

# MY SCHOOLYARD: A PLACE TO HAVE FUN!

Compendium  
of Games



# How to use the game cards

## Types of activities

### BALL GAMES

Games involving the use of at least one ball. Many ball games may be based on a team sport. Ball games are usually played within set boundaries.

### RUNNING AND CHASING GAMES

Games that require the ability to move and react quickly to take possession of an object, or to escape from or chase after another player.

### GAMES OF SKILL

Games usually played in small groups that place more emphasis on psychomotor skills like coordination and balance.

## Cycle

The cycle indicated is the cycle for which the game is most appropriate, keeping in mind that these games can easily be adapted for any of the cycles.

## Type of group

The games are divided into two main categories based on the number of children needed to play (approximately).

**Small group:** 1 to 10 players (approximately)

**Large group:** more than 10 players

This information is provided **for guidance** only.

For your convenience, the game cards can be printed as needed from the CD-ROM included with this Guide.

## Play area boundaries

To keep the text as short as possible, we have avoided a detailed presentation of the materials and/or equipment needed to identify the play area boundaries. To summarize, here are the main things that can be used to easily and simply demarcate the field where a game is to be played.

### On a paved surface:

- Paint or permanent markings
- Chalk
- Ropes (should not be tied at both ends in order to avoid injuries)
- Cones
- Existing physical features: walls, fences, doors, etc.

### On a grass surface:

- Cones
- Ropes (should not be tied at both ends in order to avoid injuries)

### On a snow-covered surface:

- Cones
- Ropes (should not be tied at both ends in order to avoid injuries)
- Lines drawn in the snow
- Mixture of water and food colouring
- Small flags planted in the snow

## Variations

A variation is a change made to a game by modifying the rules, adding new elements or altering the physical intensity or level of difficulty of the game. Variations are a good way of adapting a game for a cycle other than the one it was initially intended for.

The symbol ✱ used as a bullet in this section of the card indicates how to adapt the activity for play in wintertime.



This symbol next to the title means that the game can be played in wintertime.



This symbol under the heading *Game play* identifies a safety rule.

# Cat and Dog



**BALL**

**RUNNING AND CHASING**

**SKILL**

1

## Cycle

Kindergarten

1

2

3

## Type of group

Small group

Large group

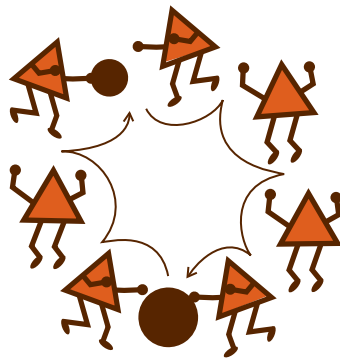
## Required equipment

A small ball

A big ball

## Object of the game

To pass the small ball and the big ball quickly from one player to another so that the big ball catches up to the small one.



## Game play

- The players form a circle.
- At the beginning of the game, the cat (the small ball) is passed to the left from one player to the next.
- When the small ball has gotten halfway around the circle, the dog (the big ball) starts moving in the same direction from one player to the next.
- The game is over when the dog has caught up to the cat.
- The game can be replayed as is, or with one of several variations.

## Variations

- Have the players use just one hand to pass both the big ball and the small ball.
- Play in two teams. The players of each team are placed in alternating positions in a circle. One team passes the big ball, and the other passes the small ball. The first team whose ball overtakes the other team's ball wins.
- Play the game with the players facing outward from the centre of the circle.
- Add small and big balls moving in the opposite direction to increase the level of difficulty.



# Guard Your Treasure



**BALL**

**RUNNING AND CHASING**

**SKILL**

2

## Cycle

Kindergarten

1

2

3

## Type of group

Small group

Large group

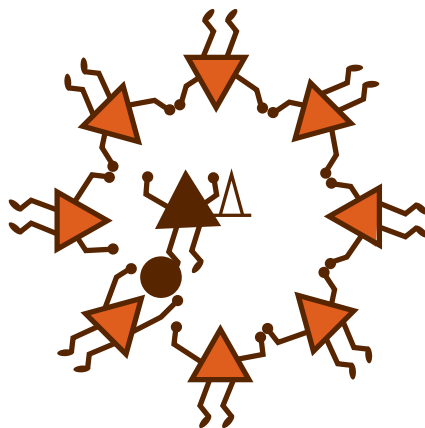
## Required equipment

A ball

A cone or a pin

## Object of the game

To knock the treasure over with a ball while the guardian tries to protect it.



## Game play

- The players stand in a circle.
  - The treasure, represented by the cone, is placed in the centre of the circle.
  - A guardian is chosen to protect the treasure.
  - The players try to knock the treasure over with the ball. They can try to outmanoeuvre the guardian by passing the ball back and forth.
  - When the treasure is knocked over, the player who hit the treasure becomes the guardian in the next round.
- !** Make sure that the circle of players is not too close to the treasure.

## Variations

- Use more than one ball.
- Depending on the number of participants, add cones and guardians. When there is more than one guardian, each guardian is assigned to protect a single treasure. When a treasure is knocked over, the unsuccessful guardian joins the other players and tries to knock the other treasures over.



# The Deer Hunt

**BALL**

**RUNNING AND CHASING**

**SKILL**

3

## Cycle

Kindergarten     1     2     3

## Type of group

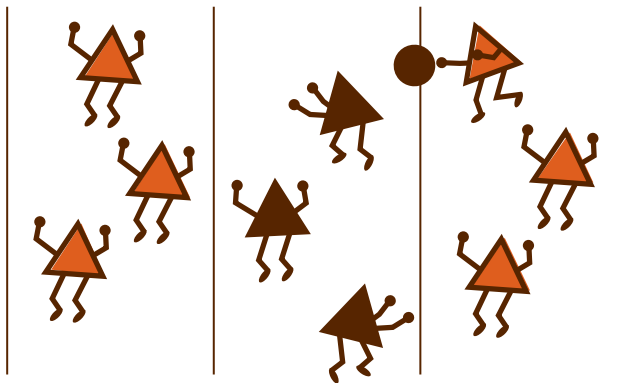
Small group     Large group

## Required equipment

A ball

## Object of the game

To be a deer as long as possible by avoiding being hit by the ball. The hunters try to become deer by hitting a deer with the ball.

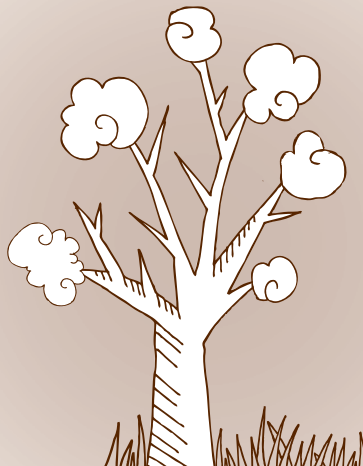


## Game play

- The play area is divided into three equal parts.
  - One third of the players - the deer - stand in the centre of the field.
  - The other players - the hunters - are divided into two groups at either end of the field.
  - The hunters try to tag a deer by throwing the ball from either end of the field.
  - The deer are not allowed to catch the ball.
  - A hunter who hits a deer with the ball changes places with the deer.
  - When the game is over, the deer are the winners.
- !** Head shots are not allowed. Players who are hit in the head by the ball remain deer.

## Variations

- Use more than one ball.
- The deer put their hands on their heads to imitate antlers.



# Middle Ball



**BALL**

RUNNING AND CHASING

SKILL

4

## Cycle

Kindergarten  1  2  3

## Type of group

Small group  Large group

## Required equipment

A ball

## Object of the game

To hit the player in the middle with the ball without him or her catching it.

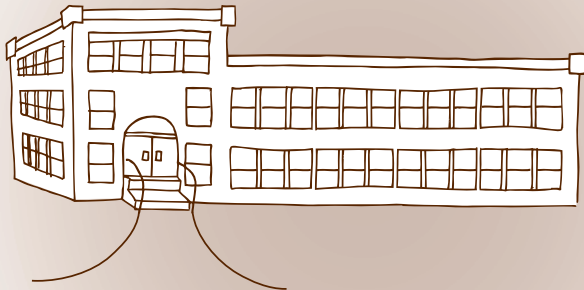


## Game play

- Two players stand about 8 m apart and one player stands in the middle.
  - The players at the ends try to tag the player in the middle by throwing the ball without him or her catching it.
  - The player who succeeds in tagging the middle player takes his or her place.
  - If the middle player is able to catch the ball without being hit, he or she turns and passes the ball to the other player.
- !** Head shots are not allowed. If the middle player is hit in the head, he or she stays in the middle and the game goes on.

## Variations

- Play with more than one player in the middle, and use more than one ball.
- Draw a line on the ground at each end of the play area to prevent the end players from getting too close to the middle player.
- Two players throw the ball back and forth to each other while the third player, in the middle, tries to intercept the ball. When the ball is intercepted, the last player to throw the ball becomes the middle player.



# Wolf in the Woods



**BALL**

**RUNNING AND CHASING**

**SKILL**

5

## Cycle

Kindergarten  1  2  3

## Type of group

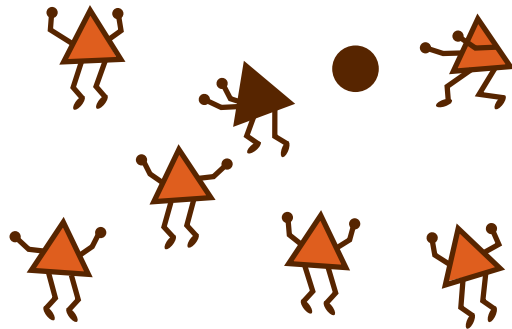
Small group  Large group

## Required equipment

A ball

## Object of the game

To catch the wolf by hitting it with the ball while it runs through the woods.



## Game play

- One player is chosen to be the wolf. The others – who play the trees in the forest – fan out over the field, the edges of which are clearly marked.
- The trees cannot move, but they can pivot.
- The wolf is the only person who can move freely about the field.
- The trees throw the ball back and forth to each other, trying to hit the wolf with the ball.
- The tree who succeeds in hitting the wolf changes places with the wolf.
- Be careful to always aim the ball below the shoulders.



## Variations

- Increase the number of wolves and balls.
- Require the trees to pass the ball at least twice before throwing it at the wolf.



# Race Against the Ball



**BALL**

**RUNNING AND CHASING**

**SKILL**

6

## Cycle

Kindergarten  1  2  3

## Type of group

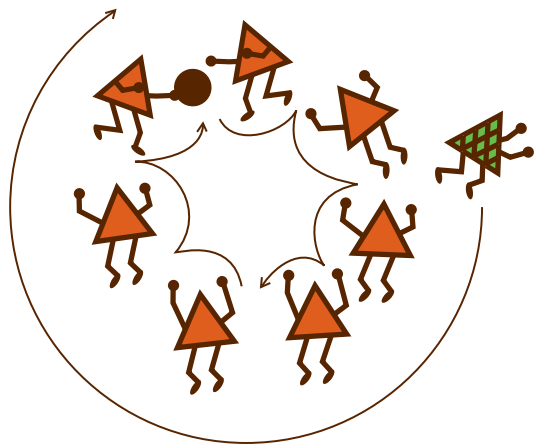
Small group  Large group

## Required equipment

A ball

## Object of the game

The runner has to run around the circle faster than the ball that the players are passing around.



## Game play

- The players stand in a big circle an arm's length apart.
- At the beginning of the game, the ball is given to a player.
- He or she passes it to the next person.
- As soon as he or she is no longer holding the ball, the player runs around the outside of the circle to get back to his or her initial position as quickly as possible.
- Meanwhile, the other players pass the ball as fast as they can to one another, trying to get it all the way around the circle before the runner gets back to his or her place.
- As soon as the first player has returned to his or her place, the next player starts running around the circle, and one by one, all of the other players have a chance to try to be faster than the ball.

## Variations

- Space the players closer together or farther apart to make the circle bigger or smaller and therefore harder or easier to run around in time.
- Use more than one ball.



# Mini-Soccer



**BALL**

**RUNNING AND CHASING**

**SKILL**

7

## Cycle

Kindergarten  1  2  3

## Type of group

Small group  Large group

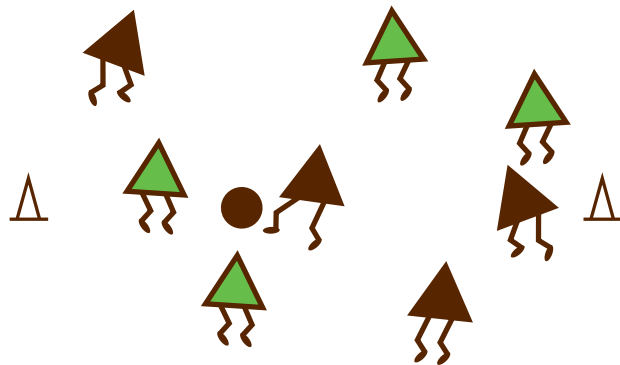
## Required equipment

A soccer ball

Two cones

## Object of the game

To hit the opposing team's cone with the ball.



## Game play

- Define the boundaries of the field and place a cone at each end.
- Divide the group into two teams of about four players each. If there is an extra person, he or she can either play referee or be part of one of the two teams.
- To score a point, the players have to hit the opposing team's cone with the ball.
- The game starts with a face-off between two players.
- The players kick the ball to each other.
- The players are not allowed to touch the ball with their hands or their arms.
- When a team scores a point, the opposing team takes the ball and the game continues from the place where the point was scored.
- The team that ends up with the most points wins the game.

## Variation

- Use goals instead of cones.



# Bucket Ball



**BALL**

**RUNNING AND CHASING**

**SKILL**

8

## Cycle

Kindergarten  1  2  3

## Type of group

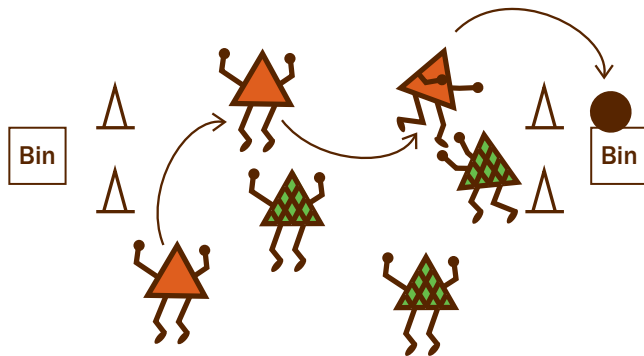
Small group  Large group

## Required equipment

A ball  
Two recycling-type bins  
Four cones

## Object of the game

To score a goal by getting the ball into the opposing team's bin, which is on the ground at the other end of the field.



## Game play

- The bins are placed at opposite ends of the field.
- About one metre from the bin, inside the field, two cones are placed to mark the line that the players must not cross so that the bin remains accessible at all times.
- The players are divided into two teams.
- The game starts when the play leader throws the ball into the air in the middle of the field, where a player from each team is waiting.
- The players try to lob the ball into the opposing team's bin while passing it back and forth.
- When they are in possession of the ball, the players have to stand still, and they only have five seconds to pass the ball to a teammate.
- The team that gets the ball into the opposing team's bin scores a point.

- The team that scores the most points wins the game.

**!** No physical contact is allowed, and the players cannot take the ball out of another player's hands.

## Variations

- Use more than one ball.
- Specify a minimum number of passes before the ball can be aimed at the bin.
- Remove the cones in front of the bins so that the players can get closer.
- Use a basketball and allow players to dribble as they move.



# Hammer Ball



BALL

RUNNING AND CHASING

SKILL

9

## Cycle

Kindergarten  1  2  3

## Type of group

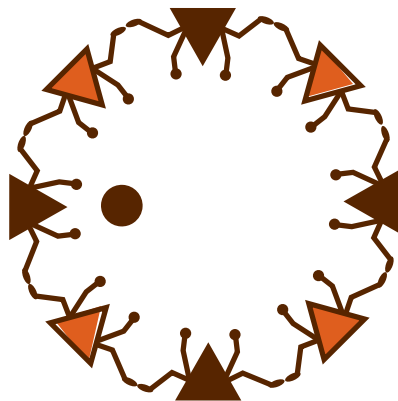
Small group  Large group

## Required equipment

A ball

## Object of the game

To get the ball out of the circle by pushing it between an opponent's legs.



## Game play

- The players stand in a circle with their legs apart and their feet touching the feet of the players on either side of them.
- The players are divided into two teams and take alternate positions in the circle.
- The players lean forward and hit the ball with their clasped hands.
- The ball must remain on the ground at all times.
- The players have to keep the ball moving and try to get it out of the circle by pushing it between an opponent's legs.
- The team that gets the ball outside of the circle scores a point.
- When the ball passes between a player's legs, that player continues to play with only one hand.
- The team that scores the most points wins the game.

## Variations

- \* If the ball passes between a player's legs, that player continues playing on his or her knees.
- Use more balls.
- When the ball leaves the circle, the player who failed to stop it continues to play, but facing away from the centre of the circle.



# Sky Ball

BALL

RUNNING AND CHASING

SKILL

10

## Cycle

Kindergarten     1     2     3

## Type of group

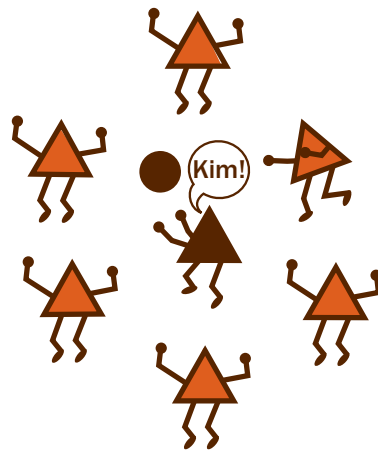
Small group     Large group

## Required equipment

A ball

## Object of the game

The player whose name is called has to catch the ball before it bounces more than once on the ground.



## Game play

- The players form a circle, and one player is chosen to stand in the centre.
  - The player in the centre calls out the name of a player and throws the ball up in the air over his or her head.
  - The player whose name is called runs into the centre of the circle and tries to catch the ball before it bounces more than once on the ground.
  - If the player succeeds, he or she takes the place of the thrower. If not, he or she goes back to his or her place in the circle.
- !** The thrower must throw the ball at least one metre above his or her head.

## Variation

- Assign numbers to each of the players and have the player in the middle call out a number instead of a name.



# Prisoner



BALL

RUNNING AND CHASING

SKILL

11

## Cycle

Kindergarten     1     2     3

## Type of group

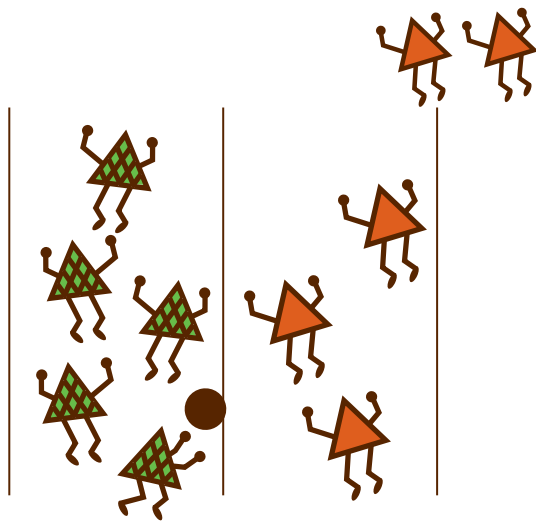
Small group     Large group

## Required equipment

A ball

## Object of the game

To eliminate your opponents by tagging them with the ball, without them catching it.

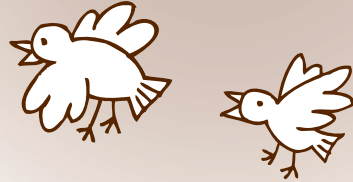


## Game play

- The rectangular field is divided into two equal parts.
  - The players are divided into two teams.
  - The players try to tag their opponents by throwing the ball at them, always aiming below the shoulders.
  - A player who is tagged by the ball is out of the game unless he or she was able to catch the ball.
  - A player who is hit is not out if another player on the same team catches the ball before it touches the ground.
  - A player who is out stays on the side of the field until a teammate catches the ball. All of the players on that team can then come back into the game.
  - The game is over when all of the players on one of the teams are out. The team that still has players wins the game.
- ❗ Head shots are not allowed. Players who are hit in the head are not out.

## Variations

- Use more than one ball.
- A player who is tagged can only play with one hand and is out if he or she is tagged a second time.
- Only the first player to be out can return to the game when a teammate catches the ball.
- The game ends after a predetermined period of time. The team that has the most players wins the game.
- A player who is tagged changes teams.



# Free-Range Dodgeball



**BALL**

**RUNNING AND CHASING**

**SKILL**

12

## Cycle

Kindergarten  1  2  3

## Type of group

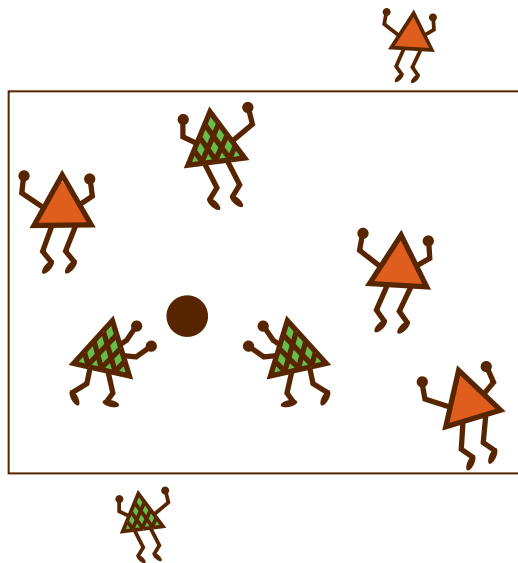
Small group  Large group

## Required equipment

A ball  
Pinnies

## Object of the game

To eliminate your opponents by tagging them with the ball, without them catching it.



## Game play

- Unlike dodgeball, the players are allowed to move everywhere inside the boundaries of the field.
- The players are divided into two teams, identified by their respective pinnies.
- The player holding the ball is not allowed to move.
- The players try to tag their opponents with the ball, always aiming below the shoulders.
- A player who is tagged is not out if the ball is caught by another player on the same team before it touches the ground.
- The players can pass the ball to their teammates to outmanoeuvre their opponents.
- A player who is tagged withdraws to a position off the field, where he or she can continue to help his or her team.

- If a player catches the ball, all of his or her teammates who are out are allowed to return to the game.
- The team that has the most players at the end wins the game.

Head shots are not allowed. Players who are hit in the head are not out.



## Variations

- \* Players who have been tagged continue to play, but on their knees. If they tag another player, they can stand up to play again.
- Use more than one ball.
- When a player is tagged, he or she plays with one hand and is out if he or she gets tagged a second time.
- Divide the players into three or four teams.

# Square Ball

BALL

RUNNING AND CHASING

SKILL

13

## Cycle

Kindergarten     1     2     3

## Type of group

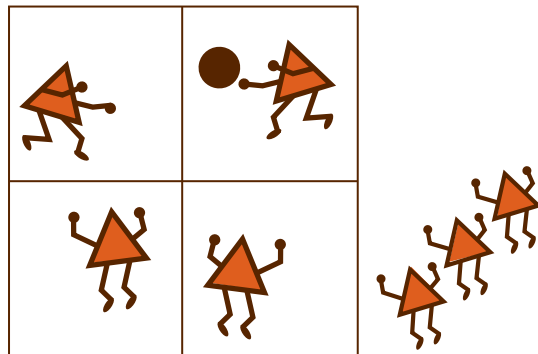
Small group     Large group

## Required equipment

A ball

## Object of the game

To try to eliminate your opponents by tagging them with the ball and to stay inside a square as long as possible.



## Game play

- Draw a square measuring roughly 6 m by 6 m. Divide the square into four smaller squares.
  - The game starts with one player in each of the small squares.
  - The players try to tag the other players with the ball, always aiming below the shoulders. A player who is tagged is out unless he or she catches the ball or the ball bounces on the ground.
  - A player who gets tagged goes to the end of the waiting line and a new player takes his or her place in the square.
  - The new player throws the ball to restart the game.
- !** Head shots are not allowed. Players who are hit in the head are not out.

## Variation

- If there are a lot of players, a maximum of four will take up positions behind each corner of the field as substitutes. A player who has been tagged changes places with his or her substitute until the substitute is tagged and they change places again.



# Dodgeball With Goals



**BALL**

**RUNNING AND CHASING**

**SKILL**

14

## Cycle

Kindergarten       1       2       3

## Type of group

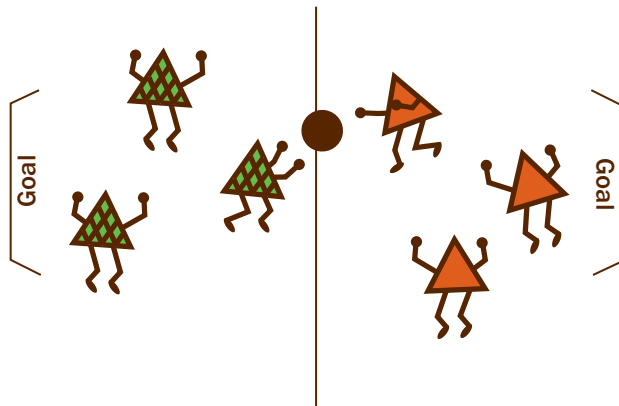
Small group       Large group

## Required equipment

A ball  
Four cones or two goals

## Object of the game

To score as many points as possible by putting the ball in the opposing team's goal.



## Game play

- The rectangular field is divided into two equal parts.
- The players are divided into two teams.
- The players score a point each time they throw the ball into the opposing team's goal.
- To clear a path to the goals, the players try to tag the members of the opposing team with the ball, always aiming below the shoulders.
- A player who is tagged by the ball is out unless he or she catches the ball.
- A player who is tagged is not out if another player on the same team catches the ball before it touches the ground.
- A player who is out remains on the edge of the field until a teammate catches the ball, at which time all of the players on that team can return to the game.

- The team that scores the most points wins the game.

**!** Head shots are not allowed. Players who are hit in the head are not out.

## Variations



- Use more than one ball.
- When a player is tagged, he or she plays with one hand and is out if he or she gets tagged again.
- When a player is tagged, he or she changes teams.
- Only the first player to be out can return to the game when a teammate catches the ball.

# Pin Ball

BALL

RUNNING AND CHASING

SKILL

15

## Cycle

Kindergarten     1     2     3

## Type of group

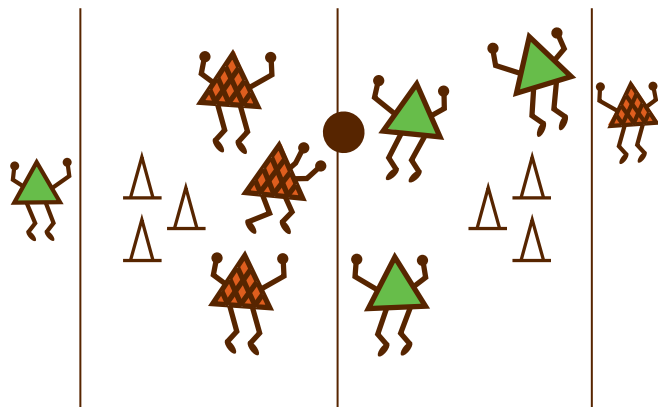
Small group     Large group

## Required equipment

A ball  
Six pins or cones

## Object of the game

To knock over all of the opposing team's pins.



## Game play

- The rectangular field is divided into two equal parts. Three pins are placed in the centre of each half of the field.
- The players are divided into two teams.
- The players try to knock the opposing team's pins over by throwing the ball at them.
- To clear a path to the pins, the players try to tag the members of the opposing team with the ball, always aiming below the shoulders.
- The ball has to touch a player without bouncing on the ground and must not be caught in order for the player to be considered tagged.
- A player who has been tagged is not out if a teammate catches the ball before it touches the ground.
- A player who is tagged is given the ball and resumes play from the back of the opposing team's field by trying to knock over a pin or tag an opposing player.

- The team that knocks over all three of the opposing team's pins wins the game.

❗ Head shots are not allowed. If players are hit in the head, they are not considered tagged.

❗ When a player knocks down one of his or her own team's pins, the pin cannot be put back up.

## Variations



- In the centre of each half of the field, draw a circle where the pins will be placed. The players have to stay outside of this circle at all times or they are out of the game.
- Use more balls or pins.
- Allow the players to choose where they want the pins placed.
- When a player at the back of the opposing team's field tags a player without him or her catching the ball, the thrower can return to his or her home field.

# Battle of the Continents

BALL

RUNNING AND CHASING

SKILL

16

## Cycle

Kindergarten  1  2  3

## Type of group

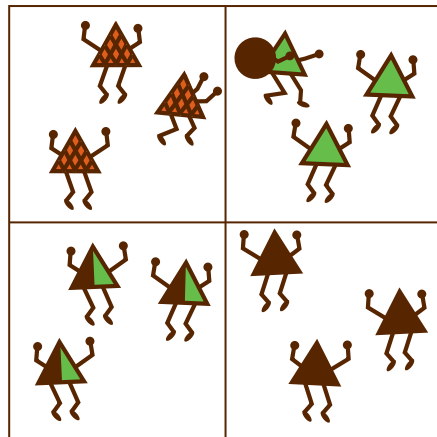
Small group  Large group

## Required equipment

A ball

## Object of the game

To build the biggest continent by getting the most players on your team.

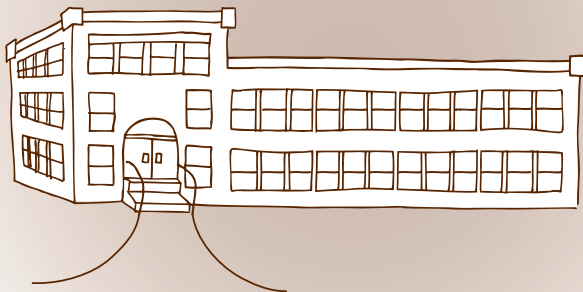


## Game play

- Draw a square measuring roughly 6 m by 6 m. Divide the square into four smaller squares.
- The players are divided into four teams and placed in the four fields.
- Each team is given the name of a continent.
- The teams try to increase the size of their continent by tagging their opponents with the ball, always aiming below the shoulders.
- The ball has to touch the player without bouncing on the ground or being caught.
- A player who is tagged joins the team that threw the ball.
- When a field is empty, the team that has the most players can take it over and occupy it.
- The game is over when all of the players end up on the same continent.

## Variations

- Use more than one ball.
- The ball has to bounce once before hitting a player in order for that player to become part of a continent.



# Fragile Planet

BALL

RUNNING AND CHASING

SKILL

17

## Cycle

Kindergarten     1     2     3

## Type of group

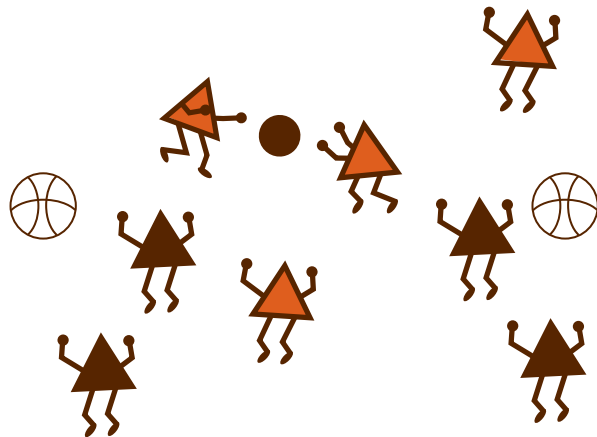
Small group     Large group

## Required equipment

A ball  
Eight hoops  
Pinnies (optional)

## Object of the game

To knock the opposing team's planet over by hitting it with the ball.



## Game play

- The players are divided into two teams.
- At each end of the field, create a planet as follows: Lay a hoop flat on the ground. Place two other hoops so that they rest on the ground inside the first hoop and lean together at the top. Place a fourth hoop horizontally over the two standing hoops.
- The players fan out over the field.
- The game starts in the centre of the field when the play leader throws the ball up in the air.
- The player who has the ball cannot move and has to pass the ball to a teammate.
- The players on the team pass the ball and try to knock the opposing team's planet over by hitting it with the ball.
- The players can intercept the ball, but are not allowed to grab it out of another player's hands.

- If the team succeeds in knocking the opposing team's planet over, it gets one point. The team rebuilds its planet, takes possession of the ball and the game resumes.
- If a player knocks his or her own team's planet over, a point is given to the opposing team.

## Variations

- Use more than one ball.
- All of the players on the same team have to touch the ball before it can knock the planet over.
- When the planet is knocked over, the players have 10 seconds to rebuild it. If they can't do it in time, the opposing team gets one point.



# Dodgeball



**BALL**

**RUNNING AND CHASING**

**SKILL**

18

## Cycle

Kindergarten     1     2     3

## Type of group

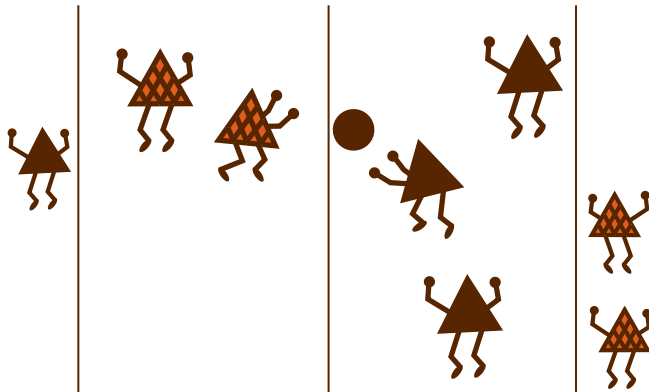
Small group     Large group

## Required equipment

A ball

## Object of the game

To tag the players of the opposing team with the ball, without them catching the ball, and to avoid being tagged yourself.

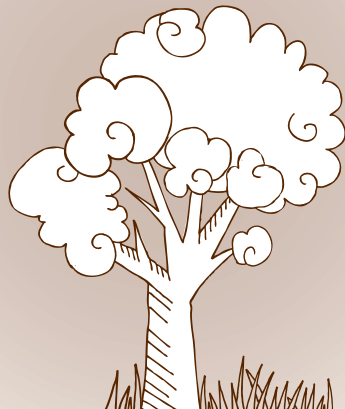


## Game play

- The rectangular field is divided into two equal parts.
  - The players are divided into two teams.
  - The players try to tag the members of the opposing team with the ball, always aiming below the shoulders.
  - In order for a player to be considered tagged, the ball has to hit him or her without bouncing on the ground, and it must not be caught.
  - A player is not considered tagged if a teammate catches the ball before it touches the ground.
  - A player who is tagged is given the ball and resumes play at the back of the opposing team's field, where he or she continues to help his or her team.
  - The team that tags all of the opposing team's players wins the game.
- !** Head shots are not allowed. Players who are hit in the head are not considered tagged.

## Variations

- Use more than one ball.
- Any player who is tagged joins the opposing team.
- A tagged player who who succeeds in tagging an opponent can return to the game.



# Soccer in a Circle



**BALL**

RUNNING AND CHASING

SKILL

19

## Cycle

Kindergarten  1  2  3

## Type of group

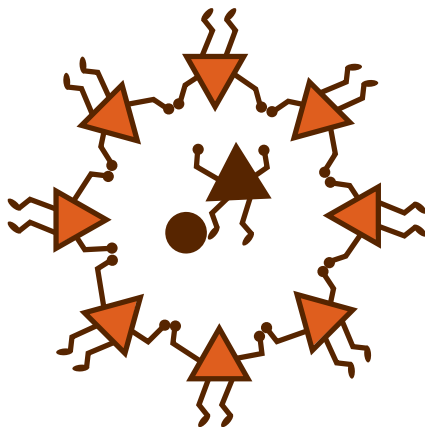
Small group  Large group

## Required equipment

A soccer ball

## Object of the game

To prevent the ball from leaving the circle.

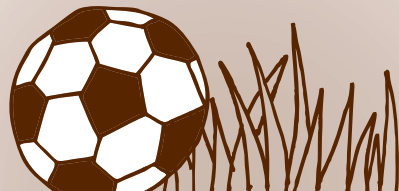


## Game play

- The players stand in a circle holding hands; one player stands in the centre.
  - The player in the centre tries to kick the ball out of the circle, while the other players use their feet to prevent the ball from leaving the circle without letting go of each other's hands.
  - The player in the centre is replaced by the player who lets the ball out of the circle, or after five attempts to get the ball out of the circle.
- ! The ball has to stay on the ground at all times.

## Variations

- The player in the centre can use his or her hands to roll the ball out of the circle, especially if the ball is hard.
- The players in the circle face outwards to make it easier for the player in the centre.



# Five-Pass Challenge



**BALL**

**RUNNING AND CHASING**

**SKILL**

20

## Cycle

Kindergarten     1     2     3

## Type of group

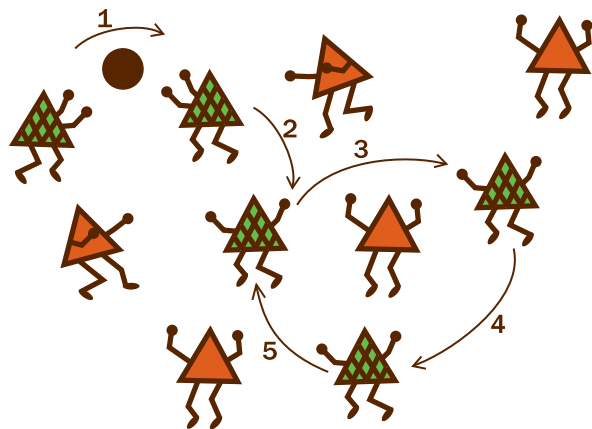
Small group     Large group

## Required equipment

A ball  
Pinnies (optional)

## Object of the game

To pass the ball five times in a row without the ball touching the ground or being intercepted.



## Game play

- The group is divided into two teams.
- The player who is holding the ball is not allowed to move.
- The players on one team have to make five consecutive passes without the ball touching the ground.
- The ball can stay in a player's hands for a maximum of three seconds; otherwise, the ball goes to the opposing team.
- If the team succeeds in making five consecutive passes, the team wins a point, and the opposing team is given the ball and resumes the game.
- As soon as the ball hits the ground or is intercepted by a player on the other team, it's the opposing team's turn and the pass count starts at zero again.
- The ball must always be thrown, never handed from one person to another.

## Variations

- Replace the ball with a frisbee or a ring.
- Have the players do bounce passes with a basketball.
- Gradually increase the number of passes from one round to the next.



# Middle Ball

BALL

RUNNING AND CHASING

SKILL

21

## Cycle

Kindergarten     1     2     3

## Type of group

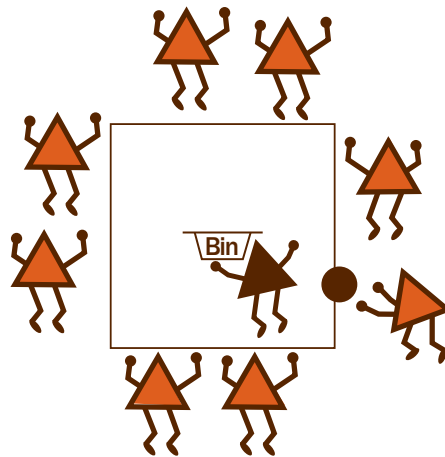
Small group     Large group

## Required equipment

An empty recycling-type bin or garbage can  
A basketball or other inflated ball

## Object of the game

To outmanoeuvre the goaltender by passing the ball to each other and throwing it into the bin.



## Game play

- Draw a circle or a square measuring roughly 5 m by 5 m. Place the bin in the centre.
- One player guards the bin and tries to prevent anyone from getting the ball into it. The other players stay outside the edges of the square or the circle.
- The players try to outmanoeuvre the goaltender by passing the ball to each other until someone can throw it into the bin.
- When the ball is thrown into the bin, the goaltender changes places with one of the players outside the square or the circle.

## Variations

- Have more than one goaltender in the centre.
- Use more than one ball.
- Try having more players around the circle, or at each corner of the square, in addition to the players along the sides.
- Increase or decrease the size of the square or the circle drawn on the ground.



# Three-Man Soccer



**BALL**

**RUNNING AND CHASING**

**SKILL**

22

## Cycle

Kindergarten  1  2  3

## Type of group

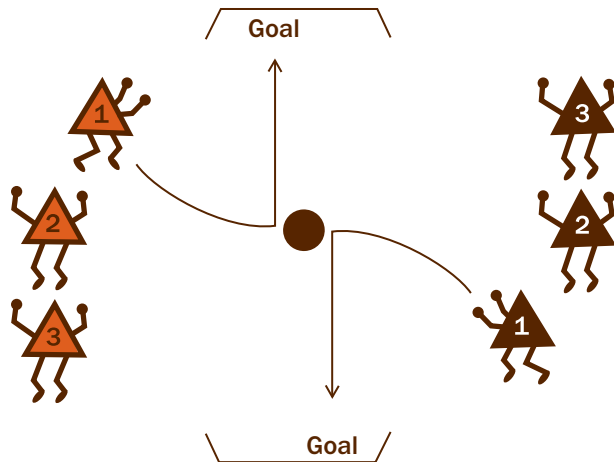
Small group  Large group

## Required equipment

A soccer ball  
Two goals or four cones

## Object of the game

To be fast and accurate enough to score a goal before your opponent does.



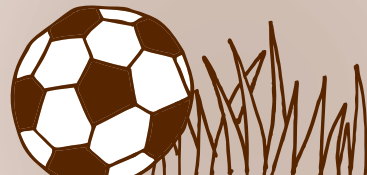
## Game play

- Place two goals or four cones at the closest ends of a clearly marked playing field.
- The players are divided into two teams.
- The teams are positioned facing each other from the farthest ends of the field.
- Assign consecutive numbers from the first to the last player of each team.
- If one team has fewer members than the other, give two numbers to the last player on that team.
- A slightly deflated soccer ball is placed in the centre of the field.
- When the play leader gives the signal, the two players wearing the number he or she calls try to kick the ball into the goal as quickly as possible.

- Each goal scored is worth one point for the scoring player's team.
- The team that ends up with the most points wins the game.

## Variations

- Call more than one number at a time, multiples of 4, factors of 12, etc.
- Limit the time the players have to score a goal in one-on-one competition.



# Line Soccer

**BALL**

**RUNNING AND CHASING**

**SKILL**

23

## Cycle

Kindergarten     1     2     3

## Type of group

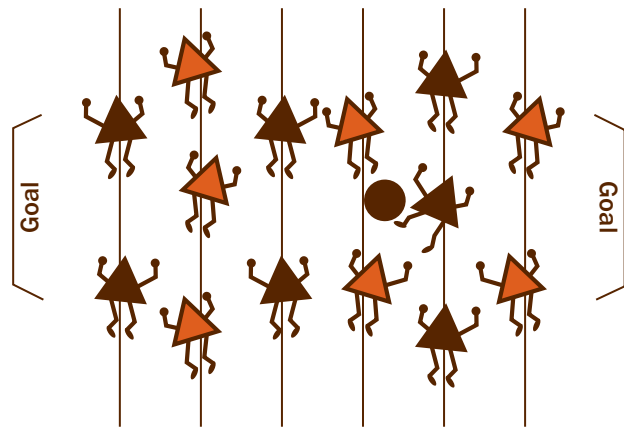
Small group     Large group

## Required equipment

A soccer ball  
Two goals or four cones  
Pinnies

## Object of the game

To score as many goals as possible with each player staying on the same line.

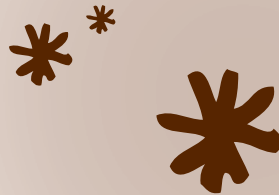


## Game play

- Place one goal at each end of the field and draw six equally spaced lines (about 2.5 m apart).
- Divide the players into two teams and have them take position on the lines, making sure that there are no players from the same team on two consecutive lines.
- The players can only move along the line they have been assigned to.
- They kick the ball to other players on their team and try to score a point by kicking the ball into the opposing team's goal.
- The ball has to stay on the ground at all times. The players must not throw the ball, or block it with their arms.
- The team that scores the most points wins the game.

## Variations

- Have the players use their hands instead of their feet to pass the ball.
- To make it easier to score a goal, limit the number of players on the last defense line.
- Use more than one ball.



# Spy Ball



**BALL**

**RUNNING AND CHASING**

**SKILL**

24

## Cycle

Kindergarten  1  2  3

## Type of group

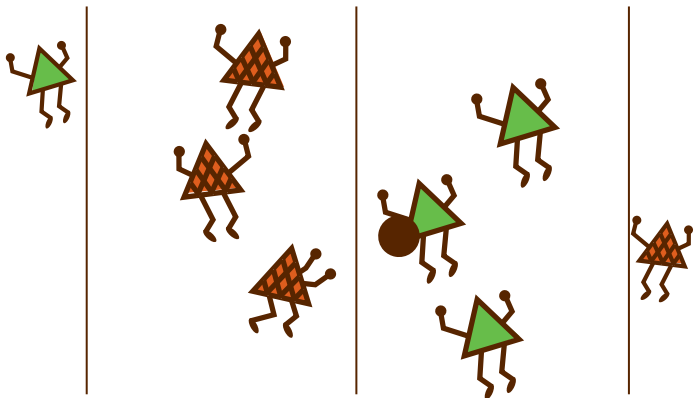
Small group  Large group

## Required equipment

A ball

## Object of the game

To identify and eliminate the opposing team's spy by tagging him or her with the ball without him or her catching it.



## Game play

- The rectangular field is divided into two equal parts.
- The players are divided into two teams.
- Each team secretly chooses a spy.
- To win the game, the players try to tag the opposing team's spy with the ball, always aiming below the shoulders.
- Not knowing who the opposing team's spy is, each time a player is tagged, the opponents ask the player if he or she is the spy.
- A player is considered tagged only if the ball touches him or her without bouncing on the ground or being caught.
- A player who is tagged is not out if the ball is caught by a teammate before it touches the ground.

- As long as the spy is in the game, a player who has been tagged takes the ball to the back of the opposing team's zone and resumes play.
  - The team that tags the opposing team's spy wins the game.
- ! Head shots are not allowed. Players who are hit in the head are not considered tagged.

## Variations

- Use more than one ball.
- Players who are hit change teams.
- Have more than one spy per team.



# Freeze Ball



**BALL**

**RUNNING AND CHASING**

**SKILL**

25

## Cycle

Kindergarten  1  2  3

## Type of group

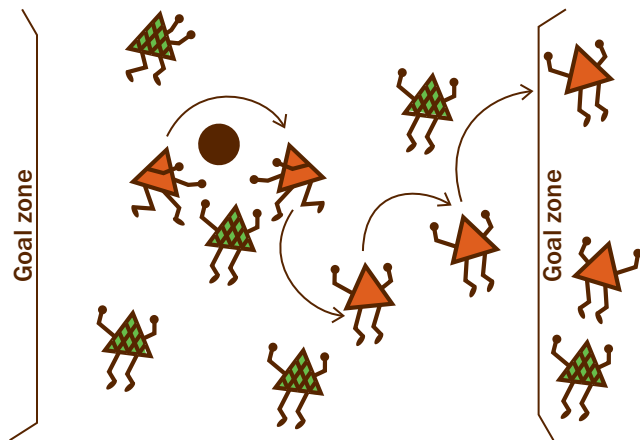
Small group  Large group

## Required equipment

A ball

## Object of the game

To pass the ball between teammates and get it into the goal zone.



## Game play

- Mark off two goal zones at the ends of a rectangular field.
- Divide the players into two teams.
- The players choose which team will have the ball at the start of the game.
- Each team tries to get the ball into the goal zone.
- The player who is holding the ball is not allowed to move and has to pass the ball to one of his or her teammates without it being intercepted by a player on the opposing team.
- In order to score a goal, the players have to receive a pass while they are in their team's goal zone.

- After each goal, the ball is given to a player on the opposing team. The game resumes from where the goal was scored.
- The team that scores the most goals wins the game.

## Variations

- In order to score a goal, the players must have made at least three passes in a row.
- Use a rubber ring instead of a ball.



# Champion

BALL

RUNNING AND CHASING

SKILL

26

## Cycle

Kindergarten  1  2  3

## Type of group

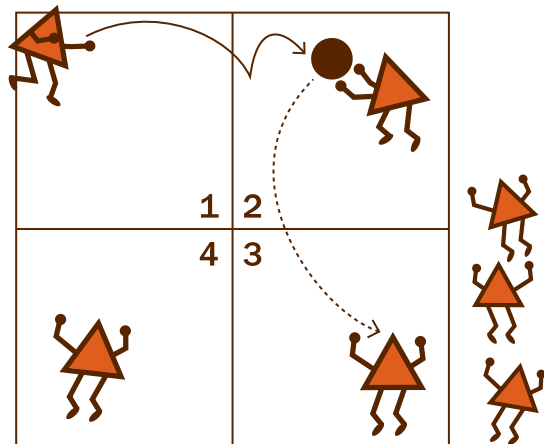
Small group  Large group

## Required equipment

A ball

## Object of the game

To beat the player in Square 1 by throwing the ball into his or her square without him or her catching it.



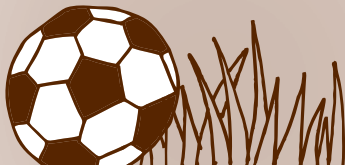
## Game play

- Draw a square measuring roughly 6 m by 6 m. Divide the square equally into four small squares. Number the squares 1 to 4.
- The game starts with one player in each of the small squares. If there are more than four players, the others stand in single file, outside the edges of the large square.
- The ball is given to the player in Square 1.
- From the outside corner of the square, the player bounces the ball on the ground and hits it with an open hand in the direction of one of the other three squares.
- The ball has to bounce in another square, where the player standing there hits it with an open hand toward another square, and so on.

- A player who does not succeed in hitting the ball or who hits it outside the other squares takes the place of the player in Square 4 or goes to the end of the waiting line.
- The other players move forward one space. The goal is to stand in Square 1 and to stay there as long as possible.

## Variations

- Allow the players to catch the ball before hitting it into another square.
- As soon as there are four players waiting, draw an additional square to avoid unnecessary waiting.



# Burnt Ball

BALL

RUNNING AND CHASING

SKILL

27

## Cycle

Kindergarten  1  2  3

## Type of group

Small group  Large group

## Required equipment

A ball

Four base markers or cones

## Object of the game

To kick the ball and avoid being eliminated while running from base to base in order to score points by reaching home base.



## Game play

- The players are divided into two teams. The offensive team stands in line behind the home base and the defensive team fans out over the field and near the goals. One player is named the burner.
- The burner's zone is a circle about one metre in diameter in the centre of the field. It is from there that the burner rolls the ball toward home base.
- The offensive players go to home base one by one to kick the ball. When an offensive player kicks the ball, he or she immediately runs to first base, and if possible, to the other bases.
- The offensive team gets one point every time a player touches all of the bases and gets back to home base.
- The players on the defensive team have to run after the ball and get it back to the burner's circle as quickly as possible.

- When a defensive player has the ball in the burner's circle, he or she shouts "Burnt ball!" Any players who are not on one of the bases at that time are eliminated from the game.
- Players are also out when the ball is caught before it touches the ground, in which case the players who are on the bases at that moment have to stay there to avoid being out as well.
- There are no foul balls. The only rule is that the ball has to be kicked in front of home base.
- After three outs, the teams switch places.

## Variations

- The teams switch places after all of the players have had a chance to kick the ball.
- Put one member of the opposing team right next to the kicker, like a catcher in baseball.



# Bounce Ball

BALL

RUNNING AND CHASING

SKILL

28

## Cycle

Kindergarten  1  2  3

## Type of group

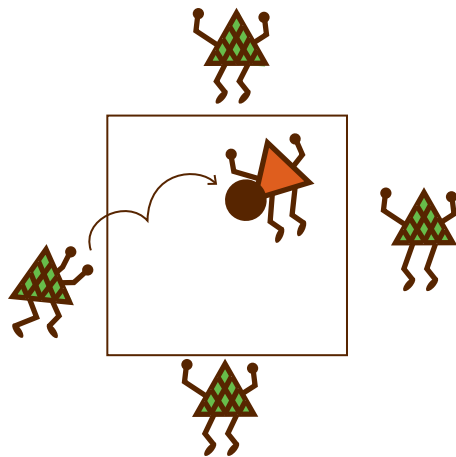
Small group  Large group

## Required equipment

A ball

## Object of the game

To throw the ball so that it bounces off the ground and hits the player in the centre.



## Game play

- Draw a square measuring roughly 6 m by 6 m.
- One player stands in the centre and four other players are positioned outside the edges of the square.
- The players try to tag the player in the centre with the ball. The ball must bounce once before touching the player in the centre.
- The players outside the square are allowed to pass the ball.
- The player who succeeds in tagging the player in the centre trades places with him or her.

## Variations

- The winner can be the player who has stayed the longest in the centre of the square.
- Put more than one player in the centre of the square.
- Place players at the corners of the square in addition to the ones along the sides.
- Increase or decrease the size of the square.



# Soccer Volley

**BALL**

**RUNNING AND CHASING**

**SKILL**

29

## Cycle

Kindergarten     1     2     3

## Type of group

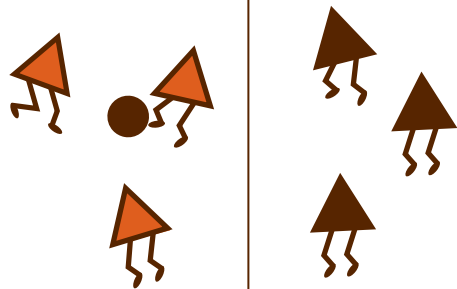
Small group     Large group

## Required equipment

A soccer ball

## Object of the game

To pass the ball from one team to the other, passing it to three teammates each time.



## Game play

- Draw a line on the ground to divide the field in half.
- The players are divided into two teams.
- Like in soccer, the players are not allowed to use their arms or their hands to touch the ball.
- Like in volleyball, the players pass the ball among themselves before sending it back to the other team.
- A player who receives the ball passes it to a teammate. This teammate also passes the ball to another player on his or her team, who then sends the ball to the opposing team.
- If the number of passes is wrong or the ball goes outside the boundaries of the field, the opposing team earns one point.
- The team with the most points wins the game.

## Variations

- Increase or decrease the number of passes.
- Assign a spot to each of the players and rotate them every time a goal is scored.



# Jump Ball



**BALL**

**RUNNING AND CHASING**

**SKILL**

**30**

## Cycle

Kindergarten     1     2     3

## Type of group

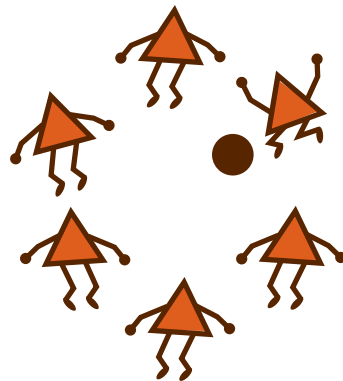
Small group     Large group

## Required equipment

A ball

## Object of the game

To jump while throwing or catching the ball.



## Game play

- The players form a circle, keeping a certain distance from each other.
- The players jump when they throw the ball to each other and also when they catch it.
- Players who fail to jump at the same time as they throw or catch the ball have to squat until they catch the ball again, after which they can continue to play normally.
- Count the number of consecutive passes, and try to do more each time.

## Variations

- Players who fail to jump when they throw or catch have to run around the circle before going back to their places and continuing to play.
- Use more balls.



# What Time Is It, Mr. Wolf?



BALL

**RUNNING AND CHASING**

SKILL

31

## Cycle

Kindergarten     1     2     3

## Type of group

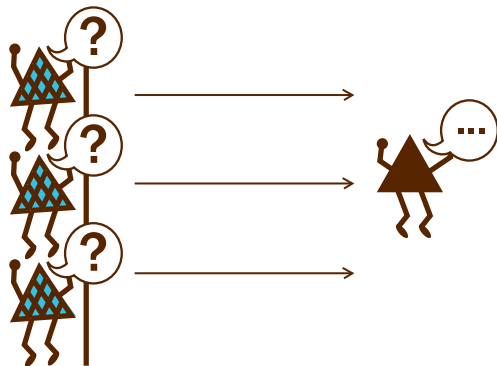
Small group     Large group

## Required equipment

None

## Object of the game

To avoid being caught by the wolf when the wolf is hungry, by getting back to the starting line as quickly as you can.



## Game play

- A line is drawn on the ground to outline the sheepfold, where the sheep are safe.
- One player is chosen to be the wolf, and the others are the sheep.
- The sheep stand on the starting line and the wolf is at the other end of the field with his or her back turned to them.
- All together, the sheep ask the wolf: “What time is it, Mr. Wolf?”
- The wolf gives whatever answer he or she likes. For example: “Three o’clock.”
- The sheep then take three steps forward toward the wolf if it is three o’clock, four steps forward if it is four o’clock, and so on.
- The sheep repeat the same question after advancing according to the wolf’s instructions.

- But when the wolf answers “Dinnertime!” he or she turns around and tries to catch a sheep.
- The sheep rush back to the sheepfold, where they are safe.
- The sheep tagged by the wolf become wolves and join the first wolf for the rest of the game.
- The wolves decide together what answer to give the sheep. The new wolves can also catch the sheep when it is “dinnertime.”

## Variations



- Ask the wolf: “Where are you, Mr. Wolf?” The wolf answers by saying a number of steps and the name of an animal. For example, “I’m five rabbit jumps away” or “I’m three elephant steps away.” The sheep have to imitate the animal, taking the number of steps or making the number of jumps the wolf asks them to.
- Vary the types of movement (e.g. walking backward, jumping, hopping on one foot, taking giant steps).

# Fruit Salad



BALL

RUNNING AND CHASING

SKILL

32

## Cycle

Kindergarten  1  2  3

## Type of group

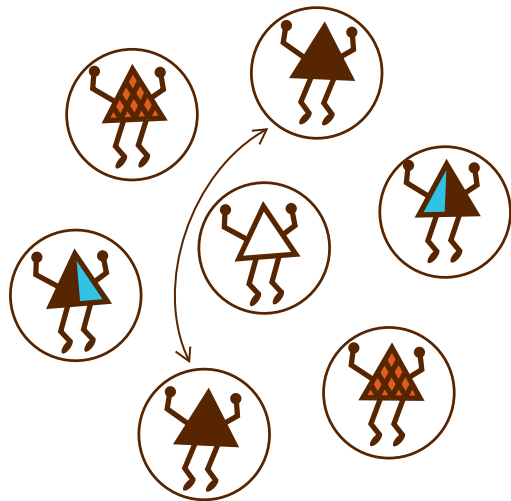
Small group  Large group

## Required equipment

Hoops or a piece of chalk

## Object of the game

The play leader tries to take another player's place.



## Game play

- As many hoops as there are players are placed in a circle on the playing field. One hoop is placed in the centre of the circle. Instead of using hoops, you can draw circles.
- The participants stand inside a hoop and the player in the centre hoop starts the game as play leader.
- The play leader assigns the name of one of three fruits to each player. For example: banana, apple and grape.
- The game starts when the play leader names a fruit. The players identified with the fruit immediately change places with each other. The play leader can also say “Fruit salad!” – if he or she does, all of the players change places at the same time.

- While the players are moving, the play leader tries to take the place of a player in one of the hoops. If he or she finds a place, he or she takes on the name of the fruit associated with the player, who now goes to the centre.
- The new play leader continues the activity by naming a fruit or saying “Fruit salad!”

## Variations

- If hoops of different colours are used, the colour of the hoop can serve to identify the fruit the players are assigned to.
- The players change places by hopping on one foot, keeping their hands behind their backs, etc.



# Odd Man Out



BALL

RUNNING AND CHASING

SKILL

33

## Cycle

Kindergarten  1  2  3

## Type of group

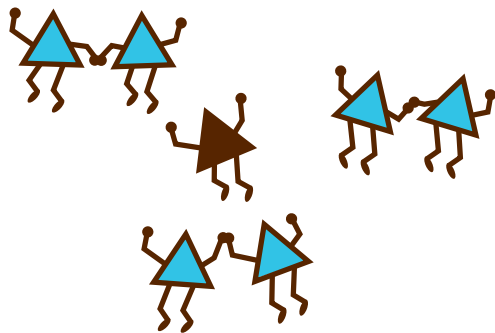
Small group  Large group

## Required equipment

None

## Object of the game

When the odd man out grabs hold of a player, his or her partner becomes the odd man out and tries to grab hold of another player.

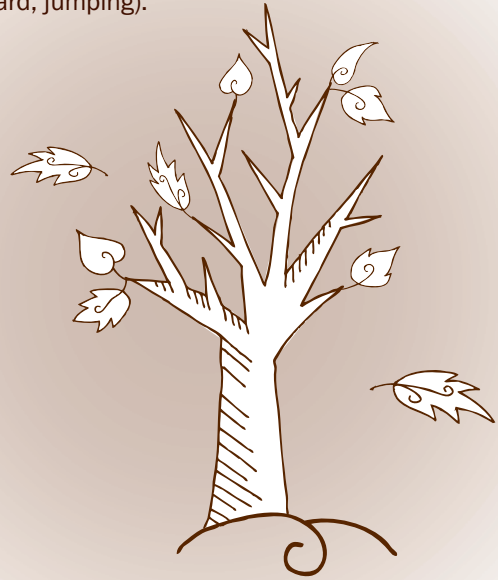


## Game play

- On a clearly marked field, the players form pairs and hold each other's hand.
- The odd man out does not have a partner. If the number of players is even, form a team of three players.
- The odd man out tries to grab hold of another player, but the pairs of players run away.
- When the odd man out succeeds in tagging a player, he or she extends a hand to the player and that player's partner becomes the next odd man out.
- Now it's his or her turn to be alone and to try to reach out and hold the hand of a player in another pair.

## Variations

- There can be several odd men out.
- Vary the types of movement (e.g. backward, jumping).



# Chicken Coops

BALL

RUNNING AND CHASING

SKILL

34

## Cycle

Kindergarten  1  2  3

## Type of group

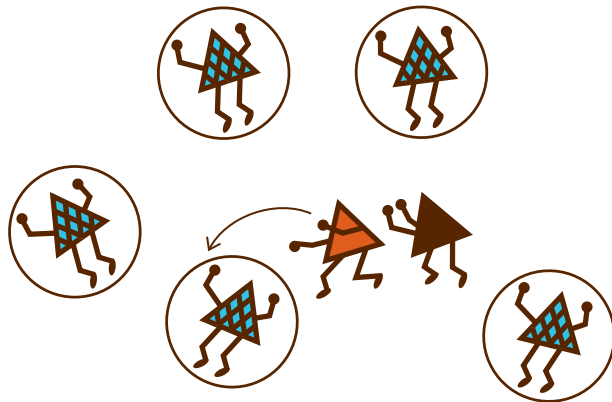
Small group  Large group

## Required equipment

Hoops or a piece of chalk

## Object of the game


To try to escape from the fox by taking refuge in a chicken coop.



## Game play

- On a clearly marked field, lay hoops on the ground or draw circles.
- The number of circles is equal to the number of players minus four.
- The hoops or the circles drawn on the ground will be chicken coops where the chickens are safe.
- One player is chosen to be the fox. The other players are chickens, all but three of whom start the game in the chicken coops.
- The fox chases after the chickens who are not in a chicken coop.
- The chickens being chased by the fox can enter a chicken coop at any time.

- The chicken who was already in that coop is then chased by the fox until he or she can get into another chicken coop, and so on.
- When the fox tags a chicken, the chicken becomes the fox and the fox becomes the chicken.

 Replace the fox when he or she is tired.

## Variations

- A player evicted from a chicken coop becomes the fox and the roles are reversed every time a chicken is forced out of a chicken coop.
- The chickens can change chicken coops with another chicken at any time by mutual agreement, but must remember that the fox can tag any chicken who is not in a chicken coop.
- Change the number of chickens without chicken coops and the number of foxes.



# Cats and Wizards



BALL

**RUNNING AND CHASING**

SKILL

35

## Cycle

Kindergarten     1     2     3

## Type of group

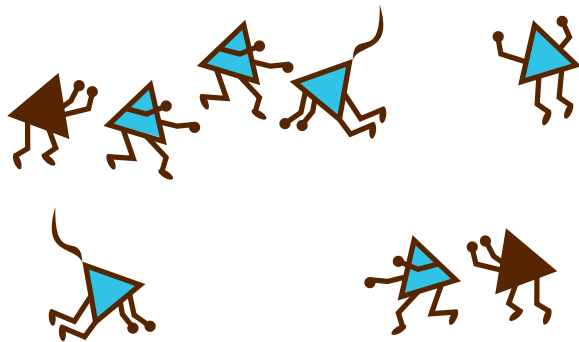
Small group     Large group

## Required equipment

None

## Object of the game

To avoid being tagged by the wizards.



## Game play

- One or two players are chosen to be wizards.
- A wizard has the power to cast a spell on the players: when they are tagged, they turn into cats and walk on all fours.
- To lift the spell, the cats have to be tagged by a player who has not been bewitched.
- A cat who has been freed of its spell returns to its initial state and goes on playing the game.

## Variation

- Designate more or fewer wizards depending on how many participants there are.



# Ice Tag



BALL

RUNNING AND CHASING

SKILL

36

## Cycle

Kindergarten     1     2     3

## Type of group

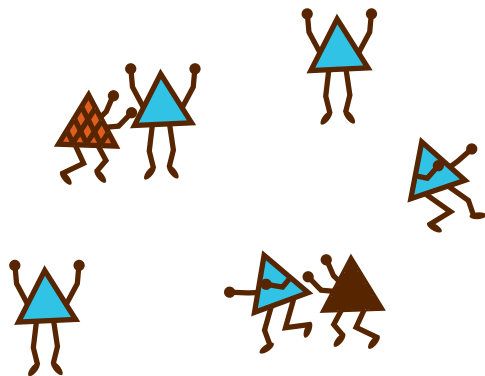
Small group     Large group

## Required equipment

None

## Object of the game

The ice chases after the players to freeze them until the sun restores their ability to move.



## Game play

- One player is chosen to be the ice and another to be the sun.
- The players are chased by the ice. When the ice tags a player, the player is instantly frozen in position.
- The sun has the power to counteract the effect of the ice.
- A frozen player can start moving again when he or she is tagged by the sun.
- The sun cannot be tagged by the ice.
- Replace the ice when the player is tired.

## Variations

- \* The sun has to pass between the legs of a frozen player to release him or her.
- The players are given a place where they can rest for a maximum of five seconds without being tagged.
- There can be more than one ice depending on the number of players.



# Traffic Lights



BALL

**RUNNING AND CHASING**

SKILL

37

## Cycle

Kindergarten     1     2     3

## Type of group

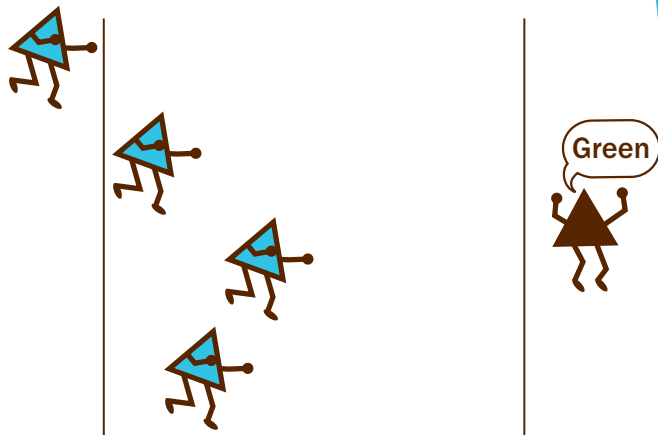
Small group     Large group

## Required equipment

None

## Object of the game

The players have to obey the traffic lights.

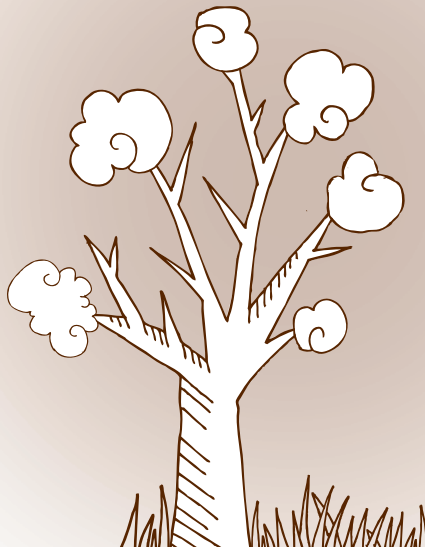


## Game play

- A player is chosen to be the traffic light and stands at one end of the field marked out for the game.
- The other players are at the other end of the field when the game starts.
- The game starts when the traffic light shouts out a colour:
  - **Green: Run**
  - **Yellow: Walk**
  - **Red: Stop**
- The players move toward the play leader according to the traffic light's instructions.
- Any players who fail to follow the traffic light's instructions can be asked by the play leader to return to the beginning of the route.
- The game is over when a player reaches the traffic light.

## Variations

- Use coloured cards so that you don't have to shout the colours out.
- Vary the types of movement (e.g. hopping on one foot, walking backward, tiptoeing).



# Cat and Mouse

BALL

RUNNING AND CHASING

SKILL

38

## Cycle

Kindergarten  1  2  3

## Type of group

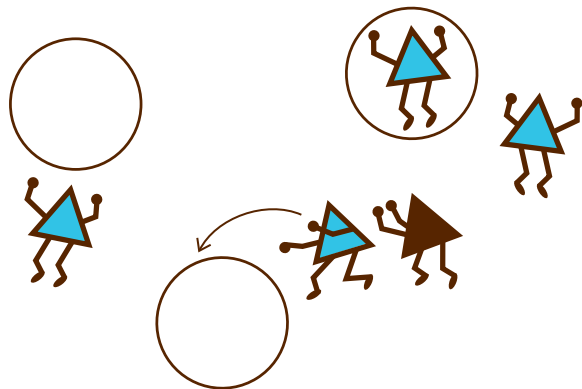
Small group  Large group

## Required equipment

Six hoops or a piece of chalk

## Object of the game

To avoid being tagged by the cat by running fast or taking refuge in a hiding place.



## Game play

- On a clearly marked field, lay hoops on the ground or draw circles with chalk to identify the hiding places for the mice.
  - One or two players are chosen to be cats. The cats chase after the mice.
  - The mice can escape from the cats by taking refuge inside a hoop for no more than three seconds.
  - No more than two mice can be inside a hoop at the same time.
  - When a cat tags a mouse, the mouse has to walk or run all the way around the play area before becoming a free mouse again.
- ! Replace the cats when they are tired.

## Variation

- After being tagged, instead of walking or running around the field, the mice can perform a task (like doing five mouse jumps).



# Slice the Apple



BALL

RUNNING AND CHASING

SKILL

39

## Cycle

Kindergarten  1  2  3

## Type of group

Small group  Large group

## Required equipment

None

## Object of the game

Two players run around the circle to become the next apple slicer.



## Game play

- The players stand holding hands in a circle. They are the apple.
- A player is chosen to be the first apple slicer and stands outside the circle.
- The apple slicer walks around the apple until he or she decides to stop between two players, extends his or her arms between the two players and shouts “Slice the apple!”
- The players on either side of the apple slicer let go of each other’s hands and run around the apple in the opposite direction to get back to their places as quickly as possible.
- The first of the two players to get back to his or her place becomes the next apple slicer, and so on.
- The game is over when all of the players have had a chance to run around the apple.

## Variation

- Vary the types of movement (e.g. running backward, guided by the other players who face away from the circle).



# Spaghetti & Tomato Sauce



BALL

RUNNING AND CHASING

SKILL

40

## Cycle

Kindergarten  1  2  3

## Type of group

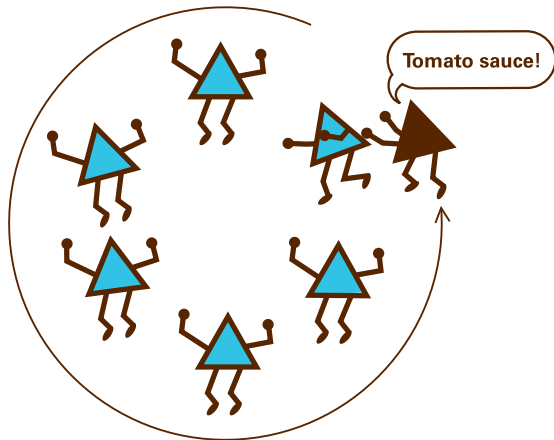
Small group  Large group

## Required equipment

None

## Object of the game

The tomato sauce tries to catch the spaghetti before the spaghetti takes his or her place.



## Game play

- The players stand or squat in a circle.
- One player is chosen to be the spaghetti. He or she moves around the circle, touching the shoulder of each player and saying “spaghetti” to each of them.
- The spaghetti can decide at any time to say “tomato sauce” when he or she touches a player’s shoulder.
- The tomato sauce runs around the circle and tries to tag the spaghetti.
- If the spaghetti manages to sit in the tomato sauce’s place before being tagged, he or she gets to say which player will be the spaghetti in the next round.
- If the tomato sauce tags the spaghetti before the spaghetti sits down, the tomato sauce becomes the spaghetti in the next round.

## Variation

- When the spaghetti chooses a tomato sauce, the two players run around the circle. The first to sit in the tomato sauce’s place is safe and chooses the next spaghetti, while the other player hops five times on one foot in the centre of the circle before returning to his or her seat.



# One, Two, Three, Sun!



BALL

RUNNING AND CHASING

SKILL

41

## Cycle

Kindergarten     1     2     3

## Type of group

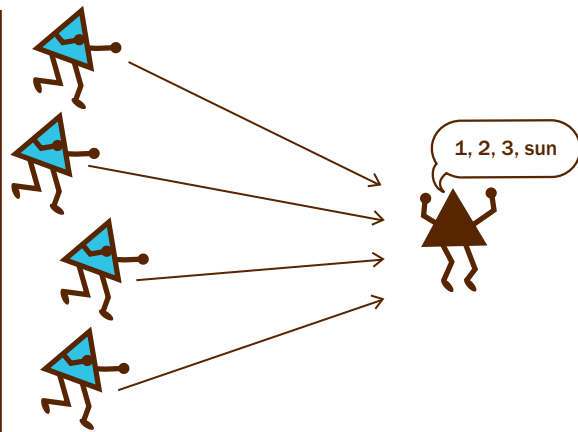
Small group     Large group

## Required equipment

None

## Object of the game

The players have to get to the sun without the sun seeing them move.



## Game play

- One player is chosen to be the sun and goes to one end of the field.
- The other players stand side-by-side at the other end of the field.
- The game starts when the sun turns his or her back to the players and shouts: “One, two, three, sun!”
- As the sun is shouting “One, two, three,” the players move as quickly as they can toward the sun.
- Then, when the sun shouts “Sun!” the players stand still.
- The sun turns around to face the players, and if he or she sees a player moving, he or she tells that player to return to the starting line.

- The players start running again as soon as the sun turns again and says “One, two, three, sun!” and so on.
- The game is over when a player reaches the sun. This player becomes the sun in the next round.

## Variation

- Use different ways of moving toward the sun (hopping on one foot, jumping with both feet together, running backward).



# Bear in the Beehive



BALL

RUNNING AND CHASING

SKILL

42

## Cycle

Kindergarten  1  2  3

## Type of group

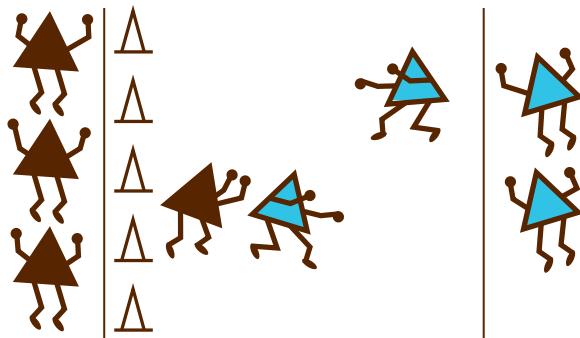
Small group  Large group

## Required equipment

Five cones

## Object of the game

The bears have to take all of the honey pots (cones) to their cave without being tagged by a bee.



## Game play

- Two lines are drawn one metre from each end of the field to identify the beehive at one end and the bear cave at the other.
- The players are divided into two teams – the bears and the bees – which take up position at their respective ends of the field.
- The bees put five honey pots (cones) about one metre in front of the line that marks their beehive.
- The bears have to go get one honey pot at a time and bring it back to their cave without being tagged by a bee.
- The bees can only leave the beehive to tag a bear before the bear gets back to the cave.
- If the bee fails to tag a bear, the bee goes to the bear cave and becomes a bear.

- When a bear is tagged by a bee, he or she becomes a bee.
- The bears win the game if they get all the honey pots back to their territory. The bees win the game if they tag all the bears.

## Variations

- Once a bear is tagged, he or she is out.
- Bees who leave their territory without tagging a bear are out.



# Dragons



BALL

RUNNING AND CHASING

SKILL

43

## Cycle

Kindergarten  1  2  3

## Type of group

Small group  Large group

## Required equipment

Scarves

## Object of the game

Each dragon (made up of several players linked together) moves as a group and tries to grab the scarf of the trailing player of another dragon without its own trailing player losing his or her scarf.



## Game play

- The players line up in small groups of about six players.
- The players put their hands on each other's waists or shoulders to form long dragons.
- When the signal is given, the head of each dragon tries to catch the scarf worn by the trailing player of any of the other dragons, while trying to prevent its own scarf from being taken and to keep the players that make up the dragon together.
- A dragon that succeeds in taking the scarf from another dragon earns a point.
- The trailing player of the dragon puts the scarf back on and the game continues.
- At the end of the game, the dragon that has the most points wins.

- ! The players at the head of the dragons need to realize that sometimes they may have to go slower to keep their dragon bodies from coming apart.

## Variations

- All of the players are lined up to make a single dragon, and the head tries to grab the scarf of the trailing player while making sure that the players stick together.
- If there are more than three dragons, the dragon that takes the scarf from another dragon joins that dragon to try to catch the other dragons.



# Corner Scramble



BALL

RUNNING AND CHASING

SKILL

44

## Cycle

Kindergarten  1  2  3

## Type of group

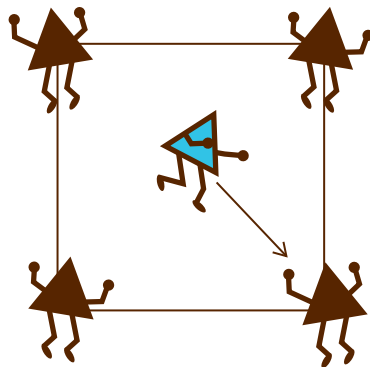
Small group  Large group

## Required equipment

None

## Object of the game

To move to another corner without the player in the centre getting there first.



## Game play

- Mark the four corners of a large square using a piece of chalk.
- Four players stand at each of the corners and the fifth player stands in the centre of the square.
- The players on the corners signal each other to try to change places, 2, 3 or 4 at a time.
- When they move, the player in the centre tries to get to one of the corners to take the place of another player.
- If the player in the centre succeeds in occupying a corner, the one player who is out becomes the player in the centre.

## Variations

- \* Identify the corners with cones.
- Increase the number of players per corner or have two players in the centre.
- Add “corners” between the four corners of the square or use a different geometrical shape (e.g. a hexagon).
- Set a ten-second limit on the time the players have to change corners.
- Vary the types of movement (e.g. backward, sideways).



# The Crossing



BALL

RUNNING AND CHASING

SKILL

45

## Cycle

Kindergarten  1  2  3

## Type of group

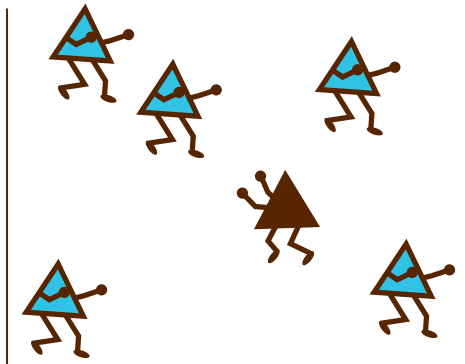
Small group  Large group

## Required equipment

None

## Object of the game

The swimmers have to “run” across the river and avoid being tagged by the shark.



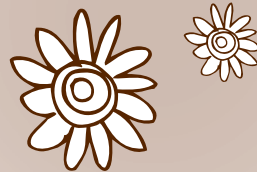
## Game play

- Draw a line at each end of the playing field to establish a starting line and a finish line. A player is chosen to be a shark and the other players are the swimmers.
- The swimmers stand at one end of the area defined as the river.
- When the shark shouts “Crossing!” all the swimmers immediately cross the river and try to get to the other end of the field without being tagged by the shark.
- Once the shark has shouted the signal, even the players still behind the starting line can be tagged.
- On the other hand, once the swimmers have succeeded in crossing to the line at the other end of the field, the shark can no longer attack them.
- After each crossing, the finish line becomes the new starting line and vice versa.

- The swimmers tagged by the shark turn into sharks and can help the shark tag other swimmers.
- The game continues until all or almost all of the players have become sharks.

## Variations

- A player who is tagged by the shark turns into kelp and, without moving, helps the shark by waving his or her arms to tag other swimmers and turn them into kelp as well.
- The last swimmer to be tagged becomes the shark in the next round.
- Vary the types of movement.



# Knock on the Door



BALL

**RUNNING AND CHASING**

SKILL

46

## Cycle

Kindergarten  1  2  3

## Type of group

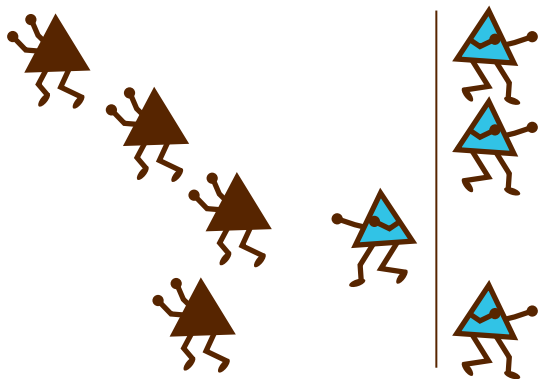
Small group  Large group

## Required equipment

None

## Object of the game

To tag a player's hand and get back to your territory without being tagged by the door, which has just woken up.



## Game play

- A line is drawn on the ground at each end of the field.
- The players are divided into two teams.
- The offensive team is made up of the mischief-makers while the players of the defensive team are the doors.
- The mischief-makers start the game on their territory at one end of the field, where they are safe.
- At the other end of the field, the doors are positioned side-by-side, with their backs to the mischief-makers and their hands behind their backs.
- The mischief-makers sneak up as quietly as possible on the doors. A mischief-maker can decide at any time to tag an opponent's hand.
- As soon as his or her hand has been tagged, the player turns around and runs after all of the mischief-makers, who do their best to get back to their territory.

- If a door succeeds in tagging a mischief-maker, the door's team gets one point. If the mischief-maker gets back to his or her territory before being tagged, his or her team gets one point.
- The team that ends up with the most points wins the game.
- The roles are reversed in the next round.

## Variations

- Vary the types of movement.
- Vary the position of the doors (lying on the ground, sitting on the ground, etc.).



# The Hunter and the Birds

BALL

RUNNING AND CHASING

SKILL

47

## Cycle

Kindergarten  1  2  3

## Type of group

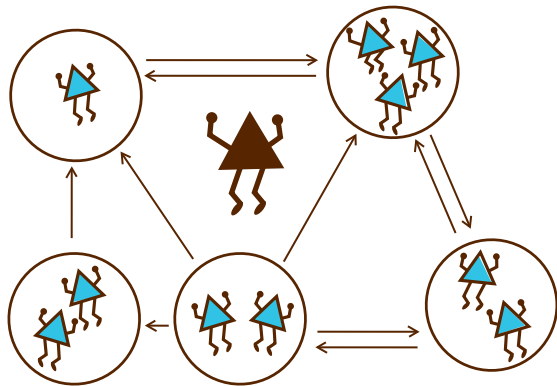
Small group  Large group

## Required equipment

Five hoops or a piece of chalk

## Object of the game

To get from one sanctuary to another without being tagged by the hunter.

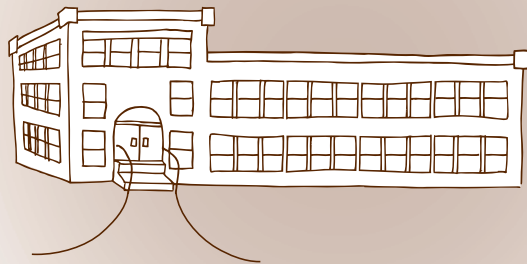


## Game play

- Place hoops or draw chalk circles on the field to identify the bird sanctuaries.
- One player is chosen to be the hunter and all of the others are birds.
- The birds spread out into their sanctuaries.
- When the hunter shouts “Bird!” all the birds immediately leave their sanctuaries and try to get to another one without being tagged by the hunter.
- The players tagged by the hunter form a chain with the hunter by holding hands, and they help the hunter tag the other birds the next time the hunter shouts “Bird!”
- The game continues until all of the players have become hunters.
- The last player to be tagged becomes the hunter in the next round.

## Variations

- Vary the types of movement (e.g. running backward, walking sideways, jumping).
- When a group of four hunters is formed, they split into two groups of two hunters, and so on.



# Pirates

BALL

RUNNING AND CHASING

SKILL

48

## Cycle

Kindergarten  1  2  3

## Type of group

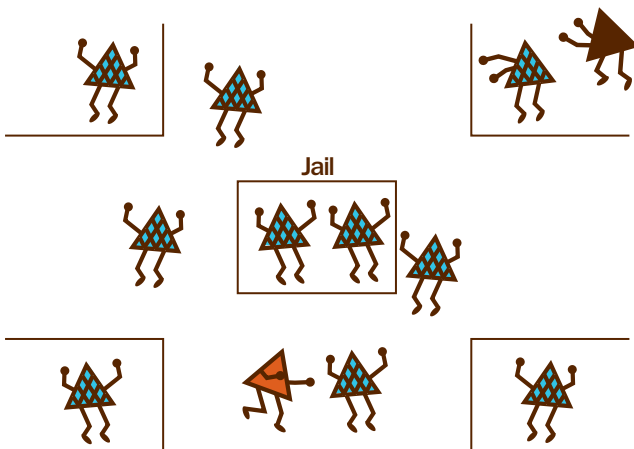
Small group  Large group

## Required equipment

A piece of chalk

## Object of the game

The sailors try to avoid being tagged by a pirate or a shark as they travel from one island to another.



## Game play

- Draw four islands in the corners of the field and a jail in the centre of the field, which represents the sea.
- Choose one player to be the pirate and another to be the shark. The other players are sailors.
- The shark can tag the sailors when they are on the sea but not when they are on an island.
- The pirate can only move by walking from one island to the next and cannot tag a sailor when the sailor is on the sea.
- If a player is tagged, he or she is taken to the jail in the centre of the field.
- In order for a jailed sailor to be released, a free sailor has to go to the jail and bring him or her back to one of the islands while holding him or her by the hand, without being tagged. If the players are tagged by a shark, they both go to jail.

## Variations

- Choose several pirates and sharks depending on the number of players.
- An imprisoned pirate can become free again by doing ten jumps with his or her feet together.



# Recycling Truck



BALL

RUNNING AND CHASING

SKILL

49

## Cycle

Kindergarten  1  2  3

## Type of group

Small group  Large group

## Required equipment

None

## Object of the game

The players try to avoid being tagged by the waste-maker, who turns them into recyclable waste. If that happens, they have to wait for help from the recycling truck to get back into the game.



Recycling plant



## Game play

- A large field is marked off.
- A space is chosen to be the recycling plant.
- One player is chosen to be the waste-maker and another player to be the recycling truck.
- The players are chased by the waste-maker who, by tagging them, turns them into recyclable waste.
- Once they have been tagged, the players stay where they are and wave to the recycling truck for help.
- The recycling truck cannot be tagged by the waste-maker.
- The recycling truck picks up recyclable waste by taking the players by the hand and leading them to the recycling plant.
- When they get to the plant, the players are recycled and can return to the game.

## Variation

- Every time the recycling truck goes to the plant, the players have to perform a task before returning to the game (e.g. run on the spot for ten seconds).



# Cops and Robbers



BALL

RUNNING AND CHASING

SKILL

50

## Cycle

Kindergarten  1  2  3

## Type of group

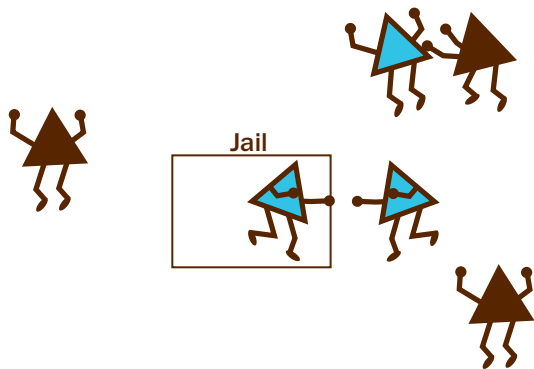
Small group  Large group

## Required equipment

Pinnies

## Object of the game

To tag the robbers and send them to jail.



## Game play

- Draw the lines in the play area where a jail will be located.
  - The players are divided into two teams: the cops and the robbers.
  - The robbers fan out over the field and the cops try to tag them.
  - Robbers who are tagged are taken by a cop to jail, but will get out of jail if a free robber touches their hand.
  - The cops win if they put all the robbers in jail. If there are no robbers in jail when the game ends – after about ten minutes of play – the robbers win the game.
  - The players switch roles in the next round.
- !** It is important that the play area and the jail be clearly identified.

## Variations

- Present the robbers with a challenge to get out of jail (e.g. five jumping jacks).
- Have more than one jail.
- Have fewer cops.
- Designate an area where the robbers can rest for five seconds.



# Scarf Hunt



BALL

RUNNING AND CHASING

SKILL

51

## Cycle

Kindergarten  1  2  3

## Type of group

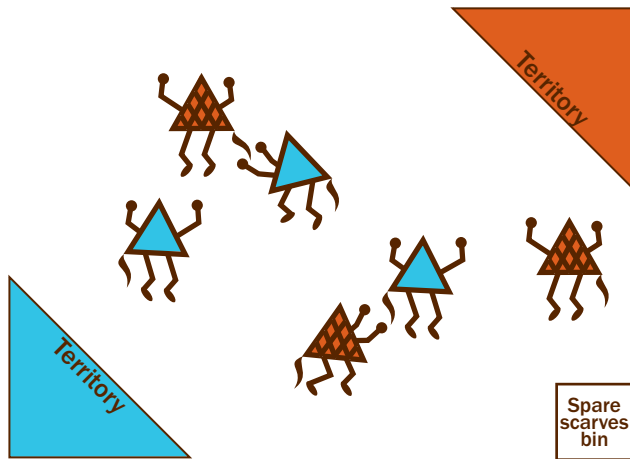
Small group  Large group

## Required equipment

One scarf per player, plus 15 extra scarves  
Pinnies

## Object of the game

To take as many scarves as possible without losing your own.



## Game play

- On a clearly marked field, identify two territories by drawing two lines across two opposite corners.
- The players are divided into two teams.
- Each team has its own corner territory.
- All of the players loop a scarf through their belts so that it dangles down to their knees.
- When the signal is given, all of the players try to steal their opponents' scarves and bring them back to their home territory.
- Players who have lost their scarves have to go to the spare scarves bin, where they can get a new scarf and return to the game.

- The game is over when all of the spare scarves have been taken from the bin.
- The team that has captured the most scarves wins the game.

## Variation

- Use clothespins instead of scarves.



# Crab Ball



BALL

RUNNING AND CHASING

SKILL

52

## Cycle

Kindergarten  1  2  3

## Type of group

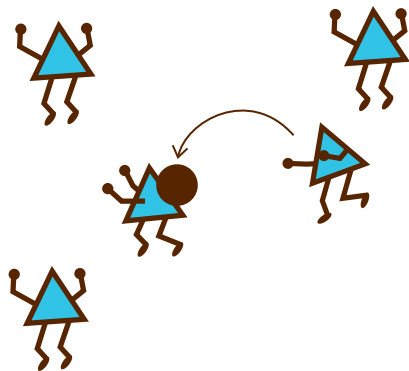
Small group  Large group

## Required equipment

A ball

## Object of the game

To avoid being hit by the ball or tagged by a crab.



## Game play

- A field is marked off.
- The players play for themselves rather than for a team.
- The player who is holding the ball is not allowed to move on the field.
- The players throw the ball, trying to hit the other players, always aiming below the shoulders
- Players who are hit by the ball but fail to catch it become crabs. They sit on the ground, put their hands behind them to raise their bottoms off the ground and move around using their arms and legs.
- At any time, a crab can tag a player in order to change that player into a crab and become free to stand up and play again.

- A crab can also stop and kneel to grab a ball and throw it at a player. But a crab cannot “walk” while it is kneeling.
  - Players who are tagged without catching the ball thrown by the crab become crabs, and the crab who threw the ball is allowed to stand up and play.
- ❗ Head shots are not allowed. Players who get hit in the head do not become crabs.

## Variation

- Players who are hit by the ball continue to play but have to jump around with their feet together. If they are hit again, they have to hop on one foot. If they are hit a third time, they have to play and move around on their knees until they tag another player and can stand up and play again.



# Cannonball Tag



BALL

RUNNING AND CHASING

SKILL

53

## Cycle

Kindergarten     1     2     3

## Type of group

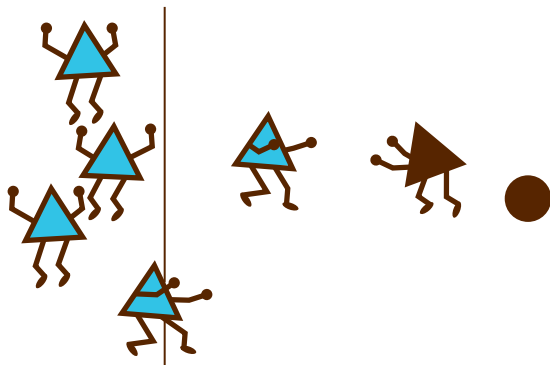
Small group     Large group

## Required equipment

A ball

## Object of the game

To bring the cannonball back to the retreat area without being caught.



## Game play

- At one end of the field, a retreat area is marked off.
- One player is chosen to be the tag.
- To start the game, the tag stands in the retreat area with his or her back turned to the other players and prepares to throw the ball. The tag throws the ball (the cannonball) over his or her head in the direction of the players.
- The players are spread out over the field and try to catch the cannonball before it bounces too far.
- The player who catches the cannonball puts it on the ground where it was caught.
- All of the players go back to the retreat area. The tag cannot enter the retreat area once all of the players have arrived there.

- The players must then go get the cannonball and bring it back to the retreat area without being caught by the tag.
- When a player is tagged, he or she withdraws from the game. If he or she is holding the cannonball at the time, he or she puts it on the ground where he or she was tagged.
- The player who brings the cannonball back to the retreat area is the next tag. If the tag has been able to tag all of the players, he or she gets to choose who will be the next tag.

## Variations

- Have more than one tag depending on the number of participants.
- Allow the players to pass the cannonball to each other.
- Instead of withdrawing from the field, a tagged player performs a task in order to return to the game (e.g. clapping his or her hands, first in front and then behind his or her back, ten times in a row).



# The Jug



BALL

RUNNING AND CHASING

SKILL

54

## Cycle

Kindergarten     1     2     3

## Type of group

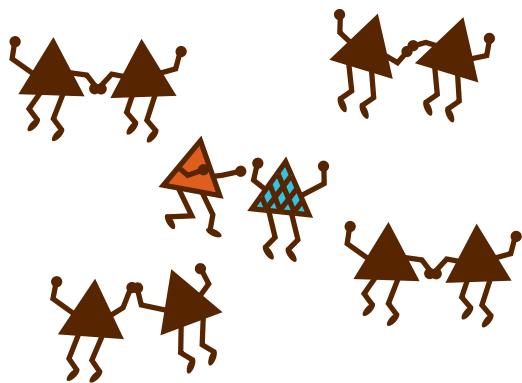
Small group     Large group

## Required equipment

None

## Object of the game

The mice hang on to a jug to avoid being tagged by the cat.



## Game play

- The first thing to do is to choose a cat and a mouse, who are the only people allowed to move around on the field.
- The others form pairs, linking arms to create a jug and putting their free hand on their hip.
- When the signal is given, the cat chases the mouse. If the cat tags the mouse, they switch roles.
- When the mouse grabs hold of a player's arm (a jug), the cat becomes the mouse and the person who is the jug's other handle becomes the new cat.

## Variations

- The game can also be played with all of the players in pairs in a circle instead of on a marked off field. This way, they can chase each other around and through the circle.
- The players walk in pairs on the field until they have to run away from a mouse.
- If there is an odd number of players, form a team of three jugs.
- Add a second cat and a second mouse.



# Fishnet

BALL

RUNNING AND CHASING

SKILL

55

## Cycle

Kindergarten  1  2  3

## Type of group

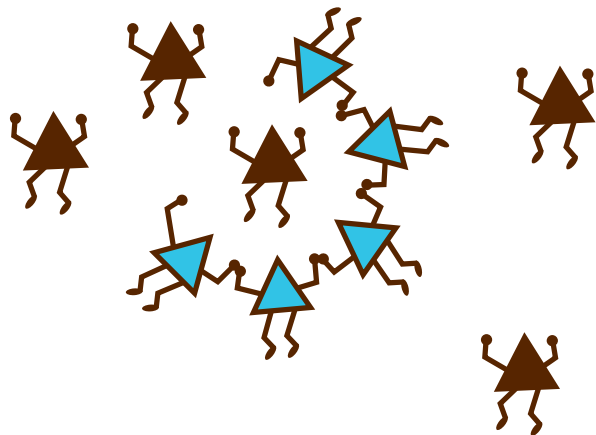
Small group  Large group

## Required equipment

None

## Object of the game

The players try to catch all of the fish by encircling them in their net.

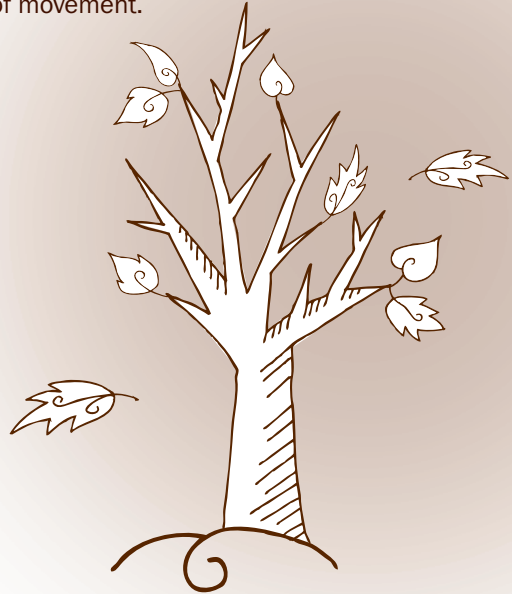


## Game play

- The game takes place on a clearly marked field, which represents the ocean.
- Five players are chosen to form the fishnet by standing side-by-side and holding each other by the hand.
- The other players are fish, who swim out into the ocean.
- A player who is part of the net starts the game by shouting “Fishing season is open!”
- This is the signal for the net to try to catch as many fish as possible by encircling them.
- The fish who get caught join the net and help catch the other fish.
- The last five fish to be caught form the net in the next round.

## Variations

- When the number of players in the net reaches eight, the net is divided into two nets of four players.
- Vary the types of movement.



# Rock! Paper! Scissors!



BALL

RUNNING AND CHASING

SKILL

56

## Cycle

Kindergarten     1     2     3

## Type of group

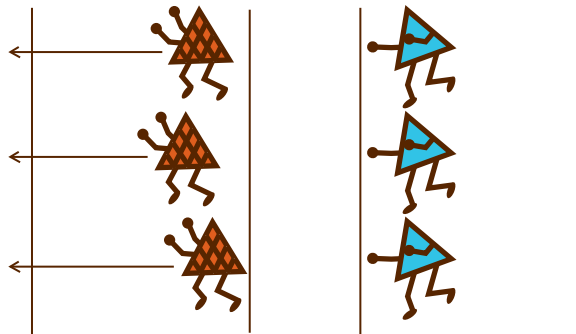
Small group     Large group

## Required equipment

A piece of chalk to draw lines on the ground

## Object of the game

To try to recruit players to your team.



## Game play

- Two parallel lines are drawn two metres apart in the middle of the field. Two other parallel lines are drawn five metres from each of the two abovementioned lines.
- The players are divided into two teams.
- Each team chooses the object they will use to compete with the other team: rock, paper or scissors.
  - Rock (clenched fist) breaks scissors.
  - Scissors (index and middle fingers extended and separated) cut paper.
  - Paper (open hand) covers rock.
- The two teams move to face each other, standing on the lines closest to the middle. Everyone shouts at the same time: “Rock! Paper! Scissors!”
- The teams then show the sign they have chosen and the winning team chases the other team to its end line.

- The players who are tagged join the winning team.
- If both teams have chosen the same sign, the teams huddle to make another choice and then replay the match.

## Variation

- “Match” (index finger) can be added to the other three signs. Match is defeated by scissors and rock, but burns paper.



# The Star



BALL

RUNNING AND CHASING

SKILL

57

## Cycle

Kindergarten     1     2     3

## Type of group

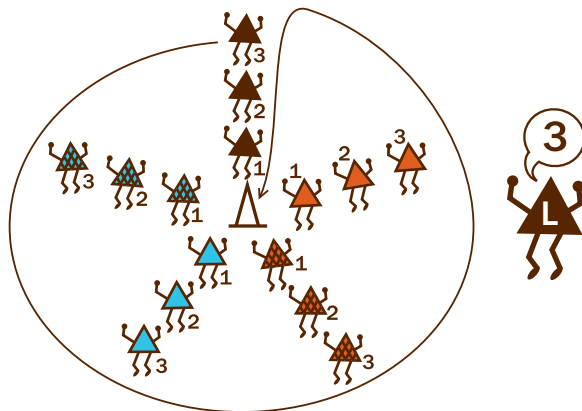
Small group     Large group

## Required equipment

A cone

## Object of the game

To score as many points as possible in a race around the star.



## Game play

- The players are divided into five equal teams.
- The members of each team line up in single line and a star is formed, with the head of each line at the centre of the star and the tail at one of its points.
- A cone is placed in the centre of the star.
- A number is given to the players on each team, starting with Number 1 for the player closest to the centre.
- If there are teams with fewer players, two numbers are assigned to the last player on those teams.
- When the play leader shouts a number, all of the players who have been given that number run to the point of the star and continue to run all the way around the star.

- After running all the way around the star, the players pass over all of the members of their team, who have squatted down, and try to be the first to touch the cone in the centre.
- The first player to touch the cone in the centre of the star gets one point for his or her team.

**!** Everyone has to run in the same direction.

## Variations

- \* If there is snow on the ground, have the runners pass between their teammates' legs instead of over them.
- \* Before calling out a number, the play leader shouts "Subway!" to tell the players to pass between the other players's legs, or "Airplane!" to get them to go over their teammates after running around the star.



# Stolen Treasure



BALL

RUNNING AND CHASING

SKILL

58

## Cycle

Kindergarten  1  2  3

## Type of group

Small group  Large group

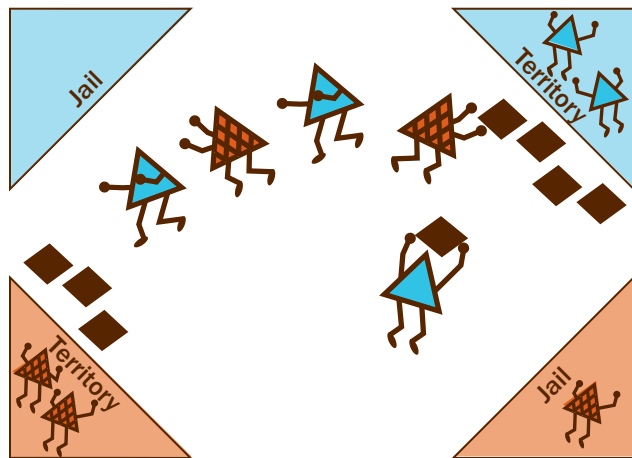
## Required equipment

Sand bags or rubber rings (at least ten)

Pinnies

## Object of the game

To steal the opposing team's treasure without getting tagged.



## Game play

- At each end of the field, a territory where the members of a team are safe is clearly marked.
- A player cannot stay for more than five consecutive seconds in his or her territory.
- A jail is identified next to each territory.
- The players are divided into two teams.
- Each team has the same number of treasures (sand bags or rubber rings) set out in front of its territory.
- The players try to steal their opponents' treasures and take them back, one at a time, to their territory.
- The players can pass the treasures to teammates to get them back home.

- When a player is tagged by an opponent, he or she is put in the opposing team's jail. If he or she was carrying a stolen treasure when he or she was tagged, he or she puts it back.
- In order to be released from jail, players have to be tagged on the hand by a teammate who is free.
- The game is over when one team has lost all of its treasures.
- The team that brings all the opposing team's treasures back to its home territory wins the game.

## Variations



- When they are in jail, the players have to perform an active task in order to be released (e.g. ten frog leaps).
- The game is over when the predetermined play time has elapsed. The team that has brought the most treasures back to its territory wins the game.

# Capture the Flag

BALL

RUNNING AND CHASING

SKILL

59

## Cycle

Kindergarten     1     2     3

## Type of group

Small group     Large group

## Required equipment

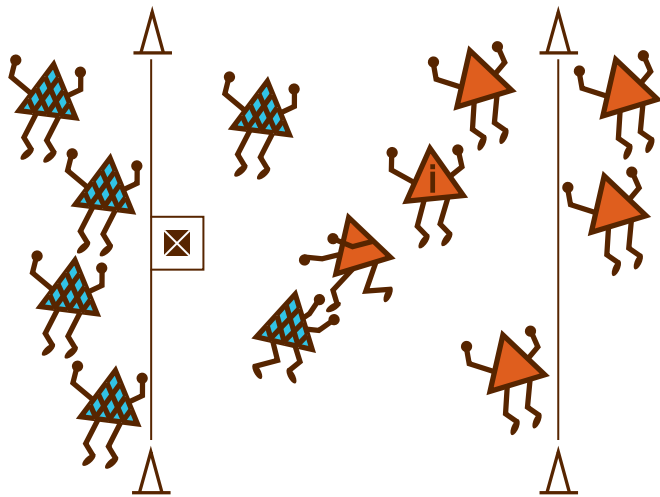
Four cones

A pole (flag) with base

(the base could be a cone with a hole in the top)

## Object of the game

The offensive team has to seize the flag and get back across the end line without being tagged.



## Game play

- At one end of a rectangular field, draw a square at least one metre by one metre where the flag will be located.
- The players are divided into two teams.
- The attackers try to take the flag to their territory while the defenders try to protect it.
- At the start of the game, both teams are in their territories behind the lines at the ends of the field.
- At any time, the defenders can run out onto the field to tag an attacker, who is then withdrawn from the game.
- However, there is one “invincible” attacker on the attackers’ team who has the power to put the defenders out of the game by tagging them but is protected from being out himself or herself.

- The players who are out move to the side of the field.
- The attackers have to cross the end line near the flag without being tagged, and to approach the flag in the square.
- The defenders are not allowed to enter the square before an attacker has touched the flag.
- When an attacker touches the flag, he or she has to bring it back to his or her territory without being tagged; otherwise, the defenders win the game.
- The roles are reversed for the next round: the attackers become the defenders and vice versa.

## Variation

- The game can be stopped after five minutes. If the attackers have not succeeded in bringing the flag to their territory, the defenders win.



# Circle Pursuit



BALL

RUNNING AND CHASING

SKILL

60

## Cycle

Kindergarten  1  2  3

## Type of group

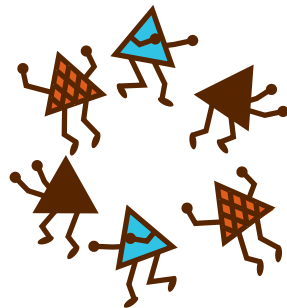
Small group  Large group

## Required equipment

Pinnies (three different colours)

## Object of the game

To tag your opponents while they are chasing you.

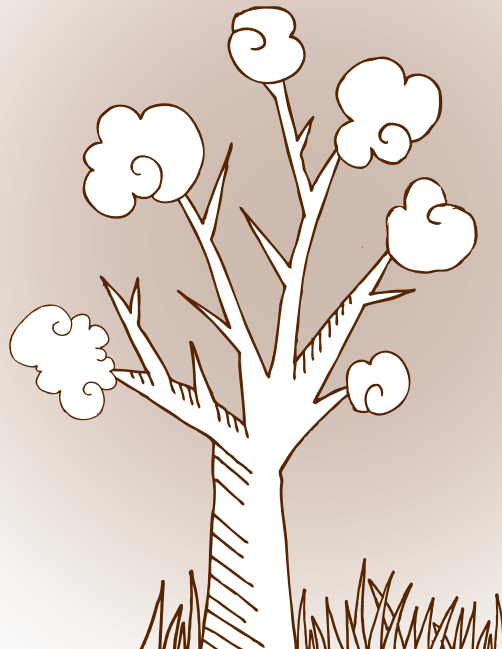


## Game play

- The players are divided into three teams: hunters, bees and partridges.
- The players wear different-coloured pinnies that identify their team.
- The players chase each other over a clearly marked field as follows:
  - the hunters chase the partridges
  - the partridges chase the bees
  - the bees chase the hunters
- Players who are tagged have to jump up and down on the spot, with their arms spread out, to get their teammates to set them free by passing between their legs.

## Variation

- Reverse the roles of the pursuers and the pursued.



# For or Against



BALL

RUNNING AND CHASING

SKILL

61

## Cycle

Kindergarten  1  2  3

## Type of group

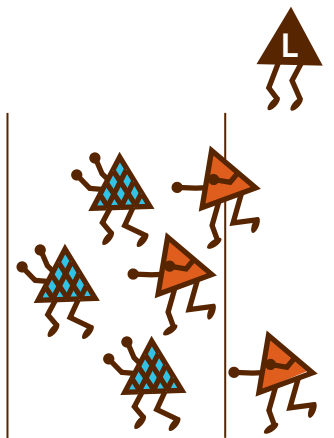
Small group  Large group

## Required equipment

A bell or another object capable of producing an audible signal

## Object of the game

To alternate between trying to tag your opponents and trying not to be tagged by them.



## Game play

- Two parallel lines are drawn two metres from the centre of the field. Two other parallel lines are drawn five metres from each of the two previous lines.
- The players are divided into two teams, those “for” and those “against.”
- One player is chosen to be the play leader; he or she takes the bell.
- At the beginning of the game, the players on both teams line up facing each other on the lines closest to the centre.
- The play leader says who will be the pursuers and who will be the pursued.
- The “for” team has to try to tag the “against” team before they cross the end line.
- Any pursued player who is tagged by a pursuer joins the opposing team.

- At any time, the play leader can ring the bell to tell the players to switch roles.
- At the end of the game, the team with the most players wins.

## Variations

- The teams are given similar names (e.g. Hubble and Bubble). The play leader tells a story and when he or she says the name of a team, that team becomes the pursuers. The players return to the lines in the centre for the rest of the story, and the sequence is repeated.
- Use a visual signal rather than an audible one (e.g. different-coloured scarves).



# Tag Ball



BALL

RUNNING AND CHASING

SKILL

62

## Cycle

Kindergarten  1  2  3

## Type of group

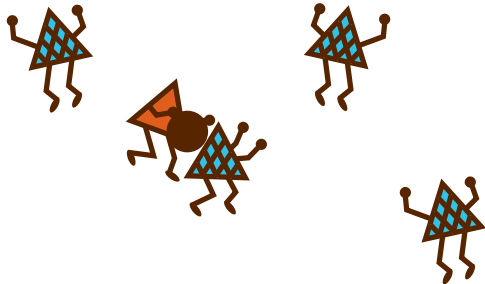
Small group  Large group

## Required equipment

A ball

## Object of the game

To tag the players with the ball until all of the players have been tagged.

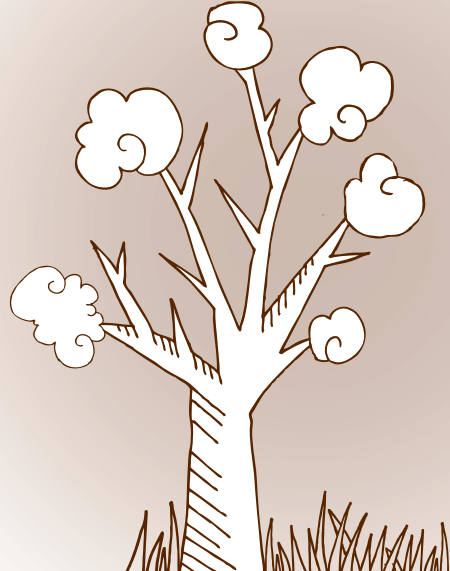


## Game play

- On a clearly marked field, one student is chosen to be the tag.
- To start the game, the tag has the ball.
- He or she has to tag a player with the ball. Rather than throwing the ball at the player, the idea is to touch him or her with the ball without letting it go.
- When players have been tagged, they can take the ball and pass it back and forth among themselves to cooperate with the tag and try to tag the other players.
- The game is over when the whole group has been tagged with the ball. The last player to be tagged is the new tag in the next round.

## Variations

- He or she can tag the players by throwing a soft inflated ball.
- Use more than one ball when there are several tags.



# Twin Flags

BALL

RUNNING AND CHASING

SKILL

63

## Cycle

Kindergarten  1  2  3

## Type of group

Small group  Large group

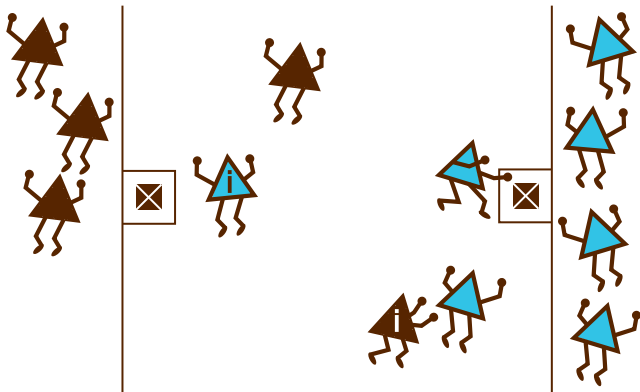
## Required equipment

Two flags (poles in cones)

Pinnies (optional)

## Object of the game

To bring the opposing team's flag back to your home camp without being tagged by an opponent.



## Game play

- At each end of a rectangular field, a square is drawn at least one metre by one metre where the flags will be placed.
- The players are divided into two teams.
- The teams try to bring the opposing team's flag back to their home territory while at the same time protecting their own flag.
- At the start of the game, both teams are on their territories behind the end lines.
- Each team chooses an "invincible" player, who can sideline his or her opponents by tagging them when they are outside of their territory.
- The sidelined players move to one side of the field.
- The players must cross the opposing team's end line without being tagged and try to get to the flag in the square.

- The players are not allowed to enter their own flag's square until the opponent touches the flag
- When a player touches the flag, all of the players on the opposing team can tag and sideline the player. When the player holding the flag is tagged, the flag is returned to its place and the game continues.
- The first team to bring the flag back to its territory wins the game. If all of the players of a team are sidelined, the opposing team wins the game.

## Variations

- Players who are tagged by an opponent remain immobile while they wait for a teammate to free them by accompanying them to the end line.
- Eliminate the protected square around the flag.



# Snowball



BALL

RUNNING AND CHASING

SKILL

64

## Cycle

Kindergarten     1     2     3

## Type of group

Small group     Large group

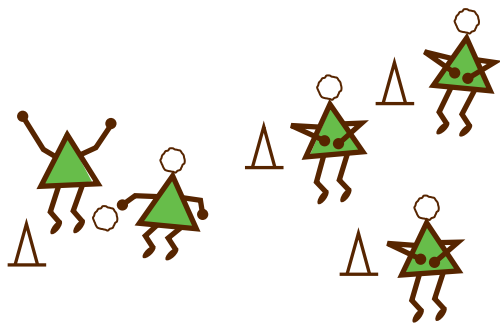
## Required equipment

One snowball or one sandbag per player

Cones

## Object of the game

To keep a snowball or a sandbag balanced on your head.



## Game play

- Plan an obstacle course for the players to complete with a snowball on their head (e.g. avoiding, jumping, leaning).
- The players balance a snowball on their head and keep their hands behind their back.
- The players try to move through the course without making the snowball fall off their head.
- Players who lose their snowballs raise an arm, jump up and down on the spot and shout “Snowflake!”
- Another player picks up the snowball and puts it back on the player’s head without losing his or her own snowball.
- The player can then continue along the course.
- ! The players will need to wear a warm hat if they play this game with a snowball rather than a sandbag.

## Variation

- Hold a race to see who can complete the course the fastest without losing his or her snowball.



# Jailbreak



BALL

RUNNING AND CHASING

SKILL

65

## Cycle

Kindergarten  1  2  3

## Type of group

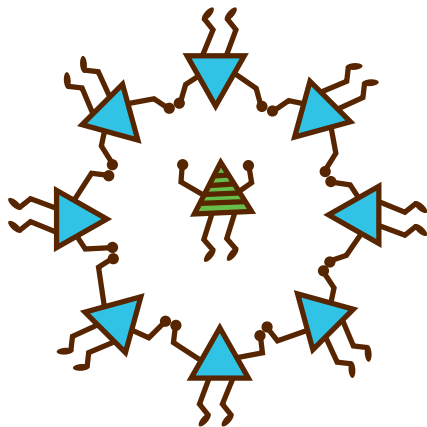
Small group  Large group

## Required equipment

None

## Object of the game

To prevent the prisoner from escaping from jail.



## Game play

- The players stand in a circle holding hands; one player is chosen to be the prisoner inside the circle.
- The players try to prevent the prisoner from escaping the circle by moving around the prisoner while keeping the circle intact.
- When the prisoner succeeds in escaping the circle, the players let go of each others' hands and try to tag him or her. The first player to tag the prisoner takes the prisoner's place.

## Variation

- Limit the time the prisoner has to escape to two minutes, after which another prisoner takes his or her place.



# Simon Says



BALL

RUNNING AND CHASING

SKILL

66

## Cycle

Kindergarten  1  2  3

## Type of group

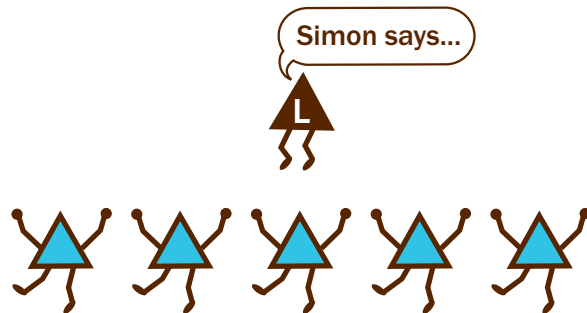
Small group  Large group

## Required equipment

None

## Object of the game

To figure out whether or not to follow the play leader's instructions.

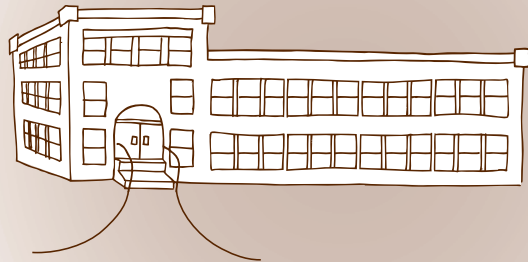


## Game play

- The players stand side-by-side so that they can all see the play leader.
- One player is chosen to be play leader and faces the other players.
- The play leader asks the players to do such things as clap their hands, raise an arm, march on the spot, jump up and down, and so on.
- When the request starts with “Simon says,” the players have to follow the instruction. Otherwise, they have to ignore it.
- When a player makes a mistake, he or she can play differently rather than simply being out, by continuing to play facing away from or standing beside the play leader, or by doing the opposite of what the play leader asks to deliberately confuse the other players.
- The game is over when there is only one player left who has not made a mistake. That player is the play leader in the next round.

## Variations

- Use a name other than Simon (e.g. “Jeremy says”) to confuse the players.
- The play leader does things that don’t necessarily match his or her own instructions to trick the players.



# Hopscotch Exercise

BALL

RUNNING AND CHASING

SKILL

67

## Cycle

Kindergarten  1  2  3

## Type of group

Small group  Large group

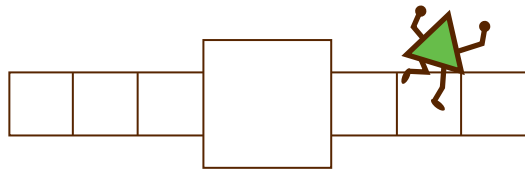
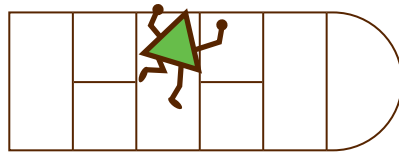
## Required equipment

A piece of chalk

A stone

## Object of the game

To learn about hopscotch by doing a series of exercises on the numbered squares.

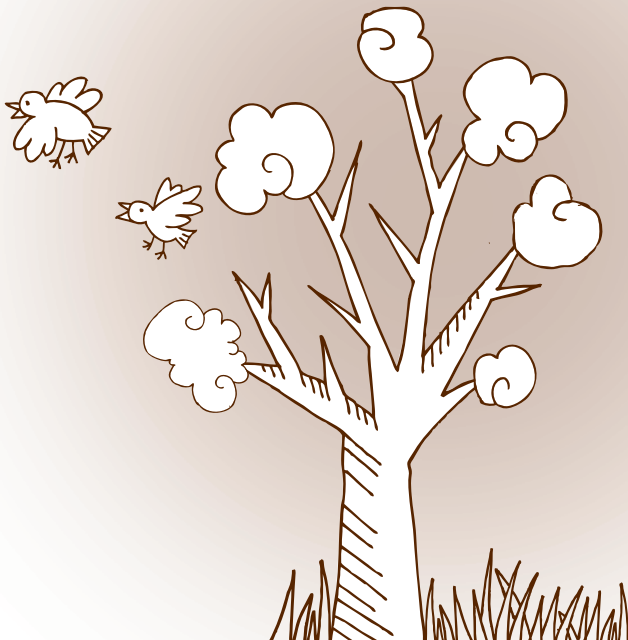


## Game play

- Draw a hopscotch course on the ground, making sure that the squares are big enough for the students' feet.
- The players do the following exercises to familiarize themselves with the course.
  - complete the course, jumping with both feet in all of the squares
  - repeat, but this time on one foot, and then on the other foot
  - repeat, alternating between jumps on two feet and jumps on one foot
  - repeat, but only jump on the even or odd numbered squares
  - call out a number and throw a stone on the square with that number
  - jump backward

## Variation

- Come up with another way of exploring the hopscotch course!



# Bowling

BALL

RUNNING AND CHASING

SKILL

68

## Cycle

Kindergarten

1

2

3

## Type of group

Small group

Large group

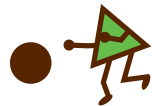
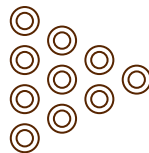
## Required equipment

Ten wooden pins

A ball

## Object of the game

To roll the ball and knock down as many pins as possible.

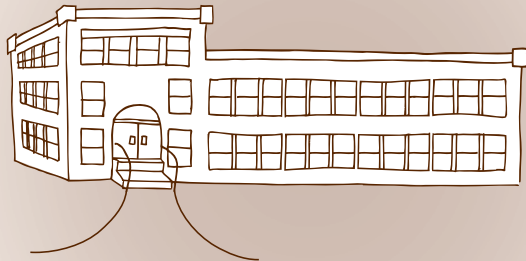


## Game play

- Arrange the ten pins in the standard (triangular) pattern.
  - The players stand a certain distance from the pins (depending on their skill level) and roll the ball on the ground, aiming for the pins.
  - Each player gets two chances to knock all ten pins down.
- !** We suggest that one player be assigned to stand behind the pins, to return the ball to the players and stand the pins back up for the next try.

## Variations

- Use well-rinsed plastic 1-L soda bottles with a rock in the bottom for more stability.
- Keep score of the number of pins knocked down by each player, or form teams that compete against each other to earn the most points.
- Throw the ball at the pins instead of rolling it.
- Use just two pins and ask the players to roll the ball between them without knocking them down.



# The Snake

BALL

RUNNING AND CHASING

SKILL

69

## Cycle

Kindergarten

1

2

3

## Type of group

Small group

Large group

## Required equipment

A skipping rope

## Object of the game

To jump over the writhing snake without stepping on it.



## Game play

- Two students in a squatting position hold either end of a slack skipping rope.
- They jerk the rope to the right and to the left on the ground to make the rope imitate the movement of a snake.
- One after another, the other players try to jump over the snake, without stepping on it.
- When all of the players have had their first try, the two players who were holding the rope get their turn.

## Variations

- Vary the types of movement (e.g. hopping on one foot, leaping like a frog, jumping backward).
- Raise the rope a bit higher off the ground.
- Make waves with the rope by moving the ends up and down.



# Remember Who?



BALL

RUNNING AND CHASING

SKILL

70

## Cycle

Kindergarten  1  2  3

## Type of group

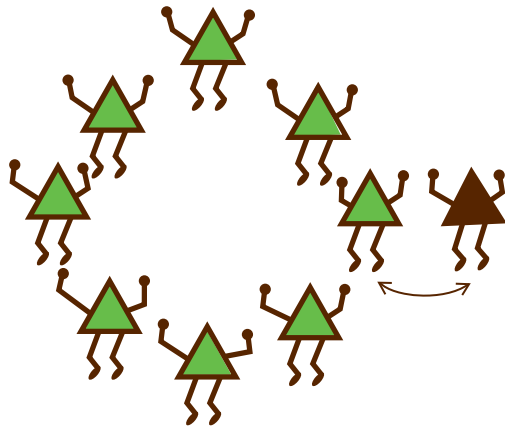
Small group  Large group

## Required equipment

None

## Object of the game

To remember which players have not yet changed places.



## Game play

- The players form a circle.
  - The first player chosen to be the runner starts running around the circle and stops behind another player.
  - That player gives the runner his or her spot and becomes the new runner.
  - The new runner repeats the operation by stopping behind another player, who gives up his or her place and becomes the next runner, and so on.
  - The trick for the players is to remember which players have already been runners, so that they always stop behind a player who has not yet changed places.
  - The game continues until a player stops behind a player who has already changed places, or when everyone has changed places. Then the game can start again.
- !** It is important that the players not be given any clues, so that they can develop their memory!

## Variations

- The players run backwards.
- The players have to change places in less than ten seconds.



# The Conductor



BALL

RUNNING AND CHASING

SKILL

71

## Cycle

Kindergarten  1  2  3

## Type of group

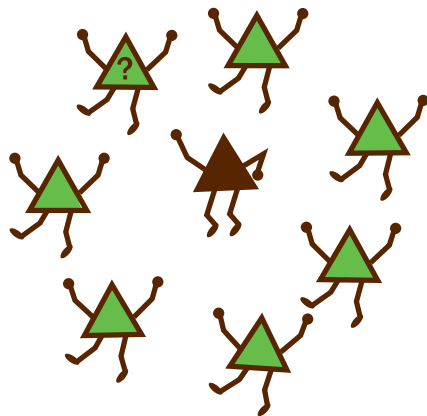
Small group  Large group

## Required equipment

None

## Object of the game

To figure out which player is the conductor.



## Game play

- The players form a circle.
- One player (the detective) is asked to stand a bit apart from the group, facing away, while the other players point at the player they choose to be the conductor.
- The conductor makes motions that the other players have to imitate, such as marching on the spot, clapping hands, jumping like a frog, imitating a duck or hopping on one foot.
- The conductor changes the motion regularly, but as discreetly as possible.
- The detective is then invited back into the circle and tries to figure out who the conductor is.
- Regardless of whether or not the detective guesses correctly, a new detective and a new conductor are chosen and the game continues.

## Variation

- The detective can be given three chances to figure out who the conductor is.



# Capture the Scarf

BALL

RUNNING AND CHASING

SKILL

72

## Cycle

Kindergarten  1  2  3

## Type of group

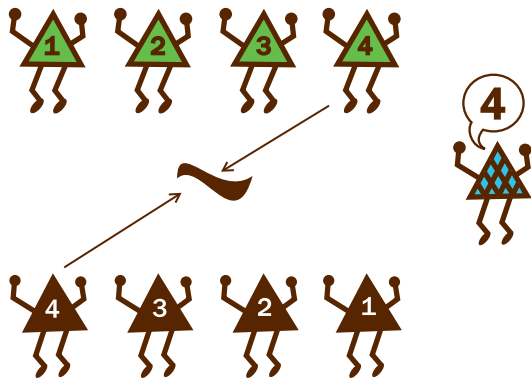
Small group  Large group

## Required equipment

A scarf

## Object of the game

To bring the scarf back to your home territory or prevent your opponent from doing so by tagging him or her.



## Game play

- Two teams stand face to face and a scarf is placed between them at an equal distance from each.
- The play leader numbers the players on each team (for example, 1 to 10 for the one, 10 to 1 for the other) so that players with the same numbers are standing diagonally across from each other.
- The play leader calls out a number. The players with that number race to get to the scarf.
- The first one to grab the scarf and get back to his or her side without being tagged by the opposing player scores a point.
- If the opposing player succeeds in tagging the player with the scarf before he or she gets back home, it's the opposing player who scores the point.
- The team that scores the most points wins the game.

## Variations

- Call out more than one number at a time.
- Add constraints (e.g. keep one hand behind your back when your number is called).



# Skipping

BALL

RUNNING AND CHASING

SKILL

73

## Cycle

Kindergarten  1  2  3

## Type of group

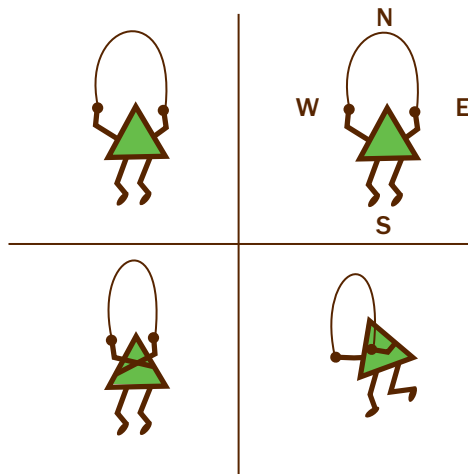
Small group  Large group

## Required equipment

A skipping rope

## Object of the game

To successfully complete a series of skipping rope jumps.



## Game play

- The game consists of holding the handles of a skipping rope and swinging it over your head, jumping over it as it passes under your feet. Start with the rope dangling on the ground behind you.
- There are various kinds of jumps that can make this game more fun and add degrees of difficulty. Here are a few examples:
  - **The double-under:** The rope has to make two turns for every one jump made by the player.
  - **The cross:** The player skips four times in a row, turning each time to face the four cardinal points one after the other.
  - **The criss-cross:** While jumping, cross the hands in front of the body, keeping them far enough apart to be able to swing the rope.
  - **The alternate foot jump:** This style involves using alternate feet to jump off the ground while swinging the rope – it allows the player to “walk” or “run.”

## Variation

- Jump backward, hop on one foot, jump raising your knees as high as possible, combine more than one movement, etc.



# Ice Cream

BALL

RUNNING AND CHASING

SKILL

74

## Cycle

Kindergarten  1  2  3

## Type of group

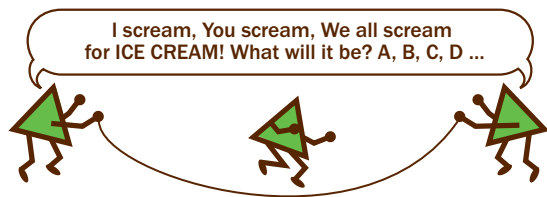
Small group  Large group

## Required equipment

A long skipping rope (4.20 m)

## Object of the game

To do what you're told in a rhyme while skipping.



## Game play

- Two children swing a long skipping rope.
- The other players stand to one side in single file.
- The first player jumps into the middle and skips while everyone recites the following rhyme:

*“I scream, You scream, We all scream  
for ICE CREAM! What will it be?  
A, B, C, D ...”*

- When a player gets caught in the rope, the letter being called is used as the first letter of a first name.
- The skipper has to name a name. He or she then takes over from one of the rope turners. The next player comes forward and the children repeat the rhyme.

- When a player skips through the whole alphabet, he or she gets to say any name before going to swing the rope.

## Variation

- Form teams of two players who skip together until one of them trips.



# The Clock

BALL

RUNNING AND CHASING

SKILL

75

## Cycle

Kindergarten  1  2  3

## Type of group

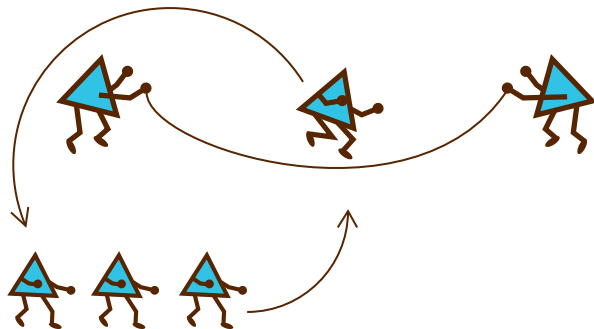
Small group  Large group

## Required equipment

A long skipping rope (about 4.20 m)

## Object of the game

To enter and exit the swinging rope and jump up to 12 times in a row.

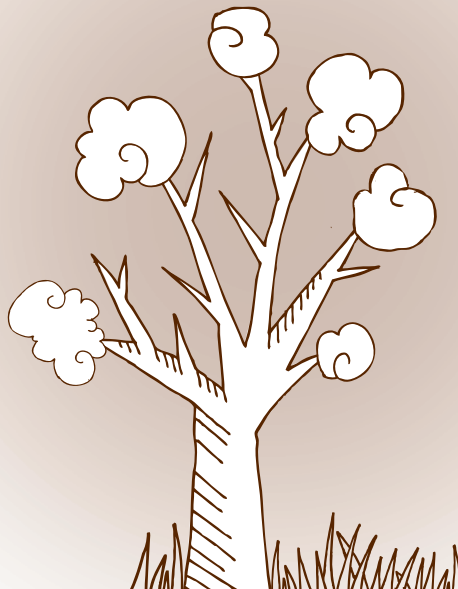


## Game play

- Two children swing a long jump rope.
- The other players stand to one side in single file.
- With the rope already swinging, the players move forward to jump in, jump once and jump out to make room for the next player, and so on.
- The successful jumpers go back to the end of the line.
- The number of jumps by each player is gradually increased to 12.
- The players continue to do one more jump than the preceding player.
- All of the players can count the number of jumps out loud to encourage each other.
- When a player gets caught in the rope, he or she replaces one of the rope turners.

## Variation

- Form teams of two players who skip together until one of them trips.



# Circle Hop

BALL

RUNNING AND CHASING

SKILL

76

## Cycle

Kindergarten  1  2  3

## Type of group

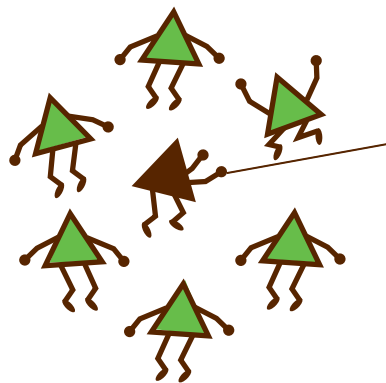
Small group  Large group

## Required equipment

A skipping rope

## Object of the game

To jump at the right time so that the swinging rope doesn't touch your feet.



## Game play

- The participants stand in a circle, at least an arm's length apart.
  - One player is chosen to be in the centre.
  - The player in the centre spins around, swinging the rope on the ground. The players in the circle have to jump over the rope as it comes around to them.
  - A player whose feet get caught in the rope replaces the person in the centre.
- !** Be careful not to let the child in the centre get dizzy from spinning around too long.

## Variation

- Put two players in the centre back to back, and have them swing two ropes under the players' feet.



# Cone Catch



BALL

RUNNING AND CHASING

SKILL

77

## Cycle

Kindergarten  1  2  3

## Type of group

Small group  Large group

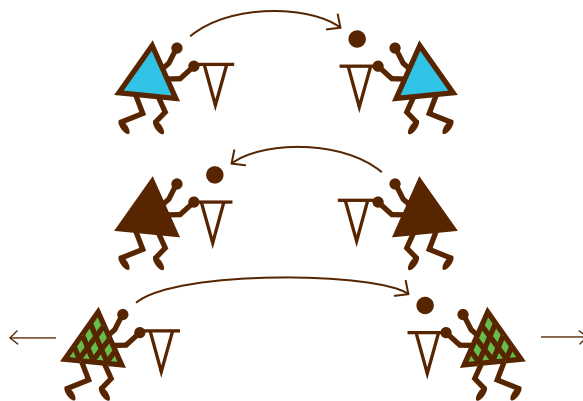
## Required equipment

One cone per player

One ball (tennis or similar) per pair of players

## Object of the game

To catch the ball with an upside-down cone.



## Game play

- The players form pairs and stand facing their partners.
- One of the partners is given a ball.
- All of the players are given a cone, which they hold upside-down.
- One partner throws the ball to the other partner, who uses the upside-down cone to catch it.
- With each successful catch, the thrower steps back one pace.
- The partners continue to throw and catch the ball and to move apart until one of them misses the ball.

## Variation

- The partners advance one step when the ball is dropped.
- The partners who are the farthest apart at the end of the game win.
- One player out of two has a cone, and after a few minutes, it's the other player's turn to have it.



# Through-the-Hoop

BALL

RUNNING AND CHASING

SKILL

78

## Cycle

Kindergarten  1  2  3

## Type of group

Small group  Large group

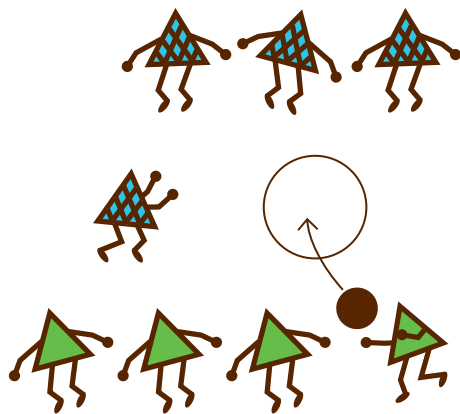
## Required equipment

A hoop

A ball

## Object of the game

To throw the ball through a moving hoop.



## Game play

- The players are divided into two teams, which stand facing each other about three metres apart.
- The first player on one team moves to the centre and rolls the hoop.
- The first player on the opposing team has the ball and tries to throw it through the hoop as it turns.
- The thrower goes to recover the hoop in order to roll it for the next player on the opposing team, who goes to recover the ball.
- When the ball goes through the hoop, the throwing team scores a point. When all of the players have had a chance to throw the ball, the team with the most points wins.

## Variations

- Instead of throwing a ball, the player has to jump through the hoop in order for his or her team to earn a point.
- Throw the hoop into the air instead of rolling it.



# My Bicycle

BALL

RUNNING AND CHASING

SKILL

79

## Cycle

Kindergarten  1  2  3

## Type of group

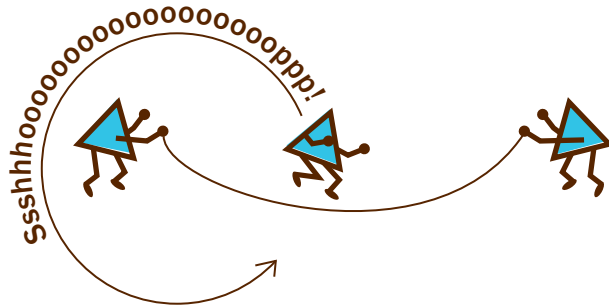
Small group  Large group

## Required equipment

A long skipping rope (4.20 m)

## Object of the game

To skip through a whole rhyme and then stop the rope with your foot just at the right time.



## Game play

- Two children swing a long skipping rope.
- The other players stand to one side in single file.
- With the rope already swinging, the first player jumps in and skips to the following rhyme.

*“I ride my little bicycle I bought  
it at the sssshhhhopppp!  
And when the traffic light goes red  
I know I have to stop.”*

- On hearing the word “shop,” the player jumps out of the rope, runs around to the other side and jumps back in again.
- At the end of the rhyme, the player tries to jump on the rope, or catch it between his or her legs, so that the rope stops exactly on the word “stop.”

- A player who trips before the end or doesn't stop the rope in time replaces one of the rope turners.

## Variation

- Form teams of two players who jump together until one of them gets caught in the rope.



# Hopscotch Jump

BALL

RUNNING AND CHASING

SKILL

80

## Cycle

Kindergarten  1  2  3

## Type of group

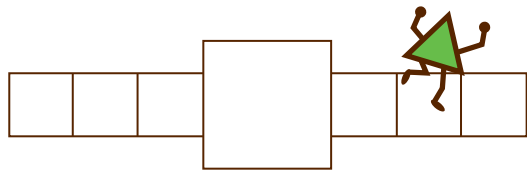
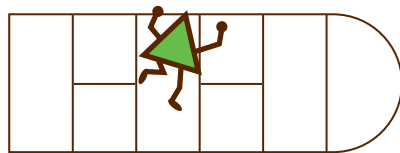
Small group  Large group

## Required equipment

A piece of chalk  
Stones or small objects

## Object of the game

To hop on one foot and rest only on the square marked by your own stone.



## Game play

- Draw a hopscotch course, making sure that the squares are large enough for the students' feet.
- The first player hops on one foot along the course, then hops back in the opposite direction, also on one foot.
- Throughout the course, the player's foot must not touch the lines and the player cannot put his or her other foot on the ground.
- If he or she succeeds in completing the course without a mistake, the player can throw a stone onto a square to identify it as a resting place where he or she will be able to put both feet down the next time around.
- Players who don't make it to the end without a mistake won't get a chance to use a stone to create a resting place during this round.
- The second player hops through the course on one foot, but has to skip the square marked by the first player's stone.

- The second player can then use his or her own stone to mark a resting place for the next rounds.
- The third player repeats the same process, and then it is the first player's turn to play again, and so on.
- The game is over when there are no squares left without a stone, or the players are unable to complete the course because of the squares that have been claimed by the other players.
- We suggest drawing additional hopscotch courses if there are more than three players, to avoid making the students wait.

## Variation

- Vary the types of movement (e.g. jumping with both feet together, jumping alternately on one foot and both feet).



# Travelling Balls



BALL

RUNNING AND CHASING

SKILL

81

## Cycle

Kindergarten     1     2     3

## Type of group

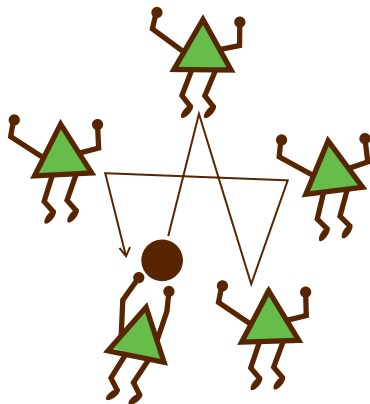
Small group     Large group

## Required equipment

Three to eight balls

## Object of the game

To try to throw the ball to the same player while more and more balls are being added.

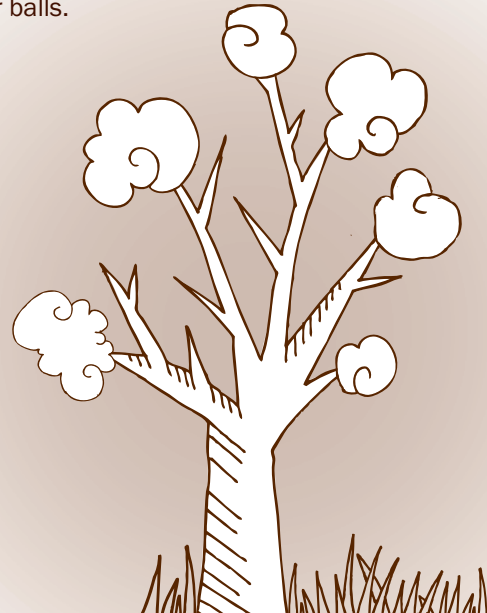


## Game play

- The players stand in a circle at least two arm's lengths apart.
- A first player throws the ball to another player, who then throws it to another, and on and on, until all of the players have caught the ball once.
- The players have to remember who threw them the ball and who they threw it to.
- After the ball has been all the way around once, the first player throws the ball to the same player as the time before.
- All of the players continue to throw the ball to the same people, and the last player who catches the ball throws it to the first player.
- After the second time around, the first player adds a ball to the game.

## Variation

- If all goes well, the first player adds a third ball, and another one with each successive round, until it becomes impossible to add any more.
- Use smaller balls.



# Boomerang



BALL

RUNNING AND CHASING

SKILL

82

## Cycle

Kindergarten     1     2     3

## Type of group

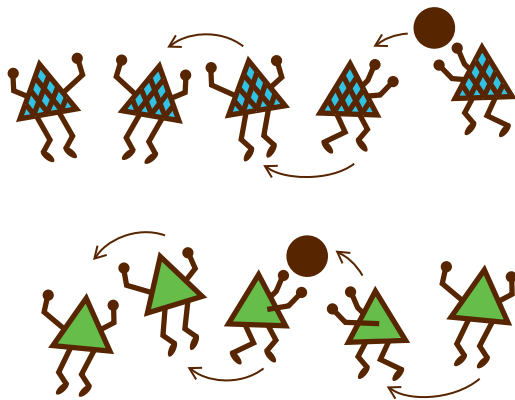
Small group     Large group

## Required equipment

One ball per team

## Object of the game

To take turns passing the ball to the next player until all of the players on the team are back where they started.



## Game play

- The teams are made up of roughly six players, who stand one behind the other.
- The play leader gives a ball to the first player on each team.
- When the signal is given, the first player passes the ball over his or her head to the second player.
- The second player gives the ball to the third by passing it between his or her legs. The ball continues to be passed, alternately over and under, from player to player.
- When the last player in the line receives the ball, he or she runs to the head of the line and starts passing the ball again.
- When the first player has returned to his or her place at the head of the line, everyone on the team raises his or her arm to indicate that the team has finished the race.
- The first team to finish wins the game.

## Variations

- \* Use a snowball instead of an ordinary ball.
- Use different-sized balls.
- Use various objects of different sizes, shapes and weights.
- Pass the ball to the side instead of over the head, alternating from one side to the other.



# Push-Catch



BALL

RUNNING AND CHASING

SKILL

83

## Cycle

Kindergarten     1     2     3

## Type of group

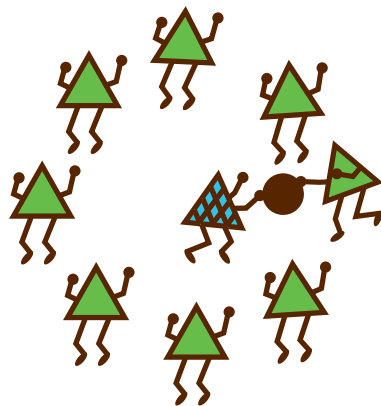
Small group     Large group

## Required equipment

A ball

## Object of the game

To do the opposite of what the play leader says to do when he or she throws the ball.



## Game play

- The players form a circle.
- The play leader stands in the centre of the circle and randomly throws the ball to the players, saying “Push” or “Catch.”
- If the play leader says “Push,” the players have to catch the ball. If he or she says “Catch,” the players have to hit the ball back to the leader without catching it.
- Players who get it wrong have to run all the way around the circle before they can return to the game.
- After three complete rounds, the last player to get it right becomes the play leader.

## Variations

- Say two words one after the other, with the last word being the one that counts (e.g. push-push, catch-push).
- Put two play leaders in the centre, each with a ball.



# Fly Trap



BALL

RUNNING AND CHASING

SKILL

84

## Cycle

Kindergarten     1     2     3

## Type of group

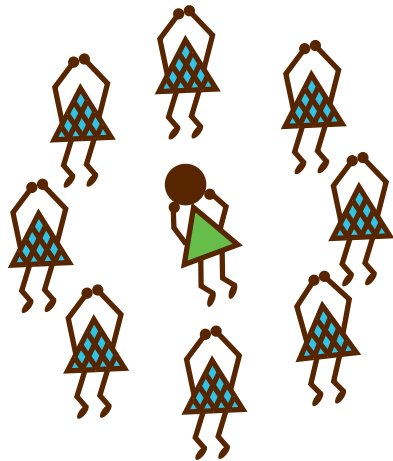
Small group     Large group

## Required equipment

A ball

## Object of the game

To guess when the play leader is pretending to throw the ball.



## Game play

- The players form a circle.
- One player is chosen to be the play leader.
- The players cup their hands together as if they were holding a fly.
- The play leader is in the centre of the circle and throws the ball to different players, sometimes just pretending to throw the ball.
- The players have to open their hands to catch the ball, unless the play leader is just pretending.
- If the play leader is just pretending, the players must not open their hands, because the fly will get away.
- A player who loses his or her fly has to run all the way around the circle before being able to return to the game.
- After three complete times around, the last successful player takes over as play leader.

## Variation

- Put two play leaders in the centre, each with a ball.



# Just a Minute



BALL

RUNNING AND CHASING

SKILL

85

## Cycle

Kindergarten     1     2     3

## Type of group

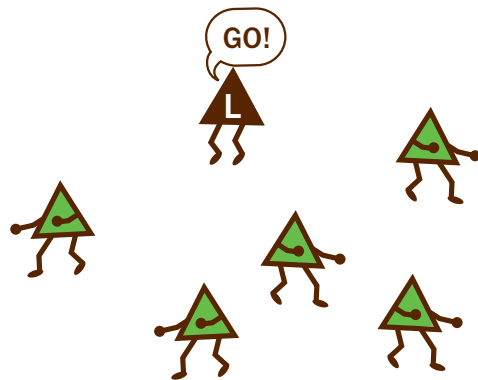
Small group     Large group

## Required equipment

A watch

## Object of the game

To estimate how long a minute lasts without using a watch or a clock.



## Game play

- Identify the boundaries of the play space for this activity.
- Choose a play leader.
- The players have to figure out when it has been a minute since they started moving around in the play space.
- The play leader gives the signal to start after reminding the players not to look at their watches.
- When the play leader gives the signal, the players start moving.
- When the players have the impression that a minute has gone by, they raise their hands and stop.
- The play leader checks his or her watch and monitors the participants to determine who the winner is.

- The winner is the person who raises his or her hand after exactly one minute.
- The play leader waits for all of the players to raise their hands before declaring the winner.
- The winner takes over as play leader in the next round.

## Variations

- The play leader gives the players a clue by telling them when 30 seconds have passed.
- Before the game starts, the play leader asks the players to move around in a particular way (e.g. squat walk, hop on one foot).



# Back to Back

BALL

RUNNING AND CHASING

SKILL

86

## Cycle

Kindergarten     1     2     3

## Type of group

Small group     Large group

## Required equipment

A long skipping rope (about 4.20 m)

## Object of the game

To follow the instructions in a rhyme while skipping in pairs.



## Game play

- Two players are assigned to the task of swinging a long skipping rope.
- Two other players stand back to back in the middle of the rope.
- When the rope starts swinging, the two skippers do what the rhyme says as they repeat it out loud:

*“Back to back, face to face,  
first shake hands, then change places.”*

- When a player gets caught in the rope, he or she replaces one of the rope turners and the game starts again.

## Variation

- When the players have had enough practice, they can add this verse to the rhyme:

*“On one foot, cross your feet,  
first shake hands, then change places.”*



# In & Out

BALL

RUNNING AND CHASING

SKILL

87

## Cycle

Kindergarten     1     2     3

## Type of group

Small group     Large group

## Required equipment

A long elastic cord (roughly 3 m long)

## Object of the game

To have all of the players perform the routine illustrated to the right without making a mistake.



Side



Side



In



Out

## Game play

- Two players called “stakes” stand facing each other about one metre apart. The elastic cord is placed so that it rests on the back of their ankles when they have their feet shoulder-width apart.
- The players have to do the steps of the routine shown on the front of the card, placing their feet as illustrated with each successive jump over the stretched elastic cord.
- When a player makes a mistake, he or she takes the place of one of the stakes.
- When the whole group has performed the routine, raise the elastic halfway up the stakes’ calves, and then to their knees, to increase the level of difficulty.

## Variation

- The players make a half-turn on the spot with each jump.



# Mississippi

BALL

RUNNING AND CHASING

SKILL

88

## Cycle

Kindergarten     1     2     3

## Type of group

Small group     Large group

## Required equipment

An elastic cord (roughly 3 m long)

## Object of the game

To perform a series of steps while jumping over an elastic cord.



## Game play

- Two players called “stakes” stand facing each other about one metre apart. The elastic cord is placed so that it rests on the back of their ankles when they have their feet shoulder-width apart.
- In turn, the other players perform the prescribed routine, saying the letters one by one and then the whole word.
- See the other side of the card for the foot positions associated with each of the letters in the word “MISSISSIPPI”. The player starts by spelling the word and doing the steps that correspond to the letters: MISSISSIPPI (see front of card).
- Then, the word “MISSISSIPPI” is associated with the foot positions: MI SSI SSI PPI (see front of card).

- When a player misses a step, he or she takes the place of one of the stakes.
- When the whole group has performed the routine, raise the elastic halfway up the stakes’ calves, and then to their knees, to increase the level of difficulty.

## Variation

- Do a half-turn on the spot with each jump.



# Speedball Rebounds

BALL

RUNNING AND CHASING

SKILL

89

## Cycle

Kindergarten     1     2     3

## Type of group

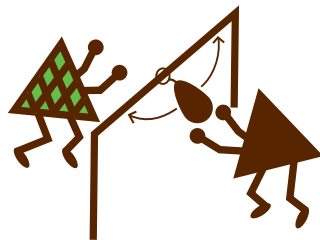
Small group     Large group

## Required equipment

A speedball

## Object of the game

To hit the ball as hard as possible to get it to make the most rebounds off the horizontal bar.



## Game play

- A ball is attached to a horizontal bar.
  - Two players stand on either side of the ball.
  - If there are more than two participants, the other players wait in line, and take the place of the player who got fewer rebounds off the horizontal bar.
  - The players hit the ball as hard as they can to make it bounce back and forth on the horizontal bar.
  - The players take turns hitting the ball.
  - Count the number of consecutive rebounds off the horizontal bar and ask the player who gets fewer to let the next player take his or her place.
  - If the players get the same number of rebounds, they replay the match.
- !** Make sure that the players extend their arms and keep their heads back from the bar so they don't get hit in the face by the ball.

## Variation

- Find a word or a sentence that contains the same number of syllables as the number of rebounds.



# Meteorites



BALL

RUNNING AND CHASING

SKILL

90

## Cycle

Kindergarten     1     2     3

## Type of group

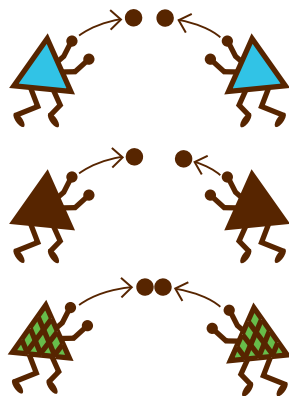
Small group     Large group

## Required equipment

One tennis ball per player

## Object of the game

Two players standing face to face throw their balls up in the air and have them touch.



## Game play

- Two parallel lines are drawn on the ground about three metres apart.
- The players stand in pairs on the lines, facing each other.
- Each pair of players constitutes a team.
- When the signal is given, the two players on each team throw their ball up in the air at the same time so that the balls touch each other.
- Every time the balls touch, the team gets a point.
- The teams try to recover their balls quickly so that they can throw them again.
- The team that gets the most points wins the game.

## Variations

- Every time the balls touch, the teammates take a step backward.
- The players play in pairs without competing with each other.



# Ten-Task Wall Ball

BALL

RUNNING AND CHASING

SKILL

91

## Cycle

Kindergarten     1     2     3

## Type of group

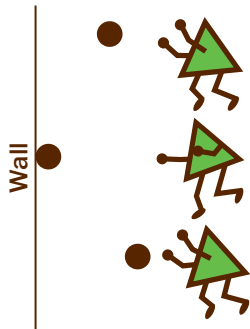
Small group     Large group

## Required equipment

One tennis ball per player

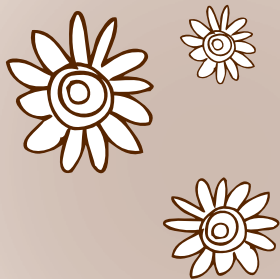
## Object of the game

To successfully perform ten ball throwing and catching tasks.



## Game play

- The players stand side by side at least two metres from a wall.
- Those who succeed at the first task can go on to the next one.
- Those who do not succeed at the first task have to try it again before moving to the next task.
- The ball can bounce only once on the ground between the time it hits the wall and the time it is caught.



- The winner is the first to successfully perform the following ten tasks:
  1. Throw and catch the ball.
  2. Throw and catch the ball without moving.
  3. Throw and catch the ball with one hand.
  4. Throw and catch the ball with the other hand.
  5. Throw the ball with one hand and catch it with the other.
  6. Repeat challenge 5, reversing hands.
  7. Throw and catch the ball standing on one foot.
  8. Throw and catch the ball standing on the other foot.
  9. Throw the ball and turn around once before catching it.
  10. Throw the ball and turn around once in the other direction before catching it.

## Variations

- Take turns playing if there is not enough space for everyone to play at once.
- Help the students learn the rules of the game by printing them on a plasticized sheet.

# Untie the Knot



BALL

RUNNING AND CHASING

SKILL

92

## Cycle

Kindergarten  1  2  3

## Type of group

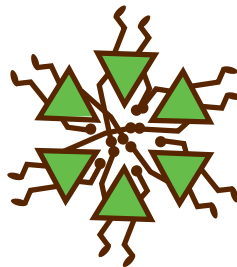
Small group  Large group

## Required equipment

None

## Object of the game

To untie the human knot without the players letting go of each other's hands.



## Game play

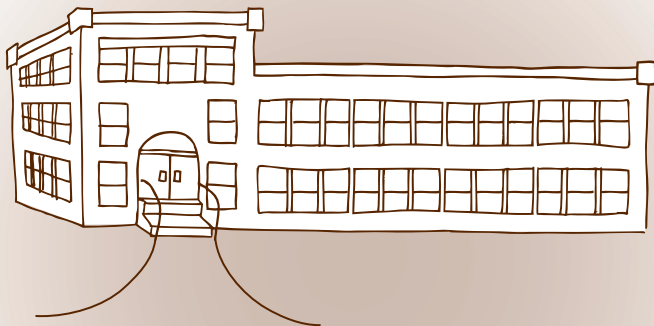
- Have each person reach into the centre of the circle and grab one of the hands of a person standing across the circle.
- Each person must hold hands with two different people.
- Then try to untie the knot without anyone letting go of the other people's hands.
- Once everyone is untangled, there should be one or two circles of players facing toward or away from the centre of the circle.

If there are more than 12 players, play the game in two small groups.



## Variation

- After tying the knot in the circle, ask another player to try to untie it by telling the others what to do.



# Wall Ball

BALL

RUNNING AND CHASING

SKILL

93

## Cycle

Kindergarten     1     2     3

## Type of group

Small group     Large group

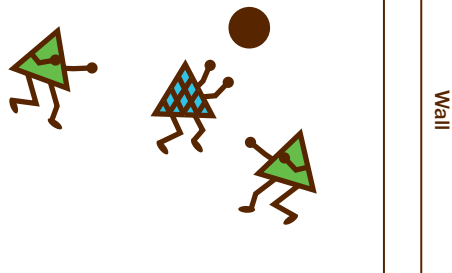
## Required equipment

A ball

A wall

## Object of the game

To throw the ball against the wall and catch it according to the rules of the game.



## Game play

- The players throw the ball against the wall and catch it according to the following rules:
  - The ball must not bounce before it hits the wall.
  - The ball has to be caught by someone other than the person who threw it.
  - The ball has to bounce on the ground after touching the wall and before it is caught.
  - Any player who touches the ball without catching it is out of the game.
  - An end line is drawn behind the play area. When the ball goes over that line without being caught by a player, all of the players, except the person who threw it, have to run and touch the wall. The last one to reach the wall is out of the game. If the thrower touches the wall, he or she is the one who is out.
  - The game can continue until only the winner is left.

## Variation

- When a player is out, he or she can perform a physical task to get back into the game (e.g. jump up and down five times on the spot or run on the spot while counting to 25).



# Hackey Sack

BALL

RUNNING AND CHASING

SKILL

94

## Cycle

Kindergarten     1     2     3

## Type of group

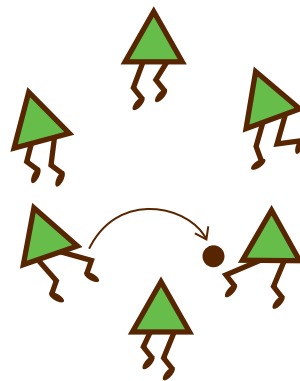
Small group     Large group

## Required equipment

A hackey sack

## Object of the game

To keep the sack moving between the players for as long as possible.



## Game play

- The small group forms a circle with the players spaced widely apart.
- The players keep the hackey sack moving using every part of their bodies except their arms.
- The players pass the sack to one another without it touching the ground.

## Variations

- The players practise individually before the small group play.
- Use a soccer ball.
- Try a predetermined routine (e.g. right foot, left foot, knee, toes).



# Too Small for Two



BALL

RUNNING AND CHASING

SKILL

95

## Cycle

Kindergarten  1  2  3

## Type of group

Small group  Large group

## Required equipment

A piece of chalk

## Object of the game

Two players, back to back, try to push their opponent out of the circle.

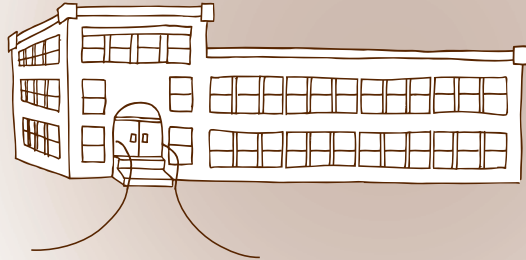


## Game play

- Draw a circle about 1.5 m in diameter on the ground for each pair of players.
  - The players stand back to back inside the circle.
  - When the signal is given, without using their arms or their hands and remaining back to back, they try to push their opponent out of the circle.
- ⚠ Rough moves and punches are not allowed.

## Variations

- \* Draw two parallel lines in the snow about 1.5 m apart. The players start in the centre and the first player who pushes both of the other player's feet over the line wins.
- The players stand on one foot.
- The players remain in a squatting position throughout the activity.
- Vary the size of the circle.



# Basket Bottle

BALL

RUNNING AND CHASING

SKILL

96

## Cycle

Kindergarten     1     2     3

## Type of group

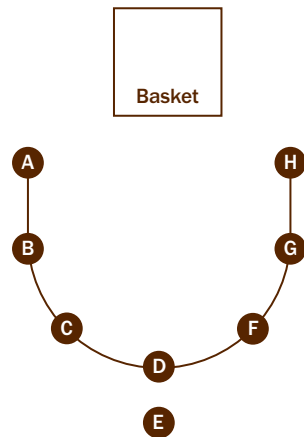
Small group     Large group

## Required equipment

A basketball  
A basket  
A piece of chalk

## Object of the game

To get the ball into the basket from different positions on the field.

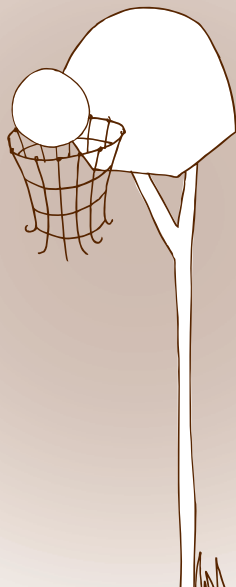


## Game play

- Draw a semicircle (the bottle) three to five metres from the basket. The size of the bottle may vary depending on players' skill level.
- Two or three players start practising shots from specific locations marked on the ground.
- One by one, the players try to get the ball into the basket from point A. Once they succeed, they move to the next point in alphabetical order, until they fumble and the next player gets to try his or her luck.
- From points A, B, G and H, the shooter has only one chance to put the ball into the basket.
- From points C, D and F, the shooter is allowed two tries.
- From point E, the shooter is allowed three tries.
- The first shooter to score a shot from point H wins the game.

## Variation

- Use an empty garbage can or recycling-type bin instead of a basket.



# Twenty-one

BALL

RUNNING AND CHASING

SKILL

97

## Cycle

Kindergarten     1     2     3

## Type of group

Small group     Large group

## Required equipment

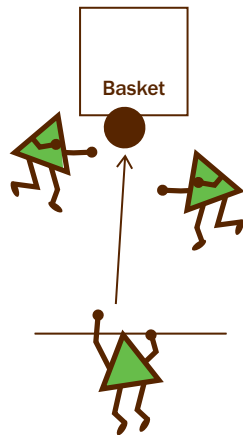
A basketball

A basket

A piece of chalk

## Object of the game

To shoot the ball into the basket enough times to score exactly 21 points.



## Game play

- Draw a line about two metres in front of the basket.
- Two to four players stand in single file behind the line. The order of the players stays the same throughout the game.
- One after the other, the players try to “break the ice” and then make the baskets they need to rack up 21 points.
- The first player takes a shot from the line. If he or she succeeds, he or she has “broken the ice” and earns one point.
- The player can play again from the line and earn two points for each successful shot until he or she misses the basket.
- When he or she misses the basket, it’s the second player’s turn to try to break the ice and accumulate points by putting the ball into the basket with every throw.
- Once a player has broken the ice, he or she is allowed to catch the ball when the preceding player misses a shot.

- A player who has broken the ice and who catches the ball can then shoot from the place where he or she caught the ball.
- If he or she makes the basket, he or she gets one point. Whether or not the shot is successful, the following shots are made from the line.
- Each player is responsible for counting his or her own points.
- The first to reach exactly 21 points wins the game.
- If a player exceeds 21 points, he or she starts counting from zero again.



## Variations

- If a player misses a shot and has not touched the basket, the following player, if he or she has already broken the ice, can stand where he or she wants to make a shot and try to score a point.
- Use an empty garbage can or recycling-type bin instead of a basket.

# Popeye, Olive, Pluto

BALL

RUNNING AND CHASING

SKILL

98

## Cycle

Kindergarten  1  2  3

## Type of group

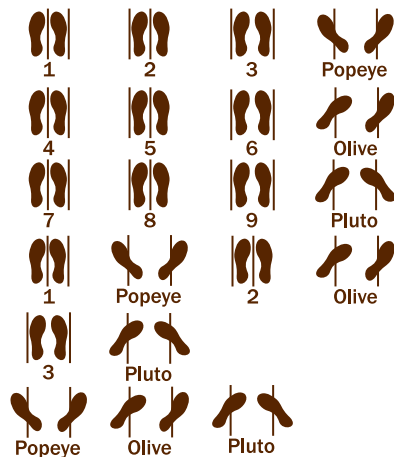
Small group  Large group

## Required equipment

An elastic cord (about 3 m)

## Object of the game

To complete the illustrated routine without making a mistake.



## Game play

- Two players called “stakes” stand facing each other about one metre apart. The elastic cord is placed so that it rests on the back of their ankles when they have their feet shoulder-width apart.
- Each player in turn has to jump over the elastic cord doing the routine shown on the front of this card.
- When a player gets the routine wrong, he or she replaces a stake.
- When the whole group has done the routine, the elastic cord is raised halfway up the stakes’ calves, and then to their knees, to increase the level of difficulty.

## Variation

- The players do a half-turn on the spot with every jump.



# Speedball Race

BALL

RUNNING AND CHASING

SKILL

99

## Cycle

Kindergarten  1  2  3

## Type of group

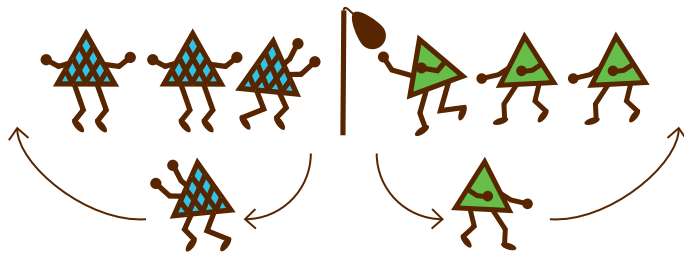
Small group  Large group

## Required equipment

A speedball

## Object of the game

Alternating back and forth between teams, the players hit the ball one after another, continuously and with no breaks between turns.



## Game play

- The players are divided into two teams and stand in line behind each other on either side of the speedball.
- The players hit the ball in rapid succession with no breaks between turns.
- One player starts by hitting the ball, then gives up his or her place to the following player and moves to the back of the line.
- The first player of the opposing team then hits the ball before running to the back of the line.
- After hitting the ball, the players move aside quickly to let the following player step forward, ready to hit the ball as soon as the player for the other team has finished.
- If a player misses a hit, the opposing team gets one point.

- The team that ends up with the most points wins the game.

- ! The players should remember to extend their arms and keep their heads far enough back from the ball to avoid being hit in the face.

## Variation

- Hit the ball from underneath.



# Speedball Game

BALL

RUNNING AND CHASING

SKILL

100

## Cycle

Kindergarten     1     2     3

## Type of group

Small group     Large group

## Required equipment

A speedball

## Object of the game

To hit the ball according to the prescribed pattern without making any mistakes.



## Game play

- One after the other, two players hit the ball following the prescribed pattern.
  - The players stand on either side of the ball.
  - If there are more than two players, the others stand in line and wait for one of the players to miss a hit.
  - The hits on top of the ball are represented by the letter T (top) and the hits on the underside of the ball are represented by the letter B (bottom).
- ❗ The players must remember to extend their arms and keep their heads far enough away from the ball to avoid getting hit in the face.

### Toad jump:

1st player: T	2nd player: T
1st player: T-B-T	2nd player: T-B-T
1st player: T <sup>1</sup> -B <sup>1</sup> -T	2nd player: T <sup>1</sup> -B <sup>1</sup> -T

Repeat from the beginning.

### Cut up a grapefruit:

As they hit the ball, the players have to pronounce the following syllables:

1st player: "CUT UP" T-B
2nd player: "A GRAPE" B-T
1st player: "FRUIT" T

Repeat from the beginning.



1. The player lets the ball do a full rotation before hitting it again.

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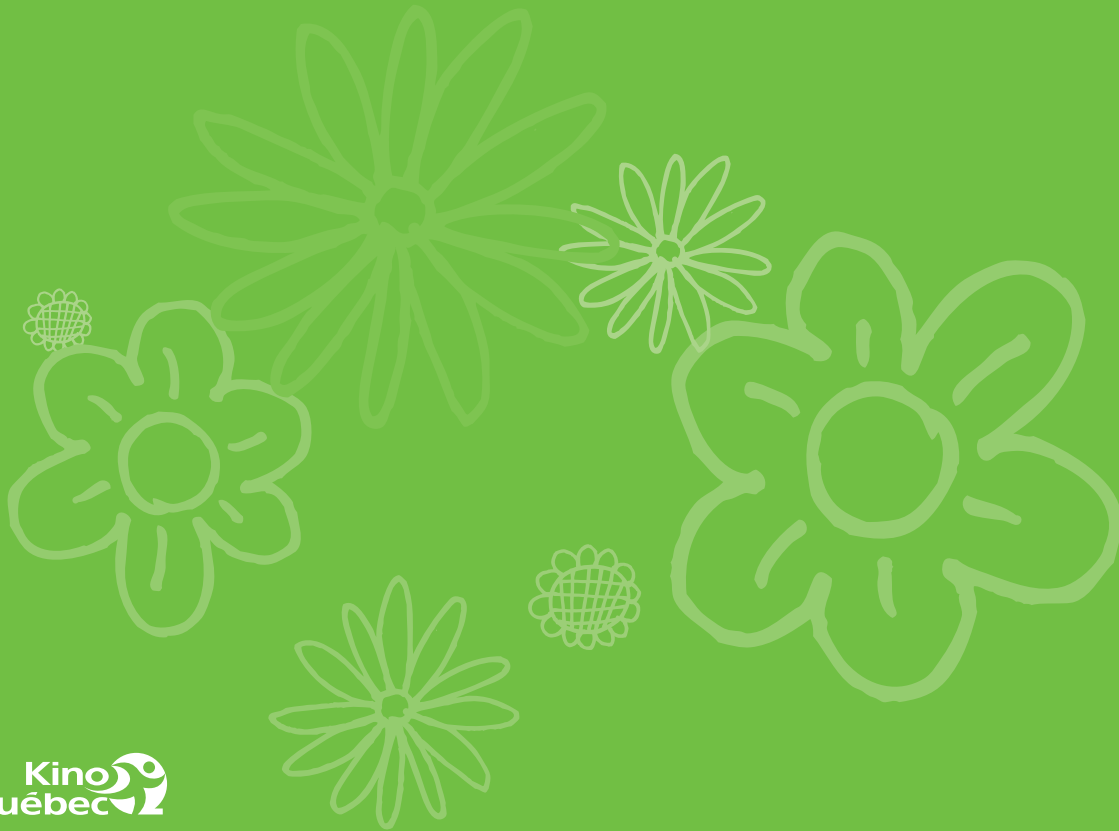
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