

FAVORITE ACTIVE GAMES

http://web.wnlsd.ca/student_health/

Suggested by: Teachers at Active Playgrounds Inservice, May, 2009

Compiled by: Bill Allan, School Health Promotion Consultant,
Western School District



STAGE TAG

Suggested by: Mark Burt, Our Lady of the Cape

Equipment: 1 - 2 dodge balls

Safety: Aim for chest or lower, or below belly button. Know your opponent and adjust your throw to suit the age and size of the target.

Method of Play:

This is a dodge ball game so basic dodge ball rules apply. If you're hit, you're out (ball has to be thrown). If the opponent catches the ball, then the thrower is out. People who get out must stand by the stage and can return to the game when the person who got them out gets out. You can run with the ball.

BUILDERS AND BULLDOZERS

Suggested by: Roland Peddle, Belanger Memorial

Equipment: Pylons

Designate half of the class to be Builders and the other half to be Bulldozers. Scatter pylons around the gymnasium. When the music starts or the teacher says Go, the Builders attempt to knock over the pylons while the Bulldozers attempt to stand them up straight. The winner is the group that has the most pylons up or down at the end of time.

DODGEBALL TAG

Suggested by: Paul Hepditch, C.C. Loughlin

Equipment: 1 - 2 dodge balls

Safety: Aim for chest or lower, or below belly button. Know your opponent and adjust your throw to suit the age and size of the target.

Method of Play:

Everyone is against everybody. If you get tagged, you must freeze and perform a certain exercise (i.e. push-up, jumping jack). If a thrown ball is caught, the thrower freezes. If a player is hit in the head, the thrower freezes. Ball must contact player after traveling through air (cannot bounce or roll). Maximum time of 3 seconds or three steps with the ball.

TEASE AND CHASE

Suggested by: Brian Gilbert, Templeton Academy

Equipment: None

Method of Play:

Split class into two teams - odds and evens. Each team goes to the other end of the court/ gym. On signal from the teacher, one team starts the game by sending its first runner down to tease his opposite partner. For example, Odds #1 goes towards Even's #2 to about 10-20 feet away and teases him/ her. #2 then chases after 31 back towards the Odds line. If #2 catches #1, then #1 is out and has to go to the Jail. If #1 makes it back, Odds #3 comes out to chase #2 back and try to tag him. If #2 makes it back, then Even's #4 starts to chase #3 back. When they get back so far, then #5 comes out to chase #4 back and this continues right down the line.

If one chaser tags the teaser, the chaser keeps on going to the opposite line to tease the next person in the sequence to keep the game going. If you get everyone paying attention and going in their turn, it is tiring and a lot of fun. The team with the least people gone is the winner.

Variation: The teaser/ chaser can tag one of the players in Jail and then he/ she can get out of jail and go back to his spot on the line to continue the game.

TIPSY

Suggested by: Justin Blackler, Legallais Memorial

Equipment: 10 - 15 Pylons and Projectiles (Frisbees, playground balls, bean bags, etc.)

Method of Play:

Stack 10 - 15 pylons upside down on one end of the gymnasium. Divide the class up into three or four teams with each team getting one projectile (may vary with age). When the teacher says Go, the person on each team with the projectile throws at the pylons attempting to knock one down. If he is successful in knocking down the pylon, he brings it back to his team along with the projectile that is passed to the next person in line. If he is not successful, he retrieves the frisbee and passes it to the next person in line on his team. Game continues like a relay race until all of the pylons have been knocked down and collected. Team with the most pylons wins.

ROCK PAPER SCISSORS TEAM GAME

Suggested by: Paul Carter, Hampden Academy

Method of Play:

Divide the school up into two teams. Each team goes to an end line of the gym to decide on a leader to represent them and either Rock, Paper, or Scissors. The leaders meet at center to do Rock Paper Scissors at center. All of the other team members are gathered around their leaders on the center circle. For the leader who wins the Rock Paper Scissors, all of the team members chase the other team members in an attempt to tag them before they get to their end line. Any member of the losing team who is tagged must switch to the other team. After the chase, team members would gather on their end line again to decide on a new leader and a new Rock Paper or Scissors. Leaders meet at center again to do Rock Paper Scissors with winning team chasing losers again. If there is a tie (i.e two Paper), teams gather at end line to choose a new Rock Paper or Scissors.

TEAM HANDBALL

Suggested by: Darlene Poole
Equipment: One soft ball and two goal nets
Method of Play:

Similar to soccer except the ball is passed by hand, two teams pass and bounce a ball to throw it into the goal of the opposing team. Defending players are not allowed within three steps of person with the ball. Person with the ball cannot take more than three steps and cannot hold it for any longer than three seconds. Play goes on for so many minutes or until so many goals are scored.

FLAG TAG

Suggested by: Darlene Poole
Equipment: Flags or ribbons, Bin
Method of Play:

Each person can be a team on their own or you can have two teams. Inside your belt, you wear 2 - 4 flags or ribbons. Everyone is running and trying to get other people's flags. When you steal someone's flag, you put it in the bin. When a person loses all their flags, they must do a pre-assigned exercise before they can get their flags back (i.e. 10 jumping jacks, 5 push-ups).

PAC MAN TAG

Suggested by: Georgina Etheridge, St. Gerard's
Equipment: None
Method of Play:

Two people are it (Pac Man) and hold hands. Pac Man chases everyone and if tagged, a person goes to the corner. When two people are in the corner, they become another Pac Man and chase. The game is over when everyone becomes a Pac Man. The last two people caught can become Pac Man and start a new game.

I DECLARE WAR

(If they wish, teachers may choose another name)

Suggested by: John Hewlin, David Hynes, Xavier; Charlene Shears, Gros Morne Academy
Equipment: Sidewalk chalk, Nerf Ball
Method of Play: (With class of 25, you will need 4 - 5 games.)

With sidewalk chalk, draw a large circle (5 - 10 feet in diameter) with a smaller circle (1 meter diameter) in the center. Divide the big circle into as many equal parts as there are players (up to 5 per circle). Each player gets their own slice of the big circle and names their own portion of the circle with the name of a certain country (or province).

To play the game, each player stands with one foot in his country. One person will call out, "I declare war on _____" (let's say New Zealand, for example) and tosses the ball in the center of the small circle. All players run and scatter with New Zealand running to get the ball. Once New Zealand gets the ball, he yells "Stop" and everyone freezes. New Zealand throws the ball

at another player. If he hits another player, then the New Zealander, with two feet in contact with the ground, takes some of the hit person's country. Then the loser of the territory gets the ball and resumes the game by declaring war on somebody else and this continues until one person takes over the world. If New Zealand misses the other player, then the other player who was thrown at gets the ball and declares war on somebody else.

DRIBBLERAMA

Suggested by: Kristen Payne, St. Paul's Elementary
Equipment: One basketball (or other bouncy ball) per player
Method of Play:

The playing area is a large circle or square, clearly outlined. All players dribble within the area. The game is played on two levels:

Level 1: Each player dribbles throughout the area, controlling the ball so it does not touch another ball. If a touch occurs or if the student loses control of the ball, they must go outside the area and dribble around the perimeter before they can rejoin the group.

Level 2: The playing area is divided into two equal parts. All players start in one of these areas. While dribbling and controlling the ball, each player attempts to kick the other's ball out of the area. When a ball is kicked out, the player owning the ball takes it to the other area and dribbles. As more players move to the second area, a second game ensues. This keeps all players actively involved in the games. If a player loses the ball in the second area, then they must then move back to the first.

JACK IN THE BOX TAG

Suggested by: Georgina Etheridge, St. Gerard's
Equipment: None
Method of Play:

One child is it, Jack, who runs around tagging all participants. If caught, students squat down. To be freed, a free person squats down next to them, taps them on the back, and then they both spring up in the air to simulate a jack in the box.

ALL SEWN UP

Suggested by: Cherry Harbin, St. Peter's Academy
Equipment: None
Method of Play:

Players stand in a circle, leaving enough space between each player for another player to pass through. Two players, let's say John and Susan, stand in the center of the circle. On the word, "Go", John and Susan separate and run between the other players, weaving in and out of the circle. Each time either one passes between two standing players, the players link hands and close up the space, so the circle is gradually "sewn up".

John's goal is to sew up the circle and capture Susan inside. He must calculate his moves carefully though, or he could accidentally sew himself up too. Or, he may find to his dismay, that Susan is outside and he is inside. Susan has the same goal. Both players must watch carefully and try to keep one step ahead of each other.

If both players are sewn up together, they must repeat the game until just one is captured. The captured player joins the circle and chooses a replacement.

ROCKPILE

Suggested by: Stephen Perry, E.A. Butler
Equipment: Beanbags, Hula Hoops (one for each group of 4 - 5)
Method of Play:

The goal of the game is to accumulate the most beanbags in a certain period of time. Hoops are spread around the gym an even distance (20 feet) from the center of the gym where the bean bags are located in a pile.

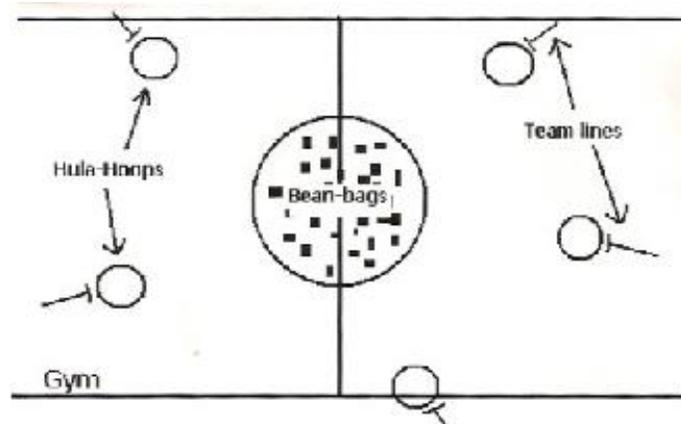
Players start the game lined up in a single file behind their respective hoop. On the start signal, the first player goes and gets one bean bag from any hoop and puts it in their hoop. They may steal from another team's hoop or take from the center of the gym. When they return, the next player may go (much like a relay race). From then on, all players take turns getting a bean bag and placing it in their team's hoop. The first player to go on each team will have to go to the center to get their bag because there are no bean bags yet in any team's hoop.

Players are not allowed to guard their own hoop. Emphasis must be placed on moving quickly with some strategy (stealing from the team with more bean bags). Only one person per team can be moving at any time and that person can take only one bean bag at a time. Game ends on a signal or a specified time as set by the teacher.

FISHY FISHY COME TO ME

Suggested by: Scott Strickland, St. James Elementary; David Oxford, St. Theresa's
Equipment: None
Method of Play:

All students line up along a wall or fence. One student becomes the fisherman while the others are the fishies. The fisherman tagger calls out "Fishy Fishy Come to Me". All the other fishies must then run to the opposite side of the court/field and avoid being tagged by the fisherman. The first person tagged becomes the fisherman's helper. The rest of those tagged must sit (or kneel) where they were tagged and they become "seaweed". The seaweed can stretch out to tag other fishes as they run past trying to get to the opposite wall or fence.



SMALL BALL 21'S

Suggested by: Charlene Shears, Gros Morne Academy

Equipment: Bouncy ball, Concrete or brick wall

Method of Play:

The first person to serve throws the ball against the wall. All other players try to catch the ball before it stops bouncing. If the ball is caught, the player gets one point. If the player makes contact with the ball but does not catch it, that person loses one point. Any player who makes contact with the ball, does not catch it, but then regains control before it touches the ground, will be given an even score of zero. Next throw is made by the player who caught the ball, or in the case of a drop, it is returned to the previous thrower for the next throw. Games are typically played to 21 with multiple games happening during a class.

WALL BALL: DONKEY

Suggested by: Bill Allan, Western School District

Equipment: Bouncy ball, Concrete or brick wall

Method of Play:

One player throws the ball against the wall while the others attempt to catch it so they can be the next one to throw. The ball can also be caught off the bounce. If the first player to the ball catches it, he makes the next throw. If the first player to the ball drops it, then that player must touch the wall before any other player can retrieve the ball and throw it back to the wall. If the ball reaches the wall before the player, then that player gets the letter "D" and the game continues. Once you spell the word "DONKEY", you are out. Game continues until only one player remains. Variation: Use the word "Mule".

WALL BALL: ONE HUNDRED

Suggested by: Bill Allan, Western School District

Equipment: Bouncy ball, Concrete or brick wall

Game begins with one player inside the 5 meter line throwing the ball off the wall. All other players should be at least 5 meters from the wall. If any player catches the ball directly off the wall, they get 10 points. If it bounces and is caught or picked up, it is worth 3 points. If a player drops any of these, he/she loses that many points and play is dead. Next throw is made by the player who caught the ball, or in the case of a drop, it is returned to the previous thrower for the next throw. First to 100 (or 50) wins.

DOCTOR, DOCTOR

Suggested by:

Equipment: Four sponge balls, six cone markers, four pennies

Method of Play:

Use cones to mark off a large rectangular area and center line. Divide the class into two equal teams and have each team scatter in their own half of the play area. Each team must select two Doctors who will wear pennies. To begin the game, roll a ball into each half of the play area.

The object of the game is to hit both Doctors on the opposing team and win the game. Opposing players throw the ball at each other from their own half, trying to hit your opponents below the waist. A player hit above the waist or hit by a ball that bounces first or who blocks a ball thrown toward the face is not hit. Once you get the ball, you have five seconds to throw it.

If a player catches a ball thrown by an opponent, then the thrower is considered hit and must drop to the floor at that spot. Any hit player must immediately sit on the floor on that spot (you are considered to be injured) until one of your team Doctors can pull you out over the endline into the recovery zone. You may then rejoin the game. A Doctor may rescue only one player at a time. A player with the ball may use it to deflect another ball that is thrown at him or her. The first Doctor to be hit becomes a regular player, and the game continues with only one Doctor.

Variation:

- A. Choose your Doctors in secrecy so that the opposition must determine who the doctors are.
- B. Allow the Doctors to throw the ball at the opposition as well.

CHINESE WALL

Suggested by: Paul Hepditch, C. C. Loughlin

Equipment: Eight cone markers

Safety: Remind players to watch where they are going at all times.

Method of Play:

Using the cones, mark out two parallel endlines that are 20 meters apart. Then mark out two parallel lines, 3 meters apart, across the center of the play area to represent the wall. Select three players to stand on the wall to defend it and have the remaining players start on one of the endlines. On the signal from the wall defenders, "Scale the wall", players run and try to cross the wall to the opposite endline without being tagged by the defenders. Players cannot attempt to cross the wall to the other endline until defenders give the signal. Defenders cannot leave the wall but can travel anywhere along the wall. Players, if they are tagged by a defender, must remain on the wall and help to defend it on the next crossing.

Variations:

- A. Connect folding mats across the middle of the play area that stretch from one sideline to the other. This becomes the "wall".
- B. Have players wear flags (tucked into the back of their waistband) that the defenders try to pull out as players run across to the opposite sideline.

THE BLIND LEADING THE BLIND

Suggested by: Mark Burt, Our Lady of the Cape

Equipment: None Method of Play:

One person starts as the sighted person by the gym door. All other students lie down on their bellies on the opposite side of the gym with their eyes closed. The sighted person walks (no running in this game) and helps another student up, then leads them (still with their eyes closed) to the door. The blind walker opens their eyes and now both of these students go and collect two more blind students and lead them to the door and so on until everyone is at the door. For safety, talk to students about trusting your sighted partner, not running, and encouraging the blind partner.

CRABS, CROWS, AND CRANES

Suggested by: Willie Tobin, C.C. Loughlin

Equipment: None

Method of Play:

Establish two end lines 50 feet apart (or more). Define sidelines as well. Split group in half. Name one team the "Crows" and the other team the "Cranes". Each group forms a shoulder-to-shoulder line facing the other team at midfield, about 10 feet apart. When the leader calls "Crows", the crows must run back across their end line without being tagged by a pursuing crane. If tagged, the Crow must stop and joins the Cranes for the next run. When "Cranes" is called, the pursuit is reversed. When "Crabs" is called, everyone should stay still - anyone that moves is transferred to the other team. The game ends when all people are on the same team and either the Cranes or Crows are extinct.

SHIP TO SHORE

Suggested by: David Fever, Pasadena Elementary

Equipment: None Recommended for: K - 4

All the students line up on one side or the other of a straight line (maybe the half-court line in the gym, but could be done outside with a skipping rope or pylons). Whatever side that students line up on is the Shore side. The other side is the Ship side.

Game begins when teacher calls out either "Ship" or "Shore". If "Ship" is called, students must run to the other side of the center line. If "Shore" is called, they must stay where they are. Once they get to the other side (Ship side), if the teacher calls out "Shore", they must run back to where they were at the start, but if the teacher yells out "Ship", they must stay where they are.

In between, some other commands can be called out such as:

Disco - the kids dance around in a disco style

Scrub the Deck - kids pretend to scrub the deck with their hands

Cannonball - kids jump up and tuck their legs up and land on the ground

Periscope Up - Kids lie on their back with a leg to the sky

Row Your Boat - Kids sit down and move their arms in a rowing fashion

Man Overboard - Kids move on the ground in a swimming motion

Flamingo - Kids stand on one leg. (Feel free to add any other movements.)

TIGER, MOUSE, ELEPHANT (PAPER, ROCK, SCISSORS)

Suggested by: *Georgina Etheridge*

Equipment: *None*

Method of Play:

Designate an end line with some pylons or skipping rope. Assign each student to Team A or B. Each team huddles and secretly chooses one of the actions listed below. Teams then stand on a line in the center of the gym or the field one meter apart and face each other. On the signal, teams do:

Tiger - raise arms out to the side and overhead (tiger eats the mouse)

Mouse - crouches down on the floor (mouse scares the elephant)

Elephant - swings one arm held with the other hand like a trunk (elephant squishes tiger)

Team members act out the action to the opposite team members. If one team beats the other in the action, then that team chases the team back to the end line. If tagged before getting to the end line, the person joins the opposite team.

STEAL THE BACON

Suggested by: *Vanessa Garnier, J.J. Curling*

Equipment: *1 Bean bag,*

Recommended for: *2 - 6*

The object of Steal the Bacon is take the "bacon" back to your own side without being caught. In this game, two teams are chosen. The members of each team are numbered. One object is required to be the bacon (a beanbag is a common choice). Teams form two opposing lines and place the bacon in the exact center between them. Give each team a safety line that when they cross they cannot get tagged (this is to help avoid slamming into walls).

The teacher then calls out a number. The players on each side who are assigned that number are the players for that round. No other team members leave their side of the field.

Neither player may touch the other until someone touches the bacon. Once a player touches the bacon however, the other player may tag him/her. If a player is able to grab the bacon and carry it back over to his/her own safety line, that team scores a point. If a player is tagged after touching the bacon and before he/she returns to their own safety line, the team that tagged him/her scores a point. The sequence of play usually involves the two kids running out and hovering over the bacon, waiting for a slight advantage to grab it and run back before the other player can react. The game is over when a predetermined number of points are scored, or when all numbers have been called.

Variation: The teacher can call more than one number, in which case several players from each side participate. In some games, players may tag any player on the opposing team, in others, a player may only tag the player on the other team that they share a number with.

CRACK THE WALL

Suggested by: Anthony Derrah, Lourdes Elementary

Equipment: None

Method of Play:

Two parallel lines 10 meters apart are drawn across the center of the play area to represent the wall. A goal line is drawn across each end of the play area parallel to the wall. One or more players stand on the wall to defend it, while the others, the attackers, stand behind one of the goal lines. The attackers run, trying to cross the wall to the opposite goal without being touched by the defenders. The defenders may not leave the wall. Those touched remain on the wall and help to defend it at the next crossing.

THE ALIEN GAME

Suggested by: Jason Abbott, Elwood Elementary

Equipment: Four hula hoops, four sponge frisbees (balls)

Recommended for: K - 5

Method of Play:

Get four hula hoops and place them toward the center of the gymnasium two on either side. Pick four students to be Aliens and give each of them a sponge frisbee (or ball). One Alien stands in each hoop. The other students stand on one end of the gym on a specified line. Each Alien gets one throw of the frisbee each time a line of students gets set up at either end.

The game begins when the teacher (or one of the Aliens) says, "You can cross our alien field if you ..." and you can finish the sentence with things like:

- if you are wearing white socks
- if you have a nose
- if you have a sister, etc.

If a student has what you are saying, they have to sprint to the other side of the gym without getting hit with a frisbee (ball). If they do get hit, they go and switch with the Alien. When the students reach the line on the other side of the gym, the Aliens can retrieve their frisbees (for safety). The students who already ran to the other side stay there until all students cross the Alien field. Then start over from the side they ran to.

CAPTURE THE FLAG

Suggested by: Andrew Martin

Equipment: 6 flags (or bean bags), 4 - 6 soft dodge balls, 2 blue mats (or pylons) for jails

Recommended for: 3 - 12

Method of Play:

Each team begins with 3 flags in their possession. Place the 3 flags on each end line of the gym or field. Place the blue mats 15 - 20 feet from the end lines in each team's zone. If you have extra mats, you can stand them up and have teams use them as shields. Younger students love that. Begin the game with the same number of balls for each team. The object of the game is to capture all three of the other team's flags.

Rules:

- If you are tagged while in the other team's zone, you must go directly to jail.
- If you are hit by a ball that was thrown by a player on the opposing team, you must go to jail.
- If you throw a ball and the ball is caught by an opposing team member, you must go to jail.
- When you go to jail, you must go to the other team's jail in their zone.
- To get out of jail, a team member must get to you safely while you are in jail. You can only leave jail as long as you are holding hands. If you let go while returning to your side and get tagged by the opposing team, then you are caught and must return to the jail.

If a team member throws a ball to you while you are in jail, then you can leave freely until you are on your own side again. You can never leave jail and go directly to grab a flag from an opposing team. If you are caught while in possession of a flag, you must drop it immediately and go to jail. The flag must remain where it is dropped.

SOCK IT!

Suggested by: Mary Foley, Sacred Heart All Grade
 Equipment: Sock, Tennis ball or some other small soft ball
 Method of Play:

Work the ball down to the toe area of the sock and tie a knot as close to the ball as possible. Hold the sock by the top and whirl it around (overhead or underarm). When the proper speed is achieved, release it into the air. The object of the game is to catch the sock by the tail end without getting hit with it. If a player drops it or does not catch it by the tail end, they are out of the game.

SPUD

Suggested by: Andrea Connery, Straits Elementary
 Equipment: Soft ball or frisbee
 Method of Play:

Each child gets a number and stands in the middle. One child throws up a soft ball and calls any number. The person who has that number catches the ball and yells, "Spud". While the ball is in the air, the other children run as far away as possible. When they hear the word "Spud", they must freeze. The person with the ball gets to take three big steps and tries to hit one of the other players with the ball (below the waist). If they hit the person, the person who is hit gets an S and then it is their turn to throw the ball up in the air and call a new number. If the person misses, he gets an S and then he throws the ball up in the air and calls a new number.

PRISON DODGE BALL

Suggested by: Andrea Connery, Straits Elementary

Equipment: Soft ball, Set of pennies

Method of Play:

Give one team a set of pennies to wear. All of the regular rules of dodge ball apply. If you get hit, instead of being out, you go to jail, behind the other team. When crossing the floor, the player raises his hand so they will not be hit again. Once they are in jail, they may take any of the balls that land in jail and try to hit one of the other players, but it must bounce first because they are so close. If they hit a player, they are released from jail and return to their own side. The player who was hit must go over to the other jail. If the jail is empty, the team in front of the jail may go in to get the balls, but once they have prisoners, they may not go inside the jail area. Players may choose to throw balls to their teammates in jail. Play continues until all of one team is in jail at the same time.

JUMP THE RIVER

Suggested by: Lonnie Dredge, Viking Trail Academy

Equipment: 2 mats

Method of Play:

Take the two mats and space them a little. The space between the mats is the river. The object of the game is to stay out of the river between the two mats. As the kids progress, the river gets wider and wider after each jump. As the kids get out after failing to get across the river, they get a skipping rope or hula hoop to stay active while they are waiting for the others.

SKIPPING RHYMES

Suggested by: Andrea Connery, Straits Elementary

Apples, Peaches, Pears, and Prunes,
Tell me when your birthday comes,
Is it January, February, March, etc.
(Players jump in when their month is called.)

Teddy Bear, Teddy Bear, Turn around,
Teddy Bear, Teddy Bear, touch the ground,
Teddy Bear, Teddy Bear, tie your shoe,
Teddy Bear, Teddy Bear, that will do.
(Do actions for each line.)

Alphabet

Student runs in and says A, then exits, next one says B, etc. until somebody trips.

PARACHUTE ROPES

Suggested by: Alan Humber, St. Anthony Elementary

Equipment: Parachute, Skipping ropes Method of Play:

Skipping ropes are placed on the parachute. Students try to shoot the ropes into the air. If a rope comes down and touches a student, he is burnt and must run around the parachute holding the burnt spot before rejoining the group. This is better played outdoors as older students can lose some ropes in the ceiling of the gym.

BUMP

Suggested by: Daniel Smith

Equipment: 2 basketballs and hoop

Method of Play: Players line up in a single file behind the foul line. First two players in line have a ball. The object of the game is to Bump out other players and be the last one shooting. To be bumped out, the player BEHIND you must make his shot before you. Each player's first shot must be a foul shot. Player #1 shoots his foul shot and player #2 does the same right after. If Player #1 makes the shot, he quickly retrieves the ball and passes it to Player #3 and then goes to the end of the line. Now Player #3 is shooting behind Player #2 trying to bump him out. When a foul shot is missed, that player has to retrieve the ball quickly and try to make a lay up before the player behind him scores. Players may bump an opponent's ball far away by rebounding it off their basketball. The cycle continues until one person is left.

Variation: Ultimate Bump is played the same way except a player who is out may re-enter the game when the person who got him out becomes out himself. The game lasts longer this way and is more fun for the out people.

FRISBEE TAG

Suggested by: Michael Adey, Grandy's River Collegiate

Equipment: Soft frisbees, pylons Method of Play:

Boundaries are established before the game. The game begins when all frisbees are thrown up in the air to start play. Individuals throw the frisbees at each other trying to hit as many people as possible. Once you are hit, you are out and have to move to a specified area. You can also get somebody out by catching the frisbee.

Rules (adjust as needed):

1. You cannot move with the frisbee.
2. Once you throw a frisbee, you cannot touch it again until somebody else touches it.

Modifications:

- Rather than have only one winner, have four winners.
- Have teams; each team wears pennies and play until only one team is left.
- Use dodge balls with the frisbees, as this will help to speed up the games.
- As numbers decrease, establish smaller boundaries to speed up the game.

This is a great game to play outdoors on a grassy field. (Use pylons for boundaries if playing outdoors.)

TARGET CIRCLE

Suggested by:

Equipment: Frisbees, bean bags, or balls

Method of Play:

Each student throw three frisbees or bean bags at the target circle marked out on the asphalt. (Students can also roll balls like in lawn bowling.) Designate so many points for each region of the target circle, just like a dartboard. Incorporate math into the game by having students add up their scores. Students can do exercise sets between one another's turns.

BATTLESHIP

Suggested by: Rosemary Ryan, St. Thomas Aquinas

Equipment: 6 Nerf soccer balls

Method of Play:

Select two students to man each battleship which are the three circles marked on the middle of the gym floor. If the marking are not present, gym mats may be used. One person from the group is designated as the captain. Each person on the battleship receives two Nerf balls. The captain calls "Battleship" and all the students try to run across to the other side of the gym without being hit by a missile. Players must be hit below the waist and sit down with their legs crossed when they are hit. These people become land mines and can tag anyone running by them. The sailors on the battleship can leave to retrieve their balls after the completion of each round.

FRISBEE GOLF

Suggested by: Rosemary Ryan, St. Thomas Aquinas

Equipment: 9 hula hoops, 1 soft frisbee per person (or per pair)

Method of Play:

Put out nine hula hoops on a grassy field. Number each of the hoops from 1 to 9 (like a golf course). Pairs of two begin at different hoops. They count the number of tries it takes to get the frisbee into the next hoop. Players can play against one another or against other pairs. Keep count of the total for nine holes to determine the winner(s).

CAPTURE THE FOOTBALLS

Suggested by: Rosemary Ryan, St. Thomas Aquinas

Equipment: 4 footballs, flag for each player, 2 long ropes (or pylons), and 2 hula hoops

Method of Play:

This game is a variation of Capture the Flag. A rectangular size playing area is needed and can be designated with pylons. Two long ropes (or pylons) are used to designate a jail for each team in the corner of the opponent's playing area. The 2 footballs are put in each team's hula hoop on their own side of the playing area. Divide the players into two teams and have each team start on their side of center.

Game begins with some players from each team crossing the center line attempting to capture the footballs on the other side while others stay back and defend. The objective is for one team to capture their opponents' two footballs while (one at a time), at the same time keeping its own two footballs from being stolen. Once a team has all four footballs inside its hula hoop, the game is either finished or a score has occurred.

Players attempting to steal a football may do so by running with it back toward their home side or passing it to a teammate in their home territory. A ball that is dropped must be returned to the hula hoop. Additionally, any player who has his flag pulled while running with a football must put the ball back inside the hula hoop.

All players who have one of their flags pulled while in their opponent's territory must go to their jail. Prisoners can be freed by having a teammate successfully make it into the jail and walk them back to their home side.

THE BRIG

Suggested by: Rosemary Ryan, St. Thomas Aquinas

Equipment: Pylons, 4 mats, pennies for the police

Method of Play: Place each of the four mats in a corner of the gym. The Brig is at the center circle in the middle of the gym. Prisoners start on one of the four mats. Police start the game in the Brig. On the word "Go", prisoners move from mat to mat and try to keep from getting tagged.

Prisoners may stay on a mat for up to 5 seconds. If a prisoner gets tagged, he goes to the Brig. A prisoner can get out of the Brig if a fellow prisoner eludes the police officers and tags an extended hand. Both prisoners get a "free" walk to a mat. Variation: Two prisoners must work together hand in hand to elude the police and tag a prisoner out of the Brig.

MISSION POSSIBLE

Suggested by: John Elkins, Eastern School District

Equipment: Mission Possible theme song, CD player, Foam balls (1 per team),
Hula hoops (1 per team), Mission Possible instruction sheet (1 per team)

Method of Play:

This is a great activity for adults or students. Photocopy the following Mission Possible instruction sheet. Participants are organized into teams of 8 - 12 people. When music starts, each team runs to the leader with the instruction sheet. All tasks must be completed as a team in the order on the sheet. The first team to finish the mission wins.

Mission Possible Instruction Sheet

Introductions: High 10 to everyone in your group.

Over-Under Relay: Line up in single file one behind the other. Pass a ball down the line by passing it over the head, under the legs, over the head, etc. Ball must be passed to the end and back again.

Fitness Frenzy: Perform ten jumping jacks in unison (together) with the entire group.

Soul Train: Make a train, connected with each member lined up one behind the other holding the waist of the person in front of you. Make one lap around the outside of the gym and return back to your spot while connected. Go slow and proceed with caution. Make the sound of the train as you move.

Group Sing Along: Sing in unison the first verse of "Old MacDonald's Farm".

Body Language: Using your bodies as the letter of the alphabet, spell the word "TEAM" on the gym floor.

Car Wash: With all members of your group, create the parts of an automatic car wash. Act out the parts of a car wash and a car moving through.

Hoop Challenge: Form a circle. Place a hula hoop between the hands of 2 people so that the hoop is resting on their hands while joined. All members join hands. The hoop must travel to all members twice so it must go around the circle twice while all members are connected holding hands. How fast can you make it travel around the circle?

The End: You did it! Have a seat and cheer on the other teams.

BRIDGES AND RIVERS

Suggested by: Rosemary Ryan, St. Thomas Aquinas

Equipment: None

Method of Play:

The class is divided in two groups, bridges and rivers. On a signal, the class jogs in various directions. When the teacher calls "Bridges", all student who are bridges drop down and assume the bridge position on hands and feet and the Rivers try to go under as many Bridges as possible. On a command,, all start jogging again. When the teacher calls "Rivers", all students who are Rivers lie on the ground in a stretched position. The Bridges try to jump over as many Rivers as possible.

SEVEN-UP

Suggested by: Betty Hann, J.J. Curling

Equipment: Medium-sized bouncing ball

Method of Play: This game is for 2 or 3 players that requires a wall and paved ground. Each of the seven levels is done seven times and then repeated seven times with seven different additions. You continue up the levels until you make a mistake, at which time you turn the ball over to the next player. When your turn comes around again, you begin from the level you missed previously. The levels are as follows:

1. Throw the ball against the wall and catch it seven times.
2. Throw the ball against the wall, allow it to bounce once, and catch it 7x.
3. Throw the ball against the wall, hit it back to the wall, and catch it 7x.
4. Throw the ball against the wall, hit it back to the wall, allow it to bounce once, and catch it 7x.
5. Throw the ball against the wall, allow it to bounce once, dribble it once, and catch it 7x.
6. Throw the ball against the wall, hit it back to the wall, allow it to bounce once, dribble it once and catch it 7x.
7. Throw the ball against the wall, hit it back to the wall, allow it to bounce once, dribble it once, hit it back to the wall and catch it 7x.

Once you have completed each of these seven levels, do each level again with the following additions:

1. Clap once after throwing the ball.
2. Clap twice after throwing the ball.
3. Twirl in a circle after throwing the ball.
4. Do the seven levels using only your right hand.
5. Do the seven levels using only your left hand.
6. So the seven levels throwing the ball under your right leg.
7. Do the seven levels throwing the ball under your left leg.

WEDNESDAY WALK

Suggested by: Corylyn Dimmer Equipment: None

Method of Play:

Every Wednesday after lunch, take the students to the gym for a walk around the gym. To track the laps, each student is given a handful of tokens to keep in the left pocket. As each lap is completed, switch one token to the right pocket. At the end, count the tokens in the right pocket to determine the number of laps. Laps can be tracked on a chart to keep track of total distance(s).

FAIRY GODMOTHER

Suggested by: Alan Humber, st. Anthony Elementary

Equipment: Sponge covered stick

Method of Play:

This is another tag game. One person is nominated to be the Fairy Godmother (or Father) and has a magic wand (sponge covered stick). Select two or three "Its". When the Its tag others, they become infant babies and lie on their backs, cry, and kick in the air until touched by the Fairy Godmother. He/ she then rejoins the group and continues to avoid the Its.

NUMBER FIND RELAY

Suggested by: Jason Abbott, Elwood Elementary

Equipment: 7 or 8 pylons, 7 or 8 sets of numbers from 1 to 20 (each set on different color construction paper)

Method of Play:

K - 3

- Make sets of numbers from 1 to 20 using different color construction paper (the number of colors represent the number of teams). Usually I make 7 or 8 sets.
- Hide the numbers throughout the gymnasium, change rooms, stage, office, etc. (Note: all of the same numbers go in the same place so you have 7 or 8 sets of 1's in the same hiding place. Same with 2's, 3's, and so on).
- Divide students into teams each with a different color of construction paper under their pylon (Let them see what color they have to find). The more sets of numbers you have, the smaller the teams thus the more chances each student has to find a number.
- When they find a number with their own color, they go to the end of the team's line and the next person goes. (They only find one number per turn and stress the importance of only finding numbers with their team's color.)
- The team that finds all the numbers first and places them in the correct order gets to pick an exercise (i.e. jumping jacks) that the rest of the class must do.

4 - 12

- To make it a little more challenging for older students, have a word puzzle that students must decode after finding all the numbers (I usually do this when a holiday is coming up, i.e. Christmas, Valentines)
- On a sheet of paper (decoder sheet that is given to teams after all numbers are found), I attach a letter to a number. For example, Happy Valentine Elwood. Here the 1 could be H, the 8 a P, the 10 a D, and so on until all the letters are associated with a number. (Note: all 20 numbers don't have to be used. You may have a puzzle that only requires 17 letters.)
- On the bottom of the decoder sheet, have 17 (or 20) blank lines depending on the number of letters in the puzzle. This gives a clue as to how many words there are.
- The team that solves the puzzle first picks and exercise the rest of the class must do.
- If students are taking too long finding the numbers and time is running out, I let all students go and find the numbers.

RUSSIAN DODGEBALL

Suggested by: Glenn Callahan, Our Lady of Mercy Elementary

Equipment: Soft foam balls, 4 Bowling balls, 2 Hockey nets

Method of Play:

Pick two teams and send them to opposite ends of the gym. Normal rules for dodgeball apply. Set up 2 bowling pins near the ends of each team's court and place a hockey net off to the side of each court. If a player gets hit with the ball, he/ she must go off to the side of their court and go behind the net. (They are now in jail.) To get all the players on your team out of jail, a player on your team must knock over a bowling pin on the other team's court. Players have a choice (depending on how many players on their team are in jail) as to whether to try to hit the opposing players or hit a pin to get their players out of jail. The pin must be set up again right away if it is knocked down. Game ends when all players from one of the teams are in jail.

FROG IN THE MIDDLE

Suggested by: Lori Penton, C.C. Loughlin

Equipment: Polyspots to mark off frog area

Method of Play:

Describe safety considerations to students (avoid collisions, don't tag close to the walls, tag gently). Select one student to start as the frog in the frog area. The frog area needs to be marked off by two lines of polyspots 15 - 20 feet apart. The remaining students (the Flies) line up on an endline. Make sure students are spread out. The flies move to the opposite end of the playing area trying not to get tagged by the frog. If they do, they quickly become a frog by taking a place in the frog area (the middle of the gym). Once the flies have made it to the opposite end of the gym, they stay there until given the signal to return to the opposite end again. Play until only one player remains - the winner. If flies are taking too long to cross to the other side, give them a 10 second countdown to cross or become a frog in the middle. The winner will be the frog to start the next game.

GATOR SKIN BALL TAG

Suggested by: Lori Penton, C.C. Loughlin
Equipment: 4 - 5 Gator Skin balls, 4 - 5 Hula Hoops, Music
Method of Play:

Select 4 - 5 ball taggers and 4 - 5 hooper doopers (with hula hoops). All students spread out in the play area. Game starts with a music cue. Ball taggers must throw the ball at players to tag them. Once tagged, student must freeze and raise one arm in the air. The hooper doopers (holding hula hoops at waist level) must place hoop on floor in front of tagged player. The tagged player will then jump in/ out/ in hoop and then pick hoop up to become a new hooper dooper. The ball taggers must get their own ball each time it is thrown. No one kicks the ball. Switch ball taggers in 2 - 3 minutes.

SHARK ATTACK

Suggested by: Lori Penton, C.C. Loughlin
Equipment: Polyspots (enough for each student), 8 - 10 Cones, 2 Bean Bags, Music
Method of Play:

Set up the playing area by scattering polyspots (Islands) on the floor. Assign two students as the Sharks. The rest of the students are the swimmers who swim from island to island. Set the cones in a circle to act as Shark's Den. To begin the game, each swimmer starts on an island. When the music starts, swimmers run from island to island and anywhere on the floor. The Sharks wait in the Den with bean bags until the music stops. Once the music stops, the swimmers must go to an unoccupied island to be safe from the Sharks. The Sharks begin to attack swimmers by tagging them with the Shark beanbags. When a swimmer is attacked by the shark, he/ she must go to the Shark's Den. Shark attack will last 1 - 2 minutes or until all swimmers are on an island (whichever comes first). Select two new Sharks for next round of Shark attacks. They wait in the Shark's Den along with the tagged swimmers. The other swimmers will have to tag them out when the music is playing. Stop music after 1 - 2 minutes for another Shark Attack. Continue game by selecting new sharks each round.

SOME WEB SITES FOR PLAYGROUND GAMES

www.gameskidsplay.net

www.playgroundfun.org.uk/

www.indianchild.com/outdoor_games.htm

<http://childparenting.about.com/cs/kidsgames/a/gamesindex.htm>