

# Quick Start Ideas

Need something to do NOW? Here are some options that require NO prep and few supplies.

## Outdoor Ideas:

- ★ Jump rope or touch football
- ★ Kickball, basketball, soccer, softball
- ★ Set up relay races
- ★ Take an adventure or nature hike
- ★ Frisbee!
- ★ Set up an obstacle course using cones or chairs
- ★ Hold a monkey bar hanging contest - who can hang on the longest?

## Indoor Ideas:

- ★ Dance
- ★ Hold a hula-hoop contest
- ★ Do yoga stretches
- ★ Limbo dance
- ★ Play musical chairs
- ★ Play Twister
- ★ Play "catch" with soft foam balls

*Quick Start Ideas from the Kidnetic.com Leader's Guide*

# Other resources for fun!

★ [www.gameskidsplay.net](http://www.gameskidsplay.net)

★ [www.familyfun.com/games](http://www.familyfun.com/games)

★ [www.ncpe4me.com/pdf\\_files/energizers\\_complete\\_K-5.pdf](http://www.ncpe4me.com/pdf_files/energizers_complete_K-5.pdf)

★ <http://42explore.com/sidewlk.htm>

★ [www.focusmm.com/kids/leisure1.htm](http://www.focusmm.com/kids/leisure1.htm)

★ <http://library.thinkquest.org/J002150/>

★ [www.kidnetic.com](http://www.kidnetic.com)

# Play Ball!

- ★ 500
- ★ Bocce
- ★ Four Square
- ★ Kickball
- ★ Roman Ball
- ★ Slam Game
- ★ Tennis baseball
- ★ Wiffle Ball

## 500 (aka Five Dollars)

### What you need:

- ★ Ball (like a football or baseball)
- ★ Wide open space

### How to play:

1. One person is the thrower. Everyone else clusters about a throwing distance away from the thrower.
2. The Thrower tosses the ball in the air and calls out a number between 50 and 500. For example, the thrower may shout, "I've got a 200 up for grabs!"
3. If a player catches the ball, they get as many points as the thrower called out.
4. If a player drops the ball, they lose the points that the thrower called out. It is possible to have negative points.
5. The first player to 500 points is the winner and becomes the thrower for the next game.

### Other ways to play 500:

- ★ A baseball is batted and there is a set number of points for each type of hit. A "grounder" is 25, a line drive on the fly is 50, and all pop flies are 100.
- ★ The ball is kicked towards the group. If caught on the fly, it is worth 100 points; after the first bounce, 75; after the second bounce, 50; and after the third bounce, 25. First person to 500 becomes the kicker for the next round.

## Bocce Ball

### What you need:

- ★ Bocce set - make your own!!
  - You need 4 croquet or tennis balls in a different color for each team. Spray paint balls or use colored duct tape to make balls different colors.
  - You also need a golf ball or a fist-size stone for the teams to share.
- ★ Flat, level playing surface, like packed dirt, gravel, or grass
  - Regulation bocce courts are 76 feet long and 10 feet wide

### How to play

1. Divide players into two teams. Teams can have one, two, or four players each. Each team gets four balls, divided equally among the players
2. Have a player from the starting team stand behind the foul line. The foul line is 10 feet from the throwing end of the court. This player throws the small ball (also called a "pallina") toward the opposite end of the court.
3. Then, the same player throws one of the larger balls (also called "boccia"). They want to try to get the boccia as close to the pallina as possible, without touching it.
4. Have players from the opposing teams take turns throwing their balls until one of the balls stops closer to the pallina than the starting player's ball. If no one can do this, the starting team tries to outdo its first attempt.
5. Let the starting players take their second turn if the opposing team gets closer to the pallina than the starting team, without using all of their balls.
6. Continue like this until all eight balls have been thrown. The team with the closest ball to the pallina gets one point for each ball that is closer to the pallina than the other team's closest ball.
7. If both teams' closest balls are an equal distance from the pallina, no points are awarded.
8. The round (or frame) ends after all eight balls have been thrown and appropriate points have been awarded. The scoring team begins the next round. If no team scored in the last round, the team that threw the pallina last begins the next frame.
9. Play as many frames as needed until one team has a total score of 16 points.

Rules for Bocce ball from: [How to Play Bocce Ball | eHow.com](http://www.ehow.com/how_3109_play-bocce-ball.html#ixzz0rVKY7k3X)  
[http://www.ehow.com/how\\_3109\\_play-bocce-ball.html#ixzz0rVKY7k3X](http://www.ehow.com/how_3109_play-bocce-ball.html#ixzz0rVKY7k3X)

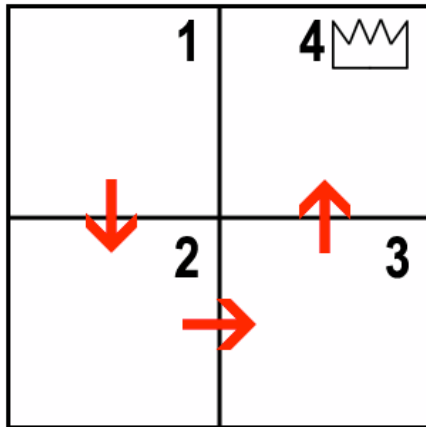
## Four Square

Four square is played with a rubber ball on a court made of four adjacent squares. Each square contains a single player and has a number/rank. The objective is to eliminate other players of higher ranks and advance to the highest ranking square and stay there for as long as possible.

### Setting up the court:

Four square is played on a wood, concrete or asphalt court. The court is divided into four smaller squares of equal size. Each of the four squares has a rank. The lines on the court are boundaries. The interior lines separating player squares are out of bounds. The ball may not touch any portion of an inside line or the player who hit the ball is in error. The lines marking the outermost edges of the court are considered in-bounds. If a ball lands on or touches the outside lines then play continues as normal.

There is no regulation court size, and the preferred size varies by age and skill level. A common dimension is 16' x 16' (8' squares).



**Standard Four-Square Court And Rotation**

### **Ball handling**

Four square is played with a rubber playground ball. During regular play, the ball may be legally hit with any part of a player's hands. The hit may be open- or closed-fisted, forehand or backhand. The ball may also be hit with one hand, or two hands at the same time, much like the rules of volleyball. The ball must be struck once and for a single instant only. You may not carry, catch, or hold the ball during play.

### **Regular gameplay**

The player in the highest square begins the game by serving the ball. The ball is bounced in the server's own square and hit with the hands into the lowest square on the court. Players let the ball bounce in their square once and the occupant of that square must then return the ball to any other player's square by hitting or striking the ball with the hands. Once the ball touches the ground or floor in a new player's square that player must return it. Play continues this way until a player makes an error and is eliminated.

### **Errors and elimination**

Players may be eliminated for the following errors:

- A player fails to hit the ball after it has bounced in that player's square.
- A player fails to strike the ball correctly, as if carrying or holding.
- A player hits the ball out of bounds.
- A player hits the ball more than once before returning it to another square.
- A player violates a special rule invoked by the server.
- A player touches the ball when the ball has not bounced in his/her square.

The eliminated player leaves the court and the remaining players move up to the next highest square until the lowest square is empty. A new player may join the court in the lowest square. Eliminated players wait in line for their next turn. Play continues until time runs out or a winner is determined.

## Kickball

### Materials:

- ★ Four base markers
- ★ At least 8 players
- ★ Inflatable rubber ball, 10 inches diameter

### Set up:

- ★ Find a level area of land, large enough for fly balls and a diamond with four bases. Alternatively, use a baseball diamond.
- ★ Set up the four bases an equal distance apart.
- ★ Divide players into two teams. Flip a coin to decide which team kicks first.
- ★ Positions for players: pitcher, first baseman, third baseman, second baseman, roaming shortstop, one to three outfielders, catcher.

### How to play:

- ★ Play begins with the pitcher rolling the ball toward Home plate. The first player bats by kicking the ball. A pitch that misses the plate is a "ball." A missed kick is a "strike." Each player gets to bat until a hit is made or gets 3 strikes. Players can walk after 4 balls.
- ★ After kicking the ball, run to the first base. If the player reaches the base before getting tagged, he or she is safe and can stay on the base.
- ★ Like in baseball, each inning continues until a team gets 3 outs. The highest score at the end of 9 innings wins.
- ★ Be sure to keep the same batting order, so that all players have an equal chance to bat. Outfield positions can be flexible, depending on what the players want.

For more in-depth kickball rules, see <http://www.kickball.com/>

Adapted from [http://www.ehow.com/how\\_2044146\\_play-kickball.html](http://www.ehow.com/how_2044146_play-kickball.html)

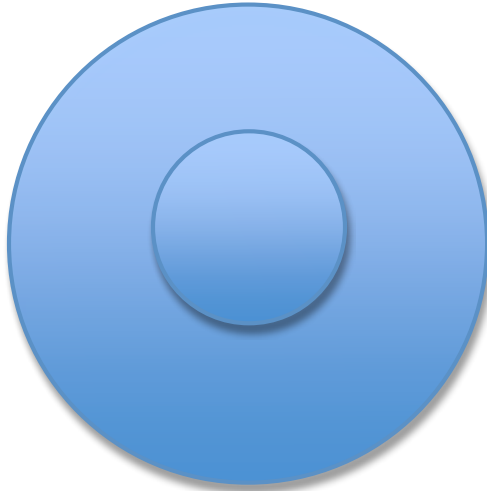
## Roman Ball

### What You Need

- ★ Chalk
- ★ A soft inflatable ball or high-density foam ball
- ★ Driveway or other flat surface

### Instructions

1. Draw two large circles on the driveway to create the court. Our inner circle was 5 feet wide; our outer circle was 20 feet wide.



2. Players stand around the outer circle. Whoever has the ball tries to throw it so it bounces first inside the center circle and then outside the outer circle. The other players try to catch it before the second bounce.
3. If the ball is caught, the catcher becomes the new thrower.
4. Getting points:
  - a) If it bounces first, the thrower gets a point and throws again.
  - b) If it lands off the driveway, the thrower loses a point but throws again.
  - c) The first person to score 11 points wins.

Game from <http://familyfun.go.com/playtime/sports-athletic-games/chalk-pavement-games/roman-ball-708109/>

## Slam Game

### What You Need

- ★ Playground ball
- ★ Chalk
- ★ Flat, hard surface

### Instructions

1. Draw a line with chalk or use a jump rope or stick to make a dividing line in the driveway or on another flat, hard surface.
2. Two players stand on each side of the line, about 8 to 10 feet apart. The players that are waiting can stand in a line off to the side.
3. Player 1 steps to the dividing line, puts one foot over it, and bounces the ball as hard as he can toward player 2. This is called the Slam, and it must meet certain rules (see tips below).
4. Player 2 must catch the ball before it hits the ground. He then runs forward, puts one foot over the dividing line, and slams the ball back toward player 1.
5. Play continues like this until one of the players fails to catch the ball. If a player does not catch the ball, he or she goes to the end of the line. The player at the front of the line takes his/her place.
6. The game ends when one player has defeated the entire line of other players.

### Tips:

A Slam that violates any of the following rules must be re-Slammed. The referees are the players waiting in line, who loudly call out the offense:

- ★ "HAYSTACK!" The ball is bounced straight up in the air instead of toward the opponent.
- ★ "SKIDDER!" The ball is bounced nearly parallel to the ground, too low for the opponent to catch.
- ★ "SIDER!" The ball bounces off to the side instead of toward the opponent.
- ★ "CHERRY BOMB!" The ball is bounced at and strikes the opponent's face or head.

Game from <http://familyfun.go.com/playtime/sports-athletic-games/chalk-pavement-games/a-tournament-of-slam-game-707799/>

## Tennis Baseball

### Materials:

- ★ Tennis racket
- ★ Tennis balls
- ★ Base markers

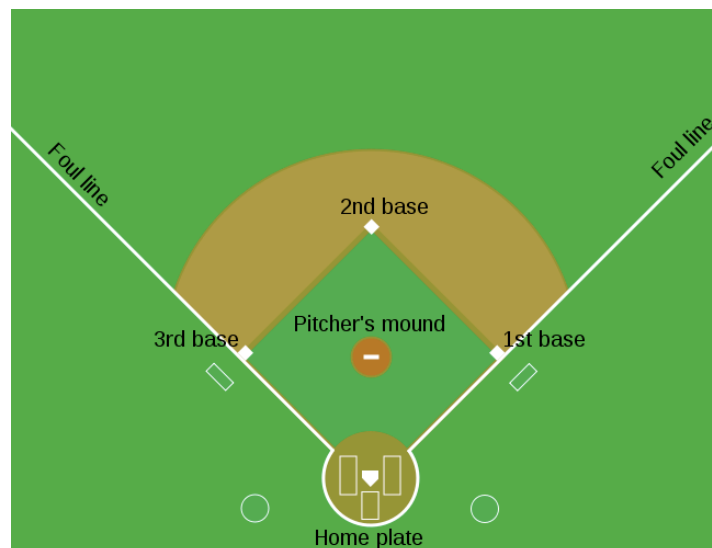
### Setting up:

- ★ Find a level area of land, large enough for fly balls and a diamond with four bases. Alternatively, use a baseball diamond.
- ★ Set up the four bases an equal distance apart. A pitcher's mound should be located in the center of the bases.
- ★ Divide players into two teams. Flip a coin to decide which team kicks first.
- ★ Positions for players: pitcher, first baseman, third baseman, second baseman, roaming shortstop, one to three outfielders, catcher.

### How to play:

This game uses the same rules as baseball, using a racket for a bat and tennis balls.

- ★ Play begins with the pitcher throwing the ball toward Home plate. Depending on the age of the players, the pitch can be underhand (for younger players) or overhand (for older players).
- ★ The first player bats. A pitch that misses the plate is a "ball." A missed pitch is a "strike." Each player gets to bat until a hit is made or gets 3 strikes. Players can walk after 4 balls.
- ★ After hitting the ball, run to the first base. If the player reaches the base before getting tagged, he or she is safe and can stay on the base. If a player is tagged, he or she is out. To be tagged for an out, a player must touch the runner with a ball.
- ★ Each inning continues until a team gets 3 outs. The highest score at the end of 9 innings wins.
- ★ Be sure to keep the same batting order, so that all players have an equal chance to bat. Outfield positions can be flexible, depending on what the players want.



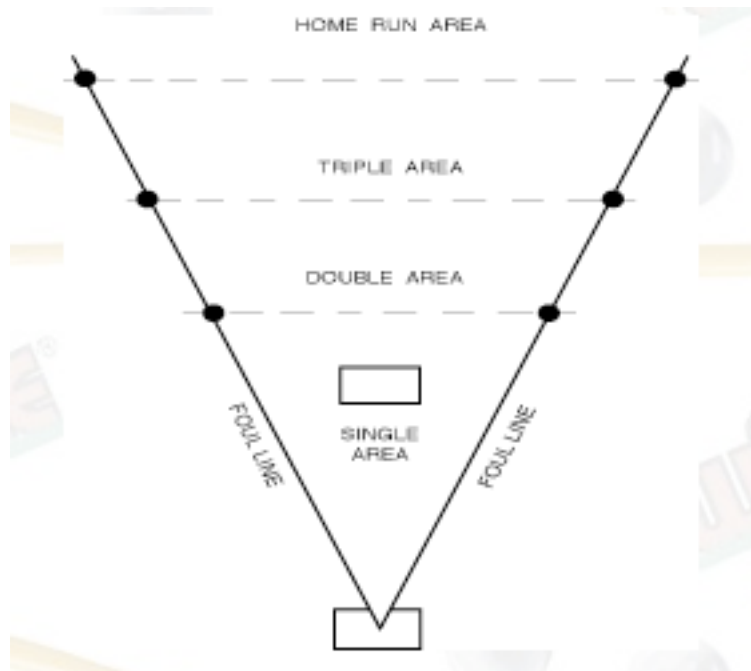
## Wiffle Ball

### Materials:

- ★ Wiffle ball - a plastic, perforated ball
- ★ Wiffle bat - a plastic bat

### How to play:

- ★ The playing field can be set up as a baseball diamond or in a triangle.



- ★ Divide players into two teams. The minimum number of players required is 2 - a pitcher and a batter.
- ★ If using the triangular field, five players per team are needed - pitcher, catcher, double area fielder, triple area fielder, and home run area fielder. To play with this setup, there is no base running. 3 outs retire a side and there are nine innings. Fly balls that are caught are out. Ground balls that are caught in fair territory are out. There is no bunting. Three runs scores.
- ★ If using a diamond field, follow the traditional rules of baseball or kickball.

Wiffle ball rules and court diagram from  
[http://www.wiffle.com/about\\_rules.htm](http://www.wiffle.com/about_rules.htm)

# Tag! You're It!

- ★ Elbow tag/Partner tag
- ★ Flag Tag
- ★ Kick the can
- ★ Octopus Tag
- ★ Wolf and sheep tag

## Elbow Tag/Partner Tag

### Materials:

- ★ Open area to run

### How to play:

- ★ Have players pair up. Partners should link elbows and stand in a large circle. Try to have at least ten feet between each pair.
- ★ Designate one player as "It." Choose another player to be pursued. If It tags the other player, she becomes the new "It." However, if the pursued player wants to escape (and take a rest from running), she can run to one of the standing couples and link elbows with the pair, making a threesome.
- ★ When a threesome is made, the person that wasn't linked to must break away at top speed. This player becomes the new prey for "It" - until he runs to another pair for safety.
- ★ The transitions can be confusing but they provide a break for tired runners. Also, if "It" is a slower runner, it will give him a better chance to catch his "prey."

From <http://familyfun.go.com/playtime/elbow-tag-game-708021/>

## Flag Tag

### Materials:

- ★ Flags or scarves

### How to play:

- ★ Every player has a flag. The flag needs to be visible and able to be grabbed. It can be tucked in pockets or waistbands.
- ★ Players run around, trying to grab other players' flags. When a flag is grabbed, that player is out. It is important to not push and shove and grab gently.
- ★ The winner is the last person to have a flag.

## Kick the Can

### Materials:

- ★ One can

### How to play:

This is a combination of hide-n-seek and tag.

- ★ One player is designated as "It."
- ★ "It" counts to 50 and the other players run and hide.
- ★ When "It" is done counting, she puts the can on the ground. She then tries to find the people who are hiding.
- ★ When a player is found, he runs back to the can. The player has to kick the can before being tagged by "It." If he is tagged, he becomes the new "It." If he kicks the can, he runs and hides again.
- ★ Before the game can continue, "It" must replace the can. During this time, the other players can hide again.

From <http://library.thinkquest.org>

## Octopus Tag

### Materials:

- ★ Friends to play with
- ★ Wide open space

### How to play:

- ★ Set up a rectangular "ocean". To determine the right width, have all players hold hands and spread out across the field. Mark the two sidelines with clothing or other markers.
- ★ The Fish line up at one end.
- ★ The Queen or King Octopus stands in the middle. The octopus shouts, "I am the Octopus, queen of all motion. Let's see if you can cross my ocean."
- ★ The fish try to run or sneak across the ocean, while the octopus tries to tag them. If the octopus tags a fish, the fish becomes Seaweed. Seaweed must keep one foot planted and try to tag the fish running by. Whoever Seaweed tags becomes Seaweed.
- ★ Once the fish reach the other side, the Octopus and Seaweed chant together and the fish try to cross again. The game continues until all fish become seaweed. The last fish to be tagged becomes the new octopus.

From <http://familyfun.go.com/playtime/octopus-tag-game-707680/>

## Wolf and Sheep Tag (Triangle Tag)

### Materials:

- ★ Nothing

### How to play:

- ★ Players are chosen to be a Wolf, a Sheep, and Sheepdogs. The sheep joins hands with two sheepdogs, forming a three-person triangle.
- ★ The wolf stands outside the group. The wolf tries to tag the sheep, while the sheepdogs (without breaking the circle of hands) spin around. The sheepdogs are trying to keep the wolf away.
- ★ When the wolf tags the sheep, the players change roles and play again.

From <http://familyfun.go.com/playtime/wolf-and-sheep-tag-707956/>

# Chalk It Up

- ★ Hopscotch
  - Traditional
  - Snail Scotch
  - Turtle Hop
- ★ London Calling
- ★ Twister

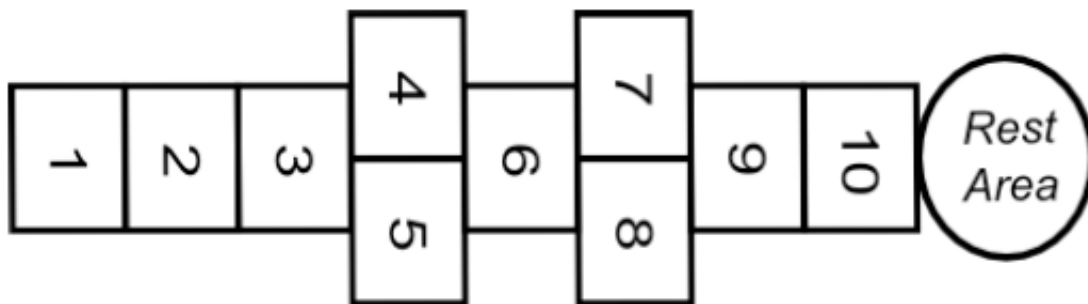
## Traditional Hopscotch

### What you need:

- ★ Two or more players
- ★ Flat area, like a driveway, blacktop, or sidewalk
- ★ Chalk or tape to outline the hopscotch court
- ★ Hopscotch marker for each player - colored rocks, chain, buttons, colored bean bags

### Set-up:

The basic hopscotch layout has sections, boxes approx. 18"x 18" to 24"x24" depending on the age and size of the people playing. The hopscotch boxes don't have to be exact, just make the hopscotch boxes big enough for every player's foot to fit.

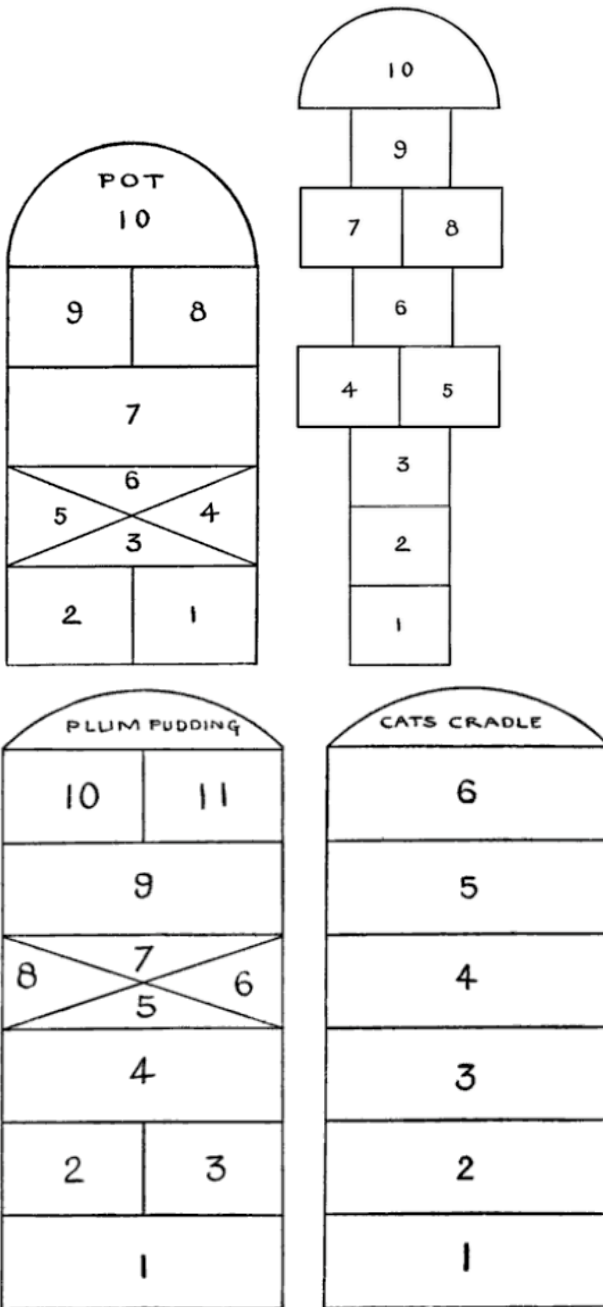


### How to play:

1. To begin, the first player stands behind the hopscotch starting line. They toss their hopscotch marker into Square 1.
2. If the marker lands in the proper square without touching the lines, the player hops on one foot over the square with the marker, into square 2 and onto square 3. At the double square (4 and 5), the player lands with both feet. Then the hopscotch player hops on one foot to square 6, another double land in 7 and 8, a hop into 9, then 10, and a final hop into the rest area. The land in the hopscotch rest area may be on both feet if desired. The hopscotch player can then easily turn around and hop the sequence back to the beginning, pausing at square 2 to pick up the hopscotch marker in square 1.
3. It is now the next hopscotch player's turn. This cycle continues until a hopscotch player has managed to successfully land the marker in all boxes consecutively from 1 through 10.
4. A hopscotch player is out if:
  - a. The marker doesn't land in the correct square
  - b. The marker lands on a line
  - c. The hopscotch player steps on a line
  - d. The hopscotch player uses a hand to balance while picking up their marker
  - e. The hopscotch player goes into a square where there is a hopscotch marker.

- f. The hopscotch player puts a second foot down in error, such as two feet in a single box or even simply touching a toe down to regain balance.
- 5. If a hopscotch player is out, their turn stops immediately and they must re-do that square. However, they must wait until their next turn to toss their hopscotch marker into the same square as their previously unsuccessful turn.

Other hopscotch layouts:



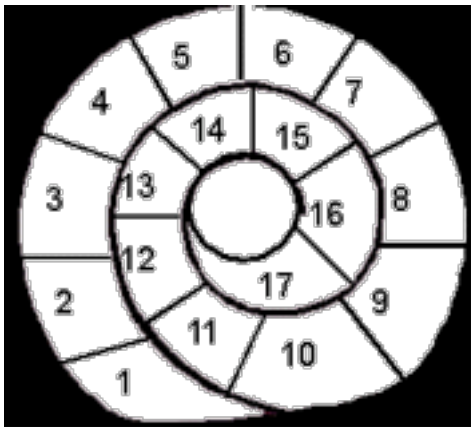
## Snail-scotch

What you need:

- ★ Sidewalk chalk
- ★ Sidewalk or blacktop

How to play:

1. Draw a large spiral on the ground. Make the spiral look like a snail's shell. Draw a circle in the center and label it Home. Divide the rest of spiral into a dozen spaces.
2. To begin, the first player must hop on one foot, landing in each space, all the way to the Home circle. She can land on both feet in the home circle, then turn and hop back out. If she completes this task without stepping on a line, she can write her initials in the space of her choice. For the rest of the game, no other player can land in her space.
3. The next person in line tries to hop to and from the center. This player must skip over the initialed space. If she succeeds, she earns a square.
4. Play continues until no one is able to reach Home.
5. Whoever earns the most spaces wins.



Game from <http://familyfun.go.com/playtime/sports-athletic-games/chalk-pavement-games/beyond-hopscotch-706772/>

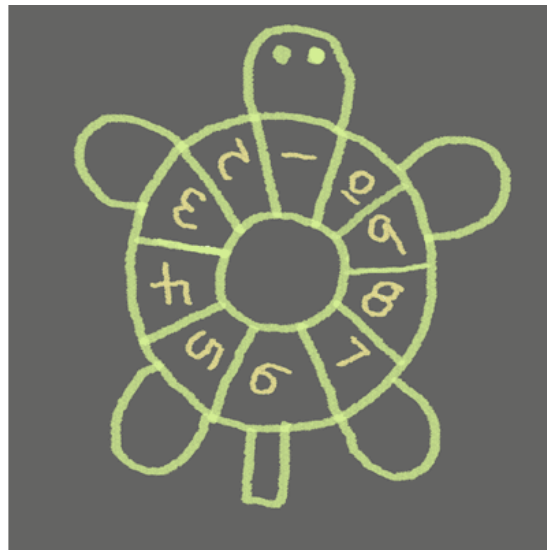
## Turtle Hop

What you need:

- ★ Colored chalk
- ★ Sidewalk or blacktop

How to play:

1. Draw a Turtle as shown. For young kids, make the turtle body about 36 inches wide; draw the head, four feet, and a tail.
2. The four feet and tail of the turtle are safe areas.
3. Draw a circle in the middle. This is HOME. Make 10 spaces in the outside shell, with #1 starting next to the head.
4. To begin, the first player stands on the turtle head. The player must hop, on one foot, landing into each space (from 1 to 10). Then, the player can land on Home with two feet. The player then hops back from 10 to 1 and onto the turtle head to exit the game.
5. If a player hops all the way around the turtle without stepping on a line, then the player get to claim a space and write their name in that space. For the rest of the game, no other player can land on that space.
6. Players can use the turtle legs and tail as safe spaces. Stepping on those lines does not count.
7. Players continue taking turns, skipping OVER the claimed spaces. Play continues until no one is able to reach HOME.
8. Whoever earns the most spaces is the winner.



Game from <http://www.ziggityzoom.com/activities.php?a=304>

**London Calling**  
*A cross between Hangman and Shuffleboard*

What you need:

- ★ Chalk
- ★ Stone, bottle cap, or other small markers
- ★ Flat pavement or sidewalk

How to play:

1. First make the playing field: draw a 3- by 5-foot rectangle, then divide it into seven sections. Draw a semicircle on one end and write London inside.
2. From a spot at the bottom of the box, players take turns sliding or rolling their playing piece up the board. When a player's marker lands entirely inside a space, he begins drawing a person in that space. Draw the person starting with a circle head. To keep track of which chalk person belongs to whom, use different colors of chalk or write initials.
3. On subsequent turns, if a player lands in a space where he has drawn a head, he adds a body to it, then a leg, then another leg. When he has finished drawing one chalk person (with a head, a body, and two legs), he begins another person in the space the next time he lands there.
4. If a player lands in London, he gets to add a head to one of the seven spaces or he can add a body part to one of the people he has already started.
5. If a player lands in a space where he has three complete people, he draws a line through them. This represents linked arms.
6. The winner is the first player to draw three linked people in every space.



Game from <http://familyfun.go.com/playtime/sports-athletic-games/chalk-pavement-games/london-calling-877484/>

## Pavement Twister

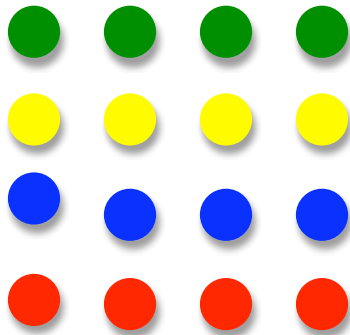
What you need:

- ★ Chalk
- ★ Sidewalk or pavement
- ★ Twister spinner – can use the spinner from the game Twister or make your own using markers, a square piece of cardboard, a cardboard arrow, and a brad (to attach the arrow to the cardboard square)



How to play:

1. On the pavement, draw 16 circles, like below. Circles should be about a foot in diameter.



2. One player spins and calls out moves for the other players. The remaining players should be barefoot, to prevent any injuries.
3. Players do what the spinner calls out; for example, if the arrow lands on "right foot" and "red", all players should try to put their right foot on a red circle.
4. Only one foot per circle.
5. If a player falls, they are out. Players are not allowed to touch each other.

# Miscellaneous

- ★ Annie Annie Over (Eevy Ivy Over)
- ★ Behavior Modification
- ★ Bottle Bowling
- ★ Camping Trip
- ★ Capture the Flag
- ★ Charades, Pictionary
- ★ Exercise Bingo
- ★ Find the Leader
- ★ Limbo
- ★ Murder in the Dark
- ★ Musical Chairs
- ★ Obstacle Course
- ★ Port and Starboard
- ★ Scavenger Hunt
- ★ Steal the Bacon

## Annie Annie Over

### What You Need:

- ★ Four or more players
- ★ A large, soft playground ball
- ★ An obstacle that players can run around but can't see through, such as a shed or a sheet hung on a volleyball net or rope

### How to play:

1. Split players into two teams. Each team stands on opposite sides of the shed or sheet. They should be completely hidden from the opposing team.
2. The starting team tosses the ball over the divider and shoots "Annie, Annie Over!" (or "EEVY IVY OVER!")
3. The other team tries to catch the ball before it hits the ground.
4. If they catch the ball, they all race around the obstacle in one direction, without warning the other team. They try to tag them by the hand or with the ball.
5. Meanwhile, the players on the opposing team must run for the safety of the other (now empty) side of the structure.
6. Any player that is tagged must join the other team. That team will throw next.
7. If the receiving team does not catch the ball, they don't run. Instead, they throw the ball back to the other side.
8. The team that ends up with all of the players, wins!

### Tip:

- ★ For younger players, give the throwing team a heads-up on whether they should run. Have the receiving team call out "catch!" or "miss!" after each throw.

Game from <http://library.thinkquest.com> and <http://familyfun.go.com/playtime/sports-athletic-games/ball-games/annie-annie-over-707024/>

## Behavior Modification Game

What you need:

- ★ Nothing!

How to play:

1. One player is chosen to be the poser. The poser goes around the corner of the house or into the other room. The remaining players agree on a pose that they want the poser to adopt. Examples of poses are standing on one foot, sitting with arm and legs crossed, etc.
2. The poser then comes back. He begins moving his arms and legs into various positions. The other players cheer and clap if he's getting closer to the pose they want. If he's heading in the wrong direction, they quiet down.
3. When the poser gets the correct pose, it's time for everyone to cheer wildly and give a standing ovation.

Game from <http://familyfun.go.com/playtime/behavior-modification-game-707368/>

## Bottle Bowling

### What you need:

- ★ 10 2-liter bottles, filled with water (for fun, dye the water different colors with food coloring)
- ★ Rubber ball
- ★ Flat surface

### How to play:

1. Set the bottle pins up in a pyramid.
2. Take turns rolling the ball toward the pins. Each turn has two rolls.
3. For each pin that is knocked down on a turn, the player gets one point.
4. If all pins are knocked down on a single roll, it is a strike. The player gets 12 points.
5. If all pins are knocked down on two turns, it is spare. The player gets 10 points.
6. The game ends after all players have bowled for ten frames (ten turns). The winner is the player with the most points.

### Other ideas:

- ★ Set up the pins in different patterns.
- ★ Bowl from different distances to make the game more difficult (or easier).

## Camping Trip

What you need:

- ★ Nothing!

How to play:

1. Have players sit in a circle. Two players must be familiar with how to play.
2. Play begins by one person saying "I'm going on a camping trip and I'm going to bring \_\_\_\_\_." The player fills in the blank with any item she would like to bring. For example "a sleeping bag."
3. The next person says "I'm going on a camping trip and I'm going to bring..." This person picks anything s/he would like to bring on the trip, but it must begin with the letter "G", because the last letter of the first person's "camping accessory" was a "G." For example, the second person could bring a "Guardian." This would be an okay thing to bring, so everyone says "Okay, you can bring that on our camping trip."
4. If the third person hasn't caught on to the game yet and says "I'm going on a camping trip and I'm going to bring *hot dogs*", everyone should say "No! You can't bring hot dogs!"
5. Play continues around the circle until everyone has caught onto the game.

Other ideas:

- ★ This can be modified into a get-to-know-you name game. The first person starts by saying, "My name is Sarah and on the camping trip, I'm bringing socks." The next person says, "My name is Erica and I'm bringing eggs. Sarah is bringing socks." The game continues around the circle until the last person. This player must name all other players in the circle and the items that they are bringing on the camping trip.

## Capture the Flag

### Materials:

- ★ Two different colored flags - bandanas, scarves, socks, etc.

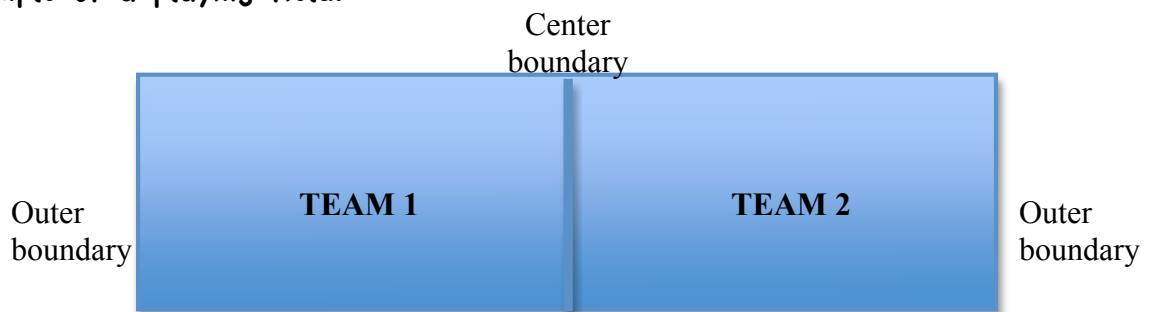
### Location:

- ★ Gym
- ★ Open area - field, yard, playground

### How to Play

1. Divide players into two teams. Each team gets a different colored flag.
2. Establish boundaries for play. Each team should have equal areas that are designated as their territory. All players need to be aware of the boundaries.
3. Before play begins, the teams must meet separately to choose a hiding place for their flag. Teams also need to choose a location for a jail.
4. The goal of the game is to steal the other team's flag.
5. Players keep each other from stealing the flags by tagging each other while they are in the opposing team's area. If a player is tagged on the opposite team's side, they go to the jail of the enemy. The person who is tagged must be escorted to jail, otherwise they are free to run back to safety, on their side.
6. Players can be rescued from jail. A team member must run to the jail and tag the person in jail. The rescuer and the escapee can then run back to their side; they cannot be tagged while returning to their team.
7. If a player is able to find the flag, he or she can grab it and run it back to their side. They can be tagged anywhere on the playing field, and they are *not* safe after crossing the center boundary line. The first team to get the other team's flag back to their base line (back wall or outer boundary of the playing field) wins a point.
8. The game continues until one team successfully captures the opposing team's flag or for a set length of time.

### Example of a playing field:



Adapted from <http://library.thinkquest.org/J002150/>

## Charades Pictionary

### Materials:

- ★ For Pictionary, you will need a dry erase or chalk board, markers or chalk, and something to erase with
- ★ For both games, you will need cards with clues
- ★ A hat or bag to draw from

### How to play:

Players can be divided in teams or work as one large group

### *Pictionary*

- ★ Players draw a clue and must illustrate the clue
- ★ No actions, sounds, words, etc. can be used
- ★ Other players try to guess what the player is drawing

### *Charades*

- ★ Players draw a clue and must act out the clue
- ★ When acting, no words can be used
- ★ Other players try to guess what the player is drawing

### Ideas for clues

- ★ Sports players -ex: soccer player, baseball player, etc.
- ★ Sports games - ex: football, swimming, hockey, etc.
- ★ Places - ex: cities, countries, types of locations (mountains, oceans)
- ★ Famous people
- ★ Food - ex: banana, apples, pears, etc.
- ★ Movies

It is fun if all players come up with a few clues - this makes for a more creative and entertaining game.

## Exercise Bingo

### Materials:

- ★ Blank Bingo card for each child and an extra copy for the caller
- ★ Bingo activity card sheet for each child and an extra copy for the caller
- ★ Scissors
- ★ Glue sticks
- ★ Pennies, checkers, dried beans, or other small items, to use as markers

### What to do:

1. Begin by giving each child one Bingo card, one activity card sheet, a pair of scissors, and glue.
2. Cut the activity cards apart.
3. Glue the activity cards onto the Bingo board, in random order. Each child will end up with a different Bingo board.
4. When the Bingo boards have been created, you are ready to play!
5. Each child needs to have their Bingo board and a set of markers. The caller should have a set of activity cards in a small bag or cup.
6. To begin, have everyone mark the "free" square in the center of the card.
7. Draw an activity square from the bag. Have the kids mark the matching square on their cards and do the activity. Draw squares and do activities until someone gets "BINGO."
8. How to get BINGO:
  - First person to fill in 5 squares in a row - horizontally, vertically, diagonally
  - Four corners - must have 4 corners marked
  - X - must have an X pattern marked on their card
  - T - must have a T pattern marked on the card
  - Full Card - must have all squares marked

Adapted from Kidnetic.com Leader's Guide

## Find the Leader

What you need:

★ Nothing!

How to play:

1. One player is chosen to be the guesser. The guesser goes around the corner of the house or into another room. The guesser must be out of earshot and unable to see the remaining players.
2. While the guesser is gone, the remaining players sit in a circle and quietly select a leader.
3. The leader then begins a series of movements - hand motions, claps, foot stomps, and so on - which the other players copy.
4. The guesser is then called back to watch the group. The leader must change the movements every 5 to 20 seconds. The followers try not to give away the leader with their eyes.
5. The guesser has three tries to identify the correct leader.

Game from <http://familyfun.go.com/playtime/find-the-leader-707585/>

## Limbo

### Materials:

- ★ Music - radio, CDs, internet
- ★ Limbo pole - dowel rod, broom stick, yard stick, bamboo pole, etc.

### How to play:

- ★ Two volunteers are needed to hold either side of the limbo pole.
- ★ Have players line up in a straight line in front of the limbo pole.
- ★ Begin with the pole at shoulder's height. After all players have crossed under the pole, lower it slightly.
- ★ Play continues until only one player remains. Players are eliminated if they touch the limbo pole, touch the ground with anything but their legs, or fall while trying to pass under the pole.
- ★ Players can be creative when trying to cross under the pole.

Music suggestions - Caribbean, Salsa, Latin, etc.

## Murder in the Dark

### What you need:

- ★ Slips of paper, enough for each player. One slip should have an “x” written on it; the other slips should have “o”
- ★ Something to put the slips of paper in, like a bucket, cup, or baseball hat

### How to play:

1. Have players sit in a circle. Put all slips of paper in the bucket and pass it around the circle. Each player should take one slip.
2. The person who drew the “x” slip is the “murderer.” He or she tries to blink at the other players. The person who is blinked at must fall over, dead.
3. If a person thinks she knows who the murderer is, she must say that person’s name. The game then starts over. If the wrong murderer is identified, the person that is wrong must fall over.

Game from <http://library.thinkquest.org/J002150/>

## Musical Chairs

### Materials:

- ★ Chairs
- ★ Music - radio, CDs, internet are some places to find music

### How to play:

- ★ Set up chairs in a circle, with the backs facing the inside of the circle. There should be one less chair than players.
- ★ Have the players stand in front of the chairs. When the music begins, they should begin moving in a line. They can walk, skip, hop, or move in any other way. However, all players should move the same way.
- ★ Stop the music. Players sit in the chair closest to them. The player without a chair to sit in is out. After the players stand up, remove one chair from the circle.
- ★ Play the music and stop it again. Continue to remove chairs and eliminate players until only two players and one chair remain.
- ★ The winner is the last person sitting.

### Variations:

- ★ Players can move in different ways - walk, skip, hop, crawl, etc.
- ★ Musical Bumps - this is a chair-less version of Musical Chairs. Players sit on the ground as quickly as possible when the music stops. The last player to sit is eliminated from the game.
- ★ Musical Statues - players must maintain their pose when the music stops. They must keep their pose until the music begins again. Any player who moves while the music is stopped is out of the game.
- ★ Instead of using chairs, try beach towels, mats, or pillows.

## Obstacle Course

Obstacle courses can be created using everyday household objects and fitness items. Your course will vary depending on what items you have. It is best to have ten stations.

Kids can be divided into teams and race. In this situation, two identical obstacle courses need to be set up. Alternatively, kids can be on one giant team, with the end goal of all finishing or finishing in a certain amount of time.

Here are some ideas of obstacles:

1. Crawl under or over a row of chairs.
2. Crawl under a string stretched between two chair legs.
3. Hula-hoop - Jump into and out of a Hula-Hoop five times. Keep a hula-hoop going for 20 seconds.
4. Walk on a balance board.
5. Throw a beanbag into a laundry basket.
6. Run while balancing a beanbag on your head.
7. Do a ring toss.
8. Play one hole of Newspaper Golf.
9. Ride a tricycle along a predetermined route.
10. Somersault from one point to another.
11. Do a handstand.
12. Skip in place while reciting a jump rope rhyme.
13. Do ten jumping jacks.
14. Bear crawl - crawl on hands and feet, like a bear
15. Crab walk - crawl on hands and feet with belly facing the sky
16. Frog jump - squat low to the ground and jump
17. Box hop - using sidewalk chalk, draw boxes at an angle, two feet apart from each other. Jump sideways from one box to the next. For an additional challenge, vary the distance between boxes.
18. Weighted ball toss - toss a weighted ball back and forth between partners. After each toss, take a step back. If the ball is dropped, start over.
19. Soccer dribble - set up cones and dribble a soccer ball through the cones and back.
20. Monkey bars - if setting up the obstacle course on a playground with monkey bars, these can be a station. If someone falls off, must start over before continuing on.
21. Basketball toss - if a basketball goal is available, mark three spots from which everyone must shoot and make a basket. Number the spots, so that everyone starts in the same place.
22. Dash - end the course with a 50-yard dash

Course ideas from: <http://living.health.com/2009/08/19/home-obstacle-course/>  
AND <http://fun.familyeducation.com/exercise/activity/37126.html>

## Port and Starboard

What you need:

- ★ Large space, like a gym or field, with marked lines

How to play:

1. Choose one person to be the caller.
2. Teach everyone the meaning of the following calls:
  - a. Roll Call - players run right end of the field and stand with arms straight down at their sides.
  - b. Inspection - players run to the left end of the field and salute.
  - c. In the Galley - players run to the middle line. They stand with arms straight out to their sides, horizontal to the ground.
  - d. Shipwreck - players must pair up and sit on the floor with feet touching. Players hold hands and rock back and forth like they are rowing.
  - e. Man Overboard - players pair up. One player gets down on all fours. The other player gently places his knee on the back of the first player. He then puts his hand over his eyes as if he is looking over the side of the boat.
  - f. Hit the Deck - players fall to the ground in push-up position.
  - g. Hurricane - players must get their whole bodies off the ground. (This is where creativity comes in to play.)
  - h. Surfer - players stand in a squatting stance with both arms out, like they are riding the waves on a surfboard
3. The caller shouts a call and the players must do whatever is called.
4. It is most exciting when the caller yells out command after command and doesn't wait until everyone has finished the first call.

Game from <http://library.thinkquest.org>

## Fitness Scavenger Hunt

### Materials:

- ★ Variety of fitness-related items
  - Examples: baseball, baseball glove, bike helmet, bike reflector light, football, jump rope, kickball, kite, skate board, step counter, sun visor, swim goggles, tennis ball, t-shirt, water bottle, exercise pads, soccer ball
- ★ Paper and marker, to create clues

### Setting up:

- ★ Clues will vary depending on the items that you have
- ★ Examples of clues:
  - “Your ‘goal’ is to have fun kicking this” - soccer ball
  - “You’d go fly this on a windy day” - kite
  - “You’ll have your ups and downs when you use this” - jump rope
  - “These help you see under the sea (or in a pool)” - swim goggles
  - “This fits you to a T when you are active” - t-shirt
- ★ Clues can be written or read out loud
- ★ Hide the items throughout the area where the scavenger hunt will take place; the bigger the area, the better!

### What to do:

- ★ Gather the kids in a central area. Read a clue and have the kids run to find the item that matches the clue.
- ★ When someone finds the correct item for that clue, they yell out the item name. All players run back to the central area for the next clue.
- ★ Repeat until all items are found. Then, for each item, discuss the activity it represents.

Activity from Kidnetic.com Leader’s Guide

## Steal the Bacon

### What you need:

- ★ Any small object, like an eraser, plastic pop bottle, or scarf
- ★ A large, open area

### How to play:

1. Split players into two groups. Choose one player to be the caller. All other players are given a number. Be sure to keep your number a secret!
2. The caller places the "bacon" on the floor in the middle of the playing field.
3. The caller yells out a number. The people with that number try to steal the "bacon." The first person to the "bacon" tries to steal it and get it back to their team's starting place. The players who do not get the "bacon" try to tag the other person before he/she gets to the wall or starting place.
4. If the person with the "bacon" makes it back, he/she gets a point for the team. If the person gets tagged, no point is awarded and the "bacon" must be put back in the center. Players then return to their teams.
5. Play continues for a chosen amount of time.

Game from <http://library.thinkquest.org>

# Relay Race

- ★ Backlash
- ★ Overall Understanding
- ★ Tennis Ball Relay

## Backlash

### What you need:

- ★ 4 round balloons (bring extras just in case)
- ★ Wide, open space
- ★ Rope, twine, or cones

### How to play:

1. Divide players into two teams. Within each team, have players pair up into groups of two.
2. Set up start and finish lines using rope, twine, or cones.
3. Each pair connects elbows so they are back to back. Two balloons are placed between the players so that they hold them with their backs or heads.
4. When the leader says "go", the players try to get to the finish line and back. They then pass the balloons to the next partners in the line.
5. The first team to have all partner pairs go down and back wins!

Game from <http://library.thinkquest.org>

## Overall Understanding

What you need:

- ★ 2 rubber balls
- ★ Gym or outside space

How to play:

1. Divide players into two teams. It is best to five or more players per team. Have the players line up in two lines.
2. Give the first player in each line a ball. When the leader says "go", the person with the ball passes the ball over his head. Then the next person grabs the ball and puts it under his legs. The third person passes the ball over his head.
3. When the ball reaches the last person in line, she runs to the front of the line and starts it all over.
4. The passing continues until every person on each team gets a turn to be in front.
5. The first team to finish is the winning team.

Game from <http://library.thinkquest.org>

## Tennis Ball Relay

What you need:

- ★ Two tennis balls

How to play:

1. Divide players into two teams. Have the teams stand in two lines.
2. Give the first person in each line a tennis ball. The teams must pass the tennis ball from player to player in three ways:
  - a. With their elbows only
  - b. With their necks/chins
  - c. With their knees
3. This is a challenge! The first team to figure out how to successfully pass the ball and complete the three tasks wins!

Tip:

- ★ Can use balloons or other types of balls to make the challenge easier or more difficult
- ★ Are there other ways to pass the ball without using your hands?