

WHY NONCOMPETITIVE RECREATION? THE ANSWER: COOPERATIVE GAMES

The concept behind noncompetitive recreation can be either hard to understand or hard to accept or both! So who needs games nobody loses?

Too often games have become rigid, judgmental, too highly organized and excessively goal-oriented. Have you seen children left out, eliminated to sit out, always chosen last, rejected and wondered why? Many children quit organized sports early because of pressure or they don't feel they are good enough. We need to find ways for plain old fashioned fun

Cooperative games offer a positive alternative. These interactive games provide opportunities for challenge, stimulation and success while eliminating the fear of failure. They foster greater communication, trust, social interaction, acceptance and sharing. Children play with one another instead of against one another. As partners instead of opponents we compete against the limits of our own abilities instead of against each other. Everybody must cooperate in order to accomplish the goals or meet the challenge.

The beauty of the games lies in their versatility and adaptability. In most cases there is inexpensive or no equipment necessary. Rules need not to be strictly adhered to. Instead of being eliminated, players change roles or sides or teams and keep playing. Players can work out their own details.

These games can reaffirm a child's confidence in their selves and help them in their willingness to try new experiences. You can bring out creativity and even a boldness they never knew they had. The games can help build a "WHY NOT?" Attitude.

NEVER lose sight of the fact that the primary reason children play games is to have fun.

EVERYBODY WINS... NOBODY LOSES...AND ALL HAVE FUN!

THE IMPORTANCE OF ACTIVE GAMES

The President's Council on Physical Fitness and Sports is focusing on increasing the physical activity of children rather than just promoting fitness. Elementary school aged children should accumulate a minimum of 30 minutes per day in physical activity. Your recreation time can help the children develop a positive attitude towards being physically active.

Studies have shown that physical activity is a diversion from stress and worry and decreases tension. You will also find that this release will get children in a better frame of mind to return to the books or other activities and discipline problems will decrease.

GAME LEADERSHIP

1. **BE PREPARED.** Have a list of games and the necessary equipment ready. Know the rules. Know the approximate number of children and the type of playing area. Many of these games may only work for 10 minutes so have many ready to play.
2. **START POSITIVELY.** You set the mood. It is important for the game leader to play. Mentors who display vitality and enthusiasm will positively influence children to participate.
3. **GET IN POSITION TO PLAY.** Have the group get into playing formation to make it easier to understand instructions. If you choose teams, do it randomly and differently each time. Choosing order can be damaging to children.
4. **MAKE INSTRUCTIONS BRIEF.** Get the game started! You can always make adjustments.
5. **DEMONSTRATE.** Use a trial period or do a walk through.
6. **FOCUS ON SAFETY.** Make sure your playing area is safe. Control rough play.
7. **CHANGE** the makeup of teams often and don't be afraid to modify games to meet your needs or just to spice things up.
8. **END** a game before it reaches a peak of enjoyment. Leave them wanting more.

MODIFYING GAMES

Any game, even traditional sports, can be changed and new variations created by children or the mentor or by both together. In this way you can make games noncompetitive or better to meet the needs of the children – or just change for the fun of it! Some suggestions include:

1. Shrink or lengthen boundaries. Change the distance to be run. Shorten game times.
2. Change the means of locomotion. Hop, skip or gallop instead of running. Change the method of tagging.
3. Make goals larger or smaller. Change how you score. Lower nets, or don't use a net just a line.
4. Change the role of players instead of eliminating. For example, instead of sitting out in dodge ball you change teams as you are hit. Game ends with everyone on the winning team.
5. Use smaller teams creating more action.
6. Change the rules (even as you play) to make it fun.

COOPERATIVE GAME CATEGORIES

- New Look Sports
- Tag Games
- Relays
- Challenge Activities
- Just for Fun
- Music/Story Activities
- Games From Around the World
- Parachute Play
- Recycled Games

NEW LOOK SPORTS

COLLECTIVE SCORE GAMES

Two or more teams play toward a common end instead of competing against each other. You win by playing together.

1. Volleyball/Newcombe – count the number of successful hits/catches without the ball hitting the ground. Do Blanket Ball for a variation (ball is caught and propelled by a blanket).
2. Togeth-air Ball – early version played by the Caribou Eskimos in the early 1800's. Instead of a sealskin ball use a balloon or beach ball. Like volleyball without a net – just use a line. Play “all touch” where every team member must hit the ball before it goes over to the other team – or – use two balls.
3. Collective Hoops – collective score – partners or three's – beach ball or balloons – hula hoops spread around. Bat ball back and forth going to hoop, one must pick up hoop and get ball to go through it. Replace hoop on ground, proceed to next hoop. Object is for group to score as many hoops as possible in a fixed time period.

“EVERYBODY WINS” SPORTS

Change traditional sports to noncompetitive versions.

1. Bump and Scoot Volleyball/Newcombe. Every time someone hits/catches the ball they scoot under the net and joins the other team. Add to the fun by dividing into four (4) groups, put 1 & 2 on one side and 3 & 4 on the other. When someone hits the ball the whole group scoots under the net (call out the group number).
2. Cross-Over Dodge Ball. Instead of elimination those hit go to the other team. Players constantly change sides. Eventually everybody is on the same team. You can use multiple balls. Use soft nerf-like balls.
3. All on One Side. All the players stand on one side of the net and pass the balloon or ball among themselves in volleyball fashion. After each player taps the balloon, he scurries under the net and waits for the others to join him. The last player to receive the balloon volleys it over the net before he joins the others to begin the game again. The team tries to change sides as many times as possible without letting the balloon touch the floor. Can use two (2) balloons/balls at once.

BALLOON BUCKET – (Collective Hoops) – One balloon or beach ball is provided for every two children. For a group of twenty, about eight or ten hula hoops are spread out on the floor around the edges of the playing area. Partners bat the balloons back and forth in a nonstop fashion as they attempt to score. In order to score, one of the partners must manage to pick up a hoop, get the balloon to pass through it, replace the hoop on the floor, and continue on with her partner to the next hoop while still batting the balloon back and forth. The object of the game is for the entire group to score collectively as many hoops as possible in a certain time period (for example, five minutes for twenty people). No player can run while holding the balloon. No player can bat the balloon twice in succession. It must be hit by one partner and then the other.

This is totally active game with total involvement and a great deal of cooperation. It can be played with groups of

TAG GAMES

GERMS AND DOCTORS – A tag game where there is one player chosen to be a germ for every five (5) players and a player chosen to be the doctor for every 10. The germs attempt to tag people who collapse to the ground and call out “Doctor! Doctor!” The Doctor(s) try to heal the sick by tagging them. The game ends when all players are infected.

BLOB – IT CRAWLS – IT CREEPS – IT EATS YOU UP – RUN DON'T WALK FROM THE BLOB! The Blob begins innocently enough as a mere individual playing a game of tag. As soon as she catches someone she joins hands with him. Now he's part of the Blob and they set out in search of victims. Everyone the blob catches (only the outside hand on either end can snatch players) joins hands with it and becomes part of the protoplasmic chain, and the insidious Blob keeps growing. Don't forget to set boundaries. The Blob can split (at least 3 to a group) into parts and organize raiding parties. Alas, there is no defense against the Blob!

TAG GAMES CONT.

OCTOPUS TAG – One or two players are the octopus and stand in the middle of the sea, between two shores about 20 paces apart. The other players are the fish who line up along one shore. The octopus calls out “Fishy, Fishy, come swim in my sea.” All the fish try to make it to the other shore without being tagged by the octopus. Those who are tagged are frozen in place but become arms of the octopus who can also tag fish. SWIM IF YOU DARE AND TRY TO AVOID THE GROWING TENTACLES OF THE OCTOPUS.

ELBOW TAG – Everyone takes a partner and links together at the elbow. The leader and partner have a game of tag, but when the person being chased wishes to quit running, they take an elbow of one of the pairs. Now this makes the player on the other end the new person to be chased. If the one being chased is tagged, the players exchange roles. After a while, the “it” can also take an elbow passing on “it-ness to the person on the other end. Set chasing boundaries.

CAR LOT – One player is it and stands in the center of the area between two lines established about 50 feet apart. The class selects four brands of cars (e.g. Honda, Corvette, Toyota, Cadillac etc). Each student then selects a car from the four but does not tell anyone what it is.

The tagger calls out a car name. All students who selected that name attempt to run to the other line without getting tagged. The tagger calls out the cars until all students have ran. When a child (car) get tagged, he must sit down at the spot of the tag. He cannot move but may tag other kids who run too near. When the one who is it calls out “**CAR LOT**”, all of the cars must go. The game is played until all students have been made part of the car lot.

AMOEBA TAG – Two people are “It”. They hold hands and chase people. Any person they catch joins a chain by linking hands. When another person is caught they can split 2 and 2 etc. but the split must always be even numbers. Those Amoebas can also link together at will. The game ends when all are Amoebas.

LIBRARY TAG – Each player has a paperback book. “It” chases players who can avoid being tagged by standing still and reading aloud. “It” can’t tag them as long as they are reading audibly. However they must run after “the LIBRARIAN” (the judge) shouts.

Tagged players are sent to the LIBRARY (designated spot). To free them another player has to run to the library and swap book with tagged player: game ends when everyone is in the LIBRARY (A GOOD PLACE) Last person sent to the Library is the new “It”.

TOILET TAG – When someone is tagged they must squat down to form a “Toilet” and hold one hand out to the side like a handle. To get back in the game – someone must “Flush” the frozen person who makes a loud “WOOSH” sound. You can have more than one “IT”

WILLIE WONKA TAG – Ask children if they know about Willie Wonka & The Chocolate Factory, Charlie & The Golden Ticket and do some explanation.

First the game leader hides TWO GOLDEN TICKETS. Whoever finds them becomes “IT” (Taggers). You can use clues to help find the tickets. Now PLAY TAG. (You can use a pool noodle as a licorice to tag) When tagged the player kneels down and puts arms straight out in front of them. When someone else is tagged they join that player by kneeling and facing them with arms straight out making a “Chocolate House”.

To get back in the game someone must crawl underneath the “Chocolate house” releasing those players.

Stop the game when all are caught or after an appropriate length of time has passed. Have the taggers re-hide the golden tickets for others to find and the game re-starts.

RELAY

Any relay can be converted from a contest between teams to one of a group effort to beat the clock. When you repeat the relay the group tries to beat its best time. Relays can also work toward a common goal.

AMOEBA – Create your own one cell organism. Get your group (s) in a huddle. Have some group members form a cell wall by linking arms in a circle facing out around the outside of the group so that everyone is close together. The rest of the group stays within the cell wall. Now have your amoeba move. Complete a set course. Try to better your time. Two amoebas can have a total time for both.

FIRE ENGINE – Divide the group into equal lines (5 or 6). We pretend there is a fire about 25-50 feet away. Send the first player (the fire engine) with siren wailing and lights flashing (arms flailing over the head) to put the fire out. First person becomes a fireman with a hose. But it is a big fire so the engine must return for help, and returns with second player and so on until all the players in line are part of the fire brigade. Race to beat the clock or set a collective time.

RELAY CONT.

TENNIS SHOE RACE – Players take off their tennis shoes, put them in a large bag and bring them a distance away. The players have to go to the bag and return to home base with their own shoes on. Do this as a collective and get the best team time. Then try to beat that time. This game teaches teamwork and everyone tries to help each other for betterment of the team.

RELAY AGAINST THE CLOCK – (4 or more). A water bucket is emptied by each player taking a turn at scooping out a cupful. Players race, one by one, to a designated point and back, running, hopping, walking backward, balancing a book on the head, kicking a balloon, running in a potato sack or whatever you can dream up. They stop when all players have completed the course. A ball is passed down the line of players alternately between the legs and over the head. The last person runs to the front of the line and continues passing. The task is completed when the original first person is again at the front of the line.

DIZZY LIZZY Form relay lines, each with an equal number. One counter is needed for each line. Each counter holds a bat and stands facing the team 20-40 feet away. At the signal the first player in each line runs to the counter, the player takes a bat and rests forehead on hands with other end of bat on ground. Player circles bat seven times (counter keeps track), makes sure head is on bat and bat is on ground. When count is complete players release bat and staggers back to line, then play continues with next players.

BLUE KANGAROO Forms teams as in relays. Each player must hop forward holding a small ball between their knees, chanting “Blue Kangaroo” at each hop. Players hop around the goal twice and return to the start/finish line to tag the next player, shouting “New Kangaroo”. This repeats until the team is finished. When the kangaroo drops the ball, the person at the end of the line must run out and pick up the ball for them & says “I do this for you Kangaroo.”

CHALLENGE ACTIVITIES

KNOTS – 8-12 people, more if you dare, stand in circle; grab hands of 2 people not directly beside you and not 2 hands from the same person. Then untangle to reform circle without letting go of hands.

GIANTS, WIZARDS, AND ELVES – This game evolved from rock, paper, scissors. You have 2 teams, and free zone for each team and a center line where the teams meet. Each team huddles and collectively decides what to be knowing that giants stomp on elves, wizards cast spells on giants, and elves jump up and pulls the wizards hat over their eyes rendering them helpless. In 2 lines the teams face each other and chant “GIANTS/WIZARDS/ELVES” and then yell out what their team decided to be. The victorious group then crosses the center line trying to tag as many players from the other team before they reach their free zone. Those tagged now are on the other team. Players switch teams often. The game ends when everyone (or a great majority) is on one team. For more fun add dramatic actions during the chant. Giants stand tall with hands over head, wizards extend hands in front casting spells, and elves kneel down with hands behind ears.

TWISTED SISTERS DISCO INFERNO Objective: cooperation, communication, problem solving.
Object: solve the problem of lining up holding hands and ending up with their arms folded across their chest. Have a small group of students (5-6) hold hands in a straight line, all facing in the same direction. The person at the end puts their hand up against a wall or holds onto a pole. The task is for everyone, including the person with their hand around the pole or up against the wall, to end up with their arms folded across their chest. None of the students can let go of their hands and the person at end must keep hand on the wall or pole. There are 5 known ways to solve this problem. Give the students plenty of time to discuss possible solutions.

SOLUTIONS TO TWISTED SISTERS DISCO INFERNO

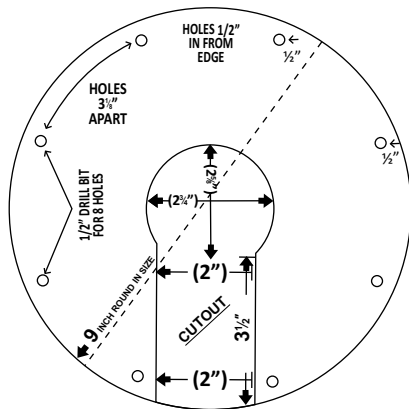
If you are setting this up correctly, you should have a line of students holding hands in a straight line. One end person is either holding onto a pole or has their hand against a wall, and the other end person is at the end of the line with one hand free. One solution to this problem is that the end person who is free to move, leads the entire group under the arm of the person attached to the pole or wall. This end person continues to lead the group under the wall person's arm again and again until everyone has their arms crossed. Finally the end person turns and faces the opposite direction w/o taking their arm off of the wall (this crosses their arms). A second solution is by going off of the disco inferno theme (a later 70's Staying Alive Dance move). Everyone crosses their arms overhead in a disco like turn to cross arms. If you would like more possible solutions or you would like to share alternative ways that your students have come up with please e-mail [HYPERLINK mailto:pec@vt.edu](mailto:pec@vt.edu) [HYPERLINK http://pe.central.vt.edu/twistedsolutions.html](http://pe.central.vt.edu/twistedsolutions.html)

CHALLENGE ACTIVITIES CONT.

MARCHING TO THE BEAT OF A DIFFERENT DRUM – Put on music - Each participant takes turns making up movements to the music - The group then imitates. More challenge when players keep adding dance moves which must be imitated by the group in the order they were added.

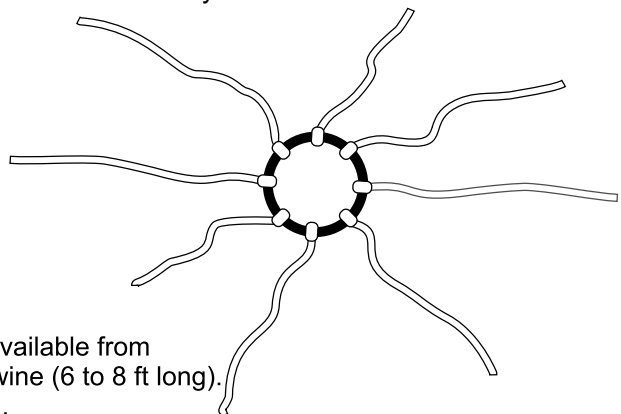
MOVE IT OR LOSE IT – Working as two teams your group needs to transport multiple containers - boxes - items, from their present location to a transfer station about 30 feet away. Another group then takes them to their final destination. Additional challenge - only one hand can be used by each person - do so in a set amount of time. Any items touching the ground are lost. Goal is for the team to move all the objects.

TEAM TRANSPORT CHALLENGES – True teamwork is the only way these challenges can be accomplished. You can purchase such devices, but you can make your own “Team Transport Device or Bullring.” (Instructions follow). Team transport balls or other objects from one location to another. Each member of a team has to pull and balance ropes to transport the ball/object. You can also use the devices to write and draw.



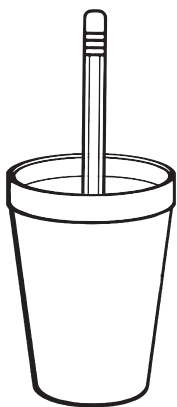
TEAM TRANSPORT DEVICE

Use this diagram to make your own team transport device. Attach string/twine in 6-8 ft lengths (Shorten string for easier control) in the holes around the wood/heavy cardboard cut out



MAKE A “BULL RING” TRANSPORT

A Bull Ring is made from a 1 1/2 inch diameter metal ring (available from most hardware/craft stores) and several pieces of string/twine (6 to 8 ft long). You will also need a ball (tennis ball) that will sit in the ring.



“TEAM TRANSPORT - MARS PROBE”

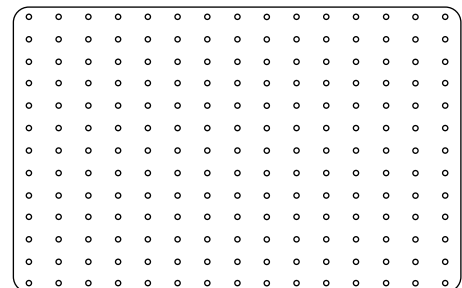
During Re-entry to earth the Mars probe ran into problems. The bumpy ride caused precious Mars rocks to go bouncing around the Salt Flats of Utah.
THE CHALLENGE: Your team has been assembled to retrieve these rocks using the new prototype bull ring retrieval system. First you must elevate the rock and then carry it to the containment cylinder. Remember you must not touch the rock! Contamination will make scientific evaluation impossible.
 - Add more challenge by moving around obstacles.

“WRITING/DRAWING ACTIVITY FOR TEAM TRANSPORT”

To write or draw, place a marker/pencil in a foam piece you put in center of Team Transport device or Bull Ring or use a cup. Teams attempt to write or print names, words, etc or draw pictures

“TEAM TRANSPORT MAZE”

Attempt to draw a line connecting a starting location on the maze to a finish location.



“TOTAL TEAM TRANSPORT GAMES”

Create your own story why you are moving objects (Radio Active, etc.). Put obstacles in your way or use nature trees, hills to make your task more difficult.

“BULL RING GOLF”

Move a ball around a challenging course with many obstacles (trees/manmade) and “holes” in challenging places (3 feet off the ground). Change the size of the ball.

CHALLENGE ACTIVITIES CONT.

THE STICK GAME – (Africa) Players form a large circle with about 5 paces between each player (you can use a shorter distance to start). Players hold a stick - about 3 feet long - with one finger upright in front of them with one end touching the ground. The leader calls out “Change!” Everyone lets go of their stick with it remaining balanced. Then run to the next stick on their right and try to catch it before it falls to the ground. The goal is for everyone to succeed. Other options include those who miss catching their stick form a second circle and keep playing.

ADD AN ACTION – As the players stand in a circle, one of them makes a gesture of his choice, such as a wave, a jumping-jack, etc. Any bodily movement is acceptable. The player next to him must repeat his action and add one of his own. The next person repeats the first two actions in order and adds one of his own, and so on around the circle. Play continues until all players have added a motion or until the sequence is too long to be repeated correctly. The game can then begin anew.

NONVERBAL BIRTHDAY LINE UP – Line up by month and day of birth without talking.

JUST FOR FUN

HUMAN BOWLING – Put players on gym scooters. The Bowler pushes teammate on scooter at plastic bowling pins (or 2-liter pop bottles) set up as in regular bowling. Those on scooters keep arms in and holding on to the scooter. Proceed with spares as in regular bowling. Players trade places for each frame.

CATCH THE DRAGON'S TAIL – about 8-10 people line up one behind the other. Everyone puts their arms around the waist of the person in front of them. The last 0person in line tucks a handkerchief in the back of his belt. At a signal the dragon begins chasing its own tail, the object being for the person at the head of the line to snatch the handkerchief. The tricky part of this epic struggle is that the tail doesn't want to be caught, and the people in the middle are, well, “in the middle” of the struggle. When caught the head becomes the new tail.

T-SHIRT TOWER – The group tries to fit as many of its members as possible on a T-shirt without any touching the floor. The last known record is 11. Try other articles.

BLANKETBALL – Groups toss beachball over net using blanket. Other team catches the ball in their blanket. When good at it use 2 balls. Use cage ball for Monster Ball Blanketball. Use different size blankets, parachutes, even towels.

QUACK – Everyone stands with their legs apart. Let bodies hang down from waist, doubled over with hands on knees. While looking between legs, players walk backward. Every time 2 people touch they get bun to bun, make eye contact and loudly quack to each other then move on to other encounters.

CAR – CAR – Partners stand one in front of the other facing in same direction. Front player is the car. He/she places bent arms chest high in front with palms out to act as bumpers which may be needed since eyes are closed. Player behind is driver and guides car by shoulders through traffic. Then switch positions if there is an unequal number make a bus with 3 people.

FRUIT BASKET – Everyone except “shopper” takes a seat (chair or marker) in a circle shopper in middle. Players, including shopper, chose or are designated fruits like: apples, pears, oranges, bananas. When shopper calls out names of fruits (1, 2, or 3) and says switch all named fruits must get up and find another seat. Whoever left out is new shopper. If shopper yells out “fruit basket” all must find a new seat (no fair going to seat next to you).

LOOSE CABOOSE –

1. Toot! Toot! Form Trains – Players form trains of from three to five people. One player is the Locomotive; the next player hooks onto the Locomotive, putting his/her hands on the hips of the Locomotive, to become the first Train Car. Next, additional Train Cars hook on, and the last person puts his/her hands on the hips of the last train car to become the Caboose.
2. It's Spread Out – There are about half as many Its as trains. They spread out through the playing area.
3. Its Latch On – The Its are alone and try to latch onto the Caboose of a train. If they do, the Locomotive breaks free to become a Loose Caboose, trying to latch onto a Caboose of a different train.

JUST FOR FUN CONT.

SARDINES – This is a hide-and seek game in reverse. Instead of one player searching for everyone else, everyone else seeks out one player. All the players but one count to one hundred with their eyes closed. While they do this, the single player finds a place to hide that is big enough to hold everyone in the game. (It might be a squeeze, but that’s all right.) Then everyone searches for the hider. Each player who finds the hiding place tries to hide there too, without being seen by the others. Finally everyone will be squashed into the hiding place, just like sardines in a can.

Kat AND KITTENS – All the players but one are kittens. They hide, and from their hiding places they “meow.” When the cat finds a kitten, that player helps the cat find the rest of the hiding kittens, until everyone is safe and found.

FOX AND SQUIRREL – Needed - 2 balls – The group stands in a circle and passes a ball, the fox, around the circle. Seems simple enough, right? But now we bring in the sly squirrel, another ball that can be thrown around the circle in any direction the players choose. The object (Fox and Squirrel continued) of this game is for the fox to catch the squirrel, which he does when one player is in possession of both the fox ball and the squirrel ball at the same time. Remember, the fox must be passed from neighbor to neighbor, while the squirrel can be thrown any where in the circle. When the squirrel is caught, start over.

COOPERATIVE DUCK, DUCK, GOOSE

Traditional Duck, Duck, Goose: One player walks around the seated circle of players, patting each on the head and saying “duck”, as he or she does so. When the walking player says “goose” instead of “duck,” the “goose” must get up and chase the tapper around the circle. If he or she is caught before going around completely, that person ends up in the “cookie Jar” in the center of the circle.

In my cooperative version of this game, two players, holding hands, walk around the circle. If they are caught, the chaser joins them and they continue around the circle doing their Duck, Duck, Goose. When there are more “duckers” that people in the circle, all sit down and the game begins again with another pair of tappers.

Variations: If the “duckers” make it home before being caught, the chaser becomes the next ducker. Try with more than two duckers. You can also play with water **instead** of tapping you dump a cup of water on their head.

HOT DAY VERSION: Use a cup of water to dump on the head of the goose.

MERRY-GO-ROUND – All the players form a circle, walking around and keeping the “merry-go-round” revolving. Two players run around this circle and touch one player, who then chases them back to the opening, while the merry-go-round keeps circling.

NONELIMINATION SIMON SAYS

As in the traditional game of Simon Says, everyone follows the directions and actions of the leader, who is Simon, but only when he or she says “Simon Says.” If these words are not spoken, the players do not follow.

In this new form of the game, two separate games go on at the same time in the play area. When one player is eliminated from a game, he or she joins the other one. This can go on forever and ever!

100 WAYS TO CROSS A CIRCLE

Begin in a standing circle. Each person is invited to cross through the center of the circle to the other side moving in a different manner. People may skip, hop on one foot, row a boat, swim, somersault etc. The more visual and funny the better.

MARVIN K MOONEY - This version has players crossing the circle as in “100 ways”. Players constantly move in a circle while someone reads “Marvin K Mooney” By Dr. Seuss. Two monitors watch from opposite sides. Every time the word “Go” is read, the monitors send a player across the circle. The player moves in any imaginative way. By the way the word “Go” appears 33 times in the story.

PONY EXPRESS

Make stick horses – use broom sticks, or branches with a cardboard head. Ride the stick horses in a circuit delivering mail to a series of mailboxes. When the first rider reaches the end, the next rider switches direction and picks up the mail and brings it back to the base. This continues until all have a turn. You can work to best create a cumulative time for the entire group.

LET’S GROW UP TO BE COWBOYS

Make your own horse or cow: Use snap lumber, making a saw “horse” a bucket for a head and an old mop for a mane and tail. Using a piece of rope approx. 17 feet long, tie a small loop at the end, slip the other end through the loop. **YOU NOW HAVE A LASSO!** Try lassoing your saw “Horse”, Then try lassoing as you ride your stick horse. You can also arm yourself with a spray bottle and spray targets as you ride by on your stick horse.

MUSIC/STORY ACTIVITIES

LEMONADE – Rectangle playing field with center line with a safety zone at each end. Teams decide where they are from and choose a trade they can mime. The following exchange takes place near the center line:

Group 1	Where are you from?	Group 1	What's your trade?
Group 2	"Pluto"	Group 2	"Lemonade"

Group 2 then mimes their trade. Group 1 tries to guess the trade. When someone guesses the trade, Group 2 turns and tries to run back to the safety zone with Group 1 chasing. If tagged before the safety zone players join other team. Teams rotate the mime of the trade.

DETECTIVE – (10 – 50) the detective tries to find the gang boss. The player chosen as detective closes eyes while gang boss is silently chosen. Gang boss starts by making a motion (something everyone can do). Gang members try to hide their boss by copying every motion made. Gang boss changes the motion often. Detective has 3 chances to find the boss. Gang boss becomes detective whether discovered or not.

LITTLE ERNIE – (for 3 – 50 players) This is a story about Little Ernie and his baby brother, big sister, mother, father, grandmother, grandfather, dog (Bonzo), can (Preston), and anybody else you want to throw in. (That is, if you have enough players to assume all the roles.)

However, many roles you choose, divide the group into lines with that number of people in each line. For instance, if you have five people in the family, make lines with five people – er, members – them. Assign roles according to a person's place in line – that is, the first person in each line is Little Ernie, the second is baby sister (or who/whatever you choose), and so on. Generally the lines are parallel with space enough for two to pass between them.

The story of Little Ernie doesn't exist yet, which is why you need a storyteller who can make up a story. Each time the storyteller mentions a player's role, that person must run around his or her entire line. If the "whole family" is mentioned in any way, they must all run around themselves. While running, players are encouraged to act out the story.

The tale is usually short – only a few minutes long – but what an action-packed thriller it turns out to be!

BEAR HUNT – (5-50+ players)

Bird watching has its exciting moments, no doubt, but let's face it, there can't be much of an adrenaline rush to it. Therefore, for the strong of heart I'd like to suggest a bear hunt. We don't hurt any bears, we just look for one to watch.

First, after seating our hunting party in a circle, we need to "march out into the woods>" We can simulate this marching by alternating hand slaps to our thighs, left, right, left, right. Then, the expedition leader can call out a song which the hunting party then repeats, line for line:

Goin' on a bear hunt,
Gonna find a big one,
Gotta keep movin',
It'll be fun!

On the way through the woods, we encounter some situations: a bridge, tall grass, a mountain, and a swamp. With each new situation comes a new verse, as the tempo picks up:

There's (1, a bridge; 2, tall grass; 3, a mountain; 4, a swamp) up ahead,
Can't go under it,
Can't go around it,
Gotta go (1, 3, over; 2, 4, through) it.

After each situation is described in verse, it is acted out in mime. The bridge is crossed by making hand or foot slaps to the floor; the mountain is crossed by grasping high in the air with the arms; tall grass is swept aside by sweeping arm movements in front; and the swamp is gone through with the arms representing the legs squishing through the muck.

Finally, we see a cave! Slowing our "march" down, we start our final verse:

There's a cave up ahead.
It's all dark inside.
Here's something furry...
And Big!
With SHARP POINTED TEETH!!
OH! IT'S A BEAR!!!

Again we mime each line. For the first line, we slow the temp, as if we are approaching a cave carefully. For the second, we reach out with our arms blindly searching. For the third, we find a patch of fur, which in the fourth line we discover is part of something large, as wide as our arms can stretch. Next we find some teeth with the tip of our index finger.

MUSIC/STORY ACTIVITIES CONT

Upon discovering it's a bear, we rush away using triple-time march hand slaps, meeting with the situations we encountered coming in, but in reverse order: swamp, mountain, tall grass, and the bridge. Finally we march swiftly and safely home. Maybe next time we might consider bird watching, after all.

A-RUM-SUM-SUM – (for 2-50 players)

To get most games started, it is necessary to explain some sort of rules. Not so with this one. All you need to do is say "Watch me and join in when you've got it." This game can be done either sitting or standing. First, there is a little ditty to sing. The words go like this:

A-rum-sum-sum,
A-rum-sum-sum,
Goodie-goodie-goodie-goodie-goodie
Rum-sum-sum (repeat)
A-ra-men, a-ra-men,
Goodie-goodie-goodie-goodie-goodie,
Rum-sum-sum (repeat)

Keep a steady beat. The melody doesn't matter too much – you can make one up. Now comes the hard part – the hand movements. As you proceed to sing out the tune of "A-rum-sum-sum," you slap your thighs with your hands for each syllable. For example "A" (right hand slap on the right thigh), "rum" (left hand to left thigh), "sum" (right hand, right thigh), "sum" (left hand, left thigh). Repeat this. Next comes the "Goodie-goodie-goodie-goodie-goodie," while alternating hand slaps on your chest for each "goodie". Hang in there!

Follow this with "rum-sum-sum" back on the legs. Go through the same thing one more time. Then do "A-ra-men, a-ra-men" while deeply bowing with arms extended for each A-ra-men, followed by another "Goodie-goodie-goodie-goodie-goodie, Rum-sum-sum." Do this part, starting with the "A-ra-men" over again to finish. Whew!

Now that you've read the explanation, you see why it's easier to just do it and have everyone follow. As the group learns the chant, you can speed it up each time you do it until the game looks like practice for some weird religious ceremony in triple time.

FIND SOCK MONKEY OR PIRATES TREASURE

Sock Monkey (or any object) is hiding again and your group must work together to find him. Write a set of clues that will lead to the hiding place. The group leader writes the clues or one group can write for another group. "AAARGUH" You can do the same type of game by creating a Pirate's Map.

TITANIC –

1. Lifeboats – Lots of Frisbees, balls, rug squares, and other patches strewn about the playing area to serve as lifeboats. With rope or masking tape an area in the center is marked off as the Titanic.
2. On Deck – Everyone mills around on the deck of the Titanic, away from the lifeboats. One player is the Captain.
3. Abandon Ship – The Captain calls "Abandon ship". Everyone swims (runs with arms Making swimming motions) for a lifeboat. The last to put a foot on a lifeboat becomes an Iceberg.
4. Switch Lifeboats – The Captain calls "Switch lifeboats". Everyone swims to another Lifeboat. Again, the last to put a foot on a lifeboat becomes an Iceberg.
5. Iceberg Obstacles – Each time the Captain calls "Switch lifeboats" another iceberg is created. Icebergs cannot touch anyone, but they float about and attempt to be obstacles for those who on the next round are swimming for a lifeboat. Players cannot touch an Iceberg; if they do, they become an Iceberg.
6. The Sole Survivor – When only one person is not an Iceberg, that person becomes the new Captain and everyone returns to the Titanic for another round.

GAMES FROM AROUND THE WORLD

OKWE (Knucklebones or Jacks) from Gitta (India) – For this game you need at least two (2) players and some pebbles or marbles. Player 1 throws a pebble into the air and has to pick up one or more pebbles before catching the first one. The player stores the pebbles he/she catches and plays again. When the player lets a pebble drop, the player loses his/her turn. The person tries for their personal best.

OKEREKE OKEREKE (Passing the Sticks) from Nigeria – For this game, you need at least eight (8) players in a circle and a big handful of sticks. Everyone sings and passes the sticks one by one along the ground to the next person, getting faster and faster. Teams try to see how fast and how long they can go. The African chant is “Okereke Okerek (o-ke-re-ke), dun-dun-dun-ya-ya.” (Do you want to play this game? We’re going to play this game!)

ITU OKWE (Bottle tops) from South Africa – For this game you need at least three (3) players and a lot of bottle tops. You must try to get as many bottle tops as you can. The players share out some of the bottle tops – an equal number to each person – then pile the rest of the bottle tops in the middle of the floor. Each player takes turns to throw a bottle top at the pile and he wins whichever tops he hits. (You need sharp eyes for this game.) The game ends when all the tops have gone. See how many throws it takes your team to get the tops.

ONYE NE NA ANYA AZU (Fox and Geese) from Africa – For this game you need about 20 players and a bunch of leaves. Everyone sits in a circle. The first player walks round the outside and drops the bunch behind someone – who then has to catch her before she gets back to her place. If she gets caught, she goes to the middle until the next player is caught. They then exchange places. Chant: “No one must look back! Our spirits are coming behind us. No one must look back!”

OGA (A copying game) from Senegal (Africa) – For this game you need 2-10 players standing in a row. To win, a player must copy like a mirror-image whatever the main player does. The main player moves along the row, clapping her hands and kicking out one foot very fast (for example). Each person he/she faces must copy exactly what she does. If the person he/she faces does it wrong, he/she goes on to the next person. But if the person he/she faces copies her exactly, then she goes out and the new person takes over.

HOOPS (Greece) – Hoop games have been popular since 300 BC. 1) Divide players into two teams. Pick one person from each team to be the roller standing at the end of the play area. 2) As the rollers roll the hoops past their team, their teammates try to throw a ball or any pre-selected object through the hoop without touching its sides. Whoever gets the most objects through the hoop becomes the next roller.

LEAPFROG (England) – This game dates back to the 16th century in England. Shakespeare’s characters in “Henry V” even played it. 1) Players form a line. 2) On the count of 3, the first person in the line should take a running jump. When the player lands they should quickly bend over and grab hold of their ankles. 3) The next player runs and leaps over the first player. 4) Players continue running, leaping and bending until all players have gone and we have a long line of frogs.

STALKER (Botswana) – For centuries children have played the game imitating bushmen stalking a springbok. The players form a circle. Choose two players to start the game: one will be the hunter; the other is a springbok (similar to a gazelle). Blindfold them both and spin them around. Moving quietly within the circle the hunter tries to catch the springbok. Players in the circle make animal sounds to distract the hunter. No one touches either player. If caught, two new players are chosen. If not caught, the hunter is replaced after a period of time.

1,2,3 DRAGON (China) – For the Chinese, the dragon is a symbol of good fortune. Catch the dragon’s tail. Players line up, with hands on the shoulders or the waist of the player in front of them. The first person in line is the dragon’s head and the last person is the dragon’s tail. The tail shouts “1,2,3 Dragon” to start the game. The head tries to catch its tail. The dragon must be careful not to let its body break. If the body brakes the dragon dies. If the head is successful and catches the tail, the head moves to the end and becomes the tail. If the dragon dies, the next person in line becomes the head.

CHEETAH, CHEETAL (India) – For centuries Indian princesses trained cheetahs to hunt cheetals (a spotted deer). 1) Make playing field: draw 2 lines about 5 feet apart. On either side pace off about 20-30 feet and mark baselines. 2) Pick one person to be the Indian princess or prince. The rest will be divided into two teams: cheetahs and cheetals. 3) The cheetahs and cheetals line up back to back. The princess or prince calls out “Chee-eee-ee tah” or Chee-eee-ee tal”, trying to surprise the groups. 4) The team that is called must turn quickly and chase the other players to their baselines, trying to tag them until they are safely at their baselines. The tagged players join the other team. The game continues until all players are on the same team.

GAMES FROM AROUND THE WORLD CONT.

HOPSCOTCH (Italy) – The oldest known hopscotch board is etched into the floor of the Forum in Rome. 1) The first person begins by standing on “Earth” and tossing his marker into Box #1. 2) On one foot the player hops into box 1, bends over, picks up his stone and hops back out – all without letting his other foot touch the ground. 3) The player repeats these steps for each box 1-9, always returning to “Earth”. 4) A turn is over if he misses the box on a toss, falls or lands on a line. 5) The player starts where he left off on his last turn. 6) After boxes 1-9, the player tosses the marker into “Heaven” and makes the trip from “Earth” and back.

DANDY SHANDY (Jamaica) – This is a ball game consisting of 3 players (and maybe 4 if possible to be more exciting). This game must be played outdoors in a big/wide open area, preferably on a grass field. There are 2 pitchers, each standing on either end and the 3rd player is standing in the middle.

A ball is used for pitching/throwing at a target pin (plastic bottle) next to the player standing in middle. The “ball” is usually a stuffed 1-pint juice box, stuffed fully with newspaper and the four corners are rounded off. The player in the middle tries to keep the ball from hitting the target by blocking it with a stick – if a pitcher hits the target trade positions.

Dandy Shandy is a very exciting game as the ball is thrown by the pitchers towards the 3rd player standing in the middle. This player must do all kinds of gymnastic style airborne jumps and leaps to prevent the ball from hitting her.

BIG SNAKE (Ghana) - Skills: Quick reflexes, coordination, cooperation and large muscle skills; Ages: 6 and older; Players: 10 or more; Materials: Playground or other large running area; A whistle.

About the Game: Ghana’s warm climate is home to many types of snakes. Here’s a game that calls attention to the cold-blooded reptile. It’s similar to the Chinese game of 1, 2, 3 Dragon.

Playing the Game:

- 1 Players pick one person to be the SNAKE. The SNAKE goes to his or her home, an area large enough to fit several people which you may want to mark off with cones.
- 2 At the sound of a whistle, the SNAKE comes out of its home and tries to tag other players. Tagged children join hands with the SNAKE and try to catch the others.
- 3 The original SNAKE is always the leader and determines who its “body” will go after. The SNAKE’S head and tail are the only parts that may tag “free players.”
- 4 If the SNAKE’S body “breaks<” the SNAKE must return home, regroup, and start again. Free players may try to break the SNAKE, forcing it to return home.

ENDING THE GAME: The game ends once everyone is caught or completely out of breath.

CATCHING STARS (Equatorial Guinea, Zaire) – Skills: Large motor skills; Ages: 7 and older; Players: 7 or more; Materials: Playground or other large running area.

About the Game: Since the beginning of time, people from around the world have been fascinated by stars. What are they? Why are they there? Where did they come from? What stories do they tell? This game is played by children of African Pygmy tribes who have long been intrigued by the night sky.

Playing the Game:

- 1 Divide the players into two groups: STARS (a third of the players) and CATCHERS (remaining players).
- 2 Set up two parallel boundaries, about 20 feet apart (6 meters)
- 3 The CATCHERS stand in the middle of the boundaries while the STARS stand on one boundary. The CATCHERS begin the game by reciting together:
Star light, star bright
How many stars are out tonight?
The STARS respond:
More than you can catch!

And then make a mad dash to the other boundary – trying not to be tagged by a CATCHER.

4. Tagged STARS become CATCHERS. The game continues with both sides
Reciting the verse until all STARS are caught.

ABORIGINAL INFINITY MARBLES (Australia) – This marble game played by Aboriginal children has an interesting no-loser twist. Two players sit facing each other, cross-legged, about 10 feet apart. Each player has a small cluster of marbles on the ground directly in front of him. The players take turns attempting to hit the other person’s marbles by rolling one of their own marbles. An astute observer described the game in the following way: “What a ‘shot’ was successful, the hit marbles were delivered to the successful shooter, who placed them with his others. [If not successful, the marble remains where it stopped.] As a result this game became harder to hit while the other cluster became easier because of its increased size.”

GAMES FROM AROUND THE WORLD CONT.

PIN – (Guatemala) – A wooden pin is set up at a moderate distance from a throwing line. (The group can decide the length.) The object is for the team to work together to get the first ball that is rolled (lead ball) to touch the pin without knocking the pin over. The first player rolls his ball and the subsequent team members try to roll their balls so that they nudge the lead ball closer to the pin. The game is won when the lead ball is touching the pin.

JAMAQUACK (Australia) – What in the world is a Jamaquack? It's a bird from Australia that stands bent over holding its ankles and always travels backward. No wonder it is nearly extinct! In this game, we become Jamaquacks.

To play, about half the players form a pen by holding hands in a circle. The other half are the Jamaquacks. They get inside the circle, hold onto their ankles, and close their eyes. Don't forget, they can move only backward.

Once they are securely inside the pen with their eyes closed, two of the players in the circle now release their hands to form an opening in the pen. All the Jamaquacks try to get out of the pen through the opening.

One thing I forgot to tell you: These birds love to talk. All through the game they say "Quack! Quack! Quack!" So when they get outside the pen, they can quack to their friends still inside in order to lead them out into the free world.

Once all the birds are out, the circle players become the Jamaquacks and try their hands (or is it their ankles?) at moving in this very odd manner.

Variation: If very young players do not want to close their eyes or hold their ankles, play the game any way they want.

CROWS & CRANES (Appalachia) – This popular game comes from the distinct American region ranging from West Virginia to Georgia. Early settlers were from the British Isles and Germany.

Crows and Cranes can be played indoors as well as outdoors. Billie Henry remembers playing it in the gymnasium. It is a chase game that uses "safe" areas, like Base, but adds a feature that keeps the players on their toes.

How to Play: Choose someone with a strong voice to be the "Caller", then divide into two equal teams.

Mark off the playing area in halves, separated by a line, and two safe areas, one at the back of each half. The diagram on page 13 illustrates the layout.

The Caller designates one team as the Crows, the other as the Cranes.

The teams face each other across the center line. Billie picks it up here:

The Caller stands apart from the game and calls "Crows" or "Cranes" at his or her discretion. The object of the game is to avoid being tagged by the other side. The trick of the game is to anticipate which direction to run – will you chase or be chased? So if the Caller called "Crows," that signals the Cranes to cross over the center line and chase the Crows in hopes of tagging some Crows. Once tagged, the Crow has to be a Crane. Once the Crows cross their safe line the Cranes return to their positions at the center line.

If the Caller calls "Cranes", the Crows chase and tag the Cranes in the same manner. The Caller can switch the call in the middle of the run to reverse the action. This can add confusion and fun to the game. For instance, if the Crows were chasing the Cranes and all of a sudden the Caller calls "Crows," all the players have to switch directions: the chasers would now run, the runners would now chase.

The game continues until one team tags everyone on the other side or the players wear themselves out, usually the latter. None of the people we talked with had any idea where the name came from, but the fact that "crows" and "cranes" begin with the same consonants contributes considerably to the uncertainty, and, therefore, the fun.

KITTY WANTS A CORNER (Appalachia) – Same game but Czechs call it "Godmother Anne" and Portuguese "Cuatro Cartos"

How to Play – One player is chosen to be Kitty, whose objective is get into one of the "corners", all of which are occupied by the other players.

Helen Nichols: Everybody that played got them a corner. A room doesn't have but four corners, but, say the chair would be a corner, the table a corner, and so on. [Kitty] would go around and say "meow" and make faces at everybody trying to make them laugh. The object was to get that person to laugh. If the person laughed while Kitty was standing there meowing, the Kitty got that person's corner and the person who laughed then had to be Kitty.

Well, all the time that was goin' on, these other players would be changing corners with each other, daring the Kitty to beat them back to their corners. If the Kitty did, then the person who lost their corner in the scramble had to be the Kitty. So all the time she would be cutting her eye around tryin' to see who's out of their corner and beat them to it.

Oh, the Kitty would pat you on the head and say "Poor Kitty", and she'd make faces. Anything to make you laugh.

STUCK IN THE MUD (England) – Another continuous running game with lots of fun action. Designate 3-6 players to be the "Its," each wearing pinnies or holding foam balls (to tag others with).

The game begins with the "Its" chasing others, attempting to tag everyone in order to end the game. Tagged players must stand with their feet apart, hands on top of their heads. The remaining free players can free the tagged players by crawling between their legs or just pull them from the mud by taking both hands.

GAMES FROM AROUND THE WORLD CONT.

CHINESE JUMP ROPE – (Mentioned in Chinese literature 1600 years ago) two players (“holders”) begin by wrapping a looped rope – elastic band – ribbon with a circumference of 10 feet or longer around their ankles to form parallel lines. Ten a “jumper” hops in and out of the loop in a series of patterns called out by a holder or other person. The commands can be as easy as “in” or “out” or more advanced (often in a rhythm or song.) If the jumper fails to execute the pattern the jumper trades places with a holder or takes a place in line awaiting a turn. An example is ENERGY:

E Jump to the center

N Move both feet outside the ropes

E Jump to the left one foot inside

R Jump to the right opposite foot inside

G Land with both feet on top of the ropes

Y Start over or change jumpers

Notes: • hold loop taut but not rigid

• criss cross the loop to make complicated jump patterns

• make your own elastic loop by tying panty hose together

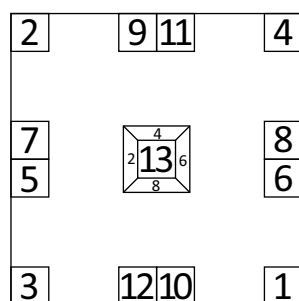
JUMP THE SHOT – This Swedish game is over 100 years old. It is played with one person holding the end of the rope at the center of a circle. All the players in the circle must jump over the spinning rope without getting hit or stopping the rope. If you get hit trade places with the center person.

Long ago a bag of buckshot was tied to the free end of the rope to keep it taut – hence the name. These days tie a bean bag or another safe object.

SKULLY

Skully was one of the most popular street games in the New York City area. It is typically played on the street using bottlecaps on a board drawn with chalk. Anywhere from 2 to 6 (or more) players can play. The basic theme is to use your fingers to shoot your piece (a bottlecap, or other small item) through the course drawn on the street, then “kill” all the other players, leaving you the winner.

Drawing a skully board isn’t just fun: it can also affect the game (depending on how big the boxes are). While a typical board is about 6’ square with boxes about 8”, these dimensions can vary wildly. You can vary the dimensions based on the space you have and your skill.



The basic layout is constant. The numbered boxes 1, 2, 3 and 4 are the corners, the other boxes (5-12) are doubled in pairs in the middle of the side areas. 5 and 7 are paired, while 6 and 8 are directly across. 9 and 11 are always opposite 10 and 12, while 13 is always alone in the middle, surrounded by a “dead man’s zone” or “skull.” Your bottle cap is frozen if landing in this zone. The cap is frozen for 2 turns or can be hit out by an opponent who is awarded 2 free turns.

WHAT’S THE TIME MR. WOLF – (Australia) The wolf turns it’s back to the other players who stand about 15ft away. Other players say “What’s the time Mr. Wolf?” Wolf makes up a time - for example 5 o’clock - other players take 5 steps toward the wolf. When the wolf says “Dinner Time” it chases the other players to a goal. If wolf catches a player that player has to be the next wolf.

PLEASE MR. CROCODILE – (England) or MR. FARMER (USA) Players line up horizontally on one side of field. Players say “Please Mr. Crocodile” may I cross the water to see my lovely daughter. Mr. Crocodile (with his back to the player replies with something like “Only if you are wearing something blue.” If so you move forward one step. Whoever reaches the other side first is the next crocodile.

PARACHUTE PLAY

First teach the following grips, positions and chute movements:

GRIPS:

1. Thumbs Up – Fingers under the chute, thumbs on top
2. Thumbs Down – Thumbs under the chute, fingers on top
3. Thumb Up, Thumb Down – One hand thumbs up Other hand thumbs down
4. Arms Crossed – Cross arms over each other, thumbs down

POSITIONS: Play with chute by showing children to sit around chute, kneel with chute and stand with chute. Next hold chute above heads, way down low and in the middle.

PARACHUTE PLAY CONT.

CHUTE MOVEMENTS:

1. Wave – both arms up, both arms down. If participants are not in unison it causes a shallow rippling effect. If done in unison (everyone up – everyone down) parachute billows high, creates giant wave.
2. Jerk – a side to side movement can be in rhythm, everyone jerks right and left, right and left, right and left, or can move randomly.
3. Flip Flop – Participants alternate arms so that when the right arm is up the left one is down causing the parachute to wiggle and jiggle randomly.
4. Taut – Everyone pulls back on the chute until it is completely spread out and has no slack in it.
5. Snap – Most difficult motion. While hanging on firmly flick both wrists in unison with a quick up-down motion then stop. As they flick wrists, pull back on chute – causes chute to jump.

CHUTE ACTIVITIES CONT.:

1. Ball Roll – Roll a ball(s) on chute using the wave.
2. Pop Flies – (snap motion) Catch various types of balls in chute to pop to individuals not on the chute.
3. Scarf Dancing – Put scarf (s) on chute use series of motions: wave, flip flop, jerk, snap, to make scarf dance.
4. Wiggleworm – (4' rope on chute) Slow waving, do wave motion then speed up, then try one snap and several snaps. When good at it make the wiggleworm move to particular children.
5. Grab the Bean Bag – Dump several bean bags in the center, do the wave, call children's names to go get bag while the chute is in the air.
6. Catch the Ball – Slow wave to roll ball then try to make the ball fly off in a particular direction. When the ball is on the far side of the chute, count 1-2-3-toss, as the group says "toss", the children on that side give the chute a hard upward swing so ball flies off toward a catcher.
7. Float the Chute – Run under the chute and back out before it falls. Divide participants in groups. While the chute is high, call out a group name and all in that group must let go and change positions before chute falls.

RECYCLED GAMES

A collection of physical activities that emphasize fun and creativity. Players use non-traditional equipment made from recycled items- socks, empty plastic bottles, grocery bags, etc. The activities are designed to engage the mind and body while encouraging teamwork, inclusion, and humor. Children discover their inventiveness by the collaborative effort involved in creating games and changing rules. Many games combine or incorporate elements from two or multiple sports.

Recycled games will also introduce children to forgotten games played in the streets of the big cities to the Mountains of West Virginia in the early 1900's.

The secret to Recycled Games lies in reframing of the games and sports to be inclusive collaborative, play together fun. This reframing can include making your own sports and game equipment from recycled materials (i.e. junk, leftovers, found items, etc.). This definitely adds to the "laughability" quotient.

Games can be modified rules changed, made into collective score, a combination of 2 games or better yet be created by leaders and children.

SIMULTANEOUS SOCK AND PANTYHOSE HORSESHOES

The game is played thusly: Two teams of four players each stand opposite ends of the Simultaneous Sock and Pantyhose Horseshoe Field, immediately behind small, open cardboard boxes, placed o, let's say, 10 feet apart. These boxes were easily large enough to serve as a target for a Sock and Pantyhose Horseshoe, the aforementioned horseshoe being constructed by placing four tightly-balled socks into the toe of a pantyhose leg which was cut from the pantyhose leg somewhere near the thigh area, if you excuse the expression.

One team has the Sock and Pantyhose Horseshoes made from two pairs of black pantyhose, the other from white. And then, at a mutually agreed-upon scream, both teams throw their Sock and Pantyhose Horseshoes trying to get them to land in or near the above-indicated cardboard box. And merry mayhem ensues.

BAGGY BALL

It is called Baggy Ball because it is made of a plastic grocery bag wrapped around multiple bags or around a chunk of bubble wrap. There is no tape being used to keep everything together. The cunning use of the bag handles stretched over the bubble wrap containing bag makes possible the construction of a tight and durable ball cover. Yes the ball could be rounder. However, after several hours of deft experimentation, it became clear that bubblewrap resists being made into a round ball. And as bags and bubble wrap goes, so goes the Baggy Ball.

RECYCLED GAMES CONT.

BAGGY BALL CONT.

Baggy Ball is wonderfully hit-uppable. Light, yet hefty. Clearly not round. One could imagine oneself hitting the ball up in the air repeatedly, as if one were engaging in a sort of anti-dribble, bouncing up, where one would normally bounce down. This leads one towards the new, and profoundly playworthy Sport of Baggy Ball.

Baggy Ball, you see, is played very much like basketball, except for the following distinctions:

1. One dribbles up instead of down
2. The baskets are bags, and are held by players, who position themselves anywhere they want throughout the court (because it's too boring to pretend to be an immobile basket, and it makes the game a lot more fun and strategically complex if the baskets can run around). This makes the basket actually a member of your team. And a key member, at that.
3. The game can be played anywhere, on sand or grass, or even a basketball court.
4. Laugh a lot

FREEZE TAG BASKETBALL

Freeze Tag Basketball combines basketball and freeze tag. Each team has an "IT" The IT can tag people on the opposing team to freeze them, or tag people on its own team to unfreeze them. Everybody becomes unfrozen when a point is made. The IT'S can make points and everything else everyone else does. The rest of the game is played just like basketball."

"But," you ask, "won't people just stay away from THE ITS? Why not give the It's the ball and let them make points?"

"Certainly," "ITS have an offensive advantage, but don't let them fool you. It's can freeze each other, and once frozen cannot unfreeze themselves. So if an IT is given the ball, other players might stay away, but the opposing IT would go for the freeze. If your team's IT is frozen, you can see how you would have an obvious disadvantage. The opposing IT could freeze your entire team, and unfreeze all of the opposing players. Bad news for you."

SHOESHOOES

The game of Shoeshoes is like Horseshoes. Shoeshoes, involves a pair of human shoes whose laces have been tied together, and a chair.

As for Shoeshoes, one throws one's tied-together shoes in such a way as to get them to land on a leg, or perhaps even straddle the seat. Different points are awarded for different configurations as they occur.

SCHMERLTZ

Needed: One tube sock; a softball; a piece of rope

What in the world is a schmerltz? A schmerltz is a tube sock with a softball in the heel and tied at the top. To play with it, throw the schmerltz up in the air and try to catch it by the knot. Or have a catch with your friends. Maybe one day we'll have Schmerltz World Services.

HOSEBALL

The true origin of the Hoseball is shrouded in mystery and buried in the coffin of time. I first learned of it when it was called a Schmerltz.

Prepare several Schmerltz-like objects made by stuffing a good-size ball of socks into a let cut from a pair of pantyhose. The Hoseball is born.

Ultimate Hoseball took a good hour to play. Not that it couldn't have taken a good half-hour, or probably good half-day. Each of the two goals (there could have been more, you know) was made out of a water bottle (half-filled with sand so that it wouldn't blow over). The game was based on Ultimate Frisbee, of course. Basically, you couldn't run with the hoseball. So you had to throw it to a team mate, who, in turn, had to throw it to another team mate, who was hopefully close enough to the appropriate goal-bottle to know it over.

DUNG GULI

Dung Guli: A Bangladeshi Child's Game, is in truth and fact, a recycled Sport if ever there was one.

"Ding Guli is a typical game played by rural children in Bangladesh. It's like a combination of golf and softball. Two people play the game..."

RECYCLED GAMES CONT.

DUNG GULI CONT.

Materials Needed: 18-inch long wooden stick (called the dung) Egg-size piece of wood (called the guli) or substitute taped up left over plastic Easter eggs and cardboard tubes.

Determining Batter and Pitcher:

- 1 Make a one-inch shallow dent in the ground and place the guli in it.
- 2 Player One used the dung to flick the guli out of the dent (as if playing golf).
- 3 Player One puts down the dung over the dent in the ground.
- 4 Player Two picks up the guli. Standing at the point where the guli landed on the ground, Player Two throws the guli at the dung, attempting to hit it.
- 5 If Player Two hits it, he or she now flicks the guli out of the dent as in steps 2 and 3, and Player one takes a turn throwing the guli at the dung. This continues until one player misses hitting the dung wit the guli. The player who misses first becomes the Batter, and the other person is the Pitcher."

THE TENNIS SHOE MINATURE GOLF CLUB

Make your own ultimate golf club out of a tennis shoe attached to a well worn broom or sturdy cardboard tube. Stuff the tennis shoe with cloth or whatever. Duct tape can help hold it all together. Now lay out your own Miniature Golf Course around the playground or gym.

PRISONER SOCK BASEBALL

But with an unusual item (ie Large water bottle) use a hosey ball. If the batter makes an out, he is in prison at the base he was headed for. When another player reaches a base successfully the prisoner(s) can then re-enter the game and run. CHAOS ENSUES. When someone reaches home plate they trade places with a fielder.

OR HOW ABOUT: Soccer Bowling • Marble Soccer • Pool Noodle Javelin
Balloon Goodminton • 4 square Volleyball
You can just imagine the rules -----

CREATE YOUR OWN GAME

USE THE M.O.G. (MY OWN GAME) FORM ON THE LAST PAGE

RESOURCES

Kagan, Spencer, "Silly Sports and Goofy Games"
Kohl, MaryAnn, "The Big Messy Art Book"
LeFevre, Dale, "Best New Games"
LeFevre, Dale, "New Games for the Whole Family"
Wilmes, Liz and Dick, "Parachute Play"
Orlick, Terry, "The Cooperative Sports and Games Book"
Orlando, Louise, "The Multicultural Game Book"
Onyefulu, Ifeoma, "Ebele's Favourite A Book of African Games"
Page, Linda, "Foxfire Book of Appalachian Toys and Games"
Sobel, Jeffrey, "Everybody Wins"
and many friends who have shared games

We like to share games. If you know a good one tell me. If you need more games, contact me:

Mike Book, Director
Harrison County Parks and Recreation
(304) 423-7800
E-mail:

mbook@harrisoncountywv.com

MY OWN GAME=M.O.G.

Creativity is the key. Children and Adults alike can have a lot of fun inventing their own games as silly or serious as they like. Borrow ideas from other sports and games. Use equipment or junk (found items) in new ways. Inventing games is an ongoing process, don't be afraid to change or modify your game (change boundaries; change how you move, hop, skip, gallop, run backward; add another goal or another ball or more junk).

NAME OF YOUR GAME: _____

NAME OF THE GAME INVENTORS:

- _____
- _____

RULES TO MAKE THE M.O.G.

- 1 Must include at least 8 participants
- 2 Must have at least five rules
- 3 All players must be in motion: i.e) skipping, running, jumping, throwing, etc.
- 4 Must be non-competitive (ask your Mentor or Leader)
- 5 Must be able to be played in the area you have available (park, school yard, gym)

RULES OF YOUR GAME

- _____
- _____
- _____
- _____
- _____

JUNK & EQUIPMENT NEEDED:

- _____
- _____
- _____
- _____
- _____

HOW TO PLAY YOUR M.O.G.
