

Duck Activities

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1. Duck Walk – Can you walk with your duck on your palm? On the back of your hand? On your head? On your shoulder? On your arm? On your elbow? Other?

2. Duck Derby/Duck Races –

Rocky Stream Race – Teams of 3 line-up at one end of the gym with poly spots (or hoops/frisbees/paper plates) in a line, leading to the far end of the gym. The team duck is placed on the last spot, farthest from the starting line (home spot). The idea is to bring your duck “down the stream” by moving it one spot at a time and bring it “home”. The first person in each line runs out and moves their duck one spot closer to their team. This continues until the duck makes it back to the starting spot/rock. Then add these variations...

Variation(s) –

a. Each person must run all the way around the last spot before moving the duck.

b. Two people run at the same time and work together to move the duck...using ONLY one finger each (or a finger and a knee, or two thumbs, or two feet without kicking the poor duck, or the backs of two hands, etc.)

c. Commands are given during the race...STUCK DUCK (everyone freezes until UN-STUCK DUCK is called out), BACKWARDS DUCK (everyone moves backward, but the duck continues to move forward towards home), DUCK JUMP (the duck may move /jump/skip one rock), DUCK, DUCK, GOOSE (the duck must be moved back 3 spots), COLOR DUCK (only ducks with the color called may move...ex. BLUE DUCK, if your duck has any blue on it, it may continue to move. When ALL DUCKS are called everyone continues to move their ducks), DUCK OUT OF WATER (the next runner brings the duck straight back for the win)

3. Circle the Pond Race – Rocks (poly spots/frisbees/paper plates, etc.) are placed in one large circle. Teams of 3 may start anywhere around the circle at a spot, with their duck. The idea is to move your duck around the circle, relay style, moving the duck one spot at a time, until it makes its way all the way around the pond...back to the starting spot. If two people run into each other in the “pond” (middle area), they must move their duck **back** one space!

4. Duck, Duck, Go – Participants stand (or sit) in a large circle and pass a duck around to the right for “best time”. The duck may not be thrown, and it may not skip anyone. The group may continue trying for their “PR” with a new round being allowed if they beat their previous time. When the duck fails to make its way around faster than the previous time, the group is finished. THEN...

a. Try passing the duck to the left

b. Add ducks each round

c. Try using one hand only

d. Duck Stuck - Pass 2 or 3 yellow ducks in one direction and a different colored duck in the opposite direction. If any person gets “duck stuck” meaning they have a yellow duck and the different colored duck in their hands at the same time, they must step out of the game, run one lap around the group circle, then re-join the group in their original spot. If/when someone gets duck stuck, they are out and running, BUT the game continues...ducks keep moving!

5. Duck Buddies – How many ways can you and your partner(s)...

a. Balance your ducks?

b. Walk your ducks? Transport your ducks to a new pond?

c. Throw and catch your ducks?

d. Hide your ducks?

e. Invent a duck game?

f. Invent a Duck Dance?

6. Duck and Seek – Half of the group hides the ducks (2 each) while the other half hides their eyes. The group that hides the ducks observes the “seekers” once the action begins, and when their 2 ducks are found, they sit down.

7. Duck Twins – All the ducks who can be paired with an exact twin, are placed randomly on one side of the playing area. Teams of 2 or 3 line up at the far side of the playing area and relay ducks back to the starting line. The ducks must be “floating on the pond”, next to their twin.

a. Working together as a large group...how fast can the group bring all the ducks back and place them at the starting line...matched with their twin?

b. The competitive style...how many twins/pairs of ducks can each set of 2 or 3 runners bring back to their line?

c. One minute challenge – teams of 3 relay ducks back to their group to gather as many twins as possible. Only one duck may be brought back at a

time. Every minute the entire group must stop and take any non-twin ducks back to the original pile on the far side of the playing area. Give time after each round to strategize.

8. Duck Swipe/Duck Fencing – Everyone begins with a duck on the back of their hand. The other hand is the “fencing foil” (the pointer finger extended). The idea of the game is to swipe a duck off another player’s hand, using JUST the pointer finger. If your duck falls off it must stay on the ground, until...

Round 1 – You may pick up your own duck and continue play (but it must be placed on the other hand).

Round 2 – In the spirit of Jeep Ducking, someone else can help you by picking up your duck and replacing it for you. A quick “THANK YOU” and your back in the game!

Round 3 – A player may help you by giving you **their** duck and they pick up your duck... “THANK YOU” and both people are back in the game.

Round 4 – Run out of the game boundaries and find someone to switch with.

9. 1 v 1 Duck, Duck, Quack – Played like Duck, Duck, Goose, but in a 1 on 1 format. Partners face each other with a palm extended. One player begins with a duck, and it gets passed back and forth, saying, “duck, duck, duck, duck, until one player decides to say QUACK”. The player who is “quacked” and has the duck, chases their partner, trying to tag them. They have to a slow count of 20 to stay away and not be tagged. Start again!

10. Duck Cairn/Tower – Teams of 3 run and collect ducks from the far side of the playing area, one at a time, relay style. After the designated amount of time (this should change each round), the teams need to create a duck tower as high as possible. Count the number of ducks high to determine the winner of each round.

11. Hidden Duck – Every Monday one duck should be hidden somewhere in the school. Whoever finds it turns it in at the main office for a prize (and their name is announced, letting the rest of the school know that it has been found).

12. Duck Flow – This is Speed Flow with a duck. Partners face each other about 10 to 15 feet apart. How many THROWS can they get (back and forth) in one minute. Obviously, catches are important, but drops are drops...it’s total throws that

count. Try it with, a. one hand only, b. off hand only, c. two hands only, e. fancy passes only, f. hikes only, etc.

13. Duck Add a Trick – Partners (or at the most 3 people) stand or sit, facing each other, each with a duck. The first person starts by doing one movement with the duck (ex. throws it up, claps once and catches). The second person must do that movement and then add a different “move” (ex. pass the duck around their waist). Then a new move is added. So it is now, throw/clap, pass around the waist, and add...touch the duck to the opposite knee. The “moves” are endless. Partners can help each other to see how many moves they can add (remembering is the hard part) or play competitively and try to outlast the opponent.

14. Lucky Duck – Everyone begins with a duck that has a number on it. Before the game starts, an exercise is suggested by any player...example, burpees. Now the tag game begins. Everyone is it, meaning anyone may tag any other person. When a tag is executed, the two people involved must switch ducks. After the designated time of let's say 1 minute and twenty-two seconds, stop is called, and everyone must now do the number of burpees that is on the duck that they have in their possession. So, when the next game begins, a new exercise is agreed upon and its game ON! Almost everyone “gets it” this round (meaning don't end the game with a number 10 duck).

15. Flight of the Ducks – Numbered yellow ducks are placed in the middle of a large circle. Sets of 2 (or 3) players with one non-yellow duck, line-up outside the playing area in a single file line facing the middle. When the game begins, the first person runs to any duck in the middle and straddles it. The second player throws their “odd duck” (not yellow) to the player in the circle. If the duck is caught, the yellow numbered duck is brought back to their line. The thrower then runs out to a duck and the throw/catch/return is repeated until there are no more ducks to collect. Teams add up the number of points from their ducks, report their score, roll the ducks back out towards the middle, and round 2 begins immediately.