

Game descriptions

HOOP-LA: Teams line up in 2 lines. First person in each line gets 2 hula-hoops. At the starting line, the first hoop must be tossed in front of the person at a distance close enough to them so they can jump or leap into it. They do this holding the 2nd hoop. Then the 2nd hoop must be placed, (tossed) at a distance close enough so s/he can not only jump/leap into it, but also reach back to get hoop number 1 (with feet still in hoop #2) and toss IT in front to be jumped or leapt into. Turn around, go back same way, next in line goes. K 1 2

HOOP SQUEEZE: Each teams stands in a circle holding hands. A hoop is placed between two people's hands and hands are rejoined. On "go", both teams try to get the hoop all the way around the circle back to the starting point without anyone letting go of anyone else's hand. K - 5

BUCKET BRIGADE: Teams stand in two single file lines. The first person in each line gets a paper cup. On "go" that person scoops as much water from the water can as possible, (be careful with the cup!!! it does not get replaced), runs to the other end of the playing area and dumps the water in their team's bucket. They then run back with the empty cup and hand it to the next person, who does the same thing. Timed event. Variation: Each team lines up and the first person in line fills his/her cup with water. That person pours the water into the cup of the next person in line. This continues until the last person gets the water, they pour what's left into a container for measurement at the end of a given time limit. It might be fun to poke a small hole into one or two of the cups for both teams...? K 1 2

EARTH BALL SCRAMBLE: The object of the game is to carry the earth ball from the starting line to the turn around point and back without dropping it. (K,1,2 kids might want to just have races rolling two balls) All team members must be touching the ball as it goes down the field. No one may hold the "laces" of the ball. If the ball is dropped, it must be picked up and team continues on from that point. Do not allow kids to jump on top of the ball. K - 5

SQUIRT GAUNTLET One team forms two parallel lines holding squirt bottles with space enough between them for a person to run through. The other team lines up and runs the gauntlet, from one end to the other, while being squirted from both sides. There is no point to this game other than getting a little wet! Give both teams a chance to be squirts. NO DUMPING WATER!! 3 4 5

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NET GAMES

1.VOLLEYBALL You may play any variations on the game including using a variety of different balls. No need to keep score. Just have fun. NO HANGING/PULLING ON THE NET! 3 4 5

2.NEWCOMB This is played similarly to volleyball but the ball is thrown back and forth over the net. Receiving team catches the ball (after one bounce or not) and throws back.

SACK RACE AND/OR 3-LEGGED RACE The usual relay. Kids going in both directions, (i.e. have the entirety of both teams line up at one end of the field) is easier for the person running the game because then you don't have to think about how to divide the teams. Keep the distance short. K - 5

TUG-O-PEACE These rules must be strictly enforced. No one may wrap the rope around any part of the body. No one is allowed inside the loop at the end of the rope; people stand around the loop and hold on. A whistle means STOP no matter what you think. It is the teacher's call as much for safety as to signal the end of the game. If you break the rules, you're out of the game. 3 4 5

CHICKEN FLING-IT 4 people hold the Fling-It (large net with 4 handles at the corners). One person from the same team goes out into the "field". The "flingers" try to fling the chicken to the fielder who will catch the animal for a point for that team. 2 teams may go at once. After three flings, switch.

WATER BALLOONS Partners stand close together facing each other. ON THE SIGNAL, the balloon is tossed from one partner to the next. If the balloon does not break, you are still in the game. Toss back to original person before taking a step away. Both partners take one step back, wait for signal and toss again. (can't use due to latex intolerance)

PARACHUTE GAMES:

1.PARACHUTE POPCORN How quickly can your team bounce the 'popcorn' off the parachute?! Can the next team do it quicker?! K 1 2

2.PARACHUTE HEIGHTS How high can your team pop a ball off the parachute? Can the next team do it higher?! Teamwork! K 1 2

3.PARACHUTE CAMPING Start from a kneeling position holding the parachute on the ground. On the leaders signal everyone lifts together over his or her heads. Quickly take a step towards the middle then pull the parachute back down so everyone is sitting on the edge of the parachute on the inside. Tell a ghost story!!

SAVE THE PLANET One team stands in a circle around the recycling can. On the word "go", that team tries to throw as many tennis balls into the can as possible before time runs out. No one may throw from inside the circle. The person in charge may

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designate one or two people as helpers inside the circle to get balls stuck inside to the players on the outside. After a time limit (2 min.?) count the balls in the can. Next team's turn! K - 5

RELAY # 1 Two teams form two parallel lines. The first person in each line runs to the cone with the tennis ball on top. That person's job is to place the tennis ball under the cone. After the next person in line is tagged, his/her job is to run down and put the tennis ball back on top of the cone.

Another game you might want to play at this station is Construction and Demolition Workers. Set cones up in a playing area. One group is Construction; their job is to set the cones up. The other group is Demolition, knock down. After a time limit, see who has done a "better" job. Switch roles. K 1 2

RELAY # 2 Obstacle course. Through the mat tunnel, jump the hurdles, ring toss, touch cone, run straight back.

SPONGE SQUEEZE Relay game. Dunk the sponges in the bucket. Run to the other end of the playing area and squeeze the contents of the sponge into the cup sitting atop a team member's head. Run back and hand the sponge off to the next person on your team who will do the same. Give as many people as possible a chance to sit in the "wet" chair. If you want a winning/losing version, see which team fills the cup first. K - 5

CAPTURE THE RINGS Most kids know how to play this, so they will help. Teams start on either side of the blacktop. You are safe on your own side. If you cross the mid line and get tagged, you must go to that team's jail. To get out of jail a free player on your own team must run, untagged into the jail. Anyone in jail is free but the person freeing the inmates must stay there. Anyone freed MUST then WALK back his/her own side of the playing area with their hand raised high in the air to signify that they are free. If you make it over the mid line and into a safety circle (chalk line surrounding each cone) you are safe until you leave the circle. If you leave the circle with a ring, you may run it back to your own side, hand it to the game runner and score a point for your team. If you are tagged on the other team's side with the ring, you must go to jail AFTER returning the ring to the cone from which it came. You may throw the ring from the other side and score a point that way as long as a member of your own team catches the ring before it lands on the ground. Running out of bounds puts you in jail. 3 4 5

BALL IN TUBE CARRY Both teams line up in parallel lines, 2-by-2. Each partner pair has a tube to be held between them. A ball is placed in the center of the tube. The tube with the ball in it must be carried to the turn around point and back without it falling out. No hands, heads etc. blocking the end of the tube!

PARTNER PITCH BACK One person throws the "object" into the pitch back. The rest of his/her team catches the object after it bounces off. The further away, the more

Game descriptions

points scored. Let each person take a turn at throwing. For K,1,2 kids have only 2 or 3 catchers per thrower. K 1 2

FRISBEE BOWLING Set pins up bowling style. Use the Frisbee at a set distance to knock the pins down. Two throws per person. Vary the distance for age level.

BREAK!! Supervise kids on a break. Get a drink. Sit in the shade. Play a quiet game. Sing a song. Take it easy! K - 5

OVER/UNDER WET TOWEL RELAY Relay. First person in each line runs down, wets a towel in the bucket, runs back to his/her line and passes the towel over the head to the next person in line to who will pass the towel under his/her legs to the next person. This continues until the last person in line gets the towel. This person runs from the end of the line to the bucket, wets the towel, and runs to the front and relay starts over.

CHANNEL BALL Similar to BALL IN TUBE but the tube is open-ended and the ball must be passed from one carrier to the next without touching it.

EXTERMINATOR TAG 2 or 3 players are chosen to be the taggers (exterminators). They are after the rest of the players, the bugs. If an exterminator tags a bug s/he assumes the dying bug position: on back with arms and legs sticking straight into the air. To be freed from this position, 2 other un-tagged bugs must stand over the exterminated bug and 'high 5' each other. The bug on his/her back returns to the game.

Switch exterminators several times during the game. K 1 2

TEAM FLAG TAG Each team wears a different colored set of belts and flags. 2 flags per person. On go, both teams must remain inside the rectangle while simultaneously trying to pull a flag from an opponent and protect his/her own. When a player has both flags removed, s/he is out of the game. A player may not take both flags from the same opponent. No contact. No time-outs. Step out of bounds = lose a flag. The team with any players at the end of the time limit (2- 3 min per game) wins. 3 4 5

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Game descriptions

STEAL THE BACON IN THE ROUND

Each team lines themselves up on one of the curved lines on either side of the circle. The “bacon” gets put in the middle of the circle. On ‘go’, the first 2 people from each team run into the circle and try to either 1) grab the bacon and run out of the circle (at any point on the circle) without being tagged or 2) tag the player who stole the bacon. If the player with the bacon makes it out, s/he scores one point for the team. If the player with the bacon is tagged, the tagging team scores one point. If after 20 – 30 sec no one picks up the bacon, send in the next 2 players to join the first 2. When 2 team members are working together they may pass the bacon between themselves.

WACKY 2 BASE BALL:

2 bases in the game; home and first. There are no out of bounds. The batting team provides its own pitcher. Each player is allowed only one swing. Once the ball is hit, the batter runs to first base. S/he does not have to run home until it is safe. Outs are made in the following ways:

1. A missed swing, (a strike is an out).
2. A fly ball is caught.
3. A force out at first.
4. Being tagged with the ball between bases.

Any # of players may occupy first base at one time.

After 3 outs, the fielding team runs up to bat (with their own pitcher) and begins hitting; they don’t have to wait for the new fielders to take positions.

NUKE WALK:

Fill each team’s container with nuclear waste (water please; and only partially full). Set the container on the center of the transport platform with the ropes sticking out to the sides. Each team must cooperate to lift and carry the waste down and around the cone without spilling it and only using the ropes for support. 3 4 5

THROUGH THE LEGS SHUFFLE:

Game descriptions

Have the teams line up single file with their legs spread far enough apart so someone can crawl through them. Everyone must have his hands on the hips of the person in front of them. The line must be behind the starting line. At the signal, the last person crawls through the legs of the team and stands up at the front of the line. As soon as s/he stands up, the last person crawls to the front, and so on. The first team to cross the goal line wins.

ROCK, PAPER, SCISSORS TAG: Hand out as equal a number of objects as possible. A ball is a 'rock', a beanbag is 'paper' and a star is 'scissors'. This is a tagging game. If a player holding an object that beats yours tags you, kneel down in that spot. The last person standing wins. You can play the "endless" version where if a player exchanges an object with a kneeling person, the kneeling person may get back into the game.
K – 5

TEAM KEEP AWAY: Pick 3 people to be taggers. The taggers job is to try to eliminate the balls from the game. There are 3 ways to do this; 1. Tag a person holding who is holding a ball. 2. Pick up a ball that is loose on the ground. 3. Intercept a ball being passed from one person to another. If all 3 balls are eliminated from the game before the time limit, (between 1 and 2 minutes) the taggers win. The non-taggers pass the balls to other people on their team trying to keep the balls away from the taggers. This is not necessarily a maroon vs. white game. Choose 3 taggers from either team at random.

HOOP BALL: Play this game in pairs (maroon vs. white). Hoops are placed on the ground. The players stand on either side of the hoop, one holding the ball. The player with the ball starts the game by throwing the ball into the hoop so it bounces one time to the other player. That player must catch the ball after only one bounce and throw the ball back into the hoop so it bounces inside. A player scores a point when the other player cannot catch the ball after the bounce. A player does not have to catch a ball that does not bounce inside the hoop. Game goes to 5 points, must win by 2. The winning color plays someone from the other team until there is only one color left. If you are on the blacktop, use chalk to draw the "hoops".

Game descriptions

BOLF RELAY: One team per line. One person at a time, each team must run up to their pile of objects, select one, continue running to the throwing line and try to throw their object in the bucket. If successful, that person runs back to their next team member in line, tag them and that person does the same thing with another object. If an object does not go in the bucket, that object must be retrieved and placed back in the pile to be selected by another person. First team to get all objects in the bucket wins!

SMILEY BALL: Two teams line up at opposite ends of the field facing each other. The leader selects one person to hold the smiley face in his/her hand. The opposite team should not know who this person is. That whole team should pretend that they have the smile face. On the signal the teams run towards each other. The team without the smiley face tries to tag as many people from the opposite team as possible. If tagged, that person must open their hands to show whether or not they have the smiley face. If the person with the smiley face is caught the round is over. If they make it to the other end of the field without being caught, score one point for that team. Next round hand the smiley to someone from the opposite team.

EVERYBODY'S IT: Like the name says, everybody is it. If you are tagged, kneel down in that spot. If 2 people tag each other at the same time, both people kneel down. To get back in the game you must tag someone still in the game from your kneeling position.... No moving! The person who you tagged remains in the game. Variation: If, from a kneeling position, you tag someone still in the game you and that person must switch places; you get back in and they are out.

CHALK: This is a bit of a break station. The kids can sit in the shade and rest or play a quiet game. Alternatively they may draw on the blacktop with sidewalk chalk.

EXTRA HELP: Don't let the name fool you. This is an extremely important position, especially on very hot days. This person will roam the playing area and give a break to anyone who has not been inside or in the shade for a long stretch of time. Even 10 minutes inside the building is a welcome rest.

Game descriptions

WHACK NOODLE : Choose 3 taggers from either team. Each tagger gets a pool noodle. The taggers try to eliminate the other players from the game by tagging them below the waist with the noodle. They can choose to eliminate the players quickly, (with a dry noodle) or keep dipping the noodles in the water to keep them as wet as possible and add some fun to the tagging.

TIC TAC TOE ON THE GO: Line up each team parallel to each other at the starting line. At the other end there are 9 hula hoops set up in a tic tac toe board pattern. The first 3 people in each line have a cloth the same color as their team. On go, the first person in each line runs to the “board” and puts their cloth in one of the hoops then runs back and tags the next person. This continues until all 6 of the cloths are in hoops. If one team gets three in a row, they get a point. Play again. If no one has three in a row, the next person in each line runs down and MOVES a cloth into an empty hoop in an attempt to get three in a row or block the opposing team.

Continue until there is a winner.

CONE FLIP RELAY

This is a relay game. Teams line up in 2 lines; one maroon one white. Cones are laid out in a line, lying on their sides, in front of them spaced about 8 – 10 feet between cones. The first person in each line runs to the first cone and tries to flip it so it lands standing upright. If s/he is successful, s/he attempts the next cone. If not, s/he returns and tags the next player to attempt the flip. Each success drives the player to the next cone until the last cone is flipped and lands upright.

LOGGERS

Relay game. Two players from the same team each hold an end of a pool noodle. A third player from the same team stands in the middle, in front of the noodle. Players holding the ends of the noodle turn the noodle over the head and down to the feet of the player in the middle in a jump rope fashion. The middle player must jump over the noodle to progress forward. This continues until the jumper get to the end, turns around and jumps back. Everyone should get a chance to be a jumper before the game is over.

Game descriptions

1. Hungry Hungry hippos

- a. Location: Gym
- b. AM & PM
- c. Supplies: 8 baskets, pit balls and tennis balls, 8 scooters, 8 hula hoops
- d. Divide PM teams into two groups each (four in all). One person from the team will lay on their stomach on a scooter holding a basket. Another teammate will hold their feet. When the music or whistle blows they will scoot their teammate to the center to collect as many balls from the center as you can with the basket before the music or whistle sounds. Once some are under their basket they will slide back to their hula hoop where the rest of their team is waiting to collect the caught balls in their hula hoop. Then the process repeats. After all the balls are collected from the center have the teams count how many they have in their hula hoops then switch who is on scooter and guiding them.
- e. <https://www.youtube.com/watch?v=qHg1vIC6-KI>

2. Dizzy bat water tray relay

- a. Location: Field
- b. AM & PM
- c. Supplies: plastic bat, cups, tray, buckets or pool with water
- d. First person in line will spin around five times with their head on the top of a bat. The rest of the team is trying to fill cups of water and put them on a tray. Once the person is finished spinning they have to carry the tray filled with full cups down the relay and fill the bucket at the other end with the cups left on the tray. They will then bring the tray and cups back for the next person in line to repeat the process.



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3. Recycle bin pong

- a. Location: Field
- b. AM & PM
- c. Supplies: 24 recycle bins (from classrooms), foam balls

Game descriptions

- d. Students will be divided into four teams. Two teams will go against each other and try to throw the ball into their opponents bins. If a ball makes it into a basket they move the bin to the side. The team with no more bins on their opponents side wins.



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4. Battle ships

- a. Location: Field
- b. AM & PM
- c. Supplies: sponges, laminated ships, poly spots, volleyball net with sheet/parachute over
- d. Each team will place their ships on their side of the board (playing area with poly spots). Each person on the team will have a sponge filled with water. One at a time (switching between teams) will throw their sponge over the net seated. If they hit someone or their ship they have sunk that person and they are out. The first team to get the most ships sunk wins.



e.

<https://www.youtube.com/watch?v=2kC1p7BKymY>

5. Hula hoop rock paper scissor showdown

- a. Location: Field
- b. AM & PM
- c. Supplies: lots of hula hoops
- d. Students are divided to four groups each team in half. Two students or four (depending on how many hoop lanes we have)enter at either end at the same time once they meet at the same spot they have to rock paper scissors to pass.

Game descriptions

Whoever wins passes and moves on and the other goes and runs back to the end of their line.



Hoop Hop Showdown Rock Paper Scissors



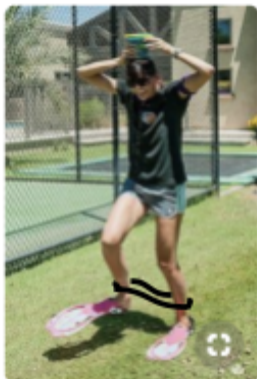
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<https://www.ssw.com/blog/hoop-hop-showdown-rock-paper-scissors-hula-hoop-activity/>

6. Waddle like a duck relay

- a. Location: Field
- b. AM & PM
- c. Supplies: stretch band for around feet, cups, water
- d. Divide students into four groups for PM. AM stays with their teams. First person in line steps into the stretch band that is tied around their ankles. They then fill their cup from the bucket and place it on top of their head. With the cup on top of their head they have to waddle down to the end and dump their cup into the empty bucket. Once they've dumped their cup they need to waddle back and pass items to the next person in line.

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7. Lawn darts with balloons

- a. Location: Field

Game descriptions

- b. AM & PM
- c. Supplies: 10 or more balloons with #s (10,20,50,100, 500 on it) with string attached, hula hoops, lawn stakes (one for each balloon)
- d. Divided into four groups Students will run to line at other end of area and throw a hula hoop to land around one of the balloons. Run back and tag the next person in line to do the same. After everyone has gone add up score. Each team will have different color hoops
- e. For younger group can just make line around perimeter of balloons and let the students try throwing the hula hoop around the balloons.



f.