

Playground Expectations and Game Rules

For

Ridgeview Elementary School



ALWAYS

**Be Safe, Be Respectful, Be
Responsible**

Active Supervision Guidelines

- Welcome students with a positive attitude.
- Be on time.
- Seek out students who look like they are struggling or need help.
- When correcting misbehavior or talking with a student be sure to still be able to see the group you are supervising.
- Ask the supervisor if you have any questions or concerns.
- Keep moving while supervising. Make figure 8 shapes as you are walking around.
- Move through all sections of your assigned area.
- Move closer to students who you believe are starting to have difficulties.
- Do not allow other adults to distract you from your duties.
- Step in at the onset of a problem and then try to work with the students to solve the problem.

Rules and Expectations

1. Students will show respect for others and follow the instructions given by staff.
2. Students will not play rough on the playground (**no play fighting, chase, or tag games**).
3. Students must have a clip from the playground supervisor to enter the building.
4. Teachers will be outside right when recess ends to help with the supervision of their students while they line up.
5. Recess whistles:
 - At the 1st whistle sound, students come to the blacktop and freeze unless they are putting equipment away
 - At the 2nd whistle sound, all students will walk to their line-up spot.
 - 3 short whistle sounds indicate an emergency and all students will proceed immediately to the nearest adult and wait for instructions.
6. Students will not spit or throw sawdust.
7. Benches:
 - Students will sit on benches, not stand or walk.
 - Benches can also be used to give students a time out or break from an activity if they are not following the expectations. Or if they are looking for a buddy to play with.

Rules for recess games

Game: Hopscotch

Rules:

The first player stands behind the starting line to toss her or his marker in the square. Hop over square 1 to square 2 and then continue hopping to square 10, turn around, and hop back again. Pause in square 2 to pick up the marker, hop in square 1, and out. Then continue by tossing the stone in the square. All hopping is done on one foot unless you get to a two-foot block, then two feet can be placed down with one in each square. A player must always hop over any square where a marker has been placed. A player is out if the marker fails to land in the proper square, the hopper steps on a line, the hopper loses balance when bending over to pick up the marker, and puts a second hand or foot down, the hopper goes into a square where a marker is, or if a player puts two feet down in a single box. The player puts the marker in the square where he or she will resume playing on the next turn, and the next player begins.

Game: Four-Square

Rules:

1. To serve drop the ball and hit the ball with a two-handed underhand hit.
2. The server may serve any player.
3. All hits must be underhand hits after the ball bounces once into your square.
4. Any player may hit the ball into any square.
5. A player is out and goes to the end of the waiting line after a miss or fault.
6. The first person in line is the judge and they will watch the game closely for faults.
7. The following are faults:
 - a. Hitting the ball sidearm or overhand.
 - b. Hitting the ball onto a line.
 - c. Stepping into another square.
 - d. Catching or carrying the ball.
 - e. Allowing the ball to hit any part of your body except your Hands.
 - f. Stepping over the serve lines when serving.

Game: Basketball

Different Alternatives to Play HORSE, PIG 3-Point shooting contest/Free Throw contest, Scrimmages (5-on-5, 3-on-3, 1-on-1)

Rules:

- Anyone who wants to play, gets to play
- Everyone who is in the game must be included
- Pass the ball to everyone; anyone can shoot it
- No fouls, no grabbing ball, no unnecessary contact
- 12 players maximum on a court at one time
- Do not hang from the rims or nets

Game: Bump

- Bump Basketball can be played with 2 basketballs and up to 10 players.
- Players form a line where play is to begin.
- If the player is behind the shooter and makes a hoop first, the first shooter is **OUT**.
- If the shooter misses the hoop, they can continue to shoot.
- Players must stay in the half-court where the game is being played.
- A player cannot **BUMP** another player's ball on purpose.
- The last player remaining wins.
- The player who wins starts the next game.

Game: Wall Ball

Rules:

1. A player cannot be put out on the serve. DSDR-Decent Serve and Decent Return
2. The ball must hit the ground once before hitting the wall.
3. The ball can only be hit with arms or open hands. No using fist.
4. The ball cannot be caught or held.
5. After the ball hits the wall, it can be played in the air or after it hits the ground one time.
6. The ball must land inside the boundary line. Lines are out.
7. Winner gets to keep serving. A new player enters the game.
8. The first person in line is the judge if there is a question about a call. Don't argue about a call. Play the point over.
9. No soccer balls. Must use a four-square ball

Game: Kickball

Materials

Needed: Kickball (ball size of soccer), four cones or bases

Rules:

1. Pitching: Each team will pitch to the other team. Pitchers must pitch from the pitching mound and cannot go in front of the plate until the ball is kicked. Slow to moderate pitches only. If the kicker requests a slower pitch then the pitcher is obligated to do so. The pitcher should try his/her best to give the kicker a pitch that they feel most comfortable kicking.
2. Kicking: All kicks must be made by foot. A kicker can be called out if they get 3 strikes or 4 foul balls. A play ends when the pitcher has control of the ball and is at the mound/pitching circle. Any runner who interferes with the ball on its way back to the pitcher will be called out.
3. You may decide at the beginning of the game that players may or may not bunt. Just as long as the kids know what the bunting rule is. A bunt must go at least 4 ft to count.
4. The ball can be thrown at any runner and must hit the shoulder or below. The runner will be called safe if it hits their head unless they are sliding/ducking the ball. If a player is hit in the head they get to advance to the base they are running toward. No leading off or stealing is allowed. A runner off his/her base when the ball is kicked is out of bounds.
5. Team members: You may put the teams together any way you'd like, but the kids should line up boy/girl as best as possible. Sometimes near the end of the lineups we may have 2 or 3 boys or girls in a row.
6. The player must stay out of the baseline; otherwise, the runner advancing to the base will be called safe. Students who are playing a base position should make every attempt to position their foot on the side of the base to leave room for the runner.
7. Any player who deliberately crashes into a defensive player holding the ball, waiting to apply a tag, will have to sit out from the game.
9. On an overthrow the runner may advance at their own risk. They are not allowed to run more than one base.
10. When the game is being played and is completed the students should always use good sportsmanship. Tell the kids to tell each other "Good Game".
11. Once the team scores five points, switch

There are four ways for a player to get out:

1. **Strike Out:** If a player kicks and fails to put the ball into play after three good pitches
2. **Fly Out:** If a player kicks the ball in the air and it is caught by a defensive player before it hits the ground
3. **Tag Out:** If a defensive player tags or throws and hits an offensive player with the ball before they get on base
4. **A Force Out:** If a defensive player gets the ball to a base before the offensive player arrives and the offensive player cannot return to the previous base because it is occupied by one of his teammates.

Equipment: Horizontal Ladder (Monkey Bars)

Rules:

1. All students start from the same end of the ladder.
2. Students use two hands at all times.
3. Students should never sit or stand above the bars on the horizontal ladder.

Equipment: Big Play Structures

- Up the stairs, down the slide, feet first, seated on your bottom.
- Wait your turn. One person at a time on slides, ladders, steps, and poles.
- Keep all exit areas clear; slides, ladders, steps, and poles.
- Play Safe
 - No climbing/sitting on top of bars or hanging upside down by knees.
 - No running, chasing, or tag games are allowed.
 - No jumping off equipment.

Equipment: Parallel Bars

- 3-4 people per bar depending on age group.
- Use “counting to 50” when the bar is full - everyone slides over one space, with the person on the opposite end getting off and joining the line of those counting.
- Use two hands at all times.

Equipment: Swings

Rules:

1. You may swing until the person waiting counts to 20.
2. Swing forward and backward only- facing the school.
3. Bring the swing to a stop and step off. No jumping.
4. Hold on with both hands at all times.
5. Empty swings should not be pushed or twisted