



Playground Handbook 2022-2023 School Year

I, _____, will use
this handbook to learn, remember,
and follow our playground rules.



Play Areas

| | | |
|----------|--|---|
| R | Be <u>RESPECTFUL</u> | -Notice and speak up about hurts & right wrongs -Use your 2nd Step skills -Know your boss and follow directions |
| I | <u>INCLUDE</u> Everyone | -Invite kids to play -Help others |
| D | Be <u>DETERMINED</u> | -Play...and play A LOT -Know and follow the rules |
| E | Be <u>EXCELLENT</u> to Each Other | -Play safe -Play fair -Praise people & give up put-downs |
| R | Be <u>RESOURCEFUL</u> | -Share equipment, courts, & play spaces -Use equipment the right way -Seek wise people |

We strive for a nurturing environment and hold each other accountable for respecting ourselves, our school, and each other. We practice Great Learning and PeaceBuilding. We celebrate our differences and learn from our mistakes. We believe we are stronger together than we are alone.

THIS IS THE ROOSEVELT WAY.

PeaceBuilders[®] Pledge



I am a PeaceBuilder.[™]
I Pledge...

- To praise people
- To give up put-downs
- To seek wise people
- To notice and speak up about hurts I have caused
- To right wrongs
- To help others

I will build peace at home, at school, and in my community each day.

Yard Supervisors

Roosevelt's Yard Supervisors provide a safe place to play.



Miss Gode



Miss Lesley



Miss Nora



Miss Esperanza



Miss Brittany

Reminders for a Peaceful Playground

- Get to know the Yard Supervisors and follow their directions.
- If someone is bothering you, say “Leave me alone. You’re bothering me.” If they continue, find an adult.
- PLAY SAFE-Use equipment the right way, think first, and follow rules. PLAY FAIR-Be honest, know and follow rules, and be a good sport. PLAY A LOT-Use your playground time to move and have fun.
- Electronic devices should be off and put away from first bell to last bell. Do not use them during school.
- Play away from the fence and do not talk to people walking on the sidewalk outside of school.
- Keep off of the backstops and fences.
- Be your best self. No one can make you do something you don’t want to do.

*These are ALWAYS
the rules. Follow
them before school,
during school, at
recess and lunch,
during PE, after
school, and at all
school events.*



Wall Ball

This game is played with a bouncy ball against the ball wall.

1. No more than 3 players on the court at a time.
2. The first person to the court is the server and player 1.
3. The ball must be hit only with hands (no feet or legs).
4. The ball may be hit against the wall, but not aimed at another person.
5. The ball must bounce on the ground, then hit the wall.
6. Play rotates between player 1, player 2, and player 3 until someone is out.
7. A player is out if the ball bounces twice before their turn, they hit it out of bounds, they hit out of turn, or they hit the ball against the wall before it bounces. The new person entering becomes player 3.
8. If there is a disagreement, "rock it out".



**PLAY SAFE
PLAY FAIR
PLAY A LOT**

Basketball

This game is played on a basketball court with a basketball.

1. Players divide into 2 fair teams. Maximum of 5 players per team.
2. You can play full-court games, but share courts and switch to half-court if another group wants to play.
3. We play “no contact” defense and “no contact” offense.
4. Speak kindly to one another...no trash talk.
5. If there is a disagreement, “rock it out”.



**PLAY SAFE
PLAY FAIR
PLAY A LOT**

Soccer

This game is played on the field with a soccer ball.

1. Players divide into 2 fair teams. Maximum of 11 players per team.
2. Each team has 1 goalie to guard their goal.
3. Use feet, legs, chest, and head to touch the ball...no hands. Only the goalie may use hands on the ball.
4. The ball is kicked off from the centerline at the start of the game and after each goal.
5. We play “no contact” defense and “no contact” offense.
6. Speak kindly to one another...no trash talk.
7. If there is a disagreement, “rock it out”.



**PLAY SAFE
PLAY FAIR
PLAY A LOT**

Kickball

This game is played on a kickball field with a bouncy ball.

1. Players divide into 2 fair teams. Maximum of 9 players per team.
2. Pitcher rolls the ball underhand to the kicker.
3. Kicker gets up to 3 pitches to kick the ball and run the bases. If the ball goes foul, the kicker gets another pitch unless it was pitch 3, then the kicker is out.
4. If ball is caught in the air (even if it is going foul), the kicker is out.
5. A runner is out if the ball is caught on base before the runner gets to base. No tagging runner with the ball.
6. After 3 outs the teams switch. Kicking order stays the same throughout the game.
7. Speak kindly to one another...no trash talk.
8. If there is a disagreement, "rock it out".



**PLAY SAFE
PLAY FAIR
PLAY A LOT**

Tetherball

This game is played at a tetherball pole with a tetherball.

1. 2 players play at a time. Players stand on opposite sides of the circle facing the line.
2. Newcomer serves first. All serves must be by hitting, not throwing the ball.
3. Players hit the ball once before it winds around the pole, hits the pole and bounces back, or is hit by the other player (no double hits and no "popcorn").
4. Players may hit the ball with 1 or 2 hands in a fist, interlocking fingers, or open palm (no holding, catching, or "ropies").
5. A player wins when the rope has been completely wound around the pole.
6. Speak kindly to one another...no trash talk.
7. If there is a disagreement, "rock it out".



PLAY SAFE
PLAY FAIR
PLAY A LOT

Rough Rider

This game is played on a volleyball court with a volleyball.

1. Players divide into 2 fair teams. Maximum of 8 players per team.
2. Game starts when a player throws the ball over the volleyball net and calls a player's name from the other team. Players try to catch the ball so that it does not hit the ground.
3. When the ball is thrown over the net and hits the ground inside the court, the person whose name was called is out.
4. Players continue throwing the ball back and forth over the net to keep the game going.
5. After 3 or more of your teammates are out, you may call "Rough Rider" and if the other team drops the ball, all of your teammates are back in the game.
6. Speak kindly to one another...no trash talk.
7. If there is a disagreement, "rock it out".



PLAY SAFE
PLAY FAIR
PLAY A LOT

4-Square

This game is played on a 4-Square court with a bouncy ball.

1. Players take positions in A, B, C, and D squares. Game starts when player A serves by dropping the ball and hitting it underhand.
2. The ball must bounce once in the square before it is hit by the next player. After it bounces, the player hits the ball to any other player.
3. Players may use 1 or 2 hands but must hit the ball underhand.
4. If the ball bounces twice, is hit twice, or is hit out of bounds, the player is out. When a player is out, everyone rotates and a new player takes the D square.
5. A player may step out of bounds to hit a ball that has bounced in their square but may not step into another player's square.
6. Do not target or team up against one player.
7. Speak kindly to one another...no trash talk.
8. If there is a disagreement, "rock it out"

PLAY SAFE

PLAY FAIR

PLAY A LOT

Gagaball

This game is played in the gagaball pit at Teddy Bear Park with a foam ball.

1. Maximum of 8 players at a time. All players start in the gagaball pit touching the side of the pit.
2. Game starts when 1 player throws ball in the air. Players yell "Go" when it bounces. Ball is in play after 2nd bounce ("Ga-ga").
3. Players hit ball with 1 hand, but can't grab it or throw it. If ball hits a player below the waist, they are out.
4. Players may block the ball with their hand. No catching or kicking.
5. If ball goes out of pit, last player to touch ball is out.
6. When a player is out, they stand outside pit. If they catch a ball while standing outside, they can rejoin.
9. Last player in the pit wins and starts the next game.
10. New players line up to play in next game but may not join a game after it has started.

PLAY SAFE

PLAY FAIR

PLAY A LOT

Switch

This game is played on a 4-Square court.

1. This game is played with a maximum of 5 players.
2. Players stand on a corner and 1 player stands in the center of the 4-Square court.
3. The person in the middle starts the game by yelling "SWITCH" and each person moves to a new corner.
4. The person without a corner is out and a new player joins the game in the center.
5. Speak kindly to one another...no trash talk.
6. If there is a disagreement, "rock it out".



**PLAY SAFE
PLAY FAIR
PLAY A LOT**

Playground Structures

There is one playground structure on each playground.

1. Share playground structures by inviting other students to play with you and taking turns.
2. Always walk and never run on playground structure.
3. Tag and other chase games should NOT be played on playground structure.
4. Use the climbers carefully and 1 person at a time.
5. Use slide 1 person at a time by going down feet first. Never climb up. Go all the way down slide, do not stop partway down.
6. Do not sit or play in front of the slide.
7. Do not climb outside or above playground structure.
8. Use monkey bars by swinging or hanging from them. Do not climb on top of them.

PLAY SAFE

PLAY FAIR

PLAY A LOT

Other Games & Activities

These are played with playground toys & should be shared.

Playground Yoga

1. Look for Mrs. Phillips during recess and join her for fun and healthy exercise.

Jump Rope

2. Jump rope must be held on both sides and swung gently by 1 or 2 people.
3. Never swing or whip jump rope. Never wrap or tie jump rope around another person.

Hula Hoops

1. Hula hoops must be only on your waist or legs.
2. Never swing hula hoops on your neck or arms and never throw hula hoops into the air.

Scoops

1. Use scoops to toss and catch the ball with a partner.
2. Play in an open area away from other games.

Cone-Catcher

1. Use cone-catcher to swing and catch ball.
2. Swing gently and away from other people.

Checkers (Playground) & Chess (Garden)

1. 2 people play at a time, but others can watch.
2. Put pieces away when the game is over.

Chalkboards

1. Use the chalkboards to draw or play games like Hangman and Pictionary.

If you don't feel like playing a game, sit and relax on the Buddy Bench, under a tree, or in the Sensory Garden.



PLAY SAFE PLAY FAIR PLAY A LOT

Ways to Solve Problems

1. If someone is bothering you, tell them:
"Leave me alone. You're bothering me."
If they continue, find an adult.
2. Be a role model. Treat other people the way everyone should treat each other.
3. Rock it out. If you're playing a game and there is a disagreement, use "rock, paper, scissors" to solve the disagreement and get back to the game.
4. Include everyone. Many problems start because someone feels left out. You can solve this problem by including others in your games. You may not be able to include EVERYONE, but inviting other people to join will help them feel welcome.

Tips For Making Friends

1. Introduce yourself to someone new.

"Hi. I'm _____. What's your name?"

2. Invite someone to hang out or play.

"Do you want to join our game?"

"Would you like to sit with me?"

3. Look for someone who is alone and ask them if you can join them.

"May I sit and talk with you?"

"Can I play with you?"

4. If someone you don't know says hi or asks if they can play with you, be happy and include them in your game.

5. Try a different game or activity than your normal choice or hang out in a different spot on the playground.

6. Smile and say hello when you pass other people. Your smile and a kind greeting are wonderful ways to meet others.