

# ***Moving Bodies & Developing Minds***

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## About Curt Hinson

**Curt Hinson Ph.D.**, has taught at both the elementary school and university levels over the past 34 years. He currently works as an educational consultant for PlayFit Education Inc., presenting staff development workshops for school districts, teachers, and students. In addition, he teaches in the on-line graduate program at Canisius College in Buffalo, NY and is an adjunct professor at Rowan University in New Jersey. He holds a Ph.D. in Kinesiology from Temple University (PA); a Masters of Education degree from Widener University (PA); and a BS degree in Health & Physical Education from West Virginia Wesleyan College (WV).

Dr. Hinson is the author of three books, *Fitness for Children; Games Kids Should Play at Recess;* and *6-Steps to a Trouble-free Playground*. In addition, he has published over 50 articles related to teaching and is the creator of the *Dr. Recess* program for elementary schools.

Dr. Hinson has made presentations in all 50 states, as well as in Washington, DC, Puerto Rico, the Virgin Islands, and Mexico. He was the 1992 National Association for Sport and Physical Education Eastern District Teacher of the Year and the 1991 Delaware PE Teacher of the Year. He is a member of SHAPE America; the National Association for Sport and Physical Education; and the American Association for Physical Activity and Recreation. Dr. Hinson has been featured in the *Wall Street Journal;* *Disney's Family Fun* magazine; and on the *Fox News Network*. His *Dr. Recess* program is currently being implemented in schools in all 50 states.

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## Warm-up Activities

### Crazy Cones

Objective: Spatial awareness; self-awareness; cooperation; teamwork; color recognition; aerobic endurance; flexibility.

Equipment: Different colored cones (preferably 3 or 4 different colors); music.

How to play: The cones are scattered around the area. Each player stands at a cone. The color of the cone determines which team the player is on. When the music begins, all players move around the area attempting to flip over the cones of the opposing teams while making sure their own cones remain upright. A cone cannot be touched by a player two times in succession. Play for 30-45 seconds and see which team has the most cones upright. Reset and start again.

### Follow Your Partner

Objective: Aerobic endurance; cooperation; locomotor movements.

Equipment: Music

How to play: The players form pairs. One partner is designated the “leader” and the other partner is the “follower.” When the music begins, the leader moves around the area using different locomotor movements as the other partner follows, imitating the movements of the leader. The leader changes locomotor movements and/or directions whenever he/she chooses. The follower must do the same. After a short period, the partners switch roles and continue.

### Hoop Warm-up

Objective: Aerobic endurance; flexibility; agility.

Equipment: 20-30 hoops; music.

How to play: Spread the hoops out randomly around the area. The players are scattered around the area as well. When the music begins, all players move around the area and perform the following tasks:

- Move around the area without touching any hoops.
- Step inside as many hoops as possible with one foot; two feet at the same time; one foot than the other.
- Touch inside as many hoops as possible with: one hand; two hands; one hand & one foot; two hands & two feet; one hand & two feet; one elbow; two elbows; one knee; two knees; one elbow & one knee; your buttocks; two elbows; two knees; two knees & two hands; etc.
- Jump inside a hoop, lift it up and over your head, and then place it back on the floor.
- Put your hand inside a hoop and run one time around the outside of the hoop.
- Jump in and out of each hoop two times then move on to another hoop.
- Do everything above with a partner.
- Do everything above while dribbling a ball.
- Make up your own movements as you move around the hoops.
- Be creative...the list is endless!

### Imaginary Rope Jumping

Objective: Creativity; aerobic endurance; muscular strength & endurance; coordination; agility.

Equipment: Music

How to play: Everyone stands in one large circle with an “imaginary” jump rope in their hands. Start the music and begin jumping. Use your imagination and create crazy ways to jump or the teacher can lead a routine. Try any trick you want...you can't mess up!

### Partner Run & Walk

Objective: Aerobic endurance

Equipment: Cones

How to play: The cones are placed in a large oval. The players form pairs. The pairs are scattered around the outside of the oval (partners standing next to each other). On the signal to begin, Partner 1 begins running counter-clockwise around the outside of the oval, while Partner 2 begins walking in the same direction. Partner 1 remains running until she catches Partner 2. When this occurs, Partner 2 begins running and Partner 1 walks. The activity continues with the partners taking turns running and walking for the allotted time.

Safety: Warn runners to watch out for others as they run around the cones.

### Partner Tag

Objective: Aerobic endurance; agility; cooperation.

Equipment: Music

How to play: The players form pairs. One player is “IT” and tries to tag the other partner. Once tagged, the players switch roles. Players can allow several seconds for the partner to get away by counting to 10; spelling a word; doing three Jumping Jacks; or saying the alphabet.

### **Pass & Chase**

Objective: Tossing & catching; cooperation; aerobic endurance; agility.

Equipment: One soft (foam-type) ball for every two players; music.

How to play: The players form pairs. Each pair has a ball. The game begins with the partners tossing the ball back and forth to each other. When the music begins, the tag game begins. The partner with the ball is "IT" and must tag the other partner with the ball (no throwing). Once a successful tag is made, the "tagger" simply drops the ball on the ground and quickly gets away from his partner. The partner now must pick up the ball and chase the other partner, attempting to tag her. This continues until the music goes off. The music going off is the signal to begin tossing and catching again. When the music comes back on, another tag game begins.

Variation: Instead of just tossing the ball back and forth, the players can roll the ball back and forth from push-up position; kick it back and forth from crab position; or toss it after performing a sit-up.

### **Spot Jumping**

Objective: Aerobic endurance; agility; muscular strength & endurance.

Equipment: 20-30 poly spots; music.

How to play: Scatter the poly spots randomly around the area. Everyone starts by standing on a poly spot. When the music begins, the players move randomly around the area using a designated locomotor movement. When the music stops, everyone stops on a spot (any spot, not necessarily the one you started on). The teacher then announces a jumping task for the players to perform. After 10-30 seconds the music begins again and the players move around the area again. When the music stops a new jumping task is given.

Sample jumping tasks: Jump on and off with both feet; one foot; or alternating feet. Jump over the spot side to side or forwards and backwards. Straddle the spot and jump on by bringing your feet together and off by spreading your feet apart.

## **Fitness Activities**

### **10-Second Interval Training**

Objective: Aerobic endurance; muscular strength & endurance; cooperation.

Equipment: Jump ropes

How to play: The players form groups of three. Each group has a jump rope. On the signal to begin, Player 1 jumps rope, Player 2 does push-ups, and Player 3 rests. After 10 seconds the players rotate (1 does push-ups, 2 rests, and 3 jumps rope). They continue through this circuit for the allotted time. You can change the 3 activities every 2 or three times through. Try crunches, squats, jumping jacks, etc.

### **Crazy Sprints\***

Objective: Interval training; aerobic endurance; problem-solving.

Equipment: "Crazy Sprint picture cards" (these pictures depict an invisible wall that the runners must pass over, under, around, or through when they cross the middle of the gym).

How to play: Divide the runners into three groups (Rockets, Roadrunners, & Rabbits). The runners stand at one end of the gym. The teacher stands in the middle with the picture cards. When each group is called they sprint to the other end of the gym, attempting to move over, under, around, or through the imaginary wall shown on the picture card.

### **Exercise Task Card\***

Objective: Muscular strength & endurance; aerobic endurance; flexibility.

Equipment: One set of 32 "Exercise Task Cards" (these cards have five different exercises written on each one).

How to play: Each player receives a card and performs the exercises on the card. They can be required to do anywhere from one to all five of the exercises. Once the task is completed, a player simply switches cards with another player and continues. This can also be done in groups of two or three.

### **Fitness Bag**

Objective: Muscular strength & endurance; aerobic endurance; problem-solving; decision making.

Equipment: 8-10 Fitness Bag Puzzles (these are index cards with exercises written on them that have been cut in half).

How to play: The players form pairs or groups of three. Each group receives a Fitness Bag. The object is to match all of the index cards together than perform all of the exercises written on the cards.

### **Fitness Cards\***

Objective: Muscular strength & endurance; aerobic endurance; flexibility.

Equipment: Four "Fitness Cards" with exercises listed on them; one deck of standard playing cards; 15-20 cones.

How to play: The cones are placed in an oval around the area. The four "Fitness Cards" are placed around the perimeter of the oval (one on each side and one on each end) or on the four walls. The playing cards are scattered face down in the center of the oval. Each player goes to the center and flips over a playing card. She then goes to the matching "Fitness Card" and performs the exercise on the card that corresponds with the number on the playing card that was flipped over. After completing the exercise, the player continues by returning to the center to flip over a new card. This can also be done in groups of two or three.

### **Fitness Grid\***

Objective: Muscular strength & endurance; aerobic endurance; flexibility.

Equipment: Fitness Grid game board (This board has 36 squares on it, numbered 1-6 on the top and side. An exercise is written in each of the 36 squares.); one pair of dice.

How to play: Two players are chosen to roll the dice. The two numbers rolled are used to find an exercise on the grid by going across and down the grid to see where they meet. The group then performs the designated exercise, rolls the dice again and continues.

### **Fitnopoly\***

Objective: Muscular strength & endurance; aerobic endurance; flexibility.

Equipment: Fitnopoly game board (This board has 20-30 continuous spaces on it with an exercise written in each space); one die; one game piece.

How to play: One player rolls the die. The game piece is then moved along the board corresponding with the number rolled on the die. The group then performs the exercise written on the space the game piece lands on. After completing the exercise, another player rolls the die, and the group continues.

### **Hot Pursuit**

Objective: Aerobic endurance; agility; muscular strength & endurance; cooperation.

Equipment: None

How to play: The players form groups of three. The players are numbered 1, 2 and 3 in each group. On the signal to begin, Player 1 chases Player 2, attempting to tag him. Player 3 performs an exercise (e.g., push-ups; crunches; jumping jacks; arm circles; etc.). When Player 1 tags Player 2, Player 2 begins chasing Player 3 and Player 1 now begins an exercise. When Player 2 tags Player 3, Player 3 now chases Player 1 and Player 2 begins an exercise. Play continues in this manner for the allotted time. You can give the players a list of exercises they can choose from or call out what exercise they must do, changing it periodically.

### **Maps**

Objective: Aerobic endurance; problem-solving; cooperation.

Equipment: Maps of the school grounds.

How to play: The players form pairs or groups of three. Each group gets a map. The object is for each group to follow the course drawn on their map and return to the starting position as quickly as possible.

### **Mirrors**

Objective: Aerobic endurance; cooperation; interval training.

Equipment: None

How to play: The players form pairs and stand at one end of the gym. The partners face each other. One partner is the leader and the other partner is the follower. The object is for the leader to run up and down the gym with his partner trying to "mirror" him (stay with him). On the signal to begin, the leader runs in a straight line up and down the gym, while the follower attempts to stay with him. The leader can change directions, attempting to get away from the follower, but he must always travel in the same straight line. Let the pair run for about 10-15 seconds and blow a whistle. The leader and the follower now switch roles and continue. After 10-15 seconds blow the whistle again and the pair rests for approximately 30 seconds before starting again. You can divide your group into two groups, A & B. Group A runs while Group B rests and vice versa.

### **Motion Pictures**

Objective: Aerobic endurance; problem-solving.

Equipment: Pictures depicting different objects located on the school grounds; baskets or boxes.

How to play: The picture cards are placed in several baskets or boxes. Each player reaches in the basket and retrieves a card. The object is to run to the object pictured, touch it and return as quickly as possible. The challenge is to see how many different objects you can touch in the time allotted.

### **Muscle Match**

Objective: Flexibility; muscle name and location.

Equipment: Muscle Match cards.

How to play: The players form groups of three. Each group receives a set of "Muscle Match" cards which depict a picture of a muscle and picture of a flexibility exercise to stretch the muscle.

The group matches each muscle with its flexibility exercise. After all the matches are made the group does each of the flexibility exercises one at a time.

### **Secret Exercises\***

Objective: Muscular strength & endurance; aerobic endurance; flexibility.

Equipment: One set of 30 Secret Exercise cards.

How to play: Place the Secret Exercise cards face down in the center of the area. One player is selected to come to the center and turn over a card. After the card is turned over the entire group performs the exercise on the card.

The group then jogs around the area for 10-20 seconds and another player is chosen to turn over the next card.

### **Shuttle Transfer**

Objective: Aerobic endurance; agility; cooperation.

Equipment: Beanbags or Koosh balls.

How to play: The players form pairs. Each pair stands on opposite sides of the area from each other (opposing side lines or end lines of the basketball court). One partner has 5 (or more) beanbags. On the signal to begin, the player with the beanbags picks up one beanbag at a time and runs out to the middle of the area. The other partner runs out to the middle and takes the beanbag from the other partner and returns it to his starting line. The other partner returns to her starting line and retrieves another beanbag and the process continues. The object is to transfer all of the beanbags to the other side of the gym and then back again in the quickest time.

**\*These six activities are part of Dr. Curt Hinson's Fitness Activity Kit. The kit is available from PlayFit Education Inc. at 302-438-3257 or go to [www.playfiteducation.com](http://www.playfiteducation.com). The cost is \$99.95 per kit, plus shipping.**

## **Play With Your Brain: Games and Activities for Learning**

### **Cross-Lateral Learning**

Hand & Elbow; Elbow to knee; Nose & Ear; 1 & 2; 2 & 5; Finger & Thumb; Arm Up, Out & Down

### **Cooperative Shapes**

Objective: Problem-solving; cooperation; creativity.

Equipment: Chinese jump ropes.

How to play: The players form groups of four or five. Each group receives a Chinese jump rope and stands inside of it with the rope pulled up around their waists. The teacher calls out different shapes (e.g., boat; tree; star; the letter R; circle; square; shark; the state of Texas; etc.) and the players attempt to turn their rope into the shape of the object called out.

### **Flash Tag**

Objective: Math computation; cooperation; agility.

Equipment: None

How to play: The players form pairs and stand facing each other. Each player makes a fist and shakes it three times (palm facing down) with their partner. On the third shake each partner sticks out any number of fingers (1-5). The object is to add your number of fingers with your partner's number of fingers and call out the answer first. The person who correctly calls out the answer first wins and a one-on-one tag game begins with the winner trying to get away from the other player. The other player must catch and tag the winner to end the tag game. The pair then starts over with a new math problem and a second tag game. After the second turn, each player raises his/her hand and looks for a new partner to play with. The players can be allowed to run during the tag game if space permits. If space is limited, the tag game can be played as a "walking" tag game.

### **Frankenstein**

Objective: Listening/following directions; problem-solving; cooperation; communication.

Equipment: Blind folds (optional)

How to play: The players form pairs. One partner is "Frankenstein" and the other partner is the "Doctor." The object is for the Doctor to give Frankenstein (who is blind-folded or has eyes closed) verbal instructions to move around the area without bumping into others or walls (objects). Frankenstein must keep both arms extended out in front to act as bumpers in case he/she gets too close to others or objects. Frankenstein should walk slowly and only go where the Doctor instructs. The Doctor is responsible for Frankenstein's safety. After a minute or two, the partners switch roles.

### **Hand Off**

Objective: Problem-solving; cooperation; creative thinking.

Equipment: Any object that can be handed back and forth between two people (e.g., lummi stick, beanbag, yarn ball, etc.)

How to play: The players form pairs. The pair stands facing each other with one partner holding the object. The players take turns handing the object back and forth to each other. The object is to hand the object back and forth as many times as possible in the allotted time without repeating any of the handing methods that was previously used. Encourage the players to be creative and come up with new ways to hand the object to their partner. The object cannot be tossed or thrown.

### **Math Toss**

Objective: Tossing; catching; cooperation; thinking; problem-solving; communication; addition; subtraction; multiplication.

Equipment: One soft (foam) ball or bean bag for every two players.

How to play: The players form pairs. Each pair has a ball. The player with the ball calls out a number (i.e., 17) and tosses the ball to the other player. The player catches the ball and must call out a math problem that equals the number called (i.e.,  $14 + 3$ ;  $10 + 7$ ;  $20 - 3$ ; etc.). Once the problem is called out, the player with the ball calls out a new number and tosses the ball back. The object is to see how many problems can be correctly solved in a certain amount of time.

### **Mirroring**

Objective: Cross-lateral movements; cooperation.

Equipment: None

How to play: The players form pairs and stand facing each other. One partner is the leader and begins moving her arms and legs in slow motion. The other partner attempts to mirror the movements of the leader. After one minute, the partners switch roles.

### **Shark Tank**

Objective: Listening/following directions; problem-solving; cooperation; communication.

Equipment: Blind folds (optional); Cones; 1 set of Poly Sharks; 1 set of Poly Stars; a variety of other equipment such as: hoops; beanbags; jump ropes; etc.

How to play: Make a large square with the cones. The rest of the equipment is spread out randomly inside the square on the floor. The players form pairs. Each pair stands on one of the four sides of the square. One partner is blindfolded (or closes eyes). The object is for the other player to give the blindfolded partner verbal instructions to move across the area (Shark Tank), from one side to the other, without stepping on any of the objects. Players start with 3 “oxygen tanks.” When an object on the floor is stepped on the players lose one oxygen tank. If a Shark is stepped on they lose all oxygen. If a player steps on a Poly Star they get one oxygen tank back. After they lose all three they must go back and begin again. The blindfolded player must keep both arms extended out in front to act as bumpers in case she gets too close to others. The player should walk slowly and only go where the partner instructs. After the player successfully crosses the area, the partners switch roles and attempt to cross back to where they began.

### **Team Juggle**

Objective: Tossing; catching; teamwork; problem-solving; group dynamics.

Equipment: Foam balls or other soft objects.

How to play: The players form groups of five and stand in a circle. Each group is given one ball to start. The group passes the ball around the circle in a “star” pattern (don’t throw to the person right next to you), with each player always throwing to the same person. After the players have mastered one ball, another ball is added. The challenge is to see how many balls or objects each group can juggle at one time without dropping or missing the balls. To make it more challenging the group can juggle balls forwards, backwards, and while standing inside another group.

## **G.A.M.E.S. Games & Activities to Make Everyone Successful**

### **Asteroid**

Objective: Throwing; catching; quick reaction; agility; teamwork; aerobic endurance.

Equipment: 1 soccer ball (or similar) and 1 coated foam ball for every six to eight players.

How to play: Place the players in teams of three or four. One team has a soccer ball (called the planet) and the other team has a foam ball (called the asteroid). The team with the planet must kick the ball around the field, keeping it away from the asteroid. The team with the asteroid must throw the asteroid at the planet and hit it.

When the asteroid hits the planet, the team who threw the asteroid takes possession of the planet and the teams switch roles. The person with the asteroid cannot travel with it, they must throw it to a teammate to get close to the planet. The team with the planet can only use their feet to move the ball around the area.

### **Beanbag Air Hockey**

Objective: Hand/eye coordination; reaction; cooperation.

Equipment: Beanbags (small cones or markers can also be used).

How to play: The players form pairs. Each pair gets down on the floor and faces each other about 6-8 feet apart on their hands and knees. The object is to slide the beanbag between your partner's hands (markers can be used instead of the hands) without your partner stopping it with his/her hands. The game continues with the partners sliding the beanbag back and forth trying to score.

### **Catch Five**

Objective: Throwing; catching; teamwork; cooperation.

Equipment: One football (or other ball) for every group of six to eight players.

How to play: The players form teams of three or four. One team starts on offense and has the ball. The other team is on defense. The object is for the offensive team to pass the ball to each other, trying to make five consecutive passes and catches without dropping the ball or having the defensive team intercept it or knock it down. If five successful passes and catches are made, the team scores one point and the ball now goes to the other team. If the ball is dropped, knocked down or intercepted by the defensive team, the defensive team takes possession of the ball and goes on offense. The game continues for a predetermined amount of time or until one team scores a predetermined amount of points. Defensive players are not allowed to touch offensive players who are trying to make a pass. If they do, the thrower is allowed to throw again. If a defensive player touches an offensive player who is attempting to catch a pass, "interference" is called and the catch counts, and the offensive team continues. Throwers cannot travel with the ball, but they are allowed to pivot their feet as in basketball, but must stay in one place. Other players can move anywhere within the designated boundaries.

### **Circle Tag**

Objective: Teamwork; cooperation; agility.

Equipment: Three Tag-a-Long straps for every four players.

How to play: The players form groups of four. Each group of four has three Tag-a-Long straps. Three players in the group form a circle by wearing the Tag-a-Long straps on their wrists; connected to each other. The fourth player stands outside of the circle. One player in the circle is determined to be the "target" player. This is the person the player on the outside of the circle is trying to tag. On the signal to begin, the player on the outside of the circle attempts to tag the "target" player. The circle players try to rotate their circle, keeping the target player away from the tagger for at least 30 to 60 seconds. If the tagger tags the target player, the turn is over and the players switch roles with a new target player selected. If the circle players can keep the target player from being tagged for the predetermined time (30 to 60 seconds), the turn is over and a new round begins with a new tagger and a new target player selected. Circle players must stay connected via the Tag-a-Long straps. If they become disconnected the turn is over and a new round begins.

### **Crazy Catch**

Objective: Agility; hand/eye coordination.

Equipment: One reaction ball and one hoop for every two players.

How to play: This game is played in pairs. Each pair needs one ball and one hoop. The players stand on opposite sides of a hoop, facing each other. The player with the ball (player A) bounces the ball into the hoop toward the other player. The opposing player tries to catch the ball. If the player doesn't catch the ball, the thrower receives one point. The players continue throwing the ball into the hoop, back and forth. The first player with 7 points wins the game. Throws cannot bounce higher than the opposing player's head. If a thrower bounces the ball so that it bounces above the opposing player's head, the opposing player receives a point.

**Cross-the-Line**

Objective: Aerobic endurance; throwing; catching; teamwork; strategy.

Equipment: Six hoops; 6 Koosh balls (beanbags can also be used); cones.

How to play: Place three hoops at each end of the playing area, approximately 10-15 feet apart. Place the cones in a line in the middle of the field so that the field is divided in half. If desired, you can also use cones to make sideline boundaries. Divide the players into two teams of 6 each. Each team has three Koosh balls, which are distributed to three different players. The object of the game is to get three Koosh balls into the other team's hoops. A player who has possession of a ball is allowed to cross the line in the middle of the field and run toward the other team's hoop. However, when a player crosses the line the opposing team can tag him. If tagged while in the other team's zone, the player who was tagged must hand their ball over to the other team. They are now free to go back to their own side of the line. If a player is in danger of being tagged, he can avoid losing his ball by throwing it at the opposing team's hoops. If the ball goes into a hoop, it stays there. If it misses a hoop, the opposing team can pick it up. When a player runs across the line with a ball, his goal is to throw or drop the ball into one of the three hoops. Throws can be made from anywhere once a player crosses the line. Of course, the closer the player gets to the hoops the easier it is for a successful throw to be made. The game is played until one team has three balls in the opposing team's hoop (there can be one in each hoop; two in one hoop and one in another; or all three in one hoop)

Note: Once there are two balls in each team's hoops it is best to add a couple more balls to the game. Only players who have possession of a ball can cross the line in the center of the field.

**Double Partner Tag**

Objective: Agility; cooperation; problem-solving; communication; teamwork.

Equipment: Tag-a-Long straps

How to play: The players form pairs and connect to each other wearing Tag-A-Long straps. Each pair stands with another pair so that there are two groups of two together. One pair is "it" and attempts to chase the other pair and tag them. Once tagged, that pair is "it" and must count backwards from 10 before chasing the other pair. The pairs take turns chasing each other, trying to tag each other. If the Tag-A-Long strap of a pair who is being chased comes apart that pair is automatically it. They must reconnect and begin chasing the other pair. If the Tag-A-Long strap of the pair who is chasing come apart, that pair must stop and reconnect before continuing chasing the other pair. Players are not allowed to hold onto the straps to keep them from coming apart.

**Drop 21**

Objective: Agility; hand/eye coordination.

Equipment: One Reaction ball for every two players.

How to play: This game is played in pairs. Each pair has one Reaction ball and stands in a circle (approximately 15 feet diameter) marked on the ground. The players stand facing each other in the center of the circle. The player with the ball (player A) holds it at the height of the other player's head then drops it in the center of the circle. The object is for the other player (player B) to catch the ball after it bounces. Every bounce counts as a point.

Therefore, if the ball is caught after one bounce player B gets 1 point, after two bounces, 2 points, etc. However, the ball must be caught before it lands outside the circle or before it stops bouncing and rolls away. Each player is trying to achieve 21 points. After player B has caught the ball, she drops it for player A to catch. Players continue dropping the ball for each other. The players continue adding to their scores trying to achieve 21 points. To win, a player must have exactly 21 points. If she exceeds 21, she must begin subtracting points to get back to 21. If a dropped ball hits the person who dropped it, or the person who dropped it gets in the way of the person trying to catch the ball, it is a "do-over" and the ball is dropped again.

**Drop & Catch**

Objective: Agility; hand/eye coordination.

Equipment: One reaction ball for every two players.

How to play: This game is played in pairs. Each pair has one Reaction ball. The players face each other, a few feet apart. One player holds the ball. The player with the ball holds it straight out (arm straight, parallel to the floor) and drops the ball. The opposing player must catch the ball after it bounces one time. If the ball is not caught after one bounce, the player who dropped it receives one point. The players now switch roles, and the other player now drops the ball. The players continue dropping the ball back and forth. The first player with 5 points wins the game. If a dropped ball hits the person who dropped it, or the person who dropped it gets in the way of the person trying to catch the ball, it is a "do-over" and the ball is dropped again.

Variation #1: Instead of having to catch the ball after just one bounce, it can be changed to two bounces, or even three bounces. This makes the game a little bit easier for less-skilled players.

Variation #2: Instead of just awarding one point to the person who dropped the ball, points can be awarded based on the number of bounces it takes the player to catch it. For example, if a player catches the ball after one bounce, the player who dropped the ball gets one point. However, if a player catches the ball after three bounces, the player who dropped it would get three points. The first one to 21 points wins the game. There is a maximum of five points allowed on one turn. Therefore, if a player fails to catch a ball and it rolls away or they catch it after six or more bounces, the other player only gets five points.

**Four-Down Football**

Objective: Throwing; catching; cooperation; teamwork.

Equipment: One foam or rubber football and 4 cones (markers) for every 8 players.

How to play: This game is played 4 v. 4. Place the cones on the ground in a large rectangle (approximately 40' x 60'). The team with the ball starts on their own goal line (one end of the rectangle). They have four plays to get into the other team's end zone. One player is the quarterback. The other team members are receivers. The team has 4 downs to try and score. When a successful pass and catch are made, a new quarterback is selected and the team continues with their next passing play from that spot. If the pass is incomplete, it comes back to the same spot and the next play is run. If the offensive team catches a pass in the other team's end zone it is a touchdown. The other team now starts from their goal line and has four plays to try and score. If the offensive team doesn't catch a pass in the end zone after four plays, the other team starts from their goal line and has four plays to try and score. The only time a team doesn't start from its own goal line is if they intercept a pass. In this case, they start from where the pass was intercepted. No one is allowed to advance the ball by running with it. An offensive play is over as soon as the ball is caught or it hits the ground. A team can earn a first down by making two complete passes in a row. Only one first down can be made during a team's possession.

**Go for the Gold**

Objective: Chasing; fleeing

Equipment: A beanbag or Kooshball for every two players.

How to play: This game is played in pairs. Each pair stands facing each other approximately 30 to 40 feet apart with a beanbag placed on the ground between them. The line where each player stands is his or her safety line. There are two objectives to this game: 1) To grab the beanbag and run to the safety line before your partner can tag you, or 2) tag your partner before she can get to her safety line with the beanbag. The game begins with both players holding up a closed fist. When Player A opens his fist, showing his opponent all five fingers and the palm of his hand, it indicates he is ready to begin. When Player B opens her hand it is the signal for the game to begin. At this point both players run to the middle where the beanbag is lying on the ground. The players can either attempt to grab the beanbag or wait for their opponent to grab it, then try and tag them. If the "grabber" is tagged before reaching her safety line, the tagger gets a point. If the "grabber" makes it to the safety line with the beanbag, he gets a point. After a point is scored, the players place the beanbag back in the middle and return to their safety line. On each turn the players alternate who will open their hand first to indicate they are ready to begin and who will open their hand second to indicate the start of the game.

**Guard the Cookie Jar**

Objective: Quickness; hand/eye coordination; agility.

Equipment: 4 poly spots (cookie jars) and 4 Koosh balls (cookies)

How to play: The four poly spots are placed on the floor or ground in a large square. Four players are selected to guard each of the cookie jars by standing over top one of the poly spots. A Koosh ball (cookie) is placed on each poly spot. On the signal to begin, all other players attempt to grab a cookie from one of the jars without being tagged by the guard. Guards should tag players on the arm, not in the head or face. If a player can successfully grab a cookie without being tagged by the guard, then that player becomes the new guard. Players who are tagged while attempting to remove a cookie must go play at one of the other cookie jars. When they are tagged at another cookie jar they may return to a jar in which they had previously attempted to remove a cookie. Guards who lose their cookie must also leave and go play at another cookie jar before they can attempt to remove the cookie which they had previously guarded. Players must stay on their feet when attempting to take a cookie (no sliding on the floor). There is no arguing with the guard. If a guard says she tagged you, you must leave and go on to another cookie jar.

**Hoop Ball**

Objective: Hand/eye coordination; agility.

Equipment: One hoop and one playground ball for every two players.

How to play: The players form pairs. Each pair stands on opposite sides of a hoop lying on the ground. One player has the ball. The player with the ball bounces the ball one time then strikes with her hand, making it bounce inside of the hoop. The opposing player must now attempt to return the ball to the hoop by striking it with his hand before it bounces again (similar to volleying back and forth in tennis). When a ball cannot be returned successfully to the hoop the other player receives one point. The game can be played to 11, 15, or 21. The winner must win by two points. If a ball is struck hard enough to make it bounce above the opposing player's head, the opposing player is awarded one point.

**Hoop Guard**

Equipment: Two hoops and one Koosh ball for every two players.

How to Play: The players form pairs. The hoops are placed on the ground approximately 5 to 6 feet apart. The players stand opposite hoops, facing each other, with one of the players holding the Koosh ball. Players take turns tossing the ball back and forth toward each other's hoop. The object of the game is to toss the Koosh ball into your opponent's hoop so that it lands and stays inside of the hoop. One point is scored when the ball successfully lands and stays inside of the hoop. Your opponent will try to defend her hoop and block the ball from landing inside of

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it. Players may squat down to defend their hoops, but they cannot sit, kneel or lay down on the ground. They must remain on their feet at all times.

### **KanJam**

Objective: Throwing; catching; hand/eye coordination; teamwork.

Equipment: 1 Kan Jam set for every group of four players.

How to play: The players form pairs. One person from each pair stands behind opposite Kans. The Kans are set up approximately 30-40 feet apart (this can be adjusted for skill level). The object of the game is to throw the disc and either hit the Kan or get the disc into the Kan. When a player throws the disc, his/her teammate at the opposite Kan is allowed to deflect the disc in or off the Kan. A disc that is deflected off the Kan is worth one point; A disc that hits the Kan without being deflected is worth two points; A disc that is deflected into the top of the Kan is worth three points. A disc that goes into the top of the Kan or through the slot in the front of the Kan without being deflected is an "automatic" win. The deflector cannot catch the disc and then place it in the Kan. A disc that hits the ground prior to hitting the Kan is worth zero points. Games are typically played to 21 points. However, based on skill level the games can be played to any amount of points (i.e., 10, 15, 21, etc.). Once one team has enough points to win, start a new game against a different pair of players.

### **Keep Away**

Objective: Throwing; catching; hand/eye coordination; quick reaction; agility.

Equipment: 1 foam ball for every group of five, six or seven players.

How to play: Place the players in groups of five, six or seven. Players form a circle and one player stands in the center of the circle. The circle should be approximately 15 feet in diameter. The players on the circle attempt to toss the ball to each other without the center player touching it. The center player switches places with a circle player if he: 1) tags a player who has possession of the ball; 2) catches or touches a thrown ball; or 3) takes the spot of a circle player who leaves the circle to chase the ball.

### **Kickball (3 on 3 or 4 on 4)**

Objective: Throwing; catching; kicking; aerobic endurance; teamwork; cooperation.

Equipment: One coated foam ball or rubber playground ball; five saucer cones; and one wiffleball for each game.

How to play: Set four cones up in a diamond (home, 1<sup>st</sup> base, 2<sup>nd</sup> base, and 3<sup>rd</sup> base). Place the fourth cone in the center (pitcher's mound) and place the wiffleball on top of this cone. The players form two teams of three (or four). One team is the kicking team and stands behind home plate. The other team is the fielding team. One player is the pitcher who stands behind the cone with the wiffleball, holding the kickball. The other two field players stand in right field and left field. If playing with four players, the fourth player stands in centerfield. The player with the ball (pitcher) rolls the ball to the kicker. The kicker kicks the ball and begins running around the bases. Players do not need to step on the bases (they run around, behind each one) and they do not stop running until they get back to home plate. When the kicker returns to home plate he tags the hand of the next runner, who then runs around the bases. This pattern continues until the fielding team gets the kicking team out. The kicking team can score as many runs as possible until the fielding team gets them out. There are three ways to get the kicking team out on each kick. First, if the kicked ball is caught in the air, the kicking team is out. Second, the three fielders work together to get the ball and knock the wiffleball off of the cone using the kickball. Prior to knocking the wiffleball off the cone, all fielding players must touch the kickball, so they must pass it to each other first. When the wiffleball is knocked off, the kicking team is out. The kicking team receives one point for each runner that has completely circled the bases before the wiffleball was knocked off. Third, if the kicker kicks the ball and it hits the wiffleball and knocks the wiffleball off of the cone, the kicker is out. After each out, the pitcher moves to right field, the right fielder moves to left field (or centerfield if playing with four players), and the left fielder comes into pitch. After all three (or four) kickers have had a chance to kick and all three (or four) fielders have had a chance to pitch, the teams switch roles and continue.

### **KnockDown**

Objective: Throwing; catching; hand/eye coordination; quick reaction; agility; teamwork; aerobic endurance.

Equipment: 1 Koosh (soft) ball for every group of 6-8 players.

How to play: Set up two hoops approximately 40-60 feet apart. Place a plastic water bottle in the center of each hoop. Place the players in teams of 3 or 4 players. One team is on offense and begins with the Koosh ball. The object is to use the Koosh ball to knock down the other team's water bottle. A player with possession of the Koosh ball cannot travel with the ball, however they can pivot (as in basketball). To advance the ball down the field players must pass the ball to each other. A ball that hits the ground goes to the team that didn't have possession. A team scores one point when they knock down a water bottle. The bottle is then stood back up and play resumes with the other team in possession of the ball. Defensive players can intercept and knock down passes, however, defensive players are not allowed to touch offensive players. Defensive players must stay one arm's length away from an offensive player who has possession of the ball.

**Partner Duck Duck Goose (or I'm IT – You're IT)**

Objective: Agility; cooperation.

Equipment: None.

How to play: The players form pairs. Each pair stands facing each other with a safety line marked off approximately 15 feet behind each one. The players take turns tapping each other on the shoulder saying either "duck" or "goose." When a player says "duck," neither player has to move. When a player says "goose," he turns and runs toward his safety line while the other player chases him. If the chaser tags the runner before he gets to the safety line, she wins that turn and the players return to the starting line for a new turn. If the runner reaches the safety line without being tagged, he wins that turn and the players return to the starting line for a new turn. The game continues with the player who was the chaser beginning the next turn. Instead of saying Duck and Goose, players can use the terms "I'm It" and "You're It".

**Pass & Catch**

Objective: Throwing; catching; teamwork; cooperation.

Equipment: One soft-foam type ball for every group of 12 players; cones.

How to play: Use the cones to make a rectangle (approximately 40 x 60 feet). Divide the rectangle in half either with cones or with chalk, if playing on a blacktop/concrete surface. The students form teams of 6 players. Three players from each team stand on one half of the playing field and the other three players from each team stand on the opposite half. One team starts with the ball. One team starts on offense and has the ball. The other team is on defense. The object is for the offensive team to make a successful pass across the mid-field line to a teammate. Every time a successful pass and catch is made across the line, the team scores one point. However, the offensive team must make at least one pass on the side where the ball is before making a pass across the mid-line to score a point. If one pass is not made on the side where the ball is prior to making a pass across the mid-field line, no point is scored, however the team still maintains possession of the ball and continues. The offensive team can score as many points as possible. The defensive team must try to stop the offensive team by intercepting a pass or knocking the ball down on the ground. Offensive players cannot travel with the ball, but they can pivot (as in basketball). The three players on one side can pass to each other, while their three teammates on the other side of mid-field move to get away from the defenders on that side. If the offensive team drops the ball or throws it out of bounds the defensive team takes over possession of the ball and goes on offense. Defensive players are not allowed to touch offensive players or grab/knock the ball out of their hands. If a defensive player interferes with (touches; bumps into) an offensive player trying to catch a ball, the catch is considered "good"; the ball goes to the offensive team and play continues.

**Team Touchdown**

Objective: Throwing; catching; teamwork.

Equipment: Foam ball or rubber football; 4 cones.

How to play: Players are divided into two teams of three or four players. The playing field is set up as a rectangle approximately 30-40 yards long and 15-20 yards wide. The cones are used to mark the corners of the rectangle. The object of the game is to move the ball down the field and throw it to a teammate who is standing in the opposing team's end zone. The end zone is the area at the end of the rectangle past the cones. Players cannot run with the ball, but are allowed to pivot (as in basketball). No contact is allowed. The ball cannot be grabbed or knocked out of an opponent's hands. If the ball lands on the ground the team that had possession last loses possession. The other team picks the ball up and begins moving down field. Thrown passes can be intercepted by the opposing team. One point is scored for each touchdown. Once a team scores a touchdown they drop the ball on the ground and then get ready to play defense. The other team picks up the ball and begins moving on offense. The game is continuous.

**Toss Up**

Objective: Agility; hand/eye coordination.

Equipment: One "Reaction Ball" and one hoop for every two players.

How to play: This game is played in pairs. Each pair needs one ball and one hoop. Place the hoop on the floor between the two players. One player holds the ball. The player with the ball tosses the ball upward above her head with an underhand motion so that the ball lands in the hoop. Once the ball bounces in the hoop the player who tossed it must catch it. If she successfully catches the ball she receives one point. She then tosses the ball again. Her turn continues for long as she successfully catches the ball after one bounce in the hoop. If she doesn't catch the ball after it bounces one time in the hoop, she receives no points and the opposing player now tosses the ball. Each player takes turns tossing the ball into the hoop, then catching it after it bounces. The first player to score 21 points wins the game. The player who tossed second at the beginning of the game always gets the last chance to either tie or win the game. In the case of a tie (both players end up with 21 points) the players play a "sudden death" round where they take one turn at a time to determine the winner. A player is not allowed to step on or inside of the hoop while trying to catch the ball. If they step inside or touch the hoop in any manner, their turn is over.

### **True or False**

Objective: Chasing; fleeing; quick thinking; cooperation.

Equipment: Cones or markers.

How to play: Players form pairs. Each pair stands side-by-side approximately 1 foot apart so that the group forms two parallel lines. Players on one side are designated to be the “true” team and the other group is the “false” team. A safety line is marked on the floor or ground approximately 15-20 feet behind each group. The teacher asks a question or gives a statement that is either true or false (e.g., the capitol of California is Sacramento). If the statement or question is true, the true team runs to their safety line while the false team attempts to tag them. If the statement was false, the roles of the teams are reversed. A player gets a point for tagging the other player or for making it across the line without being tagged. Each player keeps his/her own score. Switch partners often.

### **Ultimate KanJam**

Objective: Throwing; catching; hand/eye coordination; teamwork; aerobic endurance; agility.

Equipment: 1 KanJam set for every group of eight players; two pieces of rope approximately 30 feet long or spray paint.

How to play: The players form teams of four. This game is played 4 v. 4. The Kans are set up approximately 60-75 feet apart. A piece of rope is placed in a circle around each Kan or a circle can be painted in the grass. This is called the “scoring zone.” One player from each team is designated as the “deflector” and stands inside the scoring zone at the opposing team’s goal. This game is played just like Ultimate Frisbee. The players advance the disc down the field by throwing and catching it. When the disc hits the ground, it is turned over to the other team. One point is awarded if a team hits the Kan with the disc. Two points are awarded if the disc goes into the top of the Kan. An automatic win occurs if the disc goes in the slot on the front of the Kan. The deflector for each team is allowed to deflect the disc so that it hits or goes into the Kan. Deflectors may also catch a disc however, they can’t hit the Kan with it or put it in the Kan after they catch it. If the deflector catches a thrown disc they need to throw it back out of the scoring zone to a teammate, who then can throw it at the Kan. Only the deflectors are allowed inside the scoring zone around the Kan. If a member of the offensive team enters the opposing team’s scoring zone, possession of the disc changes teams.

### **West African Jumping**

Objective: Leg strength/endurance; problem-solving; cooperation.

Equipment: None

How to play: The players form pairs and stand facing each other. One player is designated to be the winner when their feet are on the “same” side and the other player is designated to be the winner when their feet are on “opposite” sides. The game begins with the players jumping in place six times. On the sixth jump, both players randomly stick one foot forward when they land. If the feet match on the same side, the “same” player wins, if the feet are on opposite sides, the “different” player wins. The game continues with the players jumping six times again. Once one player has three points the game is over and the players switch to a new partner.