

## Are You Outward Bound?

Kerry Lubin

### Risk it For the Biscuit

- Each participant needs a poly spot to mark their spot on the circle
- Place a hoop in the middle of the circle
- One person is the "protector" of the biscuits and has a noodle to tag participants
- Participants are safe on their spots
- Round 1
  - Participants can earn 1 "biscuit" each time they go into the center and touch their foot inside the hoop and get back to their spot without getting tagged by the "protector"
  - Play for about 1-2 minutes
- Round 2
  - Choose a new protector
  - Participants now have a choice of either going for 1 biscuit, or earn 10 biscuits by getting into the hoop, doing a squat and getting back to their spot without getting tagged.
  - Only one participant may be in the hoop at a time (unless you have a larger hoop and can have 2 in at a time) but once in the middle they have 5 alligators to get out where the protector can tag them. (They are safe when inside the hoop for those three seconds)
  - Play for 2-3 minutes
- Round 3
  - Choose a new protector
  - Participants can choose to earn one biscuit, ten biscuits, or 100 biscuits!
  - To earn 100 biscuits the participant must walk completely around the inside of the circle and back to their spot without getting tagged
  - To make it more challenging tell all the participants if they go to earn 1 or 10 biscuits they do not have to go back to the spot they left from, however if they are going for 100, they must return to the spot they started from and if someone is in their spot they have wait for their spot to open up again (They can ask the person to move, but do not tell them that!)

Debrief the activity by asking how many participants went for 1 biscuit; 2 biscuits; or 100 biscuits. What was the penalty ion they didn't get the biscuits they were going for? Did anyone sacrifice themselves for the good of the team? Talk about challenge by choice.

### Wizards & Gelfings

\*This is a most unusual, playful, and imaginative game. It asks for a healthy dose of silliness. You have to build up to this game. You really don't want to begin your year with this activity unless you are absolutely certain that your students will accept it with the spirit, enthusiasm, and playfulness that you intend. If a class decides that this is just too weird or beneath them, then there may be some difficulty later in gaining acceptance for other similar type activities. Then again this might work for some groups/classes and not for others. So before using this activity, make sure you have a good feel for your class knowing that they will accept and play it the way it is intended.

Begin by explaining that Gelfings are frolicking, fun-loving creatures who seem to be on the planet for just one thing---to have fun. Wizards, on the other hand, are very serious and hard working folks. They don't have time or the desire to skip and dance around all day long. They have too many things more important to do than play. In fact they get quite upset seeing the Gelfings up to their daily silliness. You see, they can't stand to see others having fun if they don't. So they try to cast a spell on any Gelfing by touching them with their magical orb (a small ball or other object that will identify them as a Wizard). This magical spell causes them to be frozen in time for eternity!! How dreadful!

So this is a freeze tag game. Here are the rules:

- Choose 2-3 Wizards to carry magical orbs

- On teachers signal Wizards try to tag the Gelfings
- If a Gelfing is tagged they must freeze, and using a very high pitched voice call out the UGDC (Universal Gelfing Distress Call), "Help me...Help me...Help me..." while yelling this chant they gesture with one hand, fist closed, thumb up hitting into the palm of their other hand in rhythm with the UGDC. They must continue doing this until they are rescued
- Gelfings are rescued by at least two other Gelfings who will join hands with each other surrounding the frozen Gelfing, and skip, slide, or dance around the frozen Gelfing chanting "Go free little Gelfing, go free!" After three circles and the chant the spell is broken leaving the frozen Gelfing to go back and frolic once again.
- Wizards can not stand by a frozen Gelfing waiting for other Gelfings to frolic along.
- Wizards can tire out quickly, so when a wizard is tired, then the next Gelfing tagged can be magically transformed into a Wizard by chanting the following phrase to the unsuspecting Gelfing, "I'm tired! You're a Wizard!"

**Clap, Jump, Spin, Run** - Everyone begins in a large circle. One person starts the game action with a single clap. The person to his/her immediate right jumps. The next person in the circle spins around one time, and continuing to the right, the fourth person runs across the circle and squeezes in between two people. A clap from the runner sends the pattern to the right again, and the game continues. Once everyone "gets the hang of it", change the game allowing the clap to send the jump, spin, run to the right **and** the left.

Variations - The sky is the limit when changing the movements in this activity. One example would be to start everyone in a circle, all seated. When the leader says "go", the person to their right does a push-up, the next person does a sit-up, and the last person animal walks (bear, crab, cat, etc.) to a new position in the circle and yells "go".

Then... for the brave only...could the runner/animal walker send the activity both ways again, however combine the two games. So...when the runner or animal walker finds their way to a new spot in the circle, they clap and yell "go" at the same time. The signal sent to the right is jump, spin, run. The signal sent to the left is push-up, sit-up, and animal walk.

### **Don't Touch Me**

- Minimum of ten people
  - Split the group onto two equal teams and delineate two lines of "spots" where each team member will stand
  - The two lines should face each other about 20 feet apart with team members 3-6 feet neither side of their teammates
  - Mark a circle or place a hoop directly between the two teams
  - Starting in their own spots, explain that the two teams are working together to record the fastest possible time to switch sides.
- However, each person must touch some part of their body inside the middle circle/hoop as they pass through.
- The body part can be a foot, but you can be creative as to what body part to use.
  - In order to record a world record, there can be absolutely no physical contact between team members at any point in the switching process
  - Allow the group to make an attempt as a benchmark. Then allow them to discuss improved strategies before attempting again
  - you can allow a third attempt if the group wants to "go for it"

### **Encouragement Team RPS-**

Two players face off, with the loser joining the winner's team to cheer them on in their next match. Play continues with the individual winning players (and their raucous team behind them) facing off. The losing

team joins the winning team until the final match; pitting the last 2 remaining (undefeated) players against each other, with their teams behind them for loud support!

### **SPACE SHUTTLE** (inspired by Chip Candy)

- The class divides into smaller groups.
- The groups make a shuttle craft by joining hands. Each shuttle needs a pilot. The pilot stands inside the shuttle.
- On a "go" signal the shuttle craft must travel across the playing field and back in the shortest amount of time possible.
- The pilot **MAY NOT** touch the shuttle (and vice versa). If contact is made the shuttle must begin again (or penalize the group by adding seconds).
- Variations:
  - Combine times of the whole class. Challenge them to record a faster time.
  - Set a timed goal for the whole class.
  - Add a co-pilot.
  - Blindfold the pilot.

### **Everybody's It**

- ON "GO" Everyone is it and tries to tag anyone they can without getting tagged
- If a student gets tagged they must sit down where they were tagged
- If two students tag each other at the same time, both sit. (if they can't decide or argue, they must do a round of rock, paper, scissors, however if both put out the same sign they both sit)
- This game is usually over quick with most students sitting, however, add 1-2 students wearing pinnies to be "un-freezers"
- The "un-freezers" can do a special high-5 handshake, exercise, hug, etc. with frozen student to free them

### **Speed Rabbit**

- Establish animals - moose, Samurai elephant,. Each animal needs the assistance of three players
  - Samurai - center person must duck and students on each side karate chop over middle person with a loud HIYAA!
  - Moose - center player put hands up to ears two side players look at center player and put their inside hand open with thumb on forehead to create extra large antlers
  - Elephant - Center player forms trunk with both hands interlocked and body bent over, players on each side form large ears by placing their hands on their hips
- The player in the middle, pointer will aim at any one player in the circle and callout the name of one of the three animals. Immediately, this player and the two neighbors must form the correct animal, the pointer can count to 3-5 and whoever errs gets sent to be the next pointer
- As the group gets comfortable add 1-2 more pointers

### **Moose Antlers**

- One person (or 2, 3, or 4 people) walks around the inside of the circle and directly points at someone.
- The point is executed by placing the hands together palm to palm and thrusting all 10 fingers and thumbs towards them.
- That person quickly places both thumbs to either side of their head (on the temples) and extends the fingers into moose antlers.
- The person to their right puts their left thumb to their own temple in a single moose antler, and the person to the left does the same with their right hand. So...a double in the middle, and two singles on either side (hand closest to the moose).
- If it is done quickly and correctly, the pointer moves on. If any of the three are too slow or incorrect in their antler "show", that person is the new pointer in the middle.

### **Samurai**

- This game is played like Moose Antlers, however when the person in the circle is pointed at, they must duck FAST, because the persons on their right and left reach across with a samurai/karate style chop over their head with a loud “hhhiiii”. Failure to duck, or chop, or yell and that person takes the place of the pointer.
- Bumper Cars

### **DO AS I SAY, NOT AS I DO**

- Students stand facing the leader.
- To warm up, the teachers give a command with the students performing the command and repeating the command out loud.
- The commands are: FORWARD (1 step forward), BACK (1 step back), RIGHT (1 step right), LEFT (1 step left), UP (rise up on tip toes or jump up once), DOWN (bend at the knees).
- After warming up, try some of the variations:
  - Students say opposite command and do opposite command
  - Students repeat command, but do opposite of the command
  - Students say opposite but do command

### **Cooperation Volleyball**

- 8-10 in a group; 2 large sheets; 2 balls
- Each participant takes a position around the sheet, at the corners
- Ball is placed in the middle of the sheet. This team tries to fling the ball in the air
- The ball must be caught by the other participants with the second sheet and returned
- The number of times the ball is caught is the groups collective score.
- The challenge becomes the highest number of catches and tosses that can be made cooperatively by both teams

### **EVOLUTION**

- This is the “higher form” of Rock Paper Scissors.
- To begin, everyone is an egg and moves around in a crouched position challenging someone to an R.P.S. game.
- The winner stands up to be a chicken (wings flap, clucking, etc.). The loser continues to be an egg.
- Once a chicken you may only challenge another chicken- winners become Velociraptors, losers back to eggs.
- Velociraptors play dinosaurs and the winner becomes ELVIS!!
- Once you are ELVIS you stay there (cannot “devolve”), but may play anyone else.

### **Over Under Around and Through**

- Groups of 3 people, 2 of the 3 with hands joined (holding wrists, small rope, or use a juggling scarf between) and the third person acting as the “runner.”
- On “GO”, the runner must step over his/her partners hands run around and go under their hands, run all the way around the two partners, then step through the joined hands, the runner must start on the same side for each movement. Each partner then takes a turn being the “runner.” Once the group has this pattern established the following changes begin:
  - Race the other groups, sitting down when finished or how many times can you perform the routine in 20/30 seconds. (Ask students how they made faster/slower. What makes it easier, faster?) All three must complete the pattern for their group to be finished
  - Scramble the order, (ex. Around, over, through, under)
  - Hold up cards with words printed on them to change the order
  - Use sign language to give the instructions/order
  - Allow students to exit/enter on either side (should be faster)
  - Allow students to make up own order for speed, everyone must be a runner.

## **UBUNTU Cards** (<https://store.high5adventure.org/products/ubuntu-cards>)

### **Symbolic Circles**

- If the group has played with the Ubuntu cards already, this game will be quick
- If you play this initiative first and the group has never used the cards before, it can be an interesting initiative
- Give each person a card and tell them that the object of the activity is to get the group to form one big circle in which each participant's card is linked by a matching image to the participants cards on their right and left
- The catch is that all of the cards have a link to every other card, so an formation of a circle is the solution

### **Common Bond:**

- Give a card to each person in the group
- Challenge everyone to pair up and find a matching item on their card
- When they find a match, have them try to find something else in their lives that they have in common
- Once successful, have them move on to another person and repeat

### **Fast Find.**(10-15 participants)

- The object of this timed activity is to identify the matching images on the cards as quickly as possible as play continues around the circle
- Assemble the group in a circle and give a card to each person.
- Have the group choose who will be the start person (player 1)
- Start timing the group when player 1 turns to player 2
- Both players turn their cards and search for the common image
- Once they successfully find the image, player 2 turns to player 3 and they look for their common image
- Play continues around the circle in this manner until the last player and the first player match
- You can try another round to improve their score but mix the cards first!

### **Find And Flee**

- Large group activity
- Give card to each person and direct the group to divide into circles of 8-12 participants
- On your signal instruct everyone to show their cards face up in the middle of the circle and as quickly as possible find a match with another card
- When players find a match they should swap cards with that person and then step out of the group and quickly join another group and resume play with their new circle
- Only the finder leaves the group—the person with whom the finder swapped cards remains
- End the game while energy is still high

### **Grid Fitness**

- Students in groups of 2-4. Each group has a grid and a pair of dice
- Students roll the dice, take the number from each and locate where they intersect on the grid
- Students then perform that activity
- Roll & repeat

### **Football Throw Bingo**

- Divide class into 6 groups
- Each group will have a blank bingo card, a football, four items to cover the bingo card, and a bingo card designated the hoops they must cover
- Set up the hoops in a grid - four across and four down
- Students stand at their cone, first student runs out to a designated hoop. The next student in line attempt to throw the football to that person who must catch the ball with both feet inside the hoop. If

successful the catcher returns to the group covers the square on their bingo card and goes to the back of their line.

- If the pass is not completed the student returns to the end of the line without covering a square
- The student who threw the football now goes out to a designated hoop to catch the football

### **Human Knots**

Starting in a circle, give each participant a piece of rope (About 4-6 inches), participants then connect by grabbing a rope with two other people in the group, not next to each other or the same person that grabs your string to form the human knot. As a team, they must then try to unravel the "human knot" by untangling themselves without breaking the chain of hands.

### **Card Sharks** (playing cards)

- Each player starts with 1 card.
- When the music begins, the tag game starts. If tagged, the players swap cards. When the music stops, the tag game ends.
- The students look at their card and perform an exercise/activity the number of times indicated by the card (face cards = 15).

### **Eyes, Mouth, Body**

- Participants in groups of three
- Three blindfolds for each group
- One person will be the body, one will be the eyes and one will be the mouth
- Only the eyes can see the task that must be completed. This could be any object on the floor, picking it up and bringing out back to the group
- The groups align themselves accordingly
  - Body moving freely to complete the task
  - Mouth facing away from the body
  - Eyes facing the mouth and the body
- Only the eyes can see the body (who is blindfolded) However, the eyes must remain silent. Only the mouth can speak. The mouth cannot see the body so they will have to interpret the motions the eyes to communicate with the body
- If the group is indivisible by three, find a new roll for the extra participants. They can be observers or they can be involved with the task.

### **SAFETY CONSIDERATIONS:**

- Instructor should set up the activity in an area free from nearby hazards.
- Instructor should observe the group working well together and demonstration trust with one another prior to introducing the activity.

No Equipment  
No Problem

### **Mission Impossible/Follow Secret Partner**

- Object of the activity is to continually keep a straight line between yourself and two other secretly identified players. Everyone else is doing the same
- Create a space full of randomly distributed players, and anoint them as "special agents"
- Their mission is to keep a close eye on a "master criminal," but they cannot under any circumstances get caught doing the spying

- The next step for every agent to secretly identify two other people from the group (these players will not know, nor should they be told they have been chosen) - one assumes the role of master criminal and the other will act as a "cover" concealing the agent from the criminal
- Picture a straight line with the master criminal and the secret agent at opposite ends of the open space with the cover situated somewhere between the two
- The agent's mission is to spy on the criminal, but not get caught, so they will always keep their cover situated in a straight line, between themselves and the criminal
- Any time the cover or the criminal moves, the agent has to move accordingly to remain concealed
- Just for fun ask the group to freeze. Nominate one person to move their position anywhere in the area and stop. Watch what happens when you ask the group to move again. Ideal for illustrating the impact one person can have on a group

### **Circle Clap**

- Minimum of 8 clappers
- Starting in a circle, ask someone to clap the hands once to set off a chain reaction of single claps which pass from person to person all the way around the circle
- Each clap should follow immediately after the clap before it at warp speed
- Repeat a few times and see if the group can break the "world record"
- Next suggest that the impulse is going to zip around the circle so fast, it will seem as if only one clap was accomplished by the group at the same time. That is exactly the goal of this activity — one solitary clapping sensation
- However, there is a catch! No one is permitted to clap their own hands together — they must fashion a clap with another person's hand. Problem solving needs to take over
- The leader can suggest a starting point. For example, standing in a circle, everyone places their left palm facing towards their left neighbor, and places their right palm facing down directly above the left palm of their right neighbor
- Then it's all a matter of timing, however, you can leave the mechanics of the clap on their own
- The group then gets ready and on the count of 1, 2, 3 one huge clap should burst forth
- Once you have achieved the single clap, shoot for a double clap — clap clap

### **Grid Fitness**

- Students in groups of 2-4. Each group has a grid and a pair of dice
- Students roll the dice, take the number from each and locate where they intersect on the grid
- Students then perform that activity
- Roll & repeat

### **Cooperative Hi-fives**

- This is an add on activity.
- Have students face partner across the gym.
- On teachers signal partners run to the middle give each other a Hi-five and run back to their line.
- Add on activity-teacher only calls what to add on next, previous commands will not be repeated students must remember them.
- Suggested sequence:
  - Hi-five rt;
  - Hi -5 left,
  - Hi 10,
  - Low 5 right,
  - Lo 5 left,
  - Lo 10,
  - Back to back over the head 10,
  - Back to back between the legs 10,

- Sitting face to face-touch bottom right foot,
- Sitting touch bottom of left foot, Bottom of both feet,
- Finish with dead bug (lie on back screaming).

**To make this a fitness activity, just add exercises to add on.**

### **1-on-1 Bandana Tag**

Equipment: 1-2 bandanas for each student,

- Organization: Two partners will face one another in an open space.
- Each student will need a partner for this activity. Each partner will have two bandanas (one for each hip). Remember the tips provided in the previous description.
- When the music starts, the partners will attempt to be the first person to pull both of the opponent's flags. If successful, the winner will receive one point
- Adaptations/Tips:
  - Assign a larger number for points if a player wins (mathematics)
  - Remind students that they may NOT hold their own flag, they may NOT dive or slide on the floor, and they should avoid grabbing the opponent's clothing
  - Remind students that this is a face-off game, there should be no running and chasing

### **Bandana Team Tag**

Equipment: At least two or more different colored bandanas, enough of the bandanas for all participants

Organization: Random (everyone must remain inside the boundaries)

- Each student will be on one of two teams depending on the color bandana that he/she collects. The bandana will be tucked in on the side of the waist.
- The objective is to try and pull the bandanas of the opposing team. If a bandana is pulled, it should be dropped and play continues.
- The person who had the bandana pulled will pick it up and move to outland (somewhere outside the playing area). Once in outland, the student will perform a physical activity that has been designated by the teacher before they may rejoin the game.
- Adaptations/Tips:
  - Have each participant start with two bandanas, if one bag is still tucked in, the player is in the game
  - Have the students travel using different locomotor patterns while playing a round
  - Introduce a third colored bandana to make the game more interesting/challenging
  - Remind students that they may NOT hold their own bag, they may NOT dive or slide on the floor, and they should avoid grabbing the opponent's clothing
  - Have teams only Jumping Jack Flash

### **All Aboard**

- Object- to see how many people can get on the 2X2 platform at one time
- In order to be counted as on the platform, each person must have both feet off the ground
- the group must be able to hold a balanced pose for at least five seconds - no one touches the ground for five measured seconds or sing Row Your Boat/Happy Birthday
- An average group can get 12-15 bodies on the platform. The exercise lends itself to useful discussion about team effort, group and individual commitment, leadership, compassion, and group problem solving dynamics
- As group leader you need to encourage safety procedures. It may be necessary to occasionally nix an idea if someone's safety is jeopardized.

### **Go Big**

- Divide gym into 3 distinctive areas; Gold Medal, Silver Medal, Bronze Medal.
- Students gather in the Bronze Medal area and find a partner.
- Students play Rock, Paper, Scissors and the winner gets to move into the next section of the gym and find a new partner.



- If a student loses, they jog one time around outside of area then go to the lower section unless they are already in the Bronze section. If a student wins in the Gold Medal area, they win a point
- The object is to get as many points as possible by winning rounds in the Gold Medal section.
- The goal is to make it into the Gold Medal section
- **Variation:** if a student loses in the Bronze section, they must do 5 push-ups, if they lose in the Silver section they must do 5 crunches, and if they lose in the Gold section they must jog 3 laps around outside of area

### **HIGH FIVE WAVE**

- Stand in a circle.
- One player starts the wave by reaching across his/her body with the left hand and giving the player on the right a high 5.
- The player on the right reaches over with his/her right hand and receives the high 5 from the player on the left.
- Immediately following, the player gives a left hand high 5 to the next player, and so on around the circle.
- Variations:
  - How fast can the wave of high fives be completed?
  - Can the class complete 5 rounds in a row? How fast?
  - Start a double wave - one to the right and one to the left.
  - Start a multiple waves - waves go in the same direction but start at the same time from various points around the circle.
  - Try passing a ball around the circle in the opposite direction of the wave. For the risk takers out there - pass a glass of water around!

### **Clam Free**

- Define the boundaries of the playing field based on number of participants
- One person is designated as the nuclear reactor and activates themselves a noodle or Gatorball
- The rest of the participants are happy clams
- The object of the game is for the nuclear reactor to contaminate all the clams by tagging them
- Once tagged, the clams become frozen in place
- However, a frozen clam can be defrosted if two mobile clams manage to link elbowing go around the frozen clam like a clam shell and shout "Clam Free!"
- Variation: any clam that has been defrosted can join hands with other clams and these hand holding clams are then immune from further radiation attacks by the reactor And if four or more hand holding clams can manage to circle the reactor and shout "Calm Free!" and the reactor must shut down

### **Mosquito Tag**

- Need 4 cones, 3 noodles (1 per 15-20 students) set up cones to mark off 20x20 stride area
- Three taggers w/noodles try to freeze entire class.
- If tagged you must kneel down
- To be freed, two students have to Hi-10 above you and yell "OFF!" or any other type of bug repellent.
- Students can kill the mosquitoes by getting 8 students together (shoulder to shoulder) and at the same time clap their hands in unison as if they crushed the mosquito in their hands.
- If they don't clap in unison, the mosquitoes live, and if they do three more students become the mosquitoes
- Mosquitoes love to tag people in line before they can clap

### **Partner Activities**

#### **West African Jumping**

- **Objective:** Leg strength/endurance; problem-solving; cooperation.
- Students form pairs and stand facing each other.
- The students decide who the "same" winner is and who the "different" winner is.
- 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 students jumping six times again.
- After the third turn, each student raises his/her hand and looks for a new partner to play with.

#### **Pairs Tag**

- Partner up
- RPS to decide who is it first
- Tag only your partner
- If tag is made it designation switches over after the new it spins around one time
- Play in a small confined area
- Only speed walking is allowed

#### **One on One Duck Duck Goose/Partner Tag**

- Designate a 20' x 20' area
- Find a partner and face each other
- Take turns tapping each other on the shoulder saying duck until one says goose
- The partner who says goose runs/walks/crab walks (Teacher can designate before play) must stay in play area
- The partner who is the "goose" performs a jumping jack/push-up (from crab position), then goes to tag partner
- Once tagged start over or if "goose" can't catch "duck" after 20-30 sec. "duck" wins and play again
- Play three rounds and find another partner

#### **Rock Paper Scissors 6 Step Getaway**

- Students find a partner; they compete against each other playing rock paper scissors. Rock (closed fist), beats scissors (index and middle finger apart simulating scissors), scissors beats paper (open hand, palm down), and paper beats rock.
- The winner must quickly turn and runway 6 steps. The loser simply tries to tag their partner before they get 6 steps away.
- After best of 3 matches change partners.
- You could set up the gym in half with success & try again areas with a best out of 3 or 5.
- **Variation**, the loser must do 1 more exercise than the winner, (ex. Jumping jacks, the winner does 5 the loser does 6)
- If you bump into someone during the game **you must stop, shake hands with that person**

**Double Thumb Wrestling** - Two games of thumb wrestling at the same time (one person with arms crossed)

**Stand off** - Partners facing, arms length apart and feet together ... contact hands only, make your partner move a foot (do not touch anything but hands). You can try to hit hands or you can pull your hands back when partner tries to hit your hands (causes them to be off balance)  
or one foot

#### **Human Spring**

- Partners of similar size, with feet together and hands out, fall towards each other and catch each other in the middle with their hands.
- Backs must be kept straight.
- They spring inward and then push back to their original position.
- Object of the game is not to move your feet forward or backwards.
- Challenge is to see how far apart partners can get (Partners challenge by choice: Whatever distance is comfortable for both partners)
- Variation:

- Begin with partners hands touching and both slowly walk back a few feet
- Try to spring in towards each other and then back to a standing position without moving feet.
- Lift one foot off the floor.

**Crab Balance Push** - In crab position shoulder to shoulder ... push or move away to make your partner lose their balance. Use either on hand

**Psychic Jump** - In pairs, each person chooses a number (1-5) without telling their partner. These partners again hold one another's forearms or shoulders and simultaneously jump the number of times they chose. Partners will either jump the exact same number of times or not.

**Non Sighted Car and Driver**

**Odd or Even** - In partners, one person is odd and other is even. Begins like rock, paper, scissors but each person flashes a number 1-5 via fingers. Total the fingers shown to see who won.

## Philly Phanatic Fun

### Football Throw Bingo

- Divide class into 6 groups
- Each group will have a blank bingo card, a football, four items to cover the bingo card, and a bingo card designated the hoops they must cover
- Set up the hoops in a grid - four across and four down
- Students stand at their cone, first student runs out to a designated hoop. The next student in line attempt to throw the football to that person who must catch the ball with both feet inside the hoop. If successful the catcher returns to the group covers the square on their bingo card and goes to the back of their line.
- If the pass is not completed the student returns to the end of the line without covering a square
- The student who threw the football now goes out to a designated hoop to catch the football
- **Variation:** add a couple of defenders and have them switch when they either intercept or knock down a pass

### Everybody's It

- ON "GO" Everyone is it and tries to tag anyone they can without getting tagged
- If a student gets tagged they must sit down where they were tagged
- If two students tag each other at the same time, both sit. (if they can't decide or argue, they must do a round of rock, paper, scissors, however if both put out the same sign they both sit)
- This game is usually over quick with most students sitting, however, add 1-2 students wearing pinnies to be "un-freezers"
- The "un-freezers" can do a special high-5 handshake, exercise, hug, etc. with frozen student to free them

### Team Juggle

- The group should be standing in a circle.
- One group member is then given a ball. She/he calls the name of another group member and then lightly tosses the ball to them. That person then does the same, and this sequence is followed until everyone in the group has had the ball tossed to them once; the final person then tosses it back to the first person.
- Everyone needs to make sure to remember who they got the ball from and who they toss it to because this is the "order of play."
- The teacher then explains that the only rule of the game is that they keep the "order of play" (and follow all safety rules and group agreements as usual).
- Add objects to pass - how many objects can the group keep going without drops

**Variation:** The group decides on a "group challenge," or how they would like to move the ball through the "order of play" in a way that will be challenging to them. Example of group challenges: more than one ball, race the clock, left hands only, catcher's eyes closed, stunt throws, behind the back

### **EXTINCTION (Jim Ross)**

- Divide your class into 4 or more teams.
- Everyone is tagger.
- If a player is tagged by an opposing player, the tagged player kneels on one knee and raises a hand in the air.
- To become unfrozen the kneeling player must receive a high five from a teammate.
- If all the players from one team are frozen, the team becomes extinct!
- A time limit of 1-2 minutes is usually adequate.

### **When Pigs Fly**

- Small parachute or large towels, objects to toss
- Have groups practice tossing and catching their objects
- Then have groups pass one object around from chute to chute
- Third challenge is to have each chute with an object and all pass to next chute at the same time

### **Chicken Slingshot.**

- Each group gets a bucket, chicken, resistance band
- Two people hold the resistance band, one person puts the chicken on the band, pulls back and down to slingshot the chicken to a fourth person holding a bucket
- Rotate all the positions so everyone gets a chance to do all

### **Moonball**

- Object of the game is to keep hit a beachball as many times possible before it hits the ground
- Students should be in groups of 8-10
- The only other "official" rule is that the same person can not touch the ball two times in a row.
- One point for each successive hit. When the count stops, the total hits become the present score or current world's record for that group.
- You may want the students to pause after a few trials to have the groups discuss strategies for improving their scores
- Do not ask students to call out their scores. Just ask if how many groups improved their score instead

### **All Hit Moonball**

- Object of the game is to keep hit a beachball as many times possible before it hits the ground
- Students should be in groups of 8-10
- One point for each successive hit. When the count stops, the total hits become the present score or current world's record for that group.
- Unlike regular Moonball, no student can hit the ball a second time until all have hit it a first time
- You may want the students to pause after a few trials to have the groups discuss strategies for improving their scores
- Do not ask students to call out their scores. Just ask if how many groups improved their score instead.

### **Countdown Moonball:**

- Object of the game is to keep hit a beachball as many times possible before it hits the ground
- Students should be in groups of 8-10

- In this version, all the students have a number and the students hit the ball in order of numbers, but counting down from highest number to lowest.
- You can see how many times in succession a team can accomplish this. Each time the students get to number one, the whole team yells out the number of times they counted down
- You may want the students to pause after a few trials to have the groups discuss strategies for improving their scores
- Do not ask students to call out their scores. Just ask if how many groups improved their score instead.

### **Tarp trip, flip and sing**

**Equipment:** A large tarp (10' x 12'), lines to mark an ending point

#### **Procedure:**

- Participants start by all standing on the tarp. The goal is to move the tarp a predetermined distance as marked by the line. No one may have any part of their bodies come off the tarp at any time. At the facilitator's discretion, offending body parts may become disabled for the duration of the activity.
- Once the group is at the end of the course, they must flip the tarp over so that they are standing on the opposite side of it. Again, this must be accomplished without touching any of the surrounding grass/floor with any body parts.
- The group must then sing a verse of a song in order to complete the activity. They must at least approximate singing.

#### **Storyline:**

Your group, while onboard the cruise ship, Lucky Star, hit an iceberg and sank. All of you managed to get onto a life raft and drop together onto the surface of the lethally cold ocean. As if the freezing waters were not enough, the sea is also swarming with the rare arctic piranha. If a crew member is unfortunate enough to touch the water, the body part in question will be disabled for the remainder of the activity. (Facilitator's discretion) You need to get your crew and your raft to the shipping lanes (marked with rope) in order to have any chance of rescue.

(Once they arrive in the "lanes") Congratulations! You made it. As you were traveling though, you realized that you were on the bottom of the raft. You must now flip it over in order access the emergency beacon on the other side (the right side) of the raft. Again, you must avoid contact with the water at all costs.

(Once they have righted the raft) Ah yes. Now that you have flipped the raft, you must signal the other boats in the lane. Unfortunately, you find that the emergency beacon was damaged by those darn arctic piranha and you must improvise. Your best bet is to sing a verse of your favorite nautical song (Gilligan's island, Row, row, row you boat and Drunken Sailor are all good choices). Sing it loud, sing it strong.

#### **• Variation:**

- Place a ball on the tarp and see if the group can flip the tarp without the ball losing contact with the tarp
- Then have the group attempt to fold th tarp keeping the ball on top of the tarp

### **Over Under Around and Through**

- Groups of 3 people, 2 of the 3 with hands joined (holding wrists or use a juggling scarf between) and the third person acting as the "runner."
- On "GO", the runner must step over his/her partners hands run around and go under their hands, run all the way around the two partners, then step through the joined hands, the runner must start on the same side for each movement. Each partner then takes a turn being the "runner." Once the group has this pattern established the following changes begin:
  - Race the other groups, sitting down when finished or how many times can you perform the routine in 20/30 seconds. (Ask students how they made faster/slower. What makes it easier, faster?) All three must complete the pattern for their group to be finished
  - Scramble the order, (ex. Around, over, through, under)
  - Hold up cards with words printed on them to change the order

- Use sign language to give the instructions/order
- Allow students to exit/enter on either side (should be faster)
- Allow students to make up own order for speed, everyone must be a runner.

### Up Chuck

- You need one soft throwable object per student, fleece, koosh, Nerf, etc.
- Students can stand anywhere in the playing area
- On signal, all throwables are to be lofted to a minimum height of 12 feet, if indoors keep throws lower than ceiling, outdoor no height limit.
- Multiple balls can be caught
- Catches on one bounce do not count
- The object is to determine as a class/team, how many balls can be caught per throw.
- After a throw have students who caught a ball to hold it up over their head for a count.
- **Remember, it is not your role as a facilitator to judge their attempts, rather to act as a catalyst to encourage additional attempts and interact.**

### 22 Skidoo

- Equipment- long noodles 2-3; cones to mark off play area (jail/safety lines)
- Set up a square jail in the middle of the area with 3-4 students in the jail, and establish safety lines around the perimeter.
- The object is to rescue the students in the jail by crossing the guard area and shaking a jailed student's hand 22 times
- The student in jail is responsible for keeping his/her own handshake count. If a student has 16 shakes they cannot leave until they get 6 more shakes from a rescuer.
- If a rescuer is tagged below the knees, they must go to jail
- Stop every 3-4 minutes to change the jailers
- Rescuers may shake two jailed students at a time—but do not offer this rule to the students—see if they can figure this out on their own

### Barnyard Tag

- Select 3-4 students to be taggers and wear red pinnies, they are the farmers
- Give out 4-6 chickens to other students
- Farmers try to catch the students, they are the chickens always getting out of the chicken coop
- When tagged the chicken must go to back to the chicken coop (a small coned area or behind a restraining line)
- If a student is tagged while holding a rubber chicken they must drop the chicken and go to the coop
- Chickens in the coop can get out if they can catch a chicken thrown to them by a comrade chicken and then they are safe to return to the play area
- Remember to switch "farmers"

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