

BROCK UNIVERSITY

The Recess Project

Games and Activities Manual

Lauren McNamara, Erin Vaantaja & Elena Boss

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Rainy Day Games

Empire

Equipment: Paper, pencils, bucket/container

Directions: Everyone must sit in a circle. Each person is given a small piece of paper and a pencil. The person leading the game (you) would then pick a topic (such as a favourite movie, or nickname). The children must then write their answers on a piece of paper without showing anyone, and then put their papers into a container/bucket. After this is done, the leader will pull out a paper from the bucket, and the first person that raises their hand can choose who they think the paper belongs too. If the child guesses correctly, the person who wrote the paper must then sit behind the child who guessed him/her. If the child guesses incorrectly, then the person that they thought wrote the paper gets the opportunity to take a turn in guessing who could have written the paper. The point of the game is to have all the people in the circle sitting behind someone (the winner), ultimately building “an Empire”.

Modifications: If a younger group of children are playing, then each child can whisper their topic into the leader’s ear to make the process go faster.

Stop the Bus

Equipment: Paper, pencils

Directions: Set up the group into 5 or 6 teams (groups of 3-4). Each group is given a paper and a pencil. The leader must choose 5 categories and the students must write them down on their paper in columns. For example, boy’s names, girl’s names, movies, foods, songs, cartoon characters etc. The leader will then call out a letter, and the group must try to write down, as fast as they can, a word for each category that corresponds to the letter. The first group to have all categories filled must have their team stand up and yell “stop the bus!”. They then must read aloud the answers that they wrote, but if any other group has written the same words, the group must cross out the word(s) that are the same. The amount of categories that the group has filled, will determine the amount of points that they will receive.

Modifications: Instead of categories you could have the teams write every letter of the alphabet down of the piece of paper, and give them one topic. The first team to fill up all categories wins.

Heads Up Seven Up

Equipment: None

Directions: Select 7 children to be “it” for the game. The other children must sit in their desks with their heads down (covering their eyes). When you say go, those who are it can walk around the class and tap someone on the shoulder who is sitting down. Once the child has been tapped, he/she must raise his/her hand (still with his/her head down). Those individuals who are it must stand up at the front of the classroom. The remainder of the class can lift up their heads, and the

children who were tapped on the shoulder can guess which of the seven people at the front of the classroom tapped them. If the child guesses correctly, he or she then becomes it. If the child guesses incorrectly, he or she must continue to sit at his or her desk.

Ten

Equipment: None

Directions: Have the children stand in a line. In order, each individual can either say one number or two numbers, when it is their turn (up to the number 10, in order). For example the 1st person may say “1”, the second person may say “2, 3”, the third person could say “4” and so forth. The person who has to say the number “10” is out and must sit down. The person after the individual who is out then starts the game again. The last person standing is the winner.

Four Corners

Equipment: 4 sheets of paper with the numbers 1-4

Directions: Designate each corner of the room with the numbers 1 to 4. One child closes his or her eyes (no peeking), and the rest of the children quickly and quietly run to one of the 4 corners. The child that is “it” must count to 10. After counting, the child (without peeking) must call out one of the 4 corner’s numbers. Anyone in the corner that was called out, must sit down (and is out of the game). Keep repeating this procedure until there is only 1 child left. The person that is left becomes the next counter.

Musical Chairs

Equipment: Chairs (one fewer than the number of children playing), children’s music and speakers

Directions: The chairs must be arranged in a circle, facing outwards, with the players standing outside of the circle. Once the music starts, the players begin walking around the circle. When the music stops, the players must sit in a chair as fast as they can. The person who is left standing (without a chair) is out of the game. Then another chair is removed and the game continues. The last person sitting is the winner.

Freeze Dance

Equipment: Speakers and children’s music

Directions: Play the music and have the children dance. After a certain amount of time, pause the music and yell “Freeze!”. All of the children must freeze when the music stops. If they wiggle or do not freeze, they are out.

Up, Down, Stop, Go

Equipment: none

Directions: This is an opposite game. One child is selected to be the leader. He or she must say directions (in whatever order) to the children. Possible directions include: “everyone up” and the children must kneel/lie down; “everyone down” and the students must reach up (with their arms

up); “everyone stop” and all of the children must run on the spot; “everyone go” and the students must stand very still. If you do not do the opposite action you must sit down, as you are out.

Chain Reaction

Equipment: none

Directions: A category is written up on the chalkboard or whiteboard ex. foods. (Optional: Each student writes the letters A to Z on a sheet of paper and brainstorms as many foods that they can think of prior to commencing the game). The first student must say the name of a food ex. banana. The second person must then say the name of a food that begins with the last letter of the food stated by the first person ex. apple. The third person must name a food that begins with the last letter of the second person's food ex. egg and so on. One at a time, students are eliminated, as many will have difficulty figuring out a new food to say. Possible categories include: cities; songs; things in nature; people's names.

Circle Games

Pulse

Equipment: None

Directions: The children must hold hands in a circle. A selected person is in charge of sending the pulse. The person in charge is required to squeeze the hand being held to his or her left. When the receiver feels the squeeze on their right hand, they must then squeeze their left hand. The pulse then travels around the circle back to the beginning. To add an extra challenge you can time how long it takes for the pulse to come back to the beginning. You can also do multiple squeezes as well, to make the game more complicated.

Telephone

Equipment: None

Directions: Have the children sit in a circle. One person is in charge of whispering a telephone message. The child that is in charge, must whisper the message to the person beside them. The message will be passed along the circle. The last person to receive the telephone message must state the sentence that they have heard. (Often the message gets jumbled up while traversing the circle).

Keys

Equipment: Small ball, toy or keys

Directions: One child sits in the middle of the circle with his or her eyes closed, and a small item is placed beside him/her. A selected leader picks someone in the circle to reach for the item as quietly as they can, before the person in the middle realizes. If the person in the middle hears a noise, they must point to the direction that the sound is coming from (without looking), in order to catch the person. The person who gets caught must then go in the middle.

Flinch

Equipment: A soft ball

Directions: Everyone is standing up in a circle with their arms crossed over their chest. One person is in the middle of the circle with a soft ball and must either (1) throw the ball to someone or (2) pretend to throw the ball to someone. If the child in the middle chooses option (1) and the receiving child does not catch the ball they must sit down, as they are now out. If option (2) is chosen and the person on the receiving end flinches, then they are out and must sit down. Rotate the children frequently, so they each have a turn being in the middle.

Squirt

Equipment: None

Directions: The children must stand in a circle. One child is in the middle, the Squirt Master. The Squirt Master can choose to squirt (pretend to shoot) any of the children in the circle. The child who is squirted must quickly duck down, while both children on either side of that child must squirt each other, saying “squirt”. If the squirted child does not duck down before their peers squirt each other, the child that was squirted must sit down. If either of the children on the sides of the squirted child forget to squirt, they must sit down.

Duck Duck Goose

Equipment: None

Directions: The children must sit in a circle. One child is “it”. This child goes around the outside of the circle tapping his or her peers’ heads saying “duck, duck, duck, duck”, and when he or she says “goose”, the child whose head has been tapped, must get up and chase the child that is “it” around the circle once. The “it” child must run to the “tapped” child’s spot and sit down before the “tapped” child catches him or her.

Animals

Equipment: None

Directions: In a circle, each person must pick an animal they want to be and then say it out loud to the group. There is one person in the middle. The first person goes “____ (their animal) eats ____ (another person’s animal)”. The child whose animal was picked must then quickly say “____ (their animal) eats ____ (another person’s animal)” before getting touched by the person in the middle. If the child gets touched before completing the sentence, they then become the person in the middle.

Ex. Whale eats dog, dog eats mouse, mouse eats hippo etc.

Hot Potato

Equipment: Ball (or any other object that the children can easily hold)

Directions: Have the children sit or stand in a circle. Begin by passing the object around the circle (as quickly as possible) while singing “hot potato, pass it on, pass it on, pass it on, hot potato pass it on.. you are out”. The child who is left with the “potato” when the song stops is then out.

Heads and Hands

Equipment: A soft ball

Directions: The children must stand in a circle. One person is in the middle with a soft ball. If the middle person says “HEADS” and passes it to one of the children, that child must catch the ball with his/her HANDS. If the middle person say “HANDS” the child must bounce it with his/her HEAD. If the child messes up, he/she must sit down.

Fruit Salad

Equipment: None

Directions: Have the children get into pairs and pick a fruit. Then have the children spread out in a circle (make sure the pairs do not sit beside each other). The person in the middle calls out different types of fruits. When a fruit is called, the children who picked the selected fruit must switch spots with his/her partner. The person in the middle must try to sit or stand in one of their spots (as the pair of children switch places). When “fruit salad” is called everyone must get up and sit in a different spot.

Poison Frog

Equipment: None

Directions: All of the children must sit down in a circle. One person stands outside of the circle and closes his/her eyes while a “Poison Frog” is chosen. Then the child standing outside of the circle must enter the middle of the circle. The poison frog must stick his/her tongue out, one at a time, to the members in the circle without being caught by the person in the middle. If a child is “poisoned” (the Poison Frog stuck his/her tongue out at him/her) he or she must fall back and lay down. The person in the middle must try to figure out who is the Poison Frog, before all the players have been poisoned.

Pattern master

Equipment: None

Directions: The children must all sit in a circle. One person stands outside of the circle while the Pattern Master is picked. The Pattern Master then begins the pattern (clapping hands together, stomping feet etc.) and the other children must follow this pattern. The person then re-enters the circle and tries to guess who is the Pattern Master. The Pattern Master will continually change the pattern in order to give clues as to who is the Pattern Master.

Human Pinball

Equipment: Softball

Directions: Everyone is sitting in a circle. One softball is used and one person is standing in the middle (the Pinball). The ball must be rolled by the children in the circle to try and hit the person in the middle (from the knees down). If the child is hit, he/she must switch spots with the child who hit him/her. Remember that the ball cannot be stopped at any time and must be kept moving.

Human pretzel

Equipment: None

Directions: The children must stand in a circle and grab the hands of two different children across from them. They must then work together to try and untangle themselves without letting go.

Modification: This game can also be altered to include a doctor who guides the tangled children in untangling themselves.

Tap Game

Equipment: None

Directions: The children are lying down in a circle, face down, with their hands out and crossed over the hands of the children beside them. One at a time they must tap their hands and follow it around the circle in order. If a child taps twice it changes the direction of the tapping. If the direction changes, and a child flinches his/her hand, he/she is out of the game.

Clapping Game

Equipment: None

Directions: Stand in a circle and have the children place their right hand over their neighbour's left hand. One child begins by clapping the hand of their neighbour (as if passing on the clap). The children then sing "Stella ella ola, clap clap clap, say s, chigo chigo chigo chigo chap, says chigo chigo, blow, blow, blow your dirty nose, say one, two, three, four, five". The child whose hand is clapped on the number five is out, unless they pull their hand away fast enough (and don't get clapped), then the other child is out.

Elephant Ball

Equipment: Soft ball

Directions: In this game, the children are standing up in a circle with their feet spread apart touching the feet of the person beside them. The children must face inwards and put their hands together as if volleying a ball. The goal is to hit the soft ball in between another person's legs using their hands. If it goes through their legs, they are only left with one hand/ arm to defend themselves. If the balls goes through their legs again, they then have no hands. If again, they then

must turn around. Once all four options are done, the child is then out and the circle becomes smaller.

I Wrote a Letter to my Love

Equipment: Any small item, envelope or small ball etc.

Directions: Have the children sit in a circle and pick one person to be it. In the mean time, the other children must cover their eyes and sing the song, “I wrote a letter to my love and on the way I dropped it, a little puppy picked it up and put it in his pocket”. The person who is it will then walk around the circle and put an item behind one child’s back. After the song is finished the person who has the item must get up and chase the person who put it there, around the circle (similar to duck duck goose).

Doggy Doggy

Equipment: A small item/ball/stuffed animal etc.

Directions: The children must sit in a circle with their eyes closed and their hands behind their backs. One person is chosen to sit in the middle of the circle covering his/her eyes as well. The leader (you) must then walk around the outside of the circle with the item while everyone is singing the song “Doggy doggy whose got your bone, somebody took it from your home.. guess who... it could be you.. it could be the monkey from the zoo”. During the song, the leader must put an item behind a person’s back who's sitting in the circle. After this is done and the song is over, the person in the middle must open his/her eyes. He/she then has 3 tries to guess who has the item behind his/her back. The person who had the item then goes into the middle and the game is repeated.

Low Activity Games

Wax Museum

Equipment: None

Directions: One child is the security guard and must walk around the museum. All the other children are the wax statues. The children can change frozen positions when the security guard is not looking. Although, if they are caught moving, they become a security guard as well or are out of the game.

Graveyard

Equipment: None

Directions: The children must lay down very still. The goal is for the graveyard security guard to walk around and try to make the children laugh without touching them. If the children laugh they also become a graveyard security guard or they are out of the game.

Simon Says

Equipment: None

Directions: The children must stand and face the child who has been picked to play Simon. Simon then starts to say different things such as “Simon says, touch your nose” or “Simon says, jump up and down”. If the words “Simon says” are in front of the action, the children must repeat it, but if Simon just says “stop” or “touch your nose” the children must continue doing their previous action.

Grasshoppers

Equipment: None

Directions: Get all of the children to lie on their backs, with their hands and feet up in the air. This is a completion task, to see who can last the longest in this position. You also must time the children to see how long they lasted.

Chalk

Equipment: Chalk

Directions: Chalk is a great way to let children be creative. The children can draw pictures and design games using chalk.

Tag Games

Everybody is it Tag

Equipment: None

Directions: Everyone for themselves! If they get touched by anyone they must sit down.

Shadow Tag

Equipment: None

Directions: It is important to stress honesty during this game. One person is chosen to be “it”. This person must run around and jump on the other children’s shadows. If their shadow has been touched, the child must freeze. The children can be unfrozen using whatever method the children prefer. Example: they put their arm out and someone has to run under it; they have to crawl under a person’s legs; they must simply tag them again etc.

Blob Tag

Equipment: None

Directions: Someone is chosen to be it. If you get touched by the person who is it, you must hold their hand and continue to tag people. The object of the game is for the “blob”, the individuals who are it, to keep growing. It may be helpful to create boundaries for this game.

Freeze Tag/Stuck in the Mud

Equipment: None

Directions: Someone is chosen to be it. If they get touched they must freeze where they are and can only be untagged if someone crawls under their legs to unfreeze them.

Band-Aid Tag

Equipment: None

Directions: Someone is chosen to be it. Wherever the person gets touched, they must place their hand in that spot to form a band aid. The second time the person is touched, they must use their other hand to form a band aid. Once they are touched a third time, the child is allowed to run to a designated area that will be named the hospital, to get better and ultimately rejoin the game.

Toilet Tag

Equipment: None

Directions: Someone is chosen to be it. Once they have been touched (or tagged) they must hold out their index finger with their elbow touching their side (to form the toilet handle). When someone pushes their finger down, they have been flushed and can rejoin the game.

Line Tag/ Packman

Equipment: Lines on the courts, field or gym

Directions: Someone is chosen to be it. The remainder of the children must run on the lines that are on the ground (and cannot step off the lines). Once a player has been tagged, they also become it.

TV Tag

Equipment: None

Directions: Someone is chosen to be it. While running around, the children are able to crouch down (in order to avoid being touched) but only if they call out a name of a TV show. If the child has already said the particular TV show or forgets the name of a show, he/she becomes it.

Zombie Tag

Equipment: None

Directions: Someone is chosen to be it. Everyone walks around like zombies (slowly), trying not to get tagged by the person that is it. If they are tagged, they must join the head zombie in being it.

Running Games

Red Light Green Light

Equipment: None

Directions: When the leader calls out a certain colour, the children are required to complete the action. Red light- stop, yellow light- walk, green light- run, purple light- jump up and down, blue light- sit down and black light- super fast.

Molecules

Equipment: None

Directions: Call out a number and the children must get into groups with that many people, as fast as they can.

Octopus

Equipment: None

Directions: Everyone stands on one side and someone is the octopus. Once the octopus yells “octopus” everyone must run to the other side of the “ocean” without getting touched. If the children do get touched by the octopus, they must stop where they are, sit down and become seaweed (have them sit cross legged to prevent tripping). The seaweed can spread their arms out and touch people from where they are. The game is played until only one person is left to cross the ocean.

British Bulldog

Equipment: None

Directions: This is a variation of Octopus. This game is similar except when you are touched you become an octopus as well (rather than becoming seaweed and sitting down).

Ship to Shore

Equipment: None

Directions: The leader must call out different actions, and the children are required to complete the actions. There are four walls for the boundaries, and they are titled: Bow, Stern, Port and Starboard. The list includes:

Bow - run to the 'front' of the gym.

Stern - run to the 'back' of the gym.

Port - facing the 'front' of the gym, port is the left wall. Run to port.

Starboard - facing the 'front' of the gym, starboard is the right wall. Run to starboard.

Ladies dancing - girls dance

Man overboard - lie down and swim

Submarine - lie on back with one leg up
Captain coming - stand and salute
Swab deck - scrub floor
Man the Lifeboats (find a partner, sit together, and row)

What Time is it Mr. Wolf

Equipment: None

Directions: Have the children face “Mr. Wolf” (the person that is selected to be ‘it’). The children will call out “What time is it Mr. Wolf?”. Mr. Wolf (with his/her back facing the rest of the children) then replies “it is ___ o’clock”. The children then will move closer to Mr. Wolf, depending on what time it is (ie. 3 o’clock = 3 steps). Eventually Mr. Wolf will yell “Lunchtime!”, turn around and try to catch the children. The children must run back to their starting point without being touched by Mr. Wolf. Whoever is touched then becomes Mr. Wolf.

Chicken, Cheese and Ham

Equipment: None

Directions: There are 3 lines (written in chalk, or painted on the pavement). The left line is called Chicken, the middle line is Cheese and the right line is Ham. The children must stand on one of the lines and the leader must then call out one of these 3 foods. The children must then run to that specific line. As the children are running to a line, you can yell out another food to confuse them. The goal is to not be the last person to reach the line. If you are last, then you are out.

Snakes and Ladders

Equipment: None

Directions: Everyone must find a partner. The partners should sit down and face each other, with their legs out straight and their feet touching their partner’s feet. The pairs must be lined up in a row (the group should appear like a ladder). Each pair is given a number. When a number is called out, the pair who picked the number being called out, must run over everyones paired legs, back around the outside of the group and sit down in their original spot. The partners are ultimately racing each other to see who can get back to their original spot first.

Scream Olympics

Equipment: None

Directions: The children one at a time must run as far as they can, while screaming using only one breath. They must sit down when they run out of breath. Determine who can run the farthest while screaming.

Huckle buckle

Equipment: None

Directions: The children must find partners and stand across from one another (about the width of a basketball court in between the partners). One individual leads the game by yelling out actions, such as “finger to knee”. The partners must then run towards each other and one person must touch their finger to their partner’s knee. If Huckle Buckle is called, the children must run towards each other, go back to back with their partner and sit down. The last pair to do the action is out. Some other options that can be called out in addition to different body parts are: Romeo and Juliet, Spiderman, tea party etc.

Streets and Alleys

Equipment: None

Directions: Everyone is standing in 3 or 4 straight lines, with their arms spread out, touching each other’s arms. Someone is the cat and another person is the mouse. The cat must tag the mouse while running through the streets and alleys (the pathways formed by everyone’s arms touching). If streets is called, the children must turn into order to create horizontal lines with their arms. If alleys is called, they must turn their bodies to create vertical lines. As everyone shifts between alleys and streets, it is hard for the cat to catch the mouse because the pathways keep changing.

Across Canada

Equipment: None

Directions: Everyone is lined up against a wall. One child is “it” and yells out different colours. If anyone is wearing the colour that is called, they are able to walk across to the other wall without getting touched. When “Across Canada” is called out, the remainder of the children must run across, without being tagged. If the children do get tagged, they then join the person who is “it”.

Skipping

Songs

Sports Car

Directions: The song “Had a little sports car number 68, ran around the cor- (can jump out and run around to the other side and jump back in)-ner, slammed on the breaks, bumped into a lady, bumped into a man, bumped into a police man... man oh man, policeman caught me and put me in jail and all I had was gingerale...how many bottles did I have? 10, 20, 30, 40, 50.... etc. (turn rope faster and faster, as the numbers get higher). Keep going until the person stops on a number.

Wedding Day

Directions: The song “What will you wear on your wedding day: dress, bikini, underwear, nothing (repeat)” will be sung until the child skipping stops on one of the outfits.

Strawberry Shortcake

Directions: The song “Strawberry shortcake huckleberry pie who's gunna be your lucky guy: A, B, C, D...etc.” The song is sung until the child lands on a letter. Once a letter is selected, you can pick a name that corresponds to that letter. You can turn the rope faster when you reach the end of the alphabet or sing the alphabet again.

All in Together

Directions: Sing “All in together, birds of a feather: January, February, March, April, May, etc. (each child has to jump in during the month they were born).”

Ice Cream

Directions: The children sing: “Ice cream, Soda pop, cherry on top, who's your best friend, let's find out; Goes A! B! C! Etc.” Keep going until the child stops on a letter and then pick a name.

Back to Back

Directions: A pair of students skip together, sing and complete the appropriate actions. “Back to back, face to face, shake your partners hand and switch place”.

Cinderella

Directions: Sing this song

“Cinderella dressed in yellow, went upstairs to kiss her fellow, by mistake kissed a snake, how many doctors will it take? 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 etc. (Go to 20 then go down to the next line)
Cinderella dressed in blue, went upstairs to tie her shoe, made a mistake and tied a knot, how many knots will she make? 1, 2, 3, etc.

Cinderella dressed in green, went downtown to buy a ring, made a mistake and bought a fake, how many days before it breaks? 1, 2, 3, etc.

Cinderella dressed in lace, went upstairs to fix her face, oh no oh no, she found a blemish, how many powder puffs until she's finished? 1, 2, 3, etc.

Cinderella dressed in silk, went outside to get some milk, made a mistake and fell in the lake, how many more until she gets a break? 1, 2, 3, etc.

Games

Run Through

Directions: While the skipping rope is being turned, have the children run through the rope without stopping.

Snake

Directions: Have the rope on the ground, and wiggle it back and forth. Call out different colours, and the children wearing the particular colour that is being called out, gets to jump across the snake (rope) without touching it.

Double Dutch

Directions: Two skipping ropes are spun at opposite times. This requires the children to skip twice as fast.

Conga Line

Directions: Hold the rope up high and have the children limbo underneath it. After every child has completed that level move the rope down a few inches. The children must try to limbo underneath the rope without touching it.

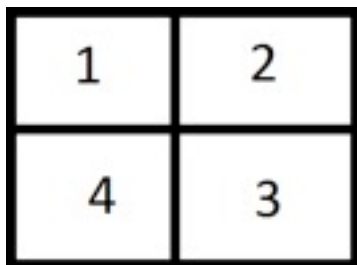
Pavement Games

Four Square

Equipment: Large bouncy ball (soccer ball, basketball etc.), chalk to draw the large square (or the square may already be permanently painted on the blacktop)

Directions: Each player stands in one of the four squares. To start the game, the player in square 4 serves the ball, by bouncing it in their square once and then hitting it towards one of the other squares. The receiving player then hits the ball into any of the other squares. The players must continuously hit the ball into other player's squares. Also, a player may hit the ball before it bounces, if they choose to do so. If a player hits the ball and it misses another player's square, or fails to hit the ball before the second bounce in their square, they are "out". When a player is out, the other players move up in ranking, and that player moves to the last square (or to the end of the line if there are more than four players). The object of the game is to move up to square number 4 and hold this server's position.

Modifications: If you have eight or more players, you can have two players for each square. Each time a player hits the ball into another square, they will jump out of the court, and their partner will jump in. The two players will keep trading places each time the ball is hit.



Hopscotch

Equipment: Small stone (or bean bag) and chalk may be required

Directions: Create or use an already-made hopscotch image on the blacktop. To begin, you must toss a stone on square 1. The stone must land perfectly in the square, not on the lines or outside of the square. If your toss lands outside of the square or on a line, you lose your turn to the next player. Once you have tossed the stone perfectly in the first square, you must jump through the course, and hop over the square with the stone. At each individual box, the players must hop on one foot. When arriving at 2 boxes side by side, the players have to hop with both feet. After jumping through the course, you must hop back through the course in reverse order and pick up the stone. If you lose your balance or put your foot in the wrong place, you lose your turn to the next player.

Continue playing by tossing the stone in the next numbered box, and repeat the above steps. The players must continue to play until there is a winner (one remaining child).

Wall-ball

Equipment: Small bouncy ball/tennis ball

Directions: This game is played against a building wall. The point of the game is to have one player throw the ball against the wall, and another player must try to catch the ball without fumbling. All the other remaining players must form a line behind the 2 individuals throwing and catching the ball. If the player attempting to catch the ball fumbles, this player must run as fast as he/she can and touch the wall, before the next player (waiting in the line) throws the ball against the wall. If the player does not run fast enough to touch the wall, he/she receives a letter from the word "wall-ball" (or another other word of choice). Once you have received all of the letters of the word, you are out.

Basketball Games

Basketball

Equipment: Basketball nets, pinnies, basketball

Directions: The game includes two teams, a basketball court, and two nets. The goal of the game is to shoot on the opposing team's net (while defending one's own net). The players are required to dribble the ball and pass to fellow teammates. The team with the most points (baskets) wins the game. When playing basketball, it is important that the Recess Leaders make equal teams, and discuss the importance of playing fairly and having fun. Also, as the players are divided into teams, pinnies are provided to help keep the game organized.

Drills

- Chest pass
- Bounce pass
- Around pylons
- Shooting
- One handed
- Both hands

Bump

Equipment: 2 Basketballs

Directions: The players must line up in front of a basketball net. The first two players each have a ball. The first player in line shoots first. After the first player attempts to shoot the ball into the basket, the person behind him/her now has the opportunity to shoot as well. If the first player gets the ball in, he/she must quickly pass the ball to the next person in line. If the first player does not get the ball in, he/she must keep trying to shoot the ball into the basketball net (before the second player shoots it into the net). If the second player gets the ball into the net before the first player, then the first player is "out"/ "bumped".

Clap Pass

Equipment: Basketball

Directions: The children must stand in a circle and pass the ball. When the ball is passed, the child must clap his/her hands together before catching the ball.

Variations can include: Clapping hands twice, stomping feet and clapping hands, jumping up and down etc.

Over Under

Equipment: 2 Balls

Directions: The children must stand in two lines, facing forward. Starting at the front of the lines, the children must pass the ball over one person and under the next person, weaving the ball over and under each person until the ball reaches the end of the lines. This game is a race, so the line that gets the ball to end first, is the winning team.

Around the World

Equipment: Basketball

Directions #1: Two teams are stationed at two basketball nets. Each team must keep track of the number of times the ball went into the basket. Everyone lines up in front of each basketball net and the first person from each line must attempt to shoot. If the players get the ball in the net, they receive one point. If the players miss the shot, they do not receive a point. After every shot, the ball is passed to the next person in line. After everyone has attempted to shoot the ball, the two teams compare the number of points they have earned.

Directions #2: (Another variation) The game requires two or more players. The players must determine shooting positions (ex. centre/straight shot in front of the net, shot from the right side of the net, shot from the left side of the net etc.). The players must attempt to shoot from each different position. When a player makes a shot from a particular position (ex. centre/straight) , he/she is then able to advance to the next position (right side). The players keep advancing to the next shooting position, until he/she misses a shot. If an individual misses a shot, he or she must start over at the first initial position. The first person to make a successful shot from the last, most advanced position is the winner.

Shoot out

Equipment: Basketballs

Directions: The players keep track of how many times in a row they can get the ball into the net, without fumbling.

Line Tag

Directions: This game can be played using the lines of a basketball court. One individual is “it” and he/she must chase the other children, while remaining on the lines of a basketball court. Once a child is touched, he/she becomes it.

Soccer Games

Soccer

Equipment: Pylons, pinnies, soccer ball

Directions: Soccer includes two teams, a large field and two goal posts. The goal of the game is to score on the opposing team's net. When playing soccer, it is important that the Recess Leaders make equal teams, and discuss the importance of playing fairly and for fun. Soccer can often become competitive, thus explaining the rules of the game is important. Also, dividing the teams up with pinnies helps to keep the game organized. Remember to keep the kids positive and watch for bullying!

Drills

- passing
- shooting
- kicking
- running with the ball
- stopping the ball
- corner kicks
- throw-ins

Shoot-Out

Equipment: Soccer balls, 2 nets, pylons

Directions: Split the children up into two teams. Each team must be lined up, facing their opponent's net. When you say go, the first person from each line/team, must try and score on their opponents net/goalie. After the first person shoots on the opponent's net, then they must retrieve the ball and hand it to the next person in line. This game is a race, thus the first team to score 10 goals against their opponents net/goalie wins. (You can also set up pylons as boundaries or obstacles.)

World cup

Equipment: One net, soccer ball, pylons

Directions: Make teams (or have the students choose groups) of 3-4 people. Each team must then select a country and this will become the team's name. You can set boundaries by using pylons or restricting the game to half of the soccer field. The game includes one person in net and one ball. All of the teams play against one another, and attempt to score on the net. During each round, the last team to score on the net is out of the game. You keep playing the game until there is only one team left.

Crab soccer

Equipment: Soccer ball, two nets

Directions: This game is played similarly to soccer, although the players must walk like a crab (face up, on their hands and knees). You can shorten the playing field to make it easier.

One Goal

Equipment: 2 pylons, soccer ball

Directions: Setup 2 pylons to be a net in the middle of the field. Form two opposing teams. One team must try and score on one side of the net (pylons), and the other team must score on the opposite side of the net (pylons).

Musical Chairs

Equipment: Pylons, soccer balls (amount dependent on number of players), whistle

Directions: Throughout the soccer field there are pylons scattered. To begin the game, the players must each have a soccer ball. When the whistle is blown, the players must run around one of the pylons and then find a new soccer ball. In order to secure the ball, the players must put their foot on the ball. After this round is complete, one of the balls is taken away (leaving one person without a ball each round). The game is repeated until there is only one person left with a ball.

Tug of War

Equipment: 4 pylons, soccer balls

Directions: Setup the 4 pylons in a large square. Place one ball in the middle of the square. Have two teams line up between the pylons, across from one another. Give one team all of the soccer balls. This team must then kick all of the soccer balls, in attempt to hit the one soccer ball in the middle. The goal is for the middle soccer ball to go in-between the opposing teams pylons. After one team has kicked all of the balls to the other side, the following team then takes a turn. The first team to get the middle ball across the other team's side wins.

Steal the Bacon

Equipment: 4 pylons, one soccer ball, 2 nets.

Directions: Setup 4 pylons in a square and create two teams. Place a soccer ball in the middle of the 4 pylons. Each player from each team is given a number. Thus, each team should have a player with the numbers 1, 2 and so forth. The leader will then call out a number, for example "3" and the number "3" players must have a one-on-one soccer game. This one-on-one game is played until a goal is scored. You can also call out more than one number, in order to have multiple children play at one time. Eventually you can call out all of the numbers at the same time, which then forms a real soccer game.

Monkey Soccer

Equipment: 2 nets, one soccer ball (or a softer/smaller ball depending on the age group)

Directions: This game is played the same way as soccer, but the players can only hit the ball with their arms/fists.

Speed-Ball

Equipment: 2 nets, one soccer ball

Directions: Divide the children up into two teams. During the game, if the soccer ball is on the ground, the players must use their feet to pass the ball. If the ball gets hit into the air, then it becomes a handball game. When it becomes a hand-ball game, the players can only take 3 steps with the ball, and then they are required to pass the ball. The goal of the game is to score on the opposing team's net.

4-Net Soccer

Equipment: 4 soccer balls, 4 nets

Directions: Split the children up into 4 teams, and provide each team with a net. The goal of the game is to score on any of the other 3 nets, while protecting your own net. The first team to score 10 goals (or however many goals predetermined) wins.

Soccer Baseball

Equipment: Field or baseball diamond, 4 bases, one nerf ball

Directions: Split the children up into two teams, and set up the field similarly to a baseball diamond. Instead of baseball equipment, it is beneficial to use a nerf ball instead (bigger and softer ball). The game is played very similarly to baseball. The pitcher must (underhand) roll the ball to the "batter", and the "batter" must kick the ball (instead of hitting the ball with a bat). The remainder of the game is played exactly like baseball, with "3 strikes and you're out".

Large Scale Games

Ultimate Frisbee

Equipment: Pinnies, Frisbee, 2 nets

Directions: Split the group into two teams. This game is played similarly to soccer, except the players are throwing a frisbee rather than kicking a ball. The players are also able to intercept passes. If the frisbee is dropped, anyone is able to grab it. Individuals cannot run with the frisbee and are required to pass/throw it. The goal of the game is to throw the frisbee in the opposing team's net.

Handball

Equipment: 2 nets, Soccer ball/Nerf ball

Directions: This game is played similarly to soccer, except the children must use their hands rather than feet to pass and shoot the ball. The players must also take 3 steps before passing the ball. The goal of the game is to get the ball in the net, in order to obtain points.

Capture the Flag

Equipment: 2 nets, field, and 2 items to be a flag

Directions: Form two teams, and have one team on one side of the field, and the other team on the opposite side of the field. Create and outline a middle line, as the dividing zone between the two sides. Each team must hide their flag on their own side of the field. The goal of the game is to get the other teams flag, and bring it back to the other side of the field without being touched. If you get touched, you must go into the other teams prison, which is an area located on the opposing team's side. In order to get out of prison, one of your team members must come and tag you. Once you are touched, you get a free walk back to your own side. If the leader of the game yells "jailbreak", everyone is free from jail and can rejoin the game.

Modifications: Instead of using a flag, you can have a hula hoop on each side filled with bean bags. This modification makes the game longer and more difficult, as the players must grab all of the beanbags and bring them back to the opposite side of the field.

Jackpot

Equipment: Field, football

Directions: One person stands facing the group a relatively far distance away. This individual must kick or throw the ball up into the air towards the group. When the person throws up the ball, they must yell out a number (25, 100, 30 points... etc.). If a person catches the football, he/she receives the allotted amount of points. The players who reaches exactly 100 points is the winner. Thus, the players cannot accumulate over 100 points, or else they will go bankrupt (and are required to start again). The thrower can also call out "Bankrupt", and anyone who catches the ball loses all their points.

Modifications: Along with calling out different number amounts, the individual throwing the ball can also specify how the ball must be caught. Some of which include: handcuffs - the ball has to be caught behind the back, seal - the ball has to be caught with the palms only, freeze - players have to freeze and catch the ball where they are standing etc.. If the ball is caught differently than the thrower's instructions, the catcher loses all of his/her points.

Stones

Equipment: 4 hula hoops, with an equal amount of equipment in each (bean bags etc.)

Directions: Create 4 teams, in 4 quadrants. Each team must protect their equipment and gather the equipment from the other teams without being touched. If you get touched you must go to a central prison and cannot get back into the game until the leader yells "jailbreak". If a team loses all of their equipment, they then are required to join the team that gathered the majority of their equipment. This conjoined team's space becomes larger and they also have more players. The point of the game is to be the last team standing. You can also have central players who do not have their own team but can get anyone out (usually the leaders, if they want to play).

Dodgeball

Equipment: Many dodgeballs

Directions: To begin the game, divide the children into two teams. Have the two teams line up against opposite walls. Place all of the balls in the middle of the room (halfway in-between the two teams). When the leader yells "go", each team must race to the middle of the room and grab the dodgeballs. The team members must throw the balls at the opposing team, in order to get them "out". The players must also must attempt to avoid being hit by the dodgeballs. If an individual is hit by a ball, he/she is out. The last person/team standing is the winner.

Fireball

Equipment: Many dodgeballs

Directions: On "go", the players must run across the field without being hit by a ball. A few players will be designated to stand along the side of the field and attempt to hit the other players that are running across the field, with dodgeballs (from the knees down). If a players gets hit with a ball, they must then join the people on the side of the field and throw balls at the players. The goal of the game is to be the last person standing.

Backboard-dodgeball

Equipment: Played in the gym or on a basketball court, dodgeballs

Directions: Form two teams, and follow the same regulations as a regular game of dodgeball. Although, if the opposing team hits the backboard of the basketball net on the other teams side, one of the team's players, who are out, can come back into the game. If someone scores in the

net, the entire team can come back into the game. The goal of the game is to get the entire team out.

Doctor Dodgeball

Equipment: Dodgeballs

Directions: Form two teams and follow the same regulations as a regular game of dodgeball. Give each team time to secretly choose a person to be the “doctor”. Once someone gets hit with the ball by the opposing team, they must sit on the ground. The “doctor” can then touch the person that was hit, and they then can stand back up and be back in the game. The point of the game is to find out who the doctor is, and get the doctor “out” on the opposing team. Once the doctor is out, the players cannot rejoin the game (they are permanently out). The last team standing is the winner.

Pinball

Equipment: Pylons or pins, dodgeballs

Directions: This game is played similarly to dodgeball. To set up the game, split the children up into two teams and place each team on either side of the field/gym. Next, scatter pylons or pins on each team’s side. The object of the game is to knock down the opposing team’s pylons/pins. Once all of the pins/pylons are down on one team’s side, the opposing team becomes the winner.

Terminator

Equipment: Dodgeballs, pylons for boundaries if there are no lines

Directions: Similarly to dodgeball, there are two teams on each side of the field/gym. If you get hit with a dodgeball you must sit down. Once you have been hit, it is important to remember who got you out because once this opponent gets hit and is out, you then are able to rejoin the game. Once you are out and sitting on the ground, you are still able to throw the dodgeballs at the standing players, in attempt to get them out.

Empire

Equipment: Gym, mats, dodgeballs

Directions: Split the children up into two teams and place each team on either side of the field/gym. Provide each team with 3 mats. The teams must then set up the mats in the formation/location that they desire. The goal of the game is to either knock down all three mats with the balls, or get all of the players out of the game, by hitting each player with a dodgeball. If a mat from the opposing team is knocked down, the entire team gets to rejoin the game. Once the 3 mats or all of the players on a team have been hit, the game is over.