**Paintball**

- **Equipment**
  * Cones to separate 2 sides and for bases
  * Pinnies for each student
  * Flags (if you have them, using hands to tag is what I use)
  * Large objects/bunkers/barricades for students to hide behind, 3-5 on each side (as many or few as you want).
  * 2 large buckets and 2 small buckets
  * 100’s of small objects to collect i.e. plastic coins, marbles, ping pong balls, etc.

- **Setup**
  * Separate playing field/area with a line of cones in the middle
  * Spread out barricades among both sides, they can be put anywhere
  * In the back of each side put a 10-15 foot circle of cones with a large bucket of coins in the middle of the circle.
  * Place a small bucket on the side of the playing field so that each team has one on their side

- **Objective**
  * Each team is trying to obtain as many coins into their small bucket as they can

- **Rules**
  * Anybody can be tagged or have their flag pulled on either side.
  * If a player is tagged they must exit the playing field, just outside the boundaries, and perform an exercise of your choice (i.e. 10 jumping jacks, push-ups, sit-ups, etc.). Once the tagged student has finished their exercise, they must go back to their side and are then back in the game.
  * Tagging players (if you don't have flags) must be a gentle touch on the shoulder or back
  * If a player is able to get into another team's base (circle of cones in the back) they are safe and can pick up 1 coin out of the large bucket. They must raise the coin up to show they're safe and bring it back to their side to put in their small bucket. Students on the other team cannot tag a player with a coin in their hand.
  * Base Guards - teams can have players guard their base but no guards are allowed to stand inside.
  * Safety Concerns - if played in the gym, no sliding on knees; no grabbing of shirts to tag or pull flag of another player.

- **Extensions**
  * Time limits can work with either short or long games
  * If safe, you can use soft objects (yarn balls) that students can use to tag or throw at each other to get out instead of using hands to tag or pulling flags.
4 Corner Capture the Flag

- **Equipment**
  * Lots of cones
  * Flags or pinnies for each student (need 4 colors for 4 teams)
  * 4 scarves/objects of 4 different colors (16 total)

- **Setup**
  * Divide playing field into 4 sections with cones
  * Make 8-10 foot coned circles in the back of each section (bases)
  * Put 1 of each color scarf/object in each base

- **Game objective**
  * Acquire all 4 scarves/objects of one color

- **Game rules**
  * Each team is safe in their own territory, but not in the other 3 territories
  * If a player is tagged in another team's territory, he/she must freeze and either jog in place or jump up and down in place with their hand raised calling out for 'help.' This is called being in jail.
  * Tagging players (if you don't have flags) must be a gentle touch on the shoulder or back
  * To rescue a tagged player in jail, someone from their team must get to them and tag them without being tagged. They then get a 'free pass' back to their territory.
  * All players in jail are free and get a free pass to their territory if the teacher yells out "jail break"
  * If a player is able to get into another team’s base (circle of cones in the back) they are safe and can pick up 1 scarf. Once they leave the circle they must try to get back to their territory without getting tagged. If tagged, the scarf goes back into that team's base and the player is in jail where they got tagged.
  * If a player is able to successfully retrieve a scarf and bring it back to their territory, they must put it in their base. Once a team is able to retrieve all 4 scarves of one color the game is over and the equipment is reset for a new game to start.
  * Base Guards - teams can have players guard their base but no guards are allowed to stand inside.
  * Safety Concerns - if played in the gym, no sliding on knees; no grabbing of shirts to tag or pull flag of a player.

- Game extensions
  * Teams can either be told which color scarf/object to acquire or they can decide for themselves
  * Teams must try to acquire one of each color to win
  * No safe areas anywhere
**Vortex**

- **Equipment**
  * Lots of cones
  * Flags and/or pinnies for each student (need 4 colors for 4 teams)
  * 4 throwing objects (footballs, gator balls, tennis balls, rubber animals, etc.)
  * 1 large bucket

- **Setup**
  * Divide playing field into 4 sections with cones
  * Make 8-10 foot coned circles in the back of each section (bases)
  * Put 1 object in each base
  * Put the large bucket in the middle of the field where the 4 corners meet surrounded by an 8-10 foot coned circle around it, the bucket is the “vortex”.

- **Game objective**
  * To be the last team with an object in your base.
  * Eliminate all other objects into the “vortex.”

- **Game rules**
  * Each team is safe in their own territory, but not in the other 3 territories.
  * If a player’s flag is pulled in another team’s territory, they must take their flag and go back to their own territory. Once the flag is put back on, the student can keep playing.
  * If a player is able to get into another team’s base (circle of cones in the back) they are safe and can pick up the object. Once they leave the circle they must try to get back to their base or to the vortex without getting their flag pulled.
  * A student can only put the object back in their base if they do not have an object, otherwise the student must try to eliminate the object by tossing it into the vortex.
  * Students are not allowed to go inside the circle of cones surrounding the “vortex,” he/she must throw or toss the object into the bucket. If the object does not make it into the bucket, the object is placed back into the base it came from.
  * Any student holding an object is not safe, not even in his or her own territory.
  * Objects can be thrown to teammates if the ball is caught, if the object touches the ground it is placed back into the base it came from.
  * Only 1 object can be in a base at a time. Extra objects must be eliminated into the “vortex.”
  * Base Guards - teams can have players guard their base but no guards are allowed to stand inside.
  * Safety Concerns - if played in the gym, no sliding on knees; no grabbing of shirts to pull flag of a player.

- **Game extensions**
  * Throwing of objects can be prohibited
* If throwing into the bucket is too difficult, the bucket can be taken away and the circled area can act as the “vortex.”

**Ultimate Capture the Flag**

*** This game would be better suited for middle/high school students with large amounts of outdoor space and, if possible, more than 1 class participating and at least 1 teacher supervising on each side.***

- **Equipment**
  * Cones to separate field and for flag bases
  * Flag belts and/or pinnies for each student
  * 5 flags for each team, different colors if possible (use more if needed)
  * 3 different colors of “flare” (ribbon/bracelets/wristbands/string etc.) that students can wear besides their pinnie/flag color

- **Setup**
  * Make a line of cones to separate the 2 teams
  * Have each team put 5, 8-10 foot circle of cones somewhere on their territory with a flag in the middle of each circle.
  * Give each student the piece of “flare” to wear during the game, make sure there’s an even amount of colors given out to each team.

- **Game objective**
  * Retrieve as many, or all, flags back to your territory.
  * To have more points than the other team.

- **Game Rules**
  * Each flag is worth either 5, 10, or 25 points depending on the color.
  * Each “flare” is a multiplier depending on the color x2, x3, or x5.
  * If a student retrieves a flag without getting their flag belt pulled and makes it safely back to their side, the team gets the amount of points the flag was worth multiplied by the student’s multiplier “flare.” (ex. A student wearing a x2 “flare” brings back a 10 point flag, the team gets 20 points). Retrieved flags are to be given to the teacher.
  * Students are safe on their own territory. If a student’s flag belt gets pulled, he/she must go back to their side and put the belt back on. (Jails can be used, but I find my students more engaged and active without them).
  * Two guards per base. Players from the other team are safe inside the base, if they make it in, untagged.
  * Once a team has retrieved all 5 flags from the other side, the game is over and points are added up.

- **Game Extensions**
* Retrieved flags can be put inside the team’s base instead of given to the teacher to make it a never-ending game.

**Capture the Flag**

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**Equipment**

- Cones to separate 2 sides
- Pinnies for each student
- Belt flags for each student
- 3 objects for each side (use equipment that reinforces units you have covered)

**Setup**

- Separate playing field/area with a line of cones in the middle
- Create a jail area and puppy guard line if desired (covered in presentation)
- Behind puppy guard area spread out 3-5 objects that you are using

**Objective**

- Each team is trying to be the first to collect all three objects and bring them across the midline without dropping them and without having their belt pulled

**Rules**

- Standard CTF rules apply (no falling/sliding, belt pulled; go to jail/fitness)
- Objects can be thrown and caught. A player must be wearing a belt and not in jail to be able to throw and catch.
- If an object is thrown and not caught then BOTH thrower is out (This rule can be adapted to where no one is out, both players are out).
- If an object is thrown and not caught then it is the PLAYERS responsibility to place it back behind puppy guard line

**Extensions:**

- Add extra objects that reinforce previous units
Capture the Flag X 30

-Equipment
  * Standard CTF equipment (pinnies, flags, cones to set up field)
  * 30 flags for each team

-Setup
  * Divide playing field into normal CTF setup (midline, jail, puppy guard line)
  * Beyond puppy guard line, spread out the 30 flags

-Game Objective
  * To be the first team to collect all 30 flags first or have the most flags at the end of the designated time

-Game Rules
  * Game is played with standard CTF rules
  * If a player advances a flag to their side but has belt pulled then they must drop the flag where they had their belt pulled
  * If a flag is beyond the puppy guard line then defending players must be 1 step away from the flag.

-Game Extensions
  * Allow defending players to run the flag back to the puppy guard line but then allow attacker to pull their belt.

Invade and Conquer

-Equipment
  * Standard CTF setup but no puppy guard line
  * Objects for each team (flags, animals, balls, etc.)

-Setup
  * Set up a normal CTF field without the puppy guard line
  * Give each team the designated objects for each team

-Game Objective
  * To be the team that has placed the most objects into their opponents hoops at the end of the designated time

-Game Rules
  * Students are safe in their territory
  * Offensive students try to run an object through their opponent’s territory and place it their hoop without having their belt pulled
  * If student has their belt pulled and they have an object they must: (pick one of these
to play)
   - Take the object back to their side
   - Try to throw it back to their side or to a teammate (defense is allowed)
   - Give to the defender
   * The team that has the most objects in their opponent’s territory at the end of the time limit, wins!

**3V3 Capture the Flag**

**Equipment:**
* Standard CTF equipment (Belts, pinnies, cones for midline, puppy guard line)
* Each team of 3 needs one object to protect (flag, animal, ball, etc.)

**Set Up:**
* Set up a normal CTF field and divide students into teams of 3
* Each team of 3 has one specific team that they are playing against.
* Each team has a specific item they are defending and that is the item their opponent is trying to capture.

**Game Objective:**
* To be the first team to successfully bring back their opponent’s object before the time is up

**Rules:**
* Students are safe in their territory and may only pull belts in their territory
* Students may only pull the belt of their opponent and capture the object their opponent is protecting
* A win consists of a team possessing their opponent’s object in their territory without dropping the item and wearing a belt
* If a belt is pulled, student must go back to their team’s side and can only play defense
* If student’s belt is pulled while taking the teams object then it is their responsibility to take it back beyond the puppy guard line
* If all 3 students have their belt pulled then they all play defense and are protecting for a tie by defending to the end of the time limit

**4 Corner Toss and Catch- (4 way Game)**

- **Equipment**
  * Lots of cones
  * Flags or pinnies for each student (need 4 colors for 4 teams)
  * 4 gator balls of 4 different colors, preferably matching the pinnies (16 total)
- **Setup**
  * Divide playing field into 4 sections with cones
  * Make 8-10 foot coned circles in the back of each section (bases)
  * Put 1 of each color gator ball in each base

- **Game objective**
  * Acquire all 4 gator balls of one color

- **Game rules**
  * Each team is safe in their own territory, but not in the other 3 territories
  * If a player is tagged in another team’s territory, he/she must freeze and either jog in place or jump up and down in place with their hand raised calling out for 'help.' This is called being in jail.
  * Tagging players (if you don't have flags) must be a gentle touch on the shoulder or back
  * To rescue a tagged player in jail, someone from their team must get to them and tag them without being tagged. They then get a 'free pass' back to their territory.
  * All players in jail are free and get a free pass to their territory if the teacher yells out "jail break"
  * If a player is able to get into another team's base (circle of cones in the back) they are safe and can pick up 1 ball. They must try to get the ball back into their territory safely by either carrying it back without being tagged or by throwing it back to a teammate. If tagged, with the ball, or if the thrown ball touches the ground before it is caught, it must be returned to the base where it was found.
  * If a player is able to successfully retrieve a ball and bring it back to their territory, they must put it in their base. Once a team is able to retrieve all 4 balls of one color the game is over and the equipment is reset for a new game to start.
  * Base Guards - teams can have players guard their base but no guards are allowed to stand inside.
  * Safety Concerns - if played in the gym, no sliding on knees; no grabbing of shirts to tag or pull flag of a player.

- **Game extensions**
  * Teams can either be told which color ball to acquire or they can decide for themselves
  * Teams start with all of the same color ball must try to acquire one of each color to win
  * No safe areas anywhere
    * Ball must be thrown back

**Star Wars- (4 way Game)**

- **Equipment**
  * Lots of cones
  * Flags or pinnies for each student (need 4 colors for 4 teams)
  * 4 scarves/objects of 4 different colors (16 total)
  * 1 noodle for each student
- Setup
  * Divide playing field into 4 sections with cones
  * Make 8-10 foot coned circles in the back of each section (bases)
  * Put 1 of each color scarf/object in each base
  * Each student gets a noodle

- Game objective
  * Acquire all 4 scarves/objects of one color

- Game rules
  * Players can be tagged anywhere in this game, even in their own territory.
  * If a player is tagged by a noodle in another team’s territory, he/she must freeze and either jog in place or jump up and down in place with their noodle raised calling out for 'help.' This is called being in jail.
  * If a player is tagged inside his or her own territory, they set their noodle on the floor and jump over it 10 times. Once they finish jumping, they are back in. They do not need to be rescued by a teammate.
  * Tagging players must be a gentle and must tag below the waist
  * To rescue a tagged player in jail, someone from their team must get to them and tag them without being tagged. They then get a 'free pass' back to their territory.
  * All players in jail are free and get a free pass to their territory if the teacher yells out "jail break"
  * If a player is able to get into another team’s base (circle of cones in the back) they are safe and can pick up 1 scarf. Once they leave the circle they must try to get back to their territory without getting tagged. If tagged, the scarf goes back into that team’s base and the player is in jail where they got tagged. Also, while they are in the “safe zone” they may not tag a guard to freeze them
  * If a player is able to successfully retrieve a scarf and bring it back to their territory, they must put it in their base. Once a team is able to retrieve all 4 scarves of one color the game is over and the equipment is reset for a new game to start.
  * Base Guards - teams can have players guard their base but no guards are allowed to stand inside.

- Game extensions
  * Teams can either be told which color scarf/object to acquire or they can decide for themselves
  * Teams must try to acquire one of each color to win
  * No safe areas anywhere
**Capture the Soccer Ball**

- **Equipment**
  * Cones to separate 2 sides
  * Pinnies for each student
  * 4 soccer balls for each side (each teams’ ball must be distinguishable from the other, either by color or style)

- **Setup**
  * Separate playing field/area with a line of cones in the middle
  * Back Boundary Line with 4 soccer balls beyond the line on each side

- **Objective**
  * Each team is trying to be the first to collect all 4 of the other team’s soccer balls and dribble or pass them across the midline without having them stolen back

- **Rules**
  * Standard CTF rules apply (no falling/sliding, belt pulled; go to jail/fitness)
  * Students can be tagged in opponent’s territory unless they are controlling a soccer ball
  * Once a student makes it beyond the Back Boundary line on the other side, they are safe
  * If the student has a soccer ball, the guards try to steal it away instead of tagging
  * Students may pass to teammates, but no long kicks through the air
  * If the defense gets control of the ball, or the ball goes airborne, it must be returned
  * Teams may steal their own ball back to prevent the opponent from winning
  * Safety first- defense must stay on their feet and use light touches to knock the ball away

**Extensions:**
* Require at least 1 successful pass before the ball is brought across
* Have the student shoot the ball into a goal once they bring it to their home side

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**Capture the Cups**

- **Equipment**
  * Cones to separate 2 sides
  * Pinnies for each student
  * 1 set of 6 cups for every 2 students
-Setup
  *Separate playing field/area with a line of cones in the middle
  *Create a back boundary line
  *Behind back boundary line, the cups will be spread out in down stacked position

-Objective
  *Each team is trying to collect cup stacks from the other side. The team with the most cups at the end of the time is the winner

-Rules
  *Standard CTF rules apply (no falling/sliding, belt pulled; go to jail/fitness)
  *Instead of jail, students must complete an exercise outside the boundary once tagged.
  After this is done, they must do directly back to their home side.
  *If a student crossed the back boundary line without being tagged, they are safe while stacking
  *Students must successfully up-stack and down-stack their cups before taking them back
  *Students may fix all fumbles without penalty, but using improper stacking technique results in the same consequence as being tagged
  *If tagged with cups in hand, the student must return them.

Extensions:
*use 12 stacks or 3 stacks
*Allow students a free walk back if they are holding cups

**Battle Over the Gym**

-Equipment
  *Cones to separate 2 sides
  *Pinnies for each student

  *Gator Balls

  *8 Noodles (4 for each team)
  *Bowling pins (10 for each side)
  *2 large mats

-Setup
  *Separate playing field/area with a line of cones in the middle
  *Mats are set up toward the rear of the playing area on each side.
  *Bowling pins are placed behind each mat
-Objective
  *Each team is trying to be the first to knock down all 10 of the other’s pins

-Rules
  *Ball can be thrown or rolled to knock down pins
  *Noodle holders are taggers. If tagged in opponent territory by a noodle holder, the student must drop the ball and do an exercise outside the boundary before returning home
  *Guards may not stand directly in front of the pins.

-Extensions:
  * Limit students to 1 ball per trip into opponent territory

Air Raid

-Equipment:
  *Cones to separate two sides
  *Two scoring containers
  *Pinnies for each player
  *Flag belts for each player
  *Gatorskin balls
  *folded up floor mats

-Setup:
  *Use the cones to divided the playing area in half
  *Place three folded floor mats near the end line of each side
  * Place one scoring tub behind each end line

-Objective:
  *To fill your scoring bucket up with as many balls as possible

-How to play:
  * On the go signal, players from each team will try to advance across on to the other teams side to try to stand on one of the mats without getting their flag pulled. If they successfully make it to a mat they are trying to make a catch from a fellow teammate who is throwing a gatorskin ball to them. If they make a catch, they hold the ball up for all to see and get a free pass back to their side. Once on their side they drop the ball into their scoring tub/bucket and keep playing.

-Rules:
  *Throws can be made from anywhere in gym.
  * If you get your flag pulled, go back to your end line, put the flag back on and get back into the game
*Players on the mat attempting to make a catch must remain on the mat as they are catching
* Defending the players on the mats from trying to make a catch is allowed, HOWEVER, a player on the mat may reach to the defending player’s flag to steal it. If it is grabbed, the defender must go to their end line and put it on, temporarily creating a clear passing lane for the catcher.
* Play until all the balls are in the tubs or for a predetermined set of time.

-Variation:
* When playing inside, allow players to cross over to the other side to try to score a ball through the basketball hoop. If the player makes it they get to dump out their opponent’s tub of balls!