

WHEEL: CIRCLE JUMP ROPE TAG

This is a chasing and fleeing game. The object is to tag the player(s) of the other who are also running. Players start on the opposite side of the wheel. The wheel consists of 9 cones and 8 jump ropes.

SAFETY- No leaping or diving tags, it is tag not push.

BUCKET BRIGADE

Each team has 2 buckets and a sponge. One of the buckets has water in it and one is empty.

Object: Run down to the full bucket with the sponge, collect water with the sponge, bring the sponge to the empty bucket and wring it out into the bucket, hand the sponge to the next player.

SAFETY: Do not spill water unnecessarily.

SAQUATCH RUN:

Each player puts on the big feet and "runs" to and around the cone and back then gives the big feet to the next player.

Sometimes younger players use only 1 foot.

HOOP PASS:

Each team stands in a circle with hands joined. Between two players there is a hula-hoop. On "GO" the team must pass the hoop around the circle. Each player must step through the hoop without breaking his or her handgrip.

RAT TAIL RELAY:

Each team lines up single file. The 1st player holds the rope in the tail position. On "GO" the 1st player runs to the cone and back, handing the tail to the next player.

LIMBO- technically limbo is done by bending backwards from the waist. Touching the ground with any part of the body except feet is not allowed. Ducking under the bar is not allowed; knocking off the bar is an out too.

TUG OF WAR- Two teams compete with the third team waiting. Each team competes twice. Do not allow children to be dragged. No one should let go until both teams have stopped pulling.

SIT ON IT- a folding chair is at a cone opposite the starting line of each team. On GO the 1st player for each team runs to the chair opens it, sits on it, closes it, drops it and runs back tagging the next player.

SACK RACE: There will be children who want to run in the sack but jumping is easier. Children should get out of the sack carefully not have the next child yank it off. You may want to shorten the distance

BOWLING RELAY: The player rolls the ball at the bowling pin trying to knock it down. The player must knock over the pin before the next player can go. To make this activity faster you could have a player at the cone to set it up again and roll the ball back. Move the distance according to the age of the class.

SCOOTER BOARD RACE: This is a shuttle relay divide the team in half.

Half the team on one side, 1/2 of the opposite side. The 1st player from each team rides the scooter board to the other side, then gets off and the other player on the opposite side rides and rides it back. Continue until every team member has a turn. The easiest way to ride is backwards using feet. NO STANDING

BUDDY WALKER RACE Each player and a “buddy” (the next player) stand on the buddy walkers and race to the cone and backer giving them to the next two players.

HOPPITY HOP RACE: The first player on each team sits on the hoppity hop. On the signal “GO” each player rides by hopping down to and around and back. NO running with the hoppity hop.

MAGIC CARPET RIDE - One player at a time gets on the tarp, the others lift the sides and carry (or drag) the player in the tarp to the other side. That player gets out and then next player gets on, continue until all children get to ride.

BEACHBALL WALK RELAY- Each team has a beachball. Players will put the beachball between knees/thighs and travel down and around the cone and back then give the beachball to the next player.

SNEAKER RACE: All players will put their sneakers in a large mixed up pile. One player from each team should run out to the pile find their sneakers and put them on (tie or not) then run back and tag the next player.

NEWSPAPER RACE: the 1st player puts one piece of paper under each foot. On GO that player shuffles down to the cone and back then gives the paper to the next player. (this is all the paper we have, we need to conserve it)

BATTERING RAM CHARGE: Players stand on alternating side of the foam noodle. This is a fast WALK race. The teams must STOP if anyone falls down. The team goes down around the cone and back.

BATON SHUTTLE: Team is divided in half. They stand facing each other and holding the rope. The baton starts on the same side on Go the 1st player races it down the rope to the other side and

then goes to the END of the line. The next player on the opposite side races the baton on the rope back continue until they are back where they started.

They must go to the end and hold onto the rope or they will have trouble (which is sort of fun)

BUCKET STACKING: Each team has 6 buckets across from them and the first player has a stuffed animal. On go the 1st player runs down and stacks the in a 3,2,1 formation, and puts the stuffed animal on the top. Then that player un-stacks them carefully and carries the stuffed animal back to the next player.