third as large as the one formed by the players clasping hands outside it. Each player tries to push or pull the others into the marked circle but tries to keep out of it himself. Any one touching the circle or the ground inside the inner circle is poisoned. When this happens players cry “poison”, drop hands, and run for safety to avoid being tagged by the player who is “poisoned”. Safety consists of touching wood, metal, or anything previously agreed upon. Any one caught becomes the chaser. When poison calls change, players must change safety places and may be caught. When all have been caught, the game is repeated starting with the inner circle.

Variations: A circle is formed and the players join hands. A number of Indian Clubs or bowling pins are put in the center of the circle. The players pull each into the center. Players knocking down the clubs are out of the game. The last player left is the winner.

POISON HOOP

Equipment needed: Hula hoops, music

Object of the game: The object of the game is to pass the hoop so it is not touching any part of you when the music stops. If the hoop is on you when the music stops, you need to step out of the circle.

Instructions: Have students make a big circle by holding hands. Hula hoops are placed on certain arms around the circle. Once the music starts students must pass the hula hoop to the next person, without letting go of hands. The object of the game is to pass the hoop so it is not touching any part of you when the music stops. If the hoop is on you when the music stops, you need to step out of the circle.

Variations: Use more or fewer hoops. Kids who are out continue to play.

POISON PIN

Number of participants: 8-12

Activity level: Active

Age group: 7 and over

Equipment needed: 1 bowling pin

Object of the game: To avoid knocking over the pins

Instructions: Players form a circle with hands joined with solid grips. Inside the circle set up 1 bowling pin. Players should pull each other into the pins. If the player knocks a pin over he is out.

POM POM PULLAWAY

Number of participants: Medium

Activity level: Active

Age group: 8 and over

Equipment needed: None

Playing area: Large running area

Object of the game: To be the last one caught

Instructions: Two lines 30 to 50 yards apart are drawn. All players stand on or behind one of the lines, except one player who is “IT”. He stands in the center of the playing field and shouts:

Pom Pom Pullaway!!

If you don't come I'll pull you away.

At this all players must leave the safety zone and run across to the opposite line. The one who is “IT” tries to tag as many as possible before they reach the safety line.

Anyone tagged joins the one who is “IT” in catching other players as they dash across the open space. The game continues until all players are caught. The first one caught becomes “it” for the next game.

POP GOES THE WEASEL

Instructions: Choose one child to be the weasel. Have the rest of the children divided into even groups. In each group number the children 1,2,3, and so on. The weasel stands in the center as the groups dance around him in their own circles singing “pop goes the weasel”. When a number is called all the children of that number and the weasel join in a circle in the middle dancing and singing “pop goes the weasel” while the other children remain in their own group’s circle around the outside. When ‘pop goes the weasel’ is reached all those children run to find an empty circle, the other groups have formed on the outside. The remaining child is the weasel.

PRISONER’S BANE

Number of participants: 2 teams of 5-15

Instructions: A player who has tagged an opponent fairly can take his captive to prison without being tagged. A prisoner can be freed by being tagged by a member of his own team who has reached him in prison without getting caught, and both may return to their bases at any time and then be free to tag any opponent who is out when they leave their base again.

PROGRESSIVE DODGEBALL

Number of participants: 15 or more

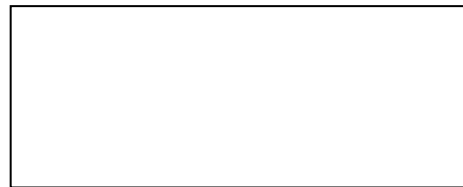
Activity level: Active

Age group: 8 and over

Equipment needed: Several playground balls

Playing area: Large open area

Instructions: Regular dodgeball rules apply. Players are divided into three teams. Playing space is marked as in the diagram. Teams A and C throw the ball back and forth to hit team B. When team members B are eliminated players rotate Team C to center area; Team B to end area (A’s); team A to opposite end area. Game continues until each team has had a chance to be in the center section. Allow each team a definite time in the center area. Team with the largest number left in the center area wins.



PRUI

Number of participants: Large

Activity level: Moderate

Age group: None

Equipment needed: None

Playing area: Black top area

Object of the game: To become part of the PRUI

Instructions: Pick one PRUI. Everyone stands in a big group and mingles with their eyes closed. You shake a person’s hand and ask “PRUI”? If he answers PRUI back he isn’t the PRUI. If he doesn’t answer he is the PRUI, join hands and open your eyes. The end person of the PRUI continues to shake hands until all but one person has their eyes open. Embarrassing!

PUMPKIN TAG

Equipment: 1 pool noodle, 7 cones, 2 balls (pumpkins)

Set up a square playing area and a pumpkin patch in one corner of the playing field. Choose someone to be “IT” and give them the noodle (magic wand for the boys and a broomstick for the girls). Also choose 2 kids to be the “pumpkins” and have them stand in the pumpkin patch with the balls or beanbags. The rest are trick or treaters and must try not to get tagged by the witch or wizard. If tagged, they must freeze and become ghosts until a pumpkin can sneak out of the pumpkin patch and touch them. If a pumpkin is tagged, he/she loses their magic powers and the pumpkin is out of the game.

PYRAMID CONTEST

Number of participants: 10 for each team

Activity level: Active

Age group: 8 and over

Equipment needed: None

Playing area: Grassy Area

Object of the game: To assemble a pyramid faster

Instructions: There are several versions of the people pyramid. The first is a line version. With 4 or 5 on the first row, one less on the next and so forth you build a pyramid with people. Another version is to have the foundation build in a circle and see how high you can get.

QUOITS

Number of participants: 10 or more

Activity level: Moderate

Age group: 8 and over

Equipment needed: Rubber ring and volleyball net

Playing area: Volleyball court

Instructions: QUOITS is similar to Newcomb, but it is played with a rubber ring that is thrown instead of a volleyball. OR

Equipment: regulation outdoor courts are iron rings similar to horseshoes. Rope quoits, indoor rubber quoits, and quoits from wire or garden hose may also be used.

Players: single or doubles

Game procedure: 1. Players toss 4 quoits alternately. The loser has the option of being first tosser for the next turn.

2. Scoring is as follows:

1 point for the closest ring

2 points for two rings closer than any of opponents

3 points for a ringer

2 points for a leaner

equals tie and no points are awarded

3. Player's rings do not count if:

he distracts his opponent

he moves the ring before the inning is completed

he steps over the foul line when tossing the ring.

RAIN

Number of participants: Medium

Activity level: Slow

Age group: 8 and over

Equipment needed: None

Object of the game: To copy leader

Instructions: Start the storm by tapping one finger. The circle follows the leader one by one around the circle. Then tap 2 fingers, then 4 on 4 fingers, then snapping fingers, softly then loudly. The storm dies down when you do the actions in reverse.

RED HANDED

Number of participants: 10 or more

Activity level: Slow

Age group: 8 and older

Equipment needed: Small object such as a marble

Object of the game: Try to guess who has the object

Instructions: Everyone forms a circle, and one person is chosen IT. It stands in the center. IT closes his/her eyes and the other players pass the marble or stone from person to person. The sneakiest method of passing is to hold the marble in one first, palm down, and drop it into the palm up hand of the person next to you.

IT signals and opens his/her eyes. Who, of all these innocent-looking angels has the marble. If he/she detects a suspicious look she taps them. If he/she is wrong he/she moves on. Meanwhile, everyone is passing the marble around. If he/she guesses right-you've been caught "RED HANDED" and are the new IT.

RED LIGHT, GREEN LIGHT

Number of participants: 10 or more

Activity level: Moderate

Age group: 8 and older

Equipment needed: None

Instructions: All players stand on the starting line, facing center. The IT turns his back to the others, counts to ten, and calls, "red light", and then turns again to face the group; he counts rapidly or slowly. While his back is turned, the other players advance toward the opposite line. Any player seen moving after the count of ten is sent back to the starting line. The game continues until one player succeeds in getting back to the starting line; he is the winner and gets to be the next IT.

RED ROVER (USE CAUTION)

Number of participants: Large

Activity level: Moderate

Age group: 8 and older

Equipment needed: None

Object of the game: To successfully break through the line

Instructions: Players divide evenly into two teams and stand about 20 feet apart facing each other. All players hold the hand of the person standing next to them. Team A calls a player from team B to come over and attempt to break through team A's line. If a player breaks through he takes an opponent back to team B with him. If he fails, he says with team A. "RED ROVER, RED ROVER let Johnny come over" is the call that is used.

RING AROUND ROSIE

Number of participants: 10 or more

Activity level: Moderate

Age group: 3 and older

Playing area: Circle

Equipment needed: None

Instructions:

Ring around rosie

A pocket full of posies

Ashes, ashes, we all fall down.

RING-O-LETTE

Number of participants: One or more

Activity level: Slow

Age group: Any

Equipment needed: Ring-o-lette board and rings

Instructions: Throw the rings at the board from a throwing line and total the number of points after five throws.

ROADBLOCK

Equipment needed: Pinnies for the police

Instructions: One student is chosen to be a police officer. The other children are bank robbers. Everyone walks around the gym on the lines that are painted on the floor. Students may only walk on these lines. The police officer tries to tag the bank robbers, this is done by following them around on the lines. Once the officer tags a bank robber the bank robber must sit down pretzel style on the line where they were tagged. The bank robber that is sitting down on the ground must stay in place, but can reach out and try to tag robbers that are on their line or on another line. Bank robbers may not go around roadblocks, but the police officer may. The police officer may only tag robbers that are on their line, they may not reach across to other lines. The object of the game is for the police officer to catch, tag, all the robbers.

Modifications: Have more than one police officer

Use fewer or more lines on the gym floor

Safety: Remind children to walk

ROCK, PAPER SCISSORS

Number of participants: 2 or more

Activity level: Slow

Age group: 8 and older

Equipment needed: None

Instructions: For a step up-in action, divide into two teams for a group of tag. First, to refresh your memory; a fist is a rock, a flat hand is paper, and two fingers like a horizontal peace sign are scissors. Mark a centerline and from about 15 feet from either side of it, a safe zone for each time. Both teams huddle and decide which sign they're going to cast as a group.

When you're ready, line up facing one another across the centerline and begin the chant, "Rock, paper, scissors..." On the fourth beat, both teams display their symbols. The pecking order is: paper covers rock, scissors cuts paper and rock breaks scissors. If your team pecks, you chase them and vice versa. Any players tagged before they reach the safe-zone become members of the other team. Eventually everyone will be teammates, no matter which side you're on.

RUNNING DODGEBALL

Number of participants: Large

Activity level: Active

Age group: 8 and older

Equipment needed: 2 playground balls

Playing area: Large running area

Object of the game: To avoid being hit by the ball

Instructions: Two teams throw balls at each other with a centerline between them. If you get hit with the ball you sit out, if you catch the ball the thrower is out. Keep throwing balls until one team is eliminated.

SCHMERLTZ

Number of participants: 2

Activity level: Active

Age group: Any

Equipment needed: Schmerltz is a tennis ball tied in a sock.

Instructions: Play catch with the Schmerltz and catch by the tail.

SHOE SCRAMBLE

Number of participants: 10 or more

Activity level: Active

Age level: 8 and over

Equipment needed: Everyone should have shoes that tie

Playing area: Large running area

Object of the game: Who can get their shoes tied first

Instructions: The players remove their shoes and place them in a pile about 50 feet from the starting line. The players should mark their shoes in some way so as to recognize them. The shoes must not be tied together. The players line up behind the starting line and the leader mixes up the shoes. At the signal they dash for the shoes, each player selects his own. He puts them on, laces them up, and returns to the starting line. The player returning first with shoes completely laced wins. The players are permitted to throw unwanted shoes as far as they can so that the others can't find them.

SHIP

Number of participants: 15-60 children

Playing area: Large area or baseball diamond

Instructions: All children line up at one end of the gym. The four sides of the gym are accordingly called: bow= front of gym, stern= rear of gym, port=left side of gym, starboard =right side of gym. These names reflect the four ends of the ship. The caller calls out one direction and all of the children run to that part of the gym. The last one who gets there sits out. The caller calls another direction all the children run there. Also the sides of a baseball diamond may be used in place of the walls of the gym.

SHIP TO SHORE

No equipment is needed.

Object of the game: The object is to get from shore to the ship.

Instructions: A caller is assigned. The caller stands on one end of the playing area. The side that the caller stands on is called the ship. The other player stands on the other end of the playing area. This is called the shore. The caller calls out various signals. When the caller calls out a signal the player needs to act that signal out as quickly as possible. When the caller says ship the player needs to walk back towards where they started. Signals the caller may use:

*Man over board-lie down on the floor

*Surfer-pretend to be surfing

*Captain-salute hand up to head

*Crab-do the crab walk

*Wave-move arms in a wave like motion

*Tidal wave-exaggerate the wave, bigger and faster

*Shark-put arms in front of you and do the shark clap

*Statue of Liberty-one hand touching stomach, other hand in the air like your holding a torch.

If a player does the wrong signal at the wrong time, that player must do 10 jumping jacks or a desired movement.

Variations: Speed of signals, students can create more signals, use fewer signals for younger children, have students do different things if they miss or do the wrong signal, Students can create their own game to fit what they are studying

Safety: Make sure the area the students are playing is large enough so that the children are not running into one another.

SHOWER BALL VOLLEYBALL

Number of participants: 10 or more

Activity level: Active

Age group: 8 and older

Equipment needed: 2 volleyballs and a net

Playing area: Volleyball court

Instructions: Regular volleyball played with two or more volleyballs. The team that is serving puts each ball into play simultaneously.

SIMON SAYS

Number of participants: 6 or more

Activity level: Moderate

Age group: 3 and older

Equipment needed: None

Instructions: "Simon says tie your shoe. Simon says turn around. Simon says wave your hand. Sit down." Whoever sits is out because the leader didn't say Simon says. Simon makes a variety of commands and tries to trick the people.

SKILL SOFTBALL

Number of participants: Large

Activity level: Moderate

Age group: 8 and older

Equipment needed: Baseball, bat, bases, and gloves

Playing area: Softball diamond

Instructions: In this game each player must depend on the skill of another person in an opposing position. For example, the pitcher is awarded a point when the batter actually hits the ball. The batter is awarded a point when he or she hits to a designated player in the field. First, to third base, then shortstop, second base, first base, left field, center field, right field, pitcher and finally catcher. Fielders are awarded points when they field the ball cleanly. Each batter is thrown nine pitches and a perfect score for pitcher and batter would be nine points.

SNOW WHITE

Number of Participants: Medium- Large

Activity level: Moderate

Age Group: 7 and under

Equipment needed: None

Playing area: Large running area

Object of the game: The last player caught is the Snow White.

Instructions: One person is chosen as the wicked witch. The witch calls the name of a dwarf, all the players having that name run to the designated house, All those caught must go to the wicked witches castle and remain there until released by Snow White.

Variation: allow all those caught to assist the catcher. The last player caught is the new Snow White.



SQUIRRELS IN THE TREES

Number of participants: The whole playground can play. Teams of three are formed.

Two of the team members form the tree, and the other team is the squirrel.

Age group: 7 and under

Equipment needed: None

Object of the game: The children will be able to follow directions.

Instructions: A number of trees are formed by two players facing each other and holding hands or putting hands on each other's shoulders. A squirrel is in the center of each tree, and one or two extra squirrels are outside. A signal to change is given, NUTS! All squirrels move out of their tree to another tree, and the extra players try to find a free tree. Only one squirrel is allowed in a tree.

Safety: Remind children when moving from tree to tree, that they should be careful not to run into anybody. Also, remind the trees not to hold the squirrels too tightly.

STAR WARS

Number of participants: 15-45 children

Instructions: Divide the children into three even teams. These teams will represent three competing planets. One team will inhabit the central area, while the two remaining teams will have their bases on either side of the team. The team in the center is inside a circle with 8-12 small balls. These balls are the galactic jewels and are being guarded by the central team. The object is for the outside team to steal as many jewels as they can by the end of the game. Once a jewel is at one of the outside bases it cannot be stolen. The central team can tag the members of the members of the other two teams, the other teams cannot tag anyone. If a member of the outside teams is tagged, they are brought to the center circle and, if they were carrying a jewel at the time, the central team may return the jewel to the center of the circle as well. Tagged players can be rescued by their own team members who manage to reach the captured player without being tagged themselves. Both players get free walks back to their base. On a single trip into the central circle, an outside player may either attempt a rescue or attempt to steal a jewel but not both. At the end of each game rotate which team is in the middle.

It is important to stress being honest about going to jail when tagged. The intensity of the game will not last long if children are constantly arguing about whether or not someone was tagged. Also, sometimes children will try to be clever and attempt to convince an opposing player that they are actually on the opposing player's team.

SLEEPING BEAUTY

Number of participants: Small

Activity Level: Slow

Age group: Any

Equipment needed: None

Playing area: Grassy Area

Instructions: A resting game, where all the participants lie as still as they can and pretend they are asleep.

SLING WRESTLING

Number of participants: 2

Activity level: Active

Age group: 8 and older

Equipment needed: 1 long jump rope

Playing area: Grassy area

Instructions: Two players stand about 6 feet apart with a rope held in both hands so that it may slide or be grabbed. The object is to unbalance your opponent. Both players must stand flat-footed with their feet smack together. Careful a good hard pull may find that your opponent has let go of the rope.

SMUGGLERS

Instructions: The players should be split into 2 teams. One team is the “INS” and the other is the “outs”. The INS have a den while the OUTS plan their strategy in the field. One member of the OUTS has the “jewel”(stone, etc). The identity of the player who carries the jewel must remain a closely guarded secret among teammates. The INS count to 50 while the OUTS move farther and farther away. After the count is finished, the INS yell “SMUGGLERS!” and the chase is on. As each member of the OUT team is tagged, he must open his hands to show whether or not he has the jewel. Of course, the jewel should be passed around among teammates as quickly and as inconspicuously as possible. There are lots of opportunities for playing the decoy of this game. When the holder of the jewel is tagged, the game is over and the sides change.

SNAKE IN THE GRASS

Number of participants: Medium

Activity level: Medium

Age group: 8 and older

Equipment needed: None

Playing area: Large grassy area

Instructions: The starter snake lies down on the ground on his/her stomach. Everybody else gathers fearlessly around to touch and pet the snake (one finger will do-don't want to get too close to the snake). When the referee shouts “Snake in the grass” everybody runs, staying within the bounds of the snake area. The snake, moving on its belly, tries to tag as many as possible. Those touched become snakes too.

Non-snakes run bravely around the snake-infested area, trying to avoid being caught. (take off your shoes and watch out for snake fingers) The atmosphere gets better when all the snakes are hissing.

SPIDERS & FLIES

Number of Participants: Medium

Activity level: Active

Age group: 6-9

Equipment needed: None

Playing area: Circle

Object of the game: To venture close to the spider, yet avoid being caught

Instructions: All players (flies) but one, skip, walk, or run around the outside of the circle clapping their hands and taunting the spider. The spider, the extra player, sits quietly inside the circle. At any time the spider jumps up and gives chase to the flies who may run toward either goal line where they are safe. Any flies caught become spiders, but may not jump until the first spider gives the signal. The last fly caught becomes the spider for the next game.

SPONGEBOB TAG

Equipment: 4 cones, 2 balls (crabby patties), paper for character names

Characters: SpongeBob, Patrick, Mr. Crabs, Plankton, Squidward, Sandy, etc.

Have kids pick a card, but not tell or show anyone who they picked. Collect the cards and have the kids remember who they picked. Call out a character and those kids are now "IT". If tagged, they must freeze and say "I'm ready, I'm ready" until a player hands them a "crabby patty" (ball or beanbag). If a player with a crabby patty gets tagged, then that object is taken from the game. When all players are tagged and no crabby patties remain, the round is over. Pick another character to be "IT" and play again.

SPOONS

Number of Participants: Small

Activity level: Slow

Age group: 8 and over

Equipment needed: Deck of cards, spoon for each player

Playing Area: Table

Object of the game: To grab a spoon

Instructions: Cards are dealt to all players. Cards are exchanged around a circle.

When one player gets four of a kind, he grabs a spoon, which is laying in the middle of the table. One person will not get a spoon. He loses.

SPUD (BABY IN THE AIR)

Number of participants: Medium or large

Activity level: Moderate

Age group: 8 and over

Equipment needed: Playground ball

Playing area: Shady area or bench

Instructions: The players form a circle, with one player in the center who throws a ball in the air, at the same time calling the name of one of the circle players. The one called rushes for the ball, catches it if possible, and, in any case, recovers it as quickly as he can. The he calls "HALT" and the players, who have fled meanwhile, stop in their tracks. He then tries to hit one of the players by throwing the ball at him. Players may dodge but may not move their feet. If the thrower misses the target, one "spud" is scored against him, but if he hits the player a "Spud" is scored against that player. The game is resumed by all the players making another circle and having the thrower call a new name. Any player who gets three "spuds" against him is out of the game.

Teaching suggestions:

1. Players may decide to let the thrower take one or two steps toward the intended victim.

2. Count only those hits that land below the belt.

Variations: When a player is hit by a throw, he recovers the ball, calls "halt" and throws it at any other player, the players meanwhile having fled from him. This is repeated as long as the throws are successful. When a throw is unsuccessful and does not hit anyone, play starts as at the beginning of the game.

STAND UP

Number of participants: Small

Activity level: Moderate

Age group: 8 and over

Equipment needed: None

Playing area: Small

Instructions: Sit on the ground with a friend, back-to-back, link arms. Now stand up. If you're coordinated and within two feet of each other's heights, it shouldn't be too hard. Now add on another player and try it as a threesome; then continue with four, five, six, and more. When you get to six you'll know why this is new game.

STATUE TAG

Number of Participants: 10 or more

Activity level: Active

Age group: 8 and over

Equipment needed: Cards with alphabet on.

Playing area: Shady area or bench

Object of the game: The player with the largest number of letters at the end of the alphabet wins.

Instructions: The player who is "IT" put himself into some form of a statue for all to see then the game begins. He then chases the players who can be safe by posing as the model statue before being tagged. When one person is tagged he starts over with a new pose.

STEALING STICKS

Number of participants: 2 teams of 5-15 players

Activity level: Active

Age group: 8 and older

Equipment needed: Ten sticks

Playing area: Large rectangle with goal lines and prisons on each end

Object of the game: Try to get all your opponent's sticks

Instructions: There are three or four sticks kept in the area about 3' square, back of the left end of each team's goal line, or on the end opposite the team's prison. The teams try to capture the opponents as prisoners and to take their sticks without being tagged. The game is played until one team has all the sticks and has no man in prison. Only one stick can be taken at a time. A player may return safely to base upon tagging an opponent, freeing a prisoner, or stealing a stick.

STEAL THE BACON

Number of participants: Medium-large

Activity level: Moderate

Age group: 8 and older

Equipment needed: Indian club or bowling pin

Object of the game: To get the bacon for your team

Instructions: divide the players into teams, numbering each player. Place the Indian club of any type in the center between the two teams. The leader calls a number and the members of each team corresponding with the number called run out to try to get the

club. The member of the team that gets the club and runs across the goal line without getting tagged wins the point for his team. The team with the most points wins.

Suggestions:

1. For added suspense prolong the calling of the numbers: all-of-the-pause-threes-run!
2. To increase activity, call several numbers to run.
3. When players are making no effort to snatch the club, have them return to their goal line and call two different numbers.
4. If a player succeeds in snatching the club but drops it on the way back to his goal line, a point should be awarded to the other team.

STREETS AND ALLEYS

Number of participants: Medium-Large

Activity level: Moderate

Age group: 8 and older

Equipment needed: None

Playing area: Large running area

Instructions: The players are arranged in several lines of equal numbers. When facing the front of the room and joining hands, the aisles which form between the lines are called Streets, and when facing the side of the room and joining hands, the aisle are called Alleys. There are two extra players, one who is "it" and one who is the "runner". "It" chases the "runner", who can only run through the aisles formed by the players. These aisles are changed when the leader calls "streets" or "alleys"; all drop hands, face the side and join hands again. This changes the aisles and may either assist or hinder "it" in tagging his runner. When the runner is tagged, a new runner and chaser are chosen and the original two take their place in the lines.

STOOP TAG

Number of participants: 10 or more

Activity level: Active

Age group: 8 and older

Equipment needed: None

Playing area: Large running area

Object of the game: To avoid being tagged

Instructions: As in tag except that the runner may stoop to avoid being tagged.

Encourage players to stoop only as a last resort. Timid players particularly will stoop continually to avoid being tagged.

TAKE 5

Equipment: 6 hula hoops, 15-18 beanbags

Place 6 hoops in a large circle formation and the beanbags in the center. Divide into 6 teams. First person in each line runs to center and grabs ONE beanbag and brings it back to their hoop, and then the second person does the same, and so on. After all beanbags in the center are gone, then the runner must take a beanbag from someone else's hoop. The object of the game is to get 5 beanbags in your hoop and keep the others from doing so.

TEN STEPS AROUND THE HOUSE

Number of participants: Large

Activity level: Active

Age group: 8 and older

Equipment needed: None

Playing area: school building or house

Instructions: One person is IT. All of the other players try to reach a goal around the house by taking ten steps at a time. If IT sees them move they have to go back to the beginning.

THEN THE BOILER BURST

Number of participants: Small

Activity level: Active

Age group: 8 and older

Equipment needed: None

Playing area: Large running area

Object of the game: To avoid being tagged

Instructions: IT tells a story and at any point he says "then the boiler burst" and all the players run for a goal. If IT catches anyone then they are the storyteller.

THE OCEAN IS STORMY

Number of participants: Medium-large

Activity level: Moderate

Age group: 8 and over

Equipment needed: Chalk

Playing area: Paved area in which circles are marked

Object of the game: To try to guess the names chosen by the players and to obtain a circle. An excellent game for mental and physical alertness.

Instructions: Pairs of players with hands joined scatter about a small playing area. Each pair but one, draws a circle about three feet in diameter around their feet and secretly chooses the name of some fish. The pair without a circle is the WHALE. On signal the WHALE walks around the playing area calling the names of fish. The two may take turns calling. Any pair having that name leave the circle and fall in behind the WHALE. After several calls or after the WHALE can think of no more fish they call "The Ocean is Stormy." On that signal all pairs with hands joined run for an empty circle. The pair left without a circle become the WHALE for the next game. You can also use names of animals, or birds for some variations of the game.

THIS IS MY NOSE

Number of participants: 5 or more

Activity level: Slow

Age group: 8 and older

Equipment needed: None

Playing area: Circle

Object of the game: To get your opponent to misname a part of his body

Instructions: Players sit in a circle with IT standing in the middle. Suddenly IT puts his finger on his nose, points to one of the seated players, and shouts, "This is my eye." Players must point to his eye and shout, "This is my nose" before IT counts to 10, or he becomes IT himself. IT then misnames another part of his anatomy or clothing and points to a player who must reply in same way as example.

THREE AND OVER VOLLEYBALL

Number of participants: 10 or more

Activity level: Moderate

Age group: 8 and older

Equipment needed: Volleyball and net

Playing area: Volleyball court

Instructions: Regular volleyball, but the ball must be hit three times before going over the net.

THREE DEEP

Number of participants: 10 to 30

Activity level: Active

Age group: 8 and older

Equipment needed: None

Playing area: Circle

Object of the game: For the chaser to tag the runner

Instructions: Two players are chosen, one to act as runner and one to act as chaser.

The remaining players form a circle facing the center, in groups of three.

To start the game the runner and the chaser stand on opposites outside the circle. The chaser then runs after the runner trying to tag him. To save himself the runner may dodge and stand in front of or behind one of the couples. When this occurs the formation is THREE DEEP and the outer player becomes the runner. Should the chaser tag the runner, the runner becomes the chaser and the chaser the runner. Runner may step in front of couple immediately to the right or left of him.

Suggestions: The runner should be encouraged to dodge in front of a trio quickly to try to take the third man unaware and to eliminate having one runner and chaser monopolize the game. If runner does not step in front of another player after having run around the circle once, choose a new runner. To avoid confusion spaces at least a few feet apart.

Variations:

1. Have runner stop behind a trio and the inside or front player becomes the runner.
2. Two deep-like three deep with the exception that it can be played with a smaller number of players. Runner and chaser proceed as in three deep. Remaining players form a single circle, however, and the last man or second man becomes the runner.
3. Sitting two deep-like two deep with the exception that players are seated in a single circle. To be safe the runner must sit in front of a circle player. The agility required adds interest particularly for older players.
4. Partner two deep-partners stand facing each other in a single circle. To avoid being tagged the runner steps in front of one of the partners. Player to whom his back is turned becomes the runner.
5. Partner side by side-partners stand side by side in a single circle and hold hands. To avoid being tagged the runner takes the free hand of one of the partners. The other partner becomes the runner.

TIC TAC TOE

Number of participants: Large

Activity level: Slow

Age group: 8 and older

Equipment needed: Paper and pencils

Playing area: Table

Instructions: A grid is drawn. One player takes O and one X. They take turns marking in the 9 spaces. Whoever gets three in a row wins.

TRENCH

Number of participants: Large

Activity level: Active

Age group: 8 and older

Equipment needed: Playground balls

Special conditions: Set boundaries and centerline

Playing area: Large running area

Instructions: Played like battle ball, except that when a player is struck with the ball he goes to the outside of the opposite team's end boundary. There he can catch a ball out of bounds and throw it at the opposing out of bounds and throw it at the opposing team. So each team gets it from both sides.

TRIAL

Number of participants: Large

Activity level: Slow

Instructions: Played like twenty questions but better for a large number of people. Group is divided into teams of 10 or 12. Each team sends one person to meet with the leader. They decide on a "person, place, or thing". (the same thing for everyone) As the representatives return they do not sit with their own team but with another (the enemy). At the signal the teams start asking questions of the person who knows the answer. These questions must be answered only by yes or no, or I don't know. Score one point for the team who guessed first. The ones being questioned return to their own team and a new person is selected from each team to get the next word.

TRIVIA

Number of participants: Small

Activity level: Slow

Age group: 8 and older

Equipment needed: None

Playing area: Circle

Object of the game: To answer questions correctly

Instructions: Each team asks the other a trivia question that they know the answer to. For each incorrect answer, they get to ask another question.

TUG OF WAR

Number of participants: 10 or more

Activity level: Active

Age group: 8 and older

Equipment needed: 3 ropes tied together

Playing area: 10' diameter circle

Instructions: The game is played with three teams. Each team is assigned 1/3 of a large circle. The game begins with the center of the rope in the middle of the circle. Each team's objective is to pull the center of the rope out of the circle within their assigned area. That means that they must overcome the resistance of the other two teams on the one hand and also cooperate with both teams should the rope be pulled toward the edges of the circle in another team's assigned area. The game is over when the center of the rope actually crosses outside of the circle. Players all stand outside of the circle.

TURTLE RACE

Number of participants: 2 or more

Equipment needed: Lined paper, two coins per player, more to “toss”

Object of the game: To be the first player to move his/her turtle across the racecourse’s finish line.

Instructions: Gather a sheet of lined paper (legal size works great) and two coins for every player, plus two more to “toss” as “dice”. Mark a start line at the bottom and a finish line at the top of the paper. Each player gets a turtle—we prefer a quarter for the body and a penny for the head. Line up all the turtles with their heads at the starting line. Players in turn start tossing the dice coins (that is, flipping them in unison onto the table) and moving their turtles as follows: two heads, and you move your turtle’s head two lines forward (and get to roll again, if you dare); one head and one tail, and you move one line (and you can toss again); two tail, and your turn is over—and you must slide your turtle’s head back to its body, losing any headway you may have made during that turn. At any point before rolling two tails, a player can choose to end her turn by moving the body of her turtle forward to meet its head. Continue until one speedy turtle crosses the finish line.

TWENTY-ONE

Number of participants: 2-10

Activity level: Moderate

Age group: 8 and older

Equipment needed: Softball and bat

Playing area: Softball diamond

Object of the game: To hit ball and run as many bases as possible without being put out. A game encourages players to run bases.

Instructions: The game differs from regular softball only in the method of scoring. Batter hits ball and runs bases, continuing until he is put out at base. He is then retired.

Teams change positions after three outs. Team scoring twenty-one points first, wins.

Scoring: 1 point for each base successfully run. No score for base at which he is put out.

TWO PITCH SOFTBALL

Number of participants: 2 Teams, 6-15 players on each

Activity Level: Moderate

Age group: 7 and older

Equipment Needed: Playground ball. 2 bases

Playing area: Softball field

Object of the game: To score more runs than the other team

Instructions: This is regular softball except the pitcher is a teammate of the players at bat. Those batters only get two pitches at which to hit so the pitcher must make them good. The pitcher doesn’t field.

ULTIMATE FRISBEE

Number of participants: Large

Activity level: Active

Age group: 8 and older

Equipment needed: Frisbee

Playing area: Large running area

Special conditions: Rough game

Object of the game: To reach your goal with the frisbee

Instructions: A football field area is designated. Two end lines are the goal lines. To begin the game, one team “throws-off” the frisbee. The opposite team catches the frisbee and may only pass the frisbee towards the goal. If the frisbee is dropped, it is the other team’s frisbee at that point. When a goal is scored, the team receives 6 points. An extra point can be achieved by having the team going for the point stand 10 feet away from the goal. They then must cross the goal line in one play. The game continues with a throw-off.

UNCLE SAM

Number of participants: Medium

Activity level: Active

Age group: 4 and older

Equipment needed: None

Playing area: Large running area, line

Object of the game: To avoid being tagged

Instructions: Children love to chant, as in jump-rope litanies. This game employs shrill voices in unison. Uncle Sam stands in the middle of the playground area being used, and the remainder of the group stands at one end. The group sings, “Uncle Sam, Uncle Sam, may we cross your ocean land?” Uncle Sam replies, “Yes, you may cross today if you are wearing green. (or any other color worn by one of many players). Those wearing color mentioned may cross without being chased. The rest must run across with Uncle Sam trying to tag as many as possible. The last one caught is “Uncle Sam”.

UNINTERRUPTED

Equipment: 2-3 balls, cone for each group, 100+ straws, basket/container for straws, 3 hoops

Divide into teams of 3. Each group stands behind a cone. Choose 2-3 taggers from the different groups. First person in each line tries to get to the basket of straws without getting tagged. Then they pick up ONE straw and try to return to their team without getting tagged. Sequence continues until all straws are gone. Team that collects the most straws wins. If a person is tagged, they become the new tagger and the other person returns to their team’s line.

This can also be played like dodge ball. The taggers must throw a ball from one of the hoops and try to hit the runners instead of tagging them. Same rules apply.

VIKING

Instructions: All of the players sit in a circle. One person starts as the viking by putting their fingers at their side of their heads like horns on their hat. This viking passes the role of being a viking by pointing their horns at someone. If you are pointed at, you become a viking (horns and all) and the person on the right has to start paddling to the right and the person on the left has to start paddling on the left. The last person of the threesome to assume their position is out. The rest of the players slap their legs during the game in a constant rhythm.

WHISTLE MIXER (OR CLAP)

Age group: 7 and under

Instructions: Leader chooses number of whistles, clap, etc. student uses locomotor skills around gym. When teacher claps 3 times, students get in groups of 3. If you don't get in groups of 3 or are left out, you get a letter for a word such as "C" for cat (like basketball game horse).

WIZARD, ELVES, GIANTS

Number of participants: Medium

Activity level: Moderate

Age group: 8 and older

Equipment needed: None

Playing area: 2 lines facing each other

Instructions: Wizards put spells on giants. Giants throw elves away. Elves put spells on wizards. Play as in rock, paper, scissors. Everyone yells wizards, giants, elves and on the count of four they assume one of these positions; wizards hissing casting spells, waving arms; Giants-stretching high and wide; elves with tiny voices. Each team has previously decided what they will be. The wizards chase the giants, etc and if they're caught they are on the other team.

WOLF & SHEEP (TRIANGLE TAG)

Number of participants: 4 is ideal, though the game can work with 3 or 5

Object of the game: For the Wolf to tag the sheep

Instructions: Choose a Wolf, a sheep, and two sheepdogs. The sheep joins hands with the sheepdogs, forming a three person triangle. The wolf, standing outside the group, tries to tag the sheep, while the sheepdogs (without breaking their circle of hands) spin around, trying to keep the wolf at bay. When the wolf tags the sheep (easier said than done), the players change roles and give it another whirl.

INDIVIDUAL STUNTS

BEAR WALK- get down on all fours and attempt to move right hand & foot together going forward. Then move left hand and foot together trying only to move one side of the body at once so as to have a bear-like amble when walking.

SEAL WALK- lie on ground on stomach, support weight on hands, and pull oneself forward.

CRAB WALK- sit on ground, place hands behind, lift body weight so as to support it on hands and feet; then move either forward or backward.

THREE LEGGED WALK- bend down, support weight on hands and feet, then move hands forward while pushing off with one foot in a hopping forward movement. At same time, lift other leg to appear three legged or as a "lame dog"

INCHWORM- bend at waist, put hands palm down on ground about 8-12" ahead of feet. Attempting to keep legs straight, walk up using small steps toward hands.

SWAGGER- stand on a line facing forward, feet slightly apart, push right leg in front of left, give a little hop on left, then left leg in front of right. Hop on right-repeat from beginning. If you go fast enough, you will sway or swagger when walking.

BRIDGE- lie on ground on back, bring knees up so feet are flat on ground, put hands back near head, palm down, and attempt to push or lift body up. Arch back, and hold for 3-5 seconds. The result is a bridge.

SPINS- stand on a line or crack in the cement, feet slightly spread; jump up and use arm swing to turn either 1/4, 1/2, or full top around.

JUMP THE FEET- Stand slightly bent at waist. Grasp left foot in right hand as near to the big toe as possible. Now try to jump over with the other foot. This can also be done jumping the right foot.

NOSE DIVE- Place a soft pointed object (folded paper, kleenex, etc) in front of you. Bend over it and down and try to pick up object in mouth. Paper should be 6-8" high and individual can grasp ankle for support when bending down. Trick is not complete until performer can stand up with object in mouth.

CORKSCREW- squat down, feet slightly apart, place a penny, checker, piece of crumbled paper, etc. just to the side of the right heel. Then with right hand reach from outside of right leg, around behind it and around foot, trying to pick up object. Try similar procedure with left hand and foot.

KNEE DIP- standing on grassy or soft area, bend right knee and grasp toe with right hand. Attempt to now bend down or "dip" touching knee to ground and stand up again. Try with other leg.

JUMP THE STICK- hold stick (broom, stick, small bat, or twisted towel, or even a jump rope twisted) in both hands in front of you. With a jumping movement, try to jump over held object without letting go. After success is achieved on going forward, it can also be done from back to front.

TIE UP- squat down, place hand between knees with palms down and elbows bent slightly. Now lean forward and rest knees on elbows balancing with feet slightly off the ground. Attempt to hold for 3-5 seconds.

MULE KICK- throw hands down toward ground with palms down so as to support body weight. As hands go forward and down, body and legs go up, and then snap legs down forcefully so as to land on feet in a standing position. Be careful not to push too hard with hands and lose control of body weight causing a fall or unwanted flip.

SEAL SLAP- lie on ground as in seal walk position, raise up into walking position, then thrust body upward and clap hands and catch body on hands in walking position before it hits the ground.

HEEL CLICKS- stand on both feet, jump into air, try to tap heels together before landing on ground.

SHOULDER STAND- lie on back, raise legs overhead, and support them near thighs- hold for 3-5 seconds. This is a shoulder stand, or commonly known base position for bicycling exercise.

FORWARD AND BACKWARD ROLLS- remember to tuck the head, push with the hands.

KIP- lie on grassy area, roll backward as if to do a backward roll, however, just at height of backward rolling, push with hands, and snap feet down forcefully while arching back. This will cause one to come to a stand, or almost stand on feet **TURKS STAND-** sit Indian style with crossed legs, try to stand up and sit down without falling.

TRIPOD- squat down as in preparing for a forward roll, also place head on ground and then lift legs up on arms with knees near elbow- hold for 3-5 seconds.

UP SWING- kneel with legs out straight behind, swinging arms forcefully upward; try to come to a stand.

COFFEE GRINDER- get into a body push up position only turns slightly sideways supporting weight on only one arm, move around in a circle by making small steps with the feet. It should appear as a coffee grinder crank.

DOUBLE STUNTS:

DOUBLE FORWARD- first person lies down on back, second person steps near head, place feet near down person's hands (who should grasp ankles) up person grasp down's legs at ankles, down bend knees slightly and top will begin to roll.

SCOOTER- two people sit on each others feet while facing, grasp hands and by leaning and sliding feet, the scooter will go from side to side.

CHINESE-GET UP- two people sit, back to back, hook arms, push against each others backs, and stand up.

CHURN BUTTER- stand back to back, hook arms, and bend at waist, lifting, so your partner goes up and down.

WHEEL BARROW- one person down on all fours, second person standing behind, grasps base at knees spreading legs, and base moves forward on hands. Back person should not go faster than the base can move. Always hold base at knees, in case dropped.

ARCHWAY- assuming the position of a shoulder stand, put two people together and touch feet forming an archway.

COUPLE ELEPHANT WALK- partners face each other, base standing in a wide stride. Top hands on base's shoulders and spring forward and upward, locking the legs around the base's waist. Top releases base's shoulders, bend backward, crawls between base's legs, and grasps his ankles. Base bends forward, hands on floor, and walks forward on hands and feet with a swaying motion. Top helps lift base's feet while walking.

TWISTER- Children stand facing each other with right hands clasped. These hands remain clasped throughout the stunt. Child B leans forward and child A throws his left leg over the locked hands, finishing with back to B. Child B repeats the action, throwing the right leg over the clasped hands. Children are now back to back. Child A follows with the left leg, returning to the original position. B follows with the left leg. Continue several times. This can be done on the same spot or with a rolling motion.

MERRY-GO-ROUND- Six or eight children stand in a circle with wrists firmly grasped. Every other child sits down with knees straight and all feet together in the center of the circle. Standing children take a step outward and sitting children raise the hips until the body is straight. Standing children move around the circle to the left or right while others pivot on their heels. Continue for only a short period to avoid undue pulling on the arms.

PARACHUTE ACTIVITIES—USING A BIG PARACHUTE

ABC VOLLEYBALL

Number of participants: 10-25 children

Age group: 5 and under-children learning the ABC's

Equipment needed: Parachute

Instructions: Have the children stand around the parachute holding its edges. The group must then bounce the ball once for each letter in the alphabet without dropping the ball. If the ball is dropped, begin again. The game can also be played without a parachute by having the children stand in a circle and tap the ball up volleyball style, with each person saying the next letter of the alphabet when they hit the ball. This, more challenging style, is better for older players.

ALL CHANGE

Number of participants: 10-25 children

Age group: Any

Equipment needed: Parachute

Instructions: Have the children hold onto the edge of the parachute. On the count of three, have them lift it high into the air. Call out names of two players. These players quickly change places under the canopy. Begin calling three or four names at a time. When the game is at its ending point, call out "all change" to have all the players switch.

ALLIGATOR

Number of participants: Large

Activity level: Moderate

Age group: Any

Equipment needed: Parachute

Playing area: Large Grassy Area

Object of the game: The alligator pulls everyone under.

Instructions: One child is the alligator, under the parachute. 2 lifeguards are walking around the outside of the circle. Everyone shakes the parachute, so that the alligator can't be seen. Everyone is sitting with his or her legs under the parachute. The alligator pulls on their legs; they in turn go under and also become alligators or yell for the lifeguard. If the lifeguard saves them they stay sitting. The lifeguards run around the outside of the circle and hold people when they begin to be pulled under and are yelling for help. After there are so many alligators that the integrity of the parachute circle collapses, start a new game.

CAUTIONS: Caution the children are not to play tug-of-war with the victims. If a person is being saved, then the alligator has to find a new victim, not to continue to pull. Also, victims should allow themselves to be pulled under. This will help to avoid rug burns and other injuries.

BALL IN THE POCKET

Number of participants: Any

Age group: Any

Equipment needed: Parachute, playground balls

Object of the game: Try to get your team ball in the center

Instructions: Divide the children into two teams. Two plastic balls are placed on the parachute while held waist high. Each team tries to shake its ball into the center pocket and keep the other team from putting its ball in the center pocket. A point is earned each time a team gets a ball in the pocket.

BASKETBALL

Number of participants: Any

Age group: 8 and older

Equipment needed: Parachute, foam balls

Object of the game: To get the most foam balls in the basket

Instructions: Four or five players, each with a ball, stand outside the edge of the parachute while the other players raise the parachute into a mushroom. Once the parachute is up, the shooters attempt to score a basket through the hole. See how many balls get through the hole, or how many mushrooms it take to get the ball through. Naturally, you want to alternate players to give everyone a chance, after about 5 mushrooms. This may not get you on the all-star team, but it's a challenge and is sure to be fun.

BIG TURTLE

Number of participants: Any

Age group: Any

Equipment needed: Parachute

Object of the game: Move like a turtle

Instructions: Have the children get on their hands and knees under a large “turtle shell” and try to make the turtle move in one direction. As a cooperative game, children have to work together to get the turtle to move.

Variation: Have the turtle go over a hill or bench or through an obstacle course without losing the shell.

CAT & MOUSE

Instructions: Cat kneels in middle on top of chute. Group holds parachute at waist level. Mouse hides underneath parachute. Cat pounces around to catch mouse. You can help cat by lowering parachute and making mouse more conspicuous.

CATCH THE PARACHUTE

Instructions: Everyone runs underneath the parachute and tries to catch it before it catches you.

CENTIPEDE

Number of participants: Any

Age group: Any

Equipment needed: Parachute

Instructions: All players need to help lift the parachute up over their heads; then they all step underneath and let the parachute settle down over them. Once everyone is comfortably covered by the parachute, it is time to begin to walk, Watching the centipede is as much fun as being the centipede.

CIRCLE

Instructions: Hold up parachute with the left hand, keeping it stretched and jog counter-clockwise. Reverse the direction-hold with right hand and jog clockwise.

COCOON

Number of participants: Large

Activity level: Moderate

Age group: Any

Equipment needed: Parachute

Instructions: Have kids assemble around the parachute. Pick 1-5 kids to sit in the middle of the chute. Have the remaining kids grab the sides of the parachute tightly and walk slowly in a circle around the middle. Watch as the kids in the middle become encased within the parachute and then pull outward to release the encased children. The children need to walk the circle slowly so they do not harm the encased children.

COVER UP

Number of participants: Any

Age group: Any

Equipment needed: Parachute

Object of the game: To have everyone have enough space to be wrapped in the parachute.

Instructions: Have everyone lie down on their own section of a loosely laid out parachute. The game is to see if everyone can find enough space fabric at the same time to tuck themselves in. You can vary the activity by calling out specific body parts to wrap.

DOUGHNUT MAKING

Number of participants: 12-24 children

Age group: Any

Equipment needed: Parachute

Instructions: Have the children sit around the parachute but not touching it. The players should be evenly distributed by the colors around the chute. Tell the children that it is time to make doughnuts and that each color of the parachute is a color of sprinkles that will go on the doughnuts. Take turns calling out what color sprinkled doughnuts you want to make. When you call a certain color, all players who are sitting in front of that color work together to lift the parachute high up and then settle it back down to the ground again- symbolizing the doughnut rising in the oven. Have the different colors try to make the best doughnut. The group can discuss why some doughnuts are different shapes and come out different than others.

CAUTIONS: In their excitement some children will move forward while shaking. This will create a problem when the chute goes to settle. Some children have a tendency to throw the chute toward the middle when they should be placing it down on the ground when it's time to make the doughnuts. The chute may fold over itself.

JAWS

Instructions: Hold parachute at waist level. Make small waves and hum the them to "Jaws". One person, the shark, uses frisbees as fins and runs under parachute with fin pushing up on the chute. Whoever the shark attacks becomes the new shark after a blood-curdling scream. Add three-five frisbees for more involvement.

JELLO MOLD

Instructions: After making mushrooms, release right hand, turn left so your back is toward the center and re-grasp the parachute with your right hand. Step backwards toward the center, quickly lie (kneeling knees to floor) (Key to success is in their stepping toward the center far enough before lying face down).

JELLYROLL

Number of participants: 10-25 CHILDREN

Age group: Any

Equipment needed: Parachute

Instructions: Have kids assemble around the parachute. Pick 1-5 kids to sit in the middle of the chute. Have the remaining kids grab the sides of the parachute tightly and walk slowly in a circle around the middle. Watch as the kids in the middle become encased within the parachute and then pull outward to release the encased children.

Cautions: The children need to walk the circle slowly so they do not harm the encased child(ren). Do not put any claustrophobic children in the middle, this tends to be bad.

KNOCK IT OFF

Instructions: Divide the kids into two teams so that each team form 1/2 of circle around parachute. Place two distinguishable balls on the parachute- 1 for each team. Stretch parachute until the leader calls "Knock it off!" This is the signal to make the parachute flutter in an attempt to knock the opponent's ball off. Players may bat a ball off or back onto parachute with one hand. The team whose ball remains on the parachute longer wins.

Variations: Use only one ball and let players flutter the parachute in an attempt to knock the ball off over the heads of the opposing team.

MOLE TAG

Instructions: Parachute is spread on the floor with kids seated around remaining students then kneel on the rim of the chute, holding the “runner” crawls on stomach to a position somewhere under the mole proceeds to crawl under the chute and attempts to find and tag the “runner”. When this has been accomplished, a new “runner” and “chaser” are picked. Repeat until all have had a turn. Best results are obtained when both crawl on their stomachs using only their arms and hands.

MOON WALK

Number of participants: large

Activity level: Slow

Age group: Any

Equipment needed: Parachute

Instructions: One person removes their shoes and walks on the parachute while the group wiggles the chute to make waves and craters.

MUSHROOM

Number of participants: 10-25 children

Equipment needed: Parachute and playground ball

Instructions: Have the children kneel around the outside of the parachute while placing it flat upon the ground. Each person should hold on tightly with both hands and stretch it tight. At the same time everyone needs to lift the parachute high above their head and take one step forward. Then, quickly, bring the parachute down behind them and sit on the edge. Everyone should now be sitting inside a parachute tent or mushroom. Have a ball available to roll back and forth to each other while in here. Once it begins to collapse, try it again.

Cautions: If the children try to run around inside the mushroom, instead of sitting in their place, the tent will lose its integrity and collapse.

NUMBER CHANGE

Instructions: Count off by 4's. When the chute is raised, call out one number. All with that number must change places by running under the chute to a new position.

POPCORN

Instructions: You need a parachute with a hole in the middle and 20 or more bouncing balls Number the balls and assign one to each player. Every player places his/her ball on the parachute and everyone grabs and lifts the parachute with two hands. Then everyone starts pumping the chute up and down to remove the balls. The player with their ball on the chute last wins!

STEAL THE BACON

Instructions: Divide the children into two teams. Each team member has a different number. Lift the chute and call a number. The children with that number then snatch a pin. (pins are under middle of parachute). People with pins must get back before the parachute comes down.

PREDATOR

Number of participants: 10-25 children

Equipment needed: Parachute, 3 or 4 blindfolds, some socks

Playing area: Large Grassy Area

Instructions: Have all the players sit around the outside rim of the parachute. Choose four players to be in the middle. Blindfold all four players. When all players are blindfolded and on the parachute the game begins and they start moving about (you may want to have them remove their shoes). Shortly thereafter a sock with other socks stuffed inside is thrown onto the parachute. The players, listening closely for where it

lands, try to be the first to get the sock. The player who gets the sock becomes the Predator and everyone shouts out “the Predator is born”. The predator then tries to hit the other three players with the socks. They have one minute to get all the other players out. If they do, the Predator wins, but if the players elude the Predator, then the surviving players win. The children who are not in this round sit around the outside of the circle and help the guide the players from straying off of the parachute.

Cautions: Encourage the blindfolded children to crawl around with one hand extended forward to feel for the other players. This should reduce the chance that they will bump heads with one another.

RUNNING NUMBER GAME

Number of participants: Any

Age group: Any

Equipment needed: Parachute

Instructions: Have the children around the parachute count off by fours. Start them running lightly in a circular fashion holding the chute in one hand. Call one of the numbers. Children holding the number immediately release their grip on the chute and run towards the next vacated place. This means they have to put on a burst of speed to move ahead to the next vacated space.

SAFE FROM THE STORM

Equipment needed: Parachute and playground ball

Instructions: The ball is placed on the parachute, representing a canoe. Participants wave the chute so it ripples. This is the waves and the stormy sea the canoe has encountered. Participants have to get their canoe to safety as soon as possible (through the hole in the center of the parachute).

SAME NAME EXCHANGE

Number of participants: Any

Age group: Any

Equipment needed: Parachute

Instructions: Go around the circle and assign one of the four required equipment names to each participants, until everyone has a name (floatation devices, paddles, bailer, sound maker, etc) Then as everyone has their arms up (Ohh!), call out one name and these participants have to run under the parachute to another spot before it collapses on them. (Ahh!) Continue until everyone has been called at least twice. Then try random exchanges such as “Who has been in a small boat?” etc

SHARK HUNTER

Number of participants: 10-25 children

Age group: Any

Equipment needed: Parachute

Instructions: Have all the players sit around the outside rim of the parachute. Choose one player to be the hunter and two or three players to be the sharks. The hunter is on top of the parachute while the shark’s hide below. When the game starts, all the players around the rim wave the parachute up and down to simulate water and to mask the shark’s movements. The hunters must crawl around the top of the parachute and find each of the sharks within a predetermined amount of time (1 or 2 minutes). When a shark is caught they leave from under the parachute and take their place around the rim. The hunter wins if they catch all the sharks, if there are any sharks remaining, the remaining sharks win.

TREASURE HUNT

Instructions: Throw everything under the parachute; balls, jump ropes, frisbees. Everything is fair game. Arrange all the players around the parachute and have them make a steady heartbeat. On the upswing point to one or more to go under the parachute, search for a particular treasure, and bring it out. The heartbeat gives an automatic time limit; if a seeker stays too long and gets touched by the parachute, she or he must rebury the treasure for the next round.

RELAY ACTIVITIES

ANIMALS IN THE ZOO RELAY

Number of participation: Medium

Activity level: Moderate

Age group: 8 and under

Playing area: Running Space

Object of the game: The first team to win the relay is the winner.

Instructions: Teams are in line formation. Each member of a team represents a different animal and must move as that animal moves. The first players from each team, for example, could be monkeys, the second player kangaroos, etc. through to the last players. On the signal to start the first players in each team moves like their animal moves to a turning point and return and touch off the next players. The second players then move like the animal they are representing moves, and so on through the line. The first team to finish is the winner.

BACK TO BACK RELAY

Number of participants: Medium

Activity level: Moderate

Age group: Any

Playing area: Running space

Object of the game: Which team can finish the relay first.

Instructions: Each first couple stands back to back. They hook elbows and run, either sideways or with one moving forward and the other backward, toward the turning line. They return to place and touch off the next couple.

BALL OF STRING RELAY

Equipment needed: ball of string

Instructions: The players should be in two teams standing in two circles with a ball of string. The captain holds one end, while the ball is passed rapidly from hand to hand until it is unwound. It is then passes back and rewound.

CARDBOARD RELAY

Number of participants: Medium

Activity level: Moderate

Age group: 8 and Over

Equipment needed: Sheets of newspaper or cardboard

Playing area: Large running area

Object of the game: To finish the race before the other team

Instructions: Teams are in single file behind a starting line. Each first player is given two sheets of newspaper or, preferably, two fairly large sheets of cardboard. The first player must race to the turning line and back without ever stepping directly on the floor. He steps on one cardboard and places the other one in front of him, steps on it, places the other in front, steps on it, and so forth.

CRAB RELAY

Number of participants: Medium

Activity level: Moderate

Age group: 3 and over

Equipment Needed: None

Playing area: Large running circle

Object of game: To walk crab style faster than the other team

Instructions: The first player on each team assumes the crab position on all fours with his back facing the floor. He walks like a crab until he reaches a turning line. He then walks like a crab back to his line to touch off the second player.

CROOKED WALK RELAY

Number of participants: Medium

Activity level: Moderate

Age group: 8 and over

Equipment needed: None

Playing area: Large running area

Object of the game: To walk the "crooked walk" faster than the other team.

Instructions: The first player on each team steps forward on his right foot and crosses his left foot behind it, moving as far forward as he can before placing his weight on the left foot. He then crosses his right foot behind his left and continues moving forward in "crooked walk" way until he reaches a turning line. He then runs back to his line to touch off the second player.

DIZZY IZZY RELAY

Number of participants: Medium

Activity level: Moderate

Age group: 7 and over

Equipment needed: 2 baseball bats

Playing area: Small running area

Object of the game: To compete the relay first

Instructions: Teams in single file at starting line. The first player is given a baseball bat. At a signal he runs forward and at the turning line he places his bat in an upright position and touching his forehead to its upper end runs around the bat three times. He then runs back and gives the bat to the next player who repeats the action.

DOUBLE HOPPING RELAY

Number of participants: Large

Activity level: Moderate

Age group: 6 and over

Equipment needed: None

Playing area: Large running area

Object of the game: To double-hop faster than the other team

Instructions: Arrange the teams in parallel columns of twos, ten feet apart, abreast of a common line. Establish a turning point sixty feet in front of each column. Have each player place his inside arm around shoulders of his partner. At signal, the first pair in each column, retaining the arms about the shoulders, and hopping on the outside foot, hops forward to or around the turning point and back to the starting line. At the starting line one of the first pairs touches a member of the second pair, who immediately repeats the performance of the first pair. This continues until all have run. The team finishing first wins.

INSTANT RELAY

Number of participants: Any

Activity level: Slow

Age group: Any

Equipment needed: None

Playing area: Circle

Object of the game: To learn everyone's name

Instructions: Do an action and say your name. Everyone follows. The actions can convey occupations, or secret selves. A time to be silly.

KANGAROO RELAY

Number of participants: 10 or more

Activity level: Moderate

Age group: 7 and over

Equipment needed: One playground ball for each team

Playing area: Large running area

Object of the game: To beat the other team

Instructions: Teams of with equal size line up in file formation. At the signal the first player in line places a rubber playground ball between his knees and runs or jumps forward toward the turning line. He may not use his hands to hold the ball in place. If he drops the ball, he must pick it up, replace it between his knees at the point where it fell and continue. He then touches the next player and gives him the ball.

KNOCK DOWN, SET UP RELAY

Number of participants: 10 or more

Activity level: Moderate

Age group: 7 and over

Equipment needed: One Indian club for each team

Playing area: Large running area

Object of the game: To beat the other team

Instructions: Teams are in file formation. About 40 feet from the starting line and in front of each team an Indian club is placed. On the "Go" signal the first player from each team runs to the Indian Club in front of his team, sits down, knocks the club down with his feet, then sets it up again with his feet. He may not touch the club with his hands at any time. He then runs back and touches off the next player in line and the relay continues until all have finished.

OBSTACLE RELAY

Number of participants: Any amount will work

Age group: Any age you can alter the obstacle course

Equipment needed: A variety of things to make up an obstacle course

Playing area: Large playing area

Object of the game: To be the first one to complete the obstacle course

Instructions: Players run the course from the head of the team to the turning point and back to the head of the team performing along the course of the run three or more stunts, with or without apparatus. The use of hoops, skipping ropes, Indian Clubs, mats, low vaulting boxes, basketball hoops, or whatever you have to offer on the playground.

OVER & UNDER RELAY

Number of participants: 10 or more

Activity level: Active

Age group: 7 and over

Equipment needed: 1 playground ball for each team

Playing area: Lane formation

Object of game: To pass the ball faster than the other team

Instructions: Equal teams in single file. Players pass a ball between their legs to the player behind them. This is continued, alternating over and under, until the ball reaches the last player, who runs it to the front and starts passing it back again. The game continues until all the players have completed the action and the first player is back in his place again.

PASS IT RELAY

Number of participants: 10 and more

Activity level: Moderate

Age group: 6 and over

Equipment needed: 10 objects of varying weights, two of each kind of object

Playing area: Small area

Object of game: To pass more quickly than the other team

Instructions: Pass it-A variety of articles of varying weights is provided to each team. At the signal to start the first player picks up one article and starts it on its way down the line. Then he picks up the second article, etc. When the last player has received all of the articles, then he begins to pass them back in the same manner as they were sent to him and when the beginning player has all the articles back again, the game is over.
