

GAMES BOOK

For the



Program



Introduction & Acknowledgements

P.A.L.S. is a peer-led program in which children are trained to be P.A.L.S. Student Leaders to plan and lead fun and safe activities on the playground at recess. It was created by the Region of Peel Public Health Department, and later adapted by Halton Region's School Years Program.

The objectives of the P.A.L.S. program are:

1. To increase physical activity in the playground.
2. To decrease conflict and reduce the incidence of playground bullying.
3. To provide leadership opportunities and build Developmental Assets® for students.

This games book contains an assortment of activities as selected by school staff at Halton District School Board. It is intended to be used as a supplement to the original P.A.L.S. program Games Book for facilitating the P.A.L.S. program.

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Safety on the Playground

1. You must provide a safe physical space. Check your activity area for possible hazards. Report any problems to teachers or playground supervisors.
2. Ensure your activity area is supervised.
3. If an injury occurs no matter how small:
 - one person stays with the injured student;
 - one person is sent to find a teacher on duty or go to the office;
 - STAY CALM!
 - If the injured person cannot move an extremity, or if it hurts too much, keep it as still as possible.
4. Other things to keep in mind are: asthma, diabetes, allergies (school policy/procedures), bee stings (school EpiPen procedure), seizures, and concussion protocols.*

Safety on the Playground (continued)

5. Give explanations when they are needed to make sure everyone understands the rules and expectations. Gentle reminders about expected behaviour and cooperation may be needed from time to time.
 - Make sure everyone understands the rules.
 - Make sure equipment is safe and in good condition.
 - Routine safety checks of your activity area.
6. Listen for thunder; remind participants of sunscreen and hats when it is warm and hats and mittens when the weather is cold.

"If you hear it, clear it. If you see it, flee it!"



*Teacher supervisors should be aware of HDSB Safety Guidelines. Review generic section of curricular guidelines for specific details pertaining to the above.

Adapted from: PROPS: An implementation guide to an active playground

Alaskan Baseball

What's Needed:

- 2 teams of 5-10 players each
- 1 large ball
- 4 pylons for bases & home plate

How to Play:

- Set up the pylons for the 3 bases and home plate.
- Just like baseball, 1 team is at bat and the other team is in the outfield.

Infield team:

- The first player at bat kicks/throws the ball to the outfield.
- The team runs around the bases counting each run until the outfield team yells "STOP."

- When the outfield team yells "STOP," the team adds up the number of runs.
- The team lines up again behind home plate.

Outfield team:

- All players on the team chase the ball after the infield team throws/kicks it.
- The first player to reach the ball holds it over his/her head. The rest of the team lines up behind that player.
- The first player passes the ball over his/her head to the second player who passes it between his/her legs to the next player. Repeat until the ball gets to the last person.
- When the ball gets to the last person the team sits down and yells "STOP."
- Teams trade places after three "at bats."

Alphabet Sequence

What's Needed:

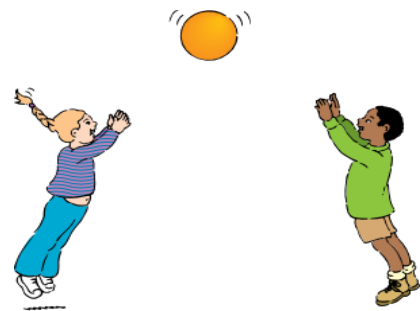
- 15-30 players
- 1 large bouncy ball

How to Play:

- Players form a large circle.
- The first person with the ball says "A" and says a word that starts with the letter A.
- The player tosses the ball to another player. This player says "B" and a word that begins with the letter B.
- The game continues until the letter Z is reached.

Variation:

- Choose topics such as food, animals, places etc.



Are You Coming Out, Sir?

What's Needed:

- 1 player
- A ball in a nylon stocking
- A wall

How to Play:

- The player stands with his/her back against the wall. Swing nylon, bouncing ball from side to side.
- Players recite the poem. On each sir, the player lifts his/her right leg and bounces ball under it.
- Players may create their own patterns including bouncing the ball under left leg, under arms or overhead and between legs.

Other Consideration:

- Ensure a softer ball is used and participants do not intentionally hit other players as ball bounces off the wall.

Rhyme:

Hello, hello, hello, sir,
 Are you coming out, sir?
 No, sir. Why, sir?
 Because I've got a cold, sir,
 Where'd you get the cold, sir?
 At the North Pole, sir,
 What were you doing there, sir?
 Catching polar bears, sir
 How many did you catch, sir?
 One, sir, two, sir, three, sir,
 That's enough for me, sir.

Ball's Eye

What's Needed:

- 1 or more players
- 1 ball
- Chalk

How to Play:

- Choose a large wall without windows.
- Draw a bull's-eye on the wall with chalk. Start with three big circles and add more as you get better.
- Write a number in each circle. This is the number of points a player wins for hitting that circle with the ball.
- Draw a line five giant steps away from the wall. This is your shooter line.
- Throw the ball at the wall. Remember what circle it hits. The ball must bounce once before you catch it. If you catch it after one bounce, you get the number of points written in the circle you hit.
- If the ball bounces 2 or more times before you catch it, you don't get any points.
- The player to earn 50 points first wins.

Beat the Leader

What's Needed:

- Tennis balls
- 1 large plastic container



How to Play:

- Place a lot of tennis balls inside a large plastic container.
- The leader in the middle is 'it' and must try to empty the container by throwing out all the balls one by one.
- The rest of the players try to make sure the tennis balls get back inside the container before the container empties.

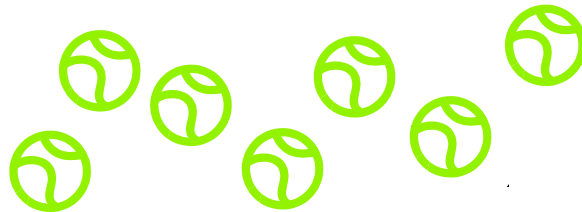
Variations:

- Increase or decrease the number of balls.
- Add equipment such as gator balls, Frisbees, or bean bags.

Catch 'Em All

What's Needed:

- 50 tennis balls
- 5-6 towels or blankets



How to Play:

- Players work in groups of 2-8 with a towel, a blanket or a tarp. Each player holds on to part of the blanket.
- Put 10 - 15 tennis balls on the blanket. Players toss the balls at least 2 metres in the air and then try to catch as many as possible.

Variations:

- Toss balls to each other and try to catch the balls from the other group.
- Start with one ball each and build as many as possible.

Circle the Ball

What's Needed:

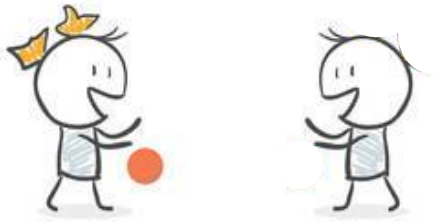
- Unlimited players
- 1 ball

How to Play:

- For small groups with an even number of players, each player throws the ball to a player across from them in the circle until the ball goes around seven times.

Variation:

- With large groups, you may split the group into circles of four or five players.
- Each circle needs a team name and each player has a number.
- A player in the first circle will call out "Number three in (Team Name)," and toss the ball toward that group.
- The correct player catches the ball, calls a number and group name and throws it there.



Elephant

What's Needed:

- 8 or more players
- 1 large ball

How to Play:

- Players form a circle standing with feet shoulder width apart with feet touching their neighbour's feet.
- Select someone to be in the middle.
- All players clasp their arms together in front of them, as though their arms are an elephant's trunk (or like a volley ball serve).
- The player in the middle uses her "trunk" to hit the ball out of the circle through the other player's legs.

- The players in the circle block the ball with their "trunks."
- If the ball goes through someone's legs, that person goes into the middle.

Other Considerations:

- Play without a person in the middle if the game is becoming boisterous and the player in the middle is at risk for being hit or hurt.
- Players in the circle use their "trunks" to punch the ball through other players' legs.
- If the ball goes through someone's legs, that person must run around the circle before the game continues.

Four Square

What's Needed:

- 4 players
- 1 rubber ball
- Chalk

How to Play:

- Draw a square 6 feet long on each side. Divide it into 4 smaller squares. Number the squares 1 - 4.
- Draw a start line outside the square # 4.
- Each player picks a square and stands with feet straddling the outside corner.
- One player bounces the ball into another player's square. This player hits the ball into one of the other player's squares after one bounce using a flat, open hand (front or back of the hand). Any other player can hit the ball, even before it bounces once.

- Each player starts with 10 points. Players who lose all of their points are out. Players lose a point if:

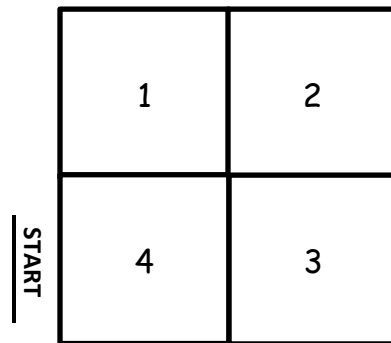
- they close their hand when hitting the ball or grab the ball
- the ball bounces twice before the player hits it
- the ball lands in the player's own square
- the ball goes out of the game board without first bouncing it into another player's square
- the ball is returned into the square of a player who is already out of the game

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Four Square (continued)

Variation:

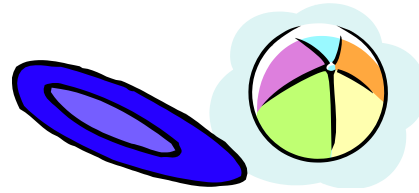
- With more than 4 players, extra players line up behind the starting line.
- Players do not have points but move to the end of the line for the same reasons they would lose points.
- The first person in the line moves into square #4. If there is a player in # 4, he/she moves to # 3 and so on.
- The goal is to get to #1 square without being eliminated.
- Play goes on until everyone in line has a chance to join the game.



Hamburger Haven

What's Needed:

- 2 or more teams of 3 or more players each
- 1 small ball and 1 flying disc (Frisbee) for each team
- Hula hoops (optional)



How to Play:

- Select two boundary lines.
- Have each team line up behind one line.
- Place "hamburger" (ball) on "tray" (flying disc).
- The first person in each team carries the "tray" to the second boundary line. If the "hamburger" falls off the tray, that person does 3 jumping jacks before continuing.
- When the player gets to the boundary, he/she turns around and returns with the "tray" to his/her team.
- The next player in line repeats the pattern until everyone has gone.

Variation:

- Place "hamburgers" around the playing area and give each player a flying disc.
- Place hula hoops at intervals around the playing area.
- Players must find/get "hamburgers" and take them to their "restaurant" (hula hoop).
- The player with the most "hamburgers" wins.

Add Your Game: _____

What's Needed:

- _____
- _____
- _____

How to Play:

- _____
- _____
- _____
- _____
- _____

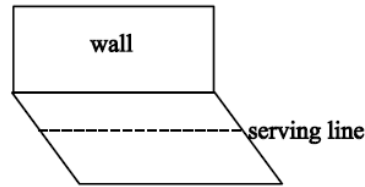
Other Considerations:

- _____
- _____
- _____
- _____
- _____

One Wall Handball

What's Needed:

- Tennis ball or sponge rubber ball
- 2 or more players



How to Play:

- The server may stand anywhere between the wall and the serving line (see diagram).
- On the serve, the ball may hit anywhere on the front wall then back over the serving line.
- The receiver must wait until the ball has bounced once then hit back to the wall.
- If the receiver fails to return the ball, the server gets one point. He/she continues serving until he/she faults or misses the ball.
- Any player may go outside the court to return a ball.
- The game may be played to 11, 15, or 21 points.
- All players must hit the ball with their hand. Players may not catch the ball then hit it. Two hands are not permitted.

Ordinary Dictionary

What's Needed:

- 1 or more players
- 1 ball
- A wall

How to Play:

- Players do the actions while bouncing the ball against a windowless wall.
- If a player misses, he/she must start over at the beginning.
- To make it harder, have players use only one hand or stand on one foot.

Ordinary (throw ball against wall and catch)

Dictionary (throw ball, put hands on hips and catch)

Stationary (throw ball, be still and catch)

Front Clap (throw ball, clap hands at front and catch)

Back Clap (throw ball, clap hands at back and catch)

One Hand (throw ball with one hand and catch with same hand)

Other Hand (throw ball with the other hand and catch with same hand)

One Foot (throw ball standing on one foot and catch)

Other Foot (throw ball standing on the other foot and catch)

Frontwards (throw ball, twirl hands forwards and catch)

Backwards (throw ball, twirl hands backwards and catch)

Curtsey (throw ball, curtsy and catch)

Around the World (throw ball, turn around and catch)

Sevens

What's Needed:

- 1 player
- Rubber ball or tennis ball
- High wall (no windows)

How to Play:

- Draw a line about 5 feet from the wall and stand behind it. Begin with "onesies."

Onesies: Throw the ball against the wall and catch it.

Twosies: Throw the ball against the wall, let it bounce once in front of the line and catch it. Repeat.

Threesies: Throw the ball against the wall and clap before you catch it. Repeat this two more times.

Foursies: Throw the ball against the wall, spin around and catch it after the first bounce. Repeat this three times, changing the direction of your spin each time.

Fivesies: Throw the ball against the wall, clap twice behind your back and catch it. Repeat this four times.

Sixies: Throw the ball against the wall, get down in a push-up position, then jump up and catch the ball after the first bounce. Repeat five times.

Sevensies: Throw the ball against the wall, clap your hands once in front and once in back, before catching the ball. Repeat this six times.

- Earn one point for each step and repetition.
- A perfect score (no mistakes) is 25 points.

Other Considerations:

- Ensure ball is a softer tennis ball or "wall ball" (not lacrosse ball).
- Players need to watch for others who may be retrieving balls to ensure no one gets hit with an incoming ball.

SPUD

What's Needed:

- 4 or more players
- 1 large bouncy ball

How to Play:

- Assign each player a different number.
- One player tosses the ball into the air and yells a number. That player catches the ball and all the other players run away.
- Once the ball is caught, the player yells "SPUD". All players must stop.
- The player with the ball picks a target and tosses the ball at the player, attempting to tag him/her. The target must keep his/her feet on the ground, but he/she may twist, duck or try to catch the ball.

- If the ball makes contact: the target player receives an "S" (or the following letter in the word SPUD). This player throws the ball in the air and calls a number for the next round.
- If the ball misses the player or is caught: then the person who threw the ball receives an "S" (or the following letter in the word SPUD). This player throws the ball in the air again and calls another number.
- When a player has all the letters to spell SPUD, he/she is out of the game. The last player wins.

Variations:

- The person with the ball can take three large steps towards their target before they toss the ball.
- Soccer - the player gently kicks the ball at his/her target's feet instead of tossing it.

Team Ball's Eye

What's Needed:

- An even number of players
- 1 or 2 balls
- Chalk

How to Play:

- Draw a bull's eye on the pavement with chalk. Start with three large circles and add more as you need to.
- Write a number in each circle. This is the number of points a player wins for hitting that circle with the ball.
- From the outside circle, take at least three giant steps. Draw one more circle around the bull's eye. This will be the shooter circle.
- Divide into pairs.
- Partners stand facing each other on the shooter line on opposite sides of the bull's-eye.
- One player tosses the ball onto the bull's-eye. The partner must catch the ball before it bounces again and may go anywhere to make the catch. If the ball bounces more than once or is dropped, there is no score. The team gets the number of points marked on the circle the ball hit.
- The first team to reach 50 points wins.

Towers

What's Needed:

- 10 or more players
- 1 medium ball
- 2 buckets

How to Play:

- Players form a circle standing arm's length away from each other.
- Place the two buckets in the circle - about 1.5 metres apart. Players should be about 3 metres from any bucket.
- One player is "It."
- Players in the circle try to toss the ball in one of the buckets (without stepping inside the circle) while "It" tries to block the ball using his hands, feet, or body.
- Players can pass the ball amongst themselves to try and get a clearer shot at a bucket.
- The player that gets a ball in a bucket becomes the new "It".

Triangles

What's Needed:

- 3 or more players
- 1 rubber ball
- 3 markers (e.g. beanbags) for triangle points or chalk
- A large playing surface



How to Play:

- Players mark out a large triangle on the ground with chalk or markers.
- Players stand at each of the corners and throw the ball to each other clockwise, very quickly.
- If a player misses twice, he/she changes places with the person in line behind him/her.

Variations:

- If a player misses twice, all three players are replaced.
- If only playing with three people, each start with 10 points. For every miss, the player loses a point.
- The person with the most points at the end of the game wins.

Add Your Game: _____

What's Needed:

- _____
- _____
- _____

How to Play:

- _____
- _____
- _____
- _____

Other Considerations:

- _____
- _____
- _____
- _____

Add Your Game: _____

What's Needed:

- _____
- _____
- _____

How to Play:

- _____
- _____
- _____
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- _____

Other Considerations:

- _____
- _____
- _____
- _____
- _____

Add Your Game: _____

What's Needed:

- _____
- _____
- _____

How to Play:

- _____
- _____
- _____
- _____
- _____

Other Considerations:

- _____
- _____
- _____
- _____
- _____

Knights of the Round Table

What's Needed:

- Hula hoop for each player
- 1 metre pool noodle
- 1 chair

How to Play:

- Players stand in hula hoops in a large circle around the playing area.
- One player is selected to be 'it' and this player stands in the middle of the circle with the pool noodle. The 'it' moves around the circle and selects one player to hit, on the legs, with the noodle.
- After that player is hit, the hitter races to the chair in the middle of the circle and places the noodle on the chair.

- The player who was hit tries to get the noodle and re-hit the hitter before he/she takes possession of the hoop.
- If the first hitter makes it back to the hoop safely there is a new hitter. It's very likely that players will be hitting each other frequently as they try for ownership of the hoop.

Variation:

- Add another noodle and have two games at one time.

Steal the Banana

What's Needed:

- 2 teams of 4 or more players
- 1 stick, ball or bandana

How to Play:

- Pairs of thieves try to steal the "banana" and make it "home" without being tagged.
- Teams line up facing each other, about 3 metres apart (players in line should be about 1 metre apart).
- Start at the right end of each line. Players count off down their line so players with the same numbers are diagonally across from each other.
- Place the "banana" (stick, ball or bandana) in the centre between the two lines.
- To start the game, the leader calls out a number.
- The players who share that number race to grab the "banana" and get back to their place in line without being tagged by the opponent. If the player makes it home without being tagged, the team gets a point. If the player is tagged, no point is awarded.
- Keep calling numbers out of order until all numbers are called.
- The team with the most points wins.

Tail Chase

What's Needed:

- Marked off safe area for play
- Scarves, ropes or cloth for 'tails'

How to Play:

- Players stuff a small part of their 'tail' (cloth, scarf, rope) in the back of their shorts.
- On leader signal, each player tries to grab his/her partner's tail without having his/her own tail taken.
- When tail is removed, the player puts it back again and tries again.
- Count how many times a tail can be removed in time given.
- No body contact.

Variation:

- Six-tail chase: Six players play in an approximately 4 metre wide square area. Each player has a tail.
- At the start signal, players try to snatch each other's tails without losing their own.
- Players who lose their tail may continue playing, but must try to find another tail to replace the one they lost.
- Play for 2 minutes and see who has the most tails.

Add Your Game: _____

What's Needed:

- _____
- _____
- _____

How to Play:

- _____
- _____
- _____
- _____
- _____

Other Considerations:

- _____
- _____
- _____
- _____
- _____

Acka Backa, Soda Cracker

What's Needed:

- 1 skipping rope(s)

How to Play:

- Two players turn the rope (one at each end).
- Each player chants this rhyme while jumping (see next column).
- When one player jumps out of the turning rope, another jumper comes in and does the same.

Rhyme:

My mother and your mother,
Live across the way.
Every night they have a walk,
And this is what they say.
Acka backa soda cracker,
Acka backa backa boo.
Acka backa soda cracker,
Out goes you!

All in Together

What's Needed:

- 1 skipping rope(s)

How to Play:

- Two players turn the rope (one at each end).
- The players recite the rhyme while jumping and follow the directions in the rhyme.
- The players run in from the side and try to keep skipping during the rhyme.

Rhyme:

All in together, girls
Never mind the weather, boys
Hark! Hark!
I hear the teacher tapping on the window.
January, February, March . . . (run out on birthday month)
One, two, three, four, five . . . (run out on birthday date)
Monday, Tuesday, Wednesday . . . (run out on day of birth)
One, two, three, four, five . . . (run out on age)

Alphabet Rhyme

What's Needed:

- 1 skipping rope(s)

How to Play:

- Two players turn the rope (one at each end).
- Recite this rhyme while jumping (see next column).
- Continue through the alphabet.
- When the jumper makes the rope stop, the next person takes a turn.

Rhyme:

My name is Alice, and my
Friend's name is Allen.
And we came from Alberta
With a carload of Apples.
My name is Barbara, and my
Friend's name is Betty.
And we came from Barrie
With a carload of Beans.

Apples, Peaches, Pears & Plums

What's Needed:

- 1 skipping rope(s)

How to Play:

- Two players turn the rope (one at each end).
- Players run in on their birthday month and run out on the day of their birthday.
- Recite this rhyme while jumping (see next column).

Rhyme:

Apples, peaches, pears and plums,
Tell me when your birthday comes,
January, February, March . . .
1, 2, 3, 4 . . .

Double Dutch

What's Needed:

- 1 or 2 skipping ropes

How to Play:

- With one long rope: one player wraps rope behind his/her back, over forearms, and through his/her hands while another player holds the two ends.
- With two ropes: two players hold the ends of the two ropes.
- In Double Dutch, turn the ropes so they don't "kiss" (slap together).
- Another player jumps into the ropes (without stopping the rope) and continues to jump rope. If the player is a good jumper, turn the ropes faster.
- When the jumping player makes the ropes stop, the next person takes a turn.

Variations:

- Count the number of successful jumps.
- Add rhymes.

Engine, Engine

What's Needed:

- 1 skipping rope(s)

How to Play:

- Two players turn the rope (one at each end).
- Recite this rhyme while jumping (see below).
- When a player stops the rope, the next person takes a turn.

Rhyme:

Engine, engine, number Nine,
Going down the Chicago line.
See it sparkle, see it shine,
Engine, engine, number Nine



Ropes

What's Needed:

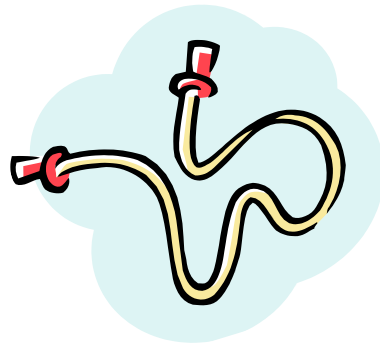
- 1 skipping rope(s)

How to Play:

- 2 players turn the skipping rope (one at each end).
- Another player jumps into the rope without stopping the rope and continues to jump rope.
- When the jumping player makes the rope stop, the next person takes a turn.

Variations:

- Count the number of successful jumps.
- Add rhymes



Sports Car

What's Needed:

- 1 skipping rope(s)

How to Play:

- Two players turn the rope (one at each end).
- Recite this rhyme while jumping (see next column).
- Turn the rope very quickly while saying the numbers.

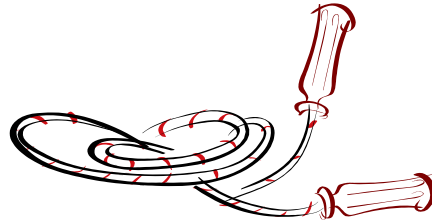
Rhyme:

Sports car, sports car,
A 1968,
Turn around the corner,
Slammed on the brakes,
Bumped into a lady,
Bumped into a man,
Bumped into a policeman,
And man, Oh man!
Policeman caught me,
And put me in jail.
All I had to drink was gingerale.
How many bottles did I drink?
10, 20, 30 . . . (count until
jumper misses)

Teddy Bear, Teddy Bear

What's Needed:

- 3 or more players
- An open area
- Long skipping rope (14-20 feet)



How to Play:

- Two players turn the rope (one at each end).
- Recite this rhyme while jumping (see next column).
- The player follows the direction of the rhyme.
- When the jumper makes the rope stop, the next person takes a turn.

Rhyme:

Teddy Bear, Teddy Bear,
Turn Around.
Teddy Bear, Teddy Bear,
Touch the ground.
Teddy Bear, Teddy Bear,
Show your shoe.
Teddy Bear, Teddy Bear,
How old are you?
One, two, three, four . . .

Two Little Hummingbirds

What's Needed:

- 1 skipping rope(s)

How to Play:

- Decide what names (i.e., Peter and Paul) you will use and which player will have which name.
- The rope must always be turning. No one is skipping at this point.
- Say the rhyme in the next column to start one player or two players skipping.

Variation:

- Make different rhymes by using different names of children in the group.

Rhyme:

Two little humming birds sitting in
a tree,
(No-one skips, just the rope
turns)
One called Peter and one called
Paul,
(One child comes in and then the
other)
Fly away Peter, Fly away Paul,
(One child skips out and then the
other)
Come back Peter, Come back Paul.
(One child returns and then the
other)

Add Your Game: _____

What's Needed:

- _____
- _____
- _____

How to Play:

- _____
- _____
- _____
- _____
- _____
- _____

Other Considerations:

- _____
- _____
- _____
- _____
- _____
- _____

Add Your Game: _____

What's Needed:

- _____
- _____
- _____

How to Play:

- _____
- _____
- _____
- _____
- _____
- _____

Other Considerations:

- _____
- _____
- _____
- _____
- _____
- _____

Chinese Jump Rope Introduction

About:

Chinese Jump Rope is a rope skipping game that is popular around the globe. Central European children call it *gummitwist*, while kids in Great Britain and New Zealand call the game "Elastics."

What's Needed:

- 3 or more players
- A 3 metre piece of rope, elastic string or cord, tied in a loop.

How to Play:

- Two players, referred to as "holders" or "enders," place the circle of rope around their ankles and spread their feet far enough apart so that the rope is taut and doesn't touch the ground.

- A third player, called the "jumper," must then complete a specific pattern of jumps without making any mistakes. See the following pages for a variety of jumping patterns and chants.
- If the jumper completes the moves without any missteps, pauses, or interruptions, the rope is moved further up the body (ankles, mid-shin, knees, mid-thigh, hips).
- If the jumper fails to complete the pattern, she or he is out. The players rotate their positions and the next player becomes the jumper.

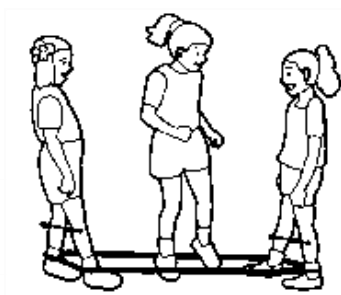
Basic Chinese Jump Rope

What's Needed:

- 3 or more players
- A 3 metre piece of rope, elastic string or cord, tied in a loop

How to Play:

- See page 39 for basic instructions.
- The jumper jumps so both feet land inside the rope, then with both feet straddling outside the ropes on either side.
- The jumper alternately straddles the single rope on each side, then places both feet back inside the rope, and then straddles the rope again.
- The jumper jumps so that the left foot lands on the left rope and the right foot on the right rope.



Chant:

"in-out-side-side-in-out-on"

Variations of Chinese Jump Rope

What's Needed:

- 3 or more players
- A 3 metre piece of rope, elastic string or cord, tied in a loop

How to Play:

- See page 39 and 40 for basic instructions.

Variations:

- **Skinnies:** holders hold the rope with only one foot so there's little jumping space between the ropes.
- **Wides:** holders spread their feet as wide as they can so the ropes are far apart.
- **Diamonds:** holders hold the rope with just one foot while the jumper moves the feet to form a diamond pattern.
- **Scissors 1:** jumper starts with both feet straddling the rope, and then crosses her legs while dragging the ropes so they form a scissor shape.
- **Scissors 2:** the strings are criss-crossed in an X pattern, and jumpers move their feet into various parts of the X.

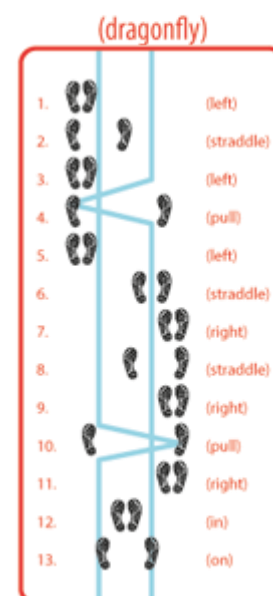
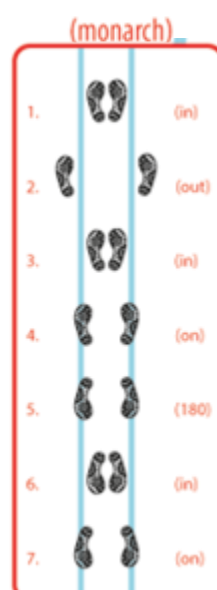
Other Chinese Jump Rope Patterns

What's Needed:

- 3 or more players
- A 3 metre piece of rope, elastic string or cord, tied in a loop

How to Play:

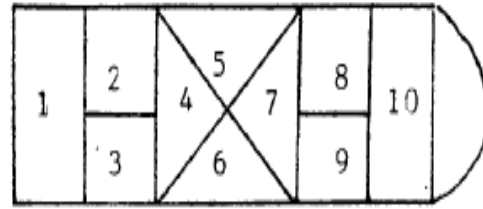
- See page 39 and 40 for basic instructions.



Hopscotch

What's Needed:

- Chalked out hopscotch lines or painted blacktop hopscotch lines
- Puck; beanbags; buttons; beans; or other small objects
- 6 to 8 players on each side



How to Play:

- Arrange teams in a line with player number one facing square number one.
- Player number one stands on one foot outside area one and holds a "puck" in his/her hand.
- Player number one tosses the "puck" into area one then hops over this area and lands with left foot in area two and right foot in area three (spread eagle position).
- Hop and land on one foot in area four.
- Hop and land with left foot in area five and right foot in area six.
- Continue pattern, hopping and landing with one foot in single spaces and two feet in adjacent areas.

(Continued on following page)...

Hopscotch (continued)

How to Play:

- Two hops are permitted in area ten in order to turn and be in a ready position for the return movements.
- Upon landing in areas two and three, lean forward, pick up "puck" and hop out.
- Player number one now tosses the "puck" into area two and repeats the pattern. The player may not land in area two.
- On the return movement, player one must land on one foot in area three, pick up "puck", hop over to area two, then to area one and out.
- Player one continues pattern through area ten and back.
- A player is out if he/she steps on a line, tosses the "puck" on a line or in the wrong area, changes feet on single hops, or touches hand or other foot during any hopping or retrieving movement.
- When a player commits an error, he/she goes to the back of the line.

Basic Shooting Techniques

The Roll	Think of a bowling ball. Gently cup the marble in your hand and let it roll down the runway.
The Flick	Put the marble on the ground. Your thumbnail should be touching the ground. Flick the marble with your index (first) finger.
The Nudge	Put the marble on the ground. Crook your index (first) finger and give the marble a push or nudge.
Footsies	Stand tall. Put the marble beside the instep of your shoe. Gently shove the marble ahead with the toe of your other shoe.
The Knuckle Down	Put the marble in the crook of your index (first) finger. Rest your knuckles on the ground. Flick your thumb against the marble.

Basic Marble Terms

Marble Names:

Aggie (Agate):	Glass is cloudy or white, hard to see through
Cat's Eye:	Look inside the marble. Do you see a cat's eye?
Dib:	A plain marble, use it for practice
Rainbow:	A multi-coloured swirl in the middle of the marble
Crystal:	Clear, coloured glass marble
Biggy or Boulder:	A big marble, keep it safe
Ball Bearing or Steely:	A large steel ball

Terms to know:

Keepsies (keep-zeez):	When you play for keepsies, you can lose marble to the winner.
Funsies (fun-zeez):	No harm done. Win or lose, you get your marbles back at the end of the game.
Sharesies (share-zeez):	Divide marbles to share with other players. All marbles are returned at the end of the game.
Trysies (try-zeez):	Practice round, owners get all their marbles back.
The Shooter:	Is it your turn? If so, you're the shooter
Shooter Line:	Use chalk to draw a line on hard top, or use a stick for a line on soft top. Players must stand, sit or crouch behind the line when playing.

Boss-Out

What's Needed:

- Marbles
- Players

How to Play:

- The first player shoots one marble onto the playing field, which can be any area.
- The second player tries to hit the first player's marble. If they hit it, they collect both marbles.
- If the two marbles are close enough, he/she can attempt to 'span' them. He/she places his/her thumb on his/her own marble and his/her index finger on his/her opponent's marble. He/she then draws his/her hand up while bringing his/her fingers together.

- If the two marbles hit, he/she collects both marbles. If he/she misses, the first player may shoot at either marble on the field.
- If a player collects the last marble on the field, he/she must shoot a marble for the next player to shoot at.

Other Consideration:

- Players should also agree in advance whether they are playing 'for fair' (all marbles returned to owner) or 'for keeps' (winners keep, losers weep).

Add Your Game: _____

What's Needed:

- _____
- _____
- _____

How to Play:

- _____
- _____
- _____
- _____
- _____

Other Considerations:

- _____
- _____
- _____
- _____
- _____

Bunhole

What's Needed:

- Marbles
- Players

How to Play:

- Dig a 30cm wide hole in the center of the playing field.
- Players attempt to get a marble as close as possible to the hole without going in.
- The player who rolls their marble closest without going in wins a marble from each player.
- Knocking in your opponent's marble is permitted - if you can knock the closest marble into the hole and "stick" your shooter, you can win the game (unless the next player succeeds in doing the same to you ... in this game, you want to be the last to shoot!).

Hundreds

What's Needed:

- Marbles
- Players

How to Play:

- Both players try to shoot their marbles into a 30 cm hole.
- If both marbles go in, players start over. If one player's marble goes in and the other player's marble doesn't, the player whose marble went in scores ten points.
- If neither player's marble goes in, the first player now tries to hit the second player's marble.
- If he/she hits it, he/she earns ten points and another chance to shoot his/her marble into the hole for ten points.
- If he/she misses his/her opponent's marble, the second player tries to hit the first player's marble for ten points. If they hit it then they can also try shooting his/her marble into the hole for ten extra points.
- Whenever a marble goes into the hole, both players start over from the starting line, otherwise all shots are made from wherever the marble stopped rolling.
- First player to reach one hundred points wins.

Poison

What's Needed:

- Marbles
- 2 or more players, alone or in teams

How to Play:

- Dig a small hole 3-5 cm across in the middle of the playing field, and mark a starting line on one end.
- The playing order is determined by a practice shot from the line towards the hole. Whoever is closest or makes it into the hole is first.
- One at a time, each player shoots their marble toward the hole. The first shot is from the line. All other shots are taken from where the marble lands.
- The goal is to get it into the hole so the player that makes it in can become "Poisoned". Only one player (or team) can be Poisoned at a time.

(Continued on following page)...

Poison (continued)

How to Play:

- The Poisoned player gets another turn and tries to hit other player's marbles. If he/she hits someone, they are out and he/she shoots again until he/she misses. If someone else gets a marble in the hole, they become the new Poisoned player.
- Other players may hit each other as a part of their strategy. If a player hits another player's marble, he/she shoots again (but no one is out).
- If somehow their marble hits the other marble two times (if it hits and rolls up a hill and hits the same marble while going down), it's called "Double Shots" and the player gets to shoot the marble two more times.
- If a non-poisoned player hits the poisoned marble, he/she is out.
- The last marble (or team) in play is the winner. They get to keep all the marbles that were in play from the beginning.

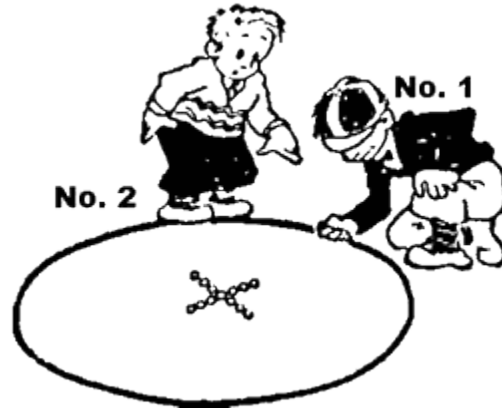
Ringer

What's Needed:

- 13 Marbles
- 2 to 6 Players
- Chalk

How to Play:

- To determine which player goes first, draw a line on the ground. The players shoot at the line from 3 metres away. The player closest to the line goes first.
- Draw a ring (a large circle - usually about 1-3 metres) and put 13 marbles in it. The marbles should be in a cross and spaced 7-8 cm apart. The size of the circle is often determined by the skill of the players. The bigger the circle, the more skill is required.



(Continued on following page)...

Ringer (continued)

- Each player shoots in turn from outside the circle (knuckling down at the edge of the circle and flicking their shooter), trying to hit a marble out of the ring while keeping his/her shooter inside the ring.
- If the shooter has a miss, his/her turn is over and he/she picks up the shooter.
- If the shooter has a hit, but the shooter also rolls out of the ring, he/she keeps the marbles that rolled out and his/her turn is over.
- If the shooter has a hit and the shooter stays in the ring, then the player shoots again from the place where the shooter stayed.
- On each new turn a player shoots from anywhere outside the ring.
- The person who collects the most marbles is the winner.

Variations:

- Every player contributes 4 marbles that are placed randomly inside the circle.
- If playing indoors, use tape, string or a hula hoop instead of chalk.
- If playing indoors, use small indoor balls instead of marbles.

Skelly

What's Needed:

- Marbles
- Players

How to Play:

- Draw a square 30 cm across. Mark a starting line outside of the square.
- Each player randomly places a few targets (marbles) inside the square.
- The playing order is determined by a practice shot from the line towards the square.
- The one closest, shoots first and plays until he/she misses one of the targets.
- Players can shoot from elevated positions and can shoot at any of the marbles.
- For a marble to be counted and kept, it has to go out of the square *on the fly*, without rolling.

Other Consideration:

- This game works best when dense aggies (or steelies, if all players agree to it) are used to hit lighter target marbles.

Add Your Game: _____

What's Needed:

- _____
- _____
- _____

How to Play:

- _____
- _____
- _____
- _____
- _____

Other Considerations:

- _____
- _____
- _____
- _____
- _____

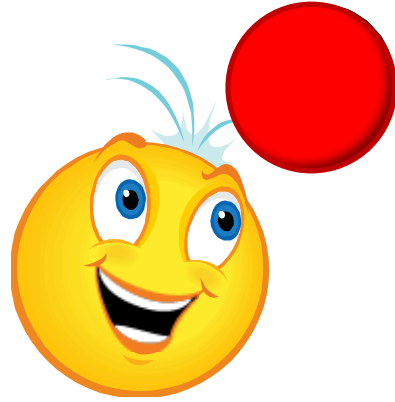
Baseball Roundup

What's Needed:

- 5 or more players
- 1 ball for each player

How to Play:

- Players form a circle.
- Start with one ball. The player holding the ball tosses it to the player two people to his/her right (e.g. Player One has the ball and passes it to Player Three).
- When the ball gets back to the first person, add another ball.
- Keep adding balls until everyone has one.
- In the dry weather, play with a larger ball and roll it or kick it between players.



Circle Delight

What's Needed:

- 2 small objects (e.g., 2 different coloured balls, rubber animals, flying discs)

How to Play:

- Players stand in a tight circle, shoulder-to-shoulder.
- Select two players standing beside each other to be the starters.
- On the 'go' they pass their ball to the second player to their left or right, one ball is going in one direction and the second ball in the other direction.
- The team with the ball back to the start first wins. After each round players take a step back.
- When the circle gets quite large add more balls. Players are not allowed to interfere with another team's balls.

Classroom Paper Ball

What's Needed:

- 2 empty baskets or waste bins
- 2 Hula hoops
- Paper

How to Play:

- In the classroom place two empty baskets or waste bins at the ends/sides of the room.
- Around the baskets place hula hoops, or create a zone where no player is allowed to enter.
- Divide the class into two equal teams and scrunch recycled or Good-On-One-Side (G.O.O.S.) paper to make paper balls.
- Players may only take up to three steps, or whatever is safe in your environment, pass to a teammate and try to throw the paper into the basket.

Variation:

- Players must be seated.



Dance Fever

What's Needed:

- Music (CD or electronic playlist)
- CD player or computer

How to Play:

- Select some fun music - consider modern hits, "oldies," or music from other cultures. Make sure it is teacher-approved.
- Play the music and invite students to dance along.



Variations:

- **Learn a new dance routine together.** Learn a dance and teach it to the group.
- **Create a dance circle.** Players take turns leading the group in a dance move.
- **Bust a move.** Players write dance or fitness moves on paper ballots. Take turns drawing ballots and performing the move individually or as a group while the music plays. *Variation:* All players draw a ballot to start. When the music pauses, each player exchanges ballots with another player, and performs the new dance move until the next exchange.

Electric Shock

What's Needed:

- 10 to 40 players
- Numbered cube

How to Play:

- Divide teams equally sitting holding hands back to back.
- The electric shock starts with the roll of a dice. When the number agreed upon by the leader and the first participant in each row appears, the shock is spread by squeezing hands.
- As the shock progresses down the line and reaches the last participant, the last participant must perform some task before racing to the front of the line.
- The task can be as simple as jumping jacks, running a relay, searching for an object or drawing a picture etc.
- Players can also be asked to work with their partner to complete a task before returning to the front of the line. Points can be awarded for team work.
- Once task is completed, the student runs to the front of the line where the electric shock is sent again through an agreed upon number on the dice.
- The game is done when every player has completed the task and the teams are sitting in their original order.

Other Consideration:

- Keep task age appropriate to ensure participants are safe and actively engaged.

Add Your Game: _____

What's Needed:

- _____
- _____
- _____

How to Play:

- _____
- _____
- _____
- _____
- _____

Other Considerations:

- _____
- _____
- _____
- _____
- _____

Fox and Goose

What's Needed:

- 8 to 12 or more players

How to Play:

- Using as many participants as possible, form a large circle in the fresh snow.
- Everyone shuffles their feet as they make a large pie shaped circle in the snow. The group then proceeds to divide the pie into eight sections, again using their feet. In the centre is a hub where all sections intersect.
- Spray the lines with water mixed with food colouring from a used Windex bottle.
- Choose one or two to be the foxes and the rest are the geese.

- The Fox chases the geese by following the lines. The geese must stay on the lines too. When a fox tags a goose they are it and can either be eliminated or become foxes.
- The game ends when all the geese have been caught.

Variations:

- The fox must be on the same line as a goose in order for a tag to count.
- No jumping from one line to another. All players must change lines only at the intersections.
- Make two Fox and Goose games where they are joined at the wheel like a pair of glasses.

Snowy Ball

What's Needed:

- High jump standards
- Rope
- Ball
- 6 to 9 players

How to Play:

- Mark out a volleyball court using your feet and spray the lines with water mixed with food colouring from a used Windex bottle.
- Set up two high jump standards with a rope hung across as a net.
- Play a version of volleyball where players catch and pass the ball rather than volley and bump it.
- The ball is tossed over the net to start and the receiving team must catch it, make three passes, and throw it back over the net.



Snow Scooper

What's Needed:

- Scoop
- Pylon
- Pail for each team

How to Play:

- Divide participants into evenly distributed teams. Each team will need a scoop, a pylon, and a fairly large pail.
- Place the pylon 10 metres away from the team and keep the pail where the pail is located.
- Players take turns running to the pylon, carrying the scoop with them.

- Players fill their scoop with snow at the pylon and quickly return to deposit the snow into the pail.
- Object is to be the first team to fill the pail.

Other Consideration:

- Be cautious of icy areas on the field.

Add Your Game: _____

What's Needed:

- _____
- _____
- _____

How to Play:

- _____
- _____
- _____
- _____
- _____

Other Considerations:

- _____
- _____
- _____
- _____
- _____

Miss Mary Mack

What's Needed:

- 2 or more players in pairs

How to Play:

- Partners start by facing each other.
- Each person begins by clapping their own hands together, at the same time as their partner.
- Next, each person claps their hands against their thighs, at the same time as their partner.
- Next, each person claps their own hands again.
- Partners clap hands three times when saying the repeated words.

- Recite this rhyme while clapping:
Miss Mary Mack, Mack, Mack.
All dressed in black, black, black.
With silver button, buttons, buttons,
All down her back, back, back.
She asked her mother, mother, mother,
For fifty cents, cents, cents,
To see the elephant, elephant, elephant,
Jump the fence, fence, fence.
He jumped so high, high, high.
He reached the sky, sky, sky.
And he never came back, back, back,
Till the end of July, 'ly, ly.

See See My Playmate

What's Needed:

- 2 or more players in pairs

How to Play:

1. Each person begins by facing their partner and holding hands. Swing hands back and forth two times (two beats).
2. Each person claps their right hand against their partner's right hand. Repeat with left hand.
3. Next, each person claps their own hands together two times.
4. Partners clap the back of their hands together (like backwards "high ten").
5. Each person claps front hands together (like a high ten).
6. Repeat from step 2.

- For "more, more, more" - clap your partner's hands once for each time you say "more".
- Recite this rhyme while clapping:
See, see my playmate,
Come out and play with me,
And bring your dollies three,
Climb up my apple tree
Slide down my rain barrel,
Into my cellar door,
And we'll be jolly friends,
Forever more, more, more!
See, see oh playmate,
I cannot play with you.
My dolly has the flu,
Boo hoo, hoo, hoo, hoo, hoo,
Ain't got no rain barrel,
Ain't got no cellar door,
But we'll be jolly friends,
Forever more, more, more.

Stella Ella Olla

What's Needed:

- 2 or more players in pairs

How to Play:

- Players stand in a circle with their right hand over the left hand of the person on their right.
- One person starts the game by clapping her right hand against the person's left hand. This pattern works so everyone is clapping the person next to his/her left hand.
- When the rhyme gets to 5 (or 10), the person clapping tries to clap the hand of the person next to them. The other person tries to move their hand out of the way.
- If the person clapping touches the person's hand beside them, the person touched is out. If he/she moves their hand in time, the clapper is out.

- Recite this rhyme while clapping:

Stella Ella Olla

Clap, clap, clap

Say es chico chico

Chico chico chop

Say es chico chico

Velo, velo, velo, velo, velo

Say 1, 2, 3, 4, 5! (may go up to 10)

Variations:

- With larger groups, those who are out can start new, smaller games.
- With 2 players, players hold right hands while facing each other. They bend their elbows and put their left hands out. Instead of clapping, they rock their right hands back and forth, touching the outstretched left hand.

Add Your Game: _____

What's Needed:

- _____
- _____
- _____

How to Play:

- _____
- _____
- _____
- _____
- _____

Rhyme:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Add Your Game: _____

What's Needed:

- _____
- _____
- _____

How to Play:

- _____
- _____
- _____
- _____
- _____

Rhyme:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Add Your Game: _____

What's Needed:

- _____
- _____
- _____

How to Play:

- _____
- _____
- _____
- _____
- _____

Rhyme:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Alligator

What's Needed:

- Hoops or pylons as "stations"
- Fitness ideas for variation

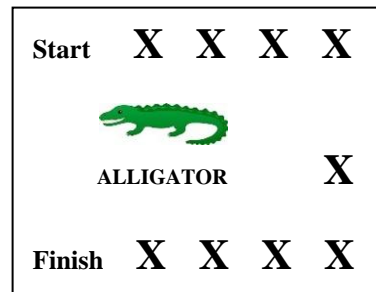
How to Play:

- Arrange the playing area in a rectangle with an 'alligator' (the leader) in the middle. Use hula hoops or pylons to identify the stations.
- All the players begin at the entrance to the game.
- Players randomly challenge other players to a game of Rock-Paper-Scissors (RPS), entering the game and moving forward as they win.
- When a player loses a game of RPS, they race to the centre and play the alligator. If they win that RPS challenge, they go back to the spot they left.

- However, if they lose to the alligator they must go back to the start and begin again.
- The first player to the end of the playing area wins.

Variation:

- Place fitness challenges at each station and players must complete the fitness challenge before they play RPS.



Ya Baby

What's Needed:

- 3 or more players

How to Play:

- Choose one player to be the leader. The leader stands at "home base" or at the wall.
- Players are lined up along the centre of the playing area (10 to 15 feet behind the leader). All players have their 'throw' hands behind their back.
- On the "go", players throw a Rock, Paper or Scissors.
- If a player beats the leader, he/she takes one step forward. If he/she ties, he/she stays still. However, if they lose to the leader, they have to run to the back wall and return to the centre line.
- All players that don't run must shout out together, "YA BABY".
- Play until someone reaches the leader.

Sources

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