

MARIPOSA ELEMENTARY SCHOOL



PLAYGROUND RULES

"Peace on the Playground"

Students at Mariposa Elementary School are taught to respect the rules and rights of others. Students must realize that they must respect others in class as well as on the playground. Respect will be demonstrated at all times by all students and staff members and will be heard through peaceful voices and appropriate actions.

In addition to this, the key to a peaceful playground lies within the following principles:

- 1: All students must be taught a consistent set of rules.
- 2: Students need to learn how to handle conflict peacefully and how to do so without the constant reminder of adult supervision.
- 3: Students must be accountable for their actions, but must also be respected in their decision to correct unwanted behavior(s).
- 4: Necessary equipment must be available for positive play on the playground.
- 5: Consistency in student expectations from all school personnel must be enforced.

RESPECT = Results

Appropriate social interactions must be taught and modeled by adults, so that our students have the necessary tools to handle their playground problems and disagreements.

SOLUTIONS TO CONFLICT

Reminders:

- ❖ Kids love to play
- ❖ Conflict can be part of play
- ❖ Helping students handle conflict effectively will reduce playground, classroom and/or office trouble

THE QUICK FIX

"ROCK IT OFF" – Believe it or not, students respond to this "rule."

How does it work? The two students involved in the conflict stand and face one another. A simple game of "**rock-paper-scissors**" is played **one time only** (unless there is a tie).

Make a fist...make a pounding motion two times...on the third motion, must choose and show either....rock, paper, or scissors.

Rock will break scissors (rock win).

Paper will cover rock (paper win).

Scissors will cut paper (scissors win)

So- A simple argument (i.e. who's first in line, who's out in a game, disagreement concerning any game and/or sport can usually be solved with this method. Try it-it works wonders!

In fact...have students practice in class as a quick classroom activity. Discuss the value of problem solving.

ALTERNATIVE

"Student Referee" – Usually works in games where students are waiting in line (i.e. 4-square, tetherball, handball, or sports on the grass and basketball courts).

How does it work? Students involved in conflict may turn to the first student waiting in line and ask his/her opinion of who is "out". This gives the students waiting in line something to do and keeps them a bit more honest. If students are out on the playing field and/or on the asphalt courts, either problem solving technique may be implemented.

Tips for School Staff

- ❖ Students honestly feel their argument is reasonable.
- ❖ Try to discuss the best way to solve the problem with a student (i.e. talk with them) before sending them to the wall, the office or back to the classroom.
- ❖ Offer solutions- "rock it off" and/or "referee"
- ❖ Reinforce students making positive choices and solving problems using this method (give them a gold wing, high five, smile).

Encouragement of wanted behavior is the key to
diminishing unwanted behavior.

Hint: Use the beginning of the school year to discuss these rules and problem solving techniques. TEACHERS...practice problem solving and role play in the classroom....take a bit of time when discussing beginning of the year rules to discuss the rules on the playground....take the students out and "play" games with them! CAMPUS MONITORS...Try to have students use these solutions before stepping in.....reward positive choices and students exemplifying such behavior....use the office and referrals as a "last resort"- this will make the referrals you must write, more serious to the student and more meaningful.

TETHER BALL

Good for: Hand-eye coordination

Object: To wrap the rope completely around the pole and eliminate the opponent

Equipment: Tether ball and pole

PROCEDURE:

- 1: Players stand on opposite sides of the circle. They may not step into opponent's side of the court.
- 2: In order to achieve the object of the game, players need to wind the cord in the desired direction by hitting the ball with one or both hands, opened or closed.
- 3: The opponent tries to hit, and thus wind, the approaching ball in the opposite direction.
- 4: To start the game, the server can stand anywhere on his side of the court to strike the ball.

FOULS:

- 1: Touching the pole
- 2: Touching the rope
- 3: Stepping on the line or opponent's court
- 4: Double hits
- 5: Hitting the ball with any part of the body other than the hands
- 6: Catching or holding the ball during play

REMEMBER: NO ROPES.....NO LINES.....NO POLES....NO CATCHING

ALSO: NO MADE-UP RULES

Play 2 people and you are out.

HAND BALL

Good for: Hand-eye coordination

Object: To remain in play by successfully returning the ball to the wall

Equipment: Red playground ball - no tennis balls or smaller balls allowed)

PROCEDURE:

- 1: One service only. Server must stand behind the service line.
- 2: Server and opponent stand facing the wall. All others wait their turn back out of the way.
- 3: The server drops the ball on the floor once and hits the ball, on the rebound, up to the wall. The opponent may refuse one serve only. The opponent may hit the ball on the fly or after it bounces once.
- 4: Serve must be over the service line from the wall and ball must hit above the 2 foot line on the wall.
- 5: The server and opponent alternate hitting the ball wall to the wall until one player fails to hit the ball, fails to get the ball to hit the wall, or lets the ball bounce more than once, or commits a foul of some sort. The ball may be hit with an open hand or with a closed fist.

FOULS: The server loses his serve (opponent becomes server) or opponent is out (opponent goes to the end of the wait lines and new opponent comes in) when:

- 1: Server steps over the serving line
- 2: Any rebounding ball does not cross the 2 foot service on the floor
- 3: Ball is thrown against the wall instead of using bounce or a hand stroke
- 4: Ball is caught or stopped
- 5: Server plays own serve
- 6: They fail to strike the ball following the first bounce
- 7: They fail to return the ball
- 8: Ball does not hit above the 2 foot line on the wall
- 9: Ball hits any other object other than the wall
- 10: Ball goes out of bounds (over marked lines)
- 11: Ball is hit twice in succession by the same player
- 12: Ball is juggled.

FOUR SQUARE

Good For: Hand-eye coordination

Object: To get to Square A and remain there by eliminating opponents in B-D

PROCEDURE:

- 1: The squares are lettered A, B, C, and D. The serve always starts from square A.
- 2: Players take positions in A-D and others wait behind C.
- 3: The ball is served by dropping it and serving it underhand from the bounce. If the serve hits a line, the server is out. To begin the game, the server hits the ball to square D.
- 4: The player receiving the ball must keep it in play by striking the ball after it has bounced once in its square. He/she may return the ball from outside of the perimeter. He/she directs it to another square with an underhand hit.
- 5: Play continues until one player fails to return a hit or commits a foul. When someone fouls, the first student at the waiting line enters at box D. All children then advance to fill the available square.

FOUL:

- 1: Failure to hit a ball that bounces into one's box
- 2: Playing a ball that has bounced into someone else's box
- 3: Hitting the ball out of bounds or onto a line
- 4: Hitting the ball into one's own box
- 5: Holding the ball, catching, or carrying a return volley

SWINGS

Good For: Vestibular stimulation

Object: To swing successfully executing proper motion

Equipment: Swings

PROCEDURE:

- 1: You may swing until the person waiting counts to 60 (each count is a complete swing up and back).
- 2: You must swing forward and backwards only.
- 3: Bring the swing to a stop and step off. No jumping!
- 4: Only one person may swing on a swing at one time.
- 5: Hold on with both hands at all times.
- 6: Empty swings should not be pushed or twisted.

SLIDE

Good For: Balance

Object: To climb slide, slide down and land on feet

Equipment: Slide

PROCEDURE:

- 1: Students always climb ladder to get to the top. Students who climb up the slide will not be able to play on the slide for the remainder of the day.
- 2: Students should use both hands when climbing and climb one step at a time.
- 3: Students always slide down feet first.
- 4: Students wait until previous student is off the slide.

HOP SCOTCH

Good For: Hand-eye coordination and sequencing 1-10

Object: To successfully execute both throwing and hopping skills in order from 1-10

Equipment: Marker (bean bag or tongue depressor) and hop scotch court

PROCEDURE:

- 1: First child throws her/his marker into box #1.
- 2: He hops to the end of the court and out, turns around and hops back. He/she may not hop in any box that has a marker.
- 3: When he/she returns to the square next in sequence to the one with his/her marker, he/she stays on one foot and without putting his/her other foot down or using his/her extra hand for support, picks up his/her marker.
- 4: He/she then hops into box one where his/her marker was and hops out of the court. If he/she has completed the first box without any misses (fouls) he/she then proceeds to box #2 and so forth until a miss (foul) occurs.
- 5: Students take turns, always starting where they left off, until someone has completed every box. When a child fouls, he/she may place his/her marker in the correct box to be there for her/his next turn.

FOULS:

- 1: Losing balance while picking up a marker or using hands to support oneself while picking up a marker.
- 2: Failing to throw a marker entirely into the correct box.
- 3: Hopping into a box that contains a marker.
- 4: Stepping on a line.

BARS

Good For: Development of upper body strength

Object: To move across the cross bars while changing hands on each rung of the horizontal ladder

To execute a proper pull-up or chin-up and/or to swing from bar to bar.

Equipment: Bars

PROCEDURE:

- 1: Students will line up so that students can take turns.
- 2: Each student attempts to make it successfully across the bar.
- 3: On the even bars, students should take turns performing a chin-up (palms up) or pull-up (palms toward student).
- 4: Fitness tests require a pull up.
- 5: Students can practice the flex-arm hang as one student supports another student until their chin is above the bar and they see how many seconds they can hold this position.

SAFETY RULES:

- 1: No drops off the bar (hold on with 2 hands)
- 2: No sitting on the bars
- 3: Do not walk under the bars when someone is attempting to cross or pull-up.

DODGE BALL

Good For: Develops arm strength, speed, flexibility and hand-eye coordination

Object: The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:

1. Hitting an opposing player with a LIVE thrown ball below the shoulders.
2. Catching a LIVE ball thrown by your opponent before it touches the ground.

Definition: LIVE: A ball that has been thrown and has not touched anything, including the floor/ground, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc)

Equipment: Properly insulated 13" or larger rubber ball.

PROCEDURE:

- 1: There are two variations
 - A: Equal Team Play
 - B: Circle Play with up to 4 players designated as "it"
- 2: The playing area is defined by the teacher or campus monitor in equal team play or the circle painted on the playground if circle play.
- 3: Anyone who goes out of the defined area is declared to be eliminated.
- 4: The only defense the other players have is dodging the ball or catching it. If a player catches the ball, the player who threw the ball is eliminated.
- 5: Eliminated players leave the playing field immediately.
- 6: Only the non-eliminated players remain in the game. This means if only two people are left and one player catches the ball, he is the winner.

SAFETY RULES:

- 1: No switching
- 2: No sacrifices
- 3: No head shots
- 4: No throwing the ball at stomach
- 5: No other variations may be played (i.e. "murderball"; "cutthroat", etc.)