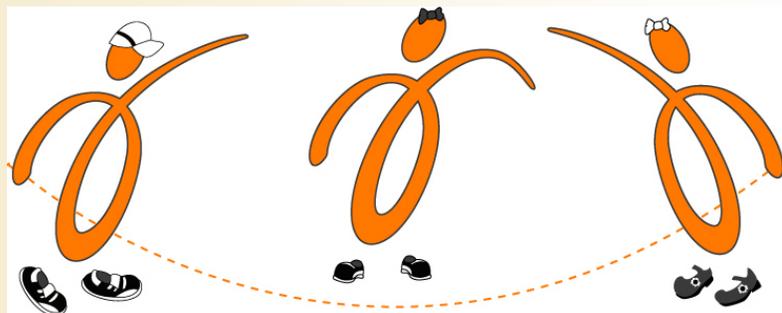


Great Games

anyone can play



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Fun Relay Games

Back Seat Driver

Required: Several big wheels or tricycles, blindfolds, and orange construction cones

Players: Small to large groups

- Set up teams so that each team has a small bike to ride, a blindfold and a course with 3 -5 cones ahead of them equally spaced. If you don't have access to cones then make them out of milk jugs filled with sand or water. You can paint them differently for each team.
- The first player from each team will mount his bike and put on a blindfold, the next player of the team will be the back seat driver.
- The back seat driver will direct the driver down through the cones weaving in and out, and then back to the start line.
- The back seat driver will now become the driver and the next person will be the back seat driver.
- The old driver will go to the back of the line until he becomes the last back seat driver.
- The first team to complete the rotation is the winner. A great team building game which youth or young couples will enjoy.

Ball Relay

Required: 15 sets of balls in various sizes, two ball bags and two hula-hoops

Players: Small to large groups

- Set up players in two teams. You will need 15 balls for each team.
- The balls for each team should match in size. You should use medicine balls, basketballs, soccer balls, footballs, kick balls, volleyballs, etc.
- Each team should have the same size and amount. In front of each team, place a hula-hoop filled with all their balls, the big ones should be on the bottom with the little ones on top. All the balls should fit inside the hoop.
- At the other end of the field will be a ball bag for each team (big enough to hold all the balls for that team).

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- The first person from each team is to grab a ball, take it down the field, stuff it in the bag, race back and tag the next person who will do the same.
- Continue doing this until the last ball is left. The person with the last ball will take it down field, stuff it in the bag, bring the bag back to the front of the line where the hoop is and place all the balls back into the hoop.
- Once all the balls are out of the bag and placed in the hoop that team wins, but the trick is they have to be stacked correctly to fit into the hoop. The big ones must be on the bottom and the little ones on top.

Balloon Head Race

Required: Balloons

Players: Small to large groups

- Organize players so that they're into pairs and each team receives a partially inflated balloon.
- When the game starts, teams must race to a finish line carrying a balloon between their heads. Remember, don't use your hands.
- On hot days try it with water balloons or through a sprinkler. You can even try an obstacle course.

Banana Olympics

Required: Bananas

Players: Small to large groups

- Divide the group into teams of 8-10 players and give each team a banana. Each team will complete several series of different relays using their banana. Here are some ideas for those relays.
 1. The banana under your armpit and hopping on one leg down a field and back.
 2. Place the banana between the knees and hop down a field and back.
 3. Two team mates tossing the banana back and forth down the field and back.

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4. Place the banana on the ground and each teammate must roll across the banana.
 5. Team mates line up in leapfrog formation and first player hops over players while holding banana and then tosses banana to next player in line to do the same.
- Show the players all the relays that they'll have to complete for the Olympics. You may have to write them on a large white board so that all players will know what relay is next.
 - Once a team has completed all these relays someone on the team must eat the banana and the team that is done first is the winner. Use your own ideas, add to the list or use only a few ideas.

Beanbag Bowling

Required: 5 bowling pins and 5 bean bags

Players: Medium to large groups

- Play on a smooth flat surface like a gym floor. Divide players into four teams.
- Place one bowling pin exactly in the center of a 30ft - 40ft circle. The other four pins will be placed evenly around the outside of the circle.
- One player from each team will be on the outside of the circle standing next to their bowling pin but slightly behind it. The player is given a Fling Sock or beanbag to hold onto while they run.
- When signaled the players are to run around the outside of the circle in a clockwise direction. Once they make a complete circle they are to stand at their bowling pin, toss their bag so that it will slide across the floor in an attempt to knock down the bowling pin. If their bag misses they are to retrieve their bag and return to their throwing position and try again until someone knocks down the pin.
- The team that knocks down the pin receives 5 points. The next players on each team will do the same until all players have had a chance to do the relay. The team with the most points is the winner.

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Big Foot

Required: Large rubber boots and grass play area

Players: Small to large groups

- Set up teams with each team assigned one pair of large rubber boots. These boots can be fishing waders and it would be helpful if the players could just slide their shoes right into the boots without taking off their shoes.
- Have teams line up behind the starting line. The first person on each team must put on the rubber boots, race down grass course and back, take off the boots and the next person on the team will do the same.
- When the last person on one of the teams crosses back through the starting line first, they are the winners.

Blanket Carry

Required: One blanket for each team, cones

Players: Medium to large groups

- Play this game in an open grassy area. Divide the group into teams of 10 players. Each team will be given one blanket.
- Set out one cone per team at the end the playing field for players to go around. Each team will need four players to carry the blanket; one player on each corner and the corners will be numbered corner #1, #2, #3 and #4. They will also need one player to ride in the blanket.
- The players will rotate after each carry so that each player on the team has been at all of the corner positions and the carried player. On go, the teams will race down around the cones and back then rotate until all players have had a turn. If one team is short on players that team will have to repeat some players so that all teams take the equal amount of trips down and back.
- The first team to complete the rotation is the winner.

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Blinded Ball Retrieval

Required: Containers, balls and blindfolds

Players: Small to large groups

- Separate into teams of 4-8 players and each team will have one container of balls and one blindfold. Each container will have to same amount of balls about 3-5 depending on the size of the teams.
- The container of balls will be placed about six feet in front of the teams. The first player will put on the blindfold and then the balls will be dumped out. Each player will try to retrieve 3 balls and place them back into their own container by following instructions given by the rest of the team.
- Once they have done this they can remove their blindfold and return to the next person in line. That person will put on the blindfold and the balls will be dumped. They will also retrieve 3 balls for their container. The balls can be any balls that they find but they have to go into their own container. If they put a ball into the wrong container it will count for the other team.
- Caution the players not to run because they can bump into the other players that are blindfolded. It's best if only one person from the team tells the blindfolded player where to go.
- It will take teamwork trying to keep quiet so that the player can listen for direction. The first team done with the rotation is the winner.

Chimp Race

Players: Small to large groups

- Set up teams and play area. The first person on each team is to bend over with feet apart and grab their ankles. On "go", they are to race down the course and back without letting go of their ankles.
- Each person on the team repeats the relay. The first team done is the winner.

Great Games



Cup Stack Relay Knock Down

Required: 8-10 paper or plastic cups and plates, one Fun Gripper Team Handball per team

Players: Large groups

- Set up teams of 8-10 players in lines facing away from the middle of a circle about 15-20 feet away. In the middle of the circle, somewhat lined up with each team's position, is their pile of cups and plates to stack up.
- Each team will be given one ball. The first player from each team will run down to the middle where their equipment is, and stack the plates and cups alternating them, having the cups face down, and then run to the next person to do the same.
- The next person will run down and un-stack them and then re-stack them. But anyone from another team has the option of using their ball to try to knock down any other team's stacked pile to set them behind. This is done only by the next person in line, on their turn, they cannot go do their task until the person behind them has retrieved the thrown ball and brought it back to the group.
- If a team's cups are knocked down, the person that stacked them has to return and do it again. The strategy becomes do you knock down someone else's stack or focus only on your team's progress and play it safe. The first team done is the winner of the game.

Dizzy Basketball

Required: Basketballs, basketball hoop and baseball bats

Players: Small to medium groups

- Divide up players into teams. Give each team one basketball and one baseball bat. One player at a time from each team will go to their baseball bat, bend over, put their head on the end of the bat and circle it 5 times while in this position (They should be very dizzy at this point).
- Then they will go pick up their basketball dribble down to the hoop and shoot a basket with the ball. Once they have done this they return the ball to its position by the bat and tag the next player on the team to do the same. The first team done completing this rotation is the winner.

Frisbee Games

Throwing Race

Required: 6 discs; 4 cones

Players: 12 players (6 teams of 2)

- Split up into pairs. Each pair is competing against the other pairs of players. Stand 10 metres apart and all pairs commence throwing at the same time. The aim is to complete (ie catch) as many passes as possible in pairs.
- If the disc has to be retrieved, then the receiver must return to their original position before the return throw.
- Score 1 point for a completed backhand pass, 2 points for a forehand, the first pair to reach 20 wins. Alternatively, give the pairs a limited time (like 2 minutes) to maximize their points.

Captain Disc

Required: 1 disc, 3 cones

Players: 6 players

- Line up in groups of six, have a disc placed 5 metres in front of the line, with the players facing it. The players need to be well-spaced, at least arms length apart. On "go!", the leftmost player runs out and picks up the disc.
- They pass it to the first (rightmost) player, who passes it back. Then to the second player and so forth until the end of the line is reached. When the last player catches the disc, they run out the front to become the captain and the previous captain runs to the right-hand end of the line to become the first receiver.
- If a player has to retrieve a disc, they must return to their place before throwing the return pass. Continue until the original captain runs out the front again and the whole team sits down to finish.

Great Games



Disc Golf

Required: 1 disc

Players: 2 players

- Disc golf is played just like ball & stick golf, except the targets or "holes" can be whatever is available.
- Each shot must be taken from behind where the disc comes to rest, and the object is to minimize the number of shots to hit the target. An innovative aspect of disc golf is to include rules, such as requiring the disc to go around a tree before hitting the hole.
- If a tree is the hole, it is usual to make the target the trunk below the first branch, so that branches and leaves do not count.
- Form into pairs, taking alternate shots. After each hole have someone new choose what the next hole will be. Encourage imaginative holes, eg "through the fork in the tree and hit the rubbish bin," but keep it simple.

Bottle Guts

Required: 6 discs, 12 cones

Players: 12 players

- Bottle Guts involves two teams of six facing each other in a line, with each player having a cone in front of them (the bottle). Give each team three discs.
- The object is to knock over the opposition's bottles. Players must throw from behind their bottle, and may only throw when their bottle is upright. Each player starts with three lives. Each time a player's bottle is knocked over, they lose a life. When they have no lives left, they are out of the game and must sit down.
- Any player may retrieve a disc from the "no-man's land" between the teams, but cannot go behind enemy lines. No goal-tending is allowed, a receiver cannot touch a moving disc until it passes the line of bottles.

Great Games



Frisbee Rounders (Frisbee Baseball)

Required: 1 disc, 7 cones

Players: 18 players (2 teams of 9)

- Set up a diamond, similar to baseball. There is no pitcher (like tee-ball), otherwise the fielding positions are similar.
- The "batter" simply throws the disc from home base, and must re-throw if it is a foul or doesn't travel at least 5m. The batter may run up to throw, but if they release too late, then it is also a foul.
- Three fouls mean the batter is out.. The batter is also out if their throw is caught on the full. Runners are out if the disc reaches the base they are running towards before they do. Only the fielders on a base (the basemen) may run with the disc; everyone else must throw it to a baseman.
- The batting team gets a run each time a runner reaches home base, when they get 3 outs the teams switch roles. For safety reasons, the fielders should be required to be at least 5m away from the batter.

Discathon

Required: 4 discs, cones, arrow signs

Players: 4 players

- Use cones or (better) natural obstacles such as trees to mark out a course. A park is the ideal setting. Use arrow signs to indicate which side of trees etc the course runs.
- Each player starts behind the start line with a disc. The players must run around the course, making their disc follow the course exactly. The players can run anywhere they like. Each successive throw must be taken from behind where the disc last stopped. If a throw misses a turn, the player must go back around that turn. The winner is the player whose disc first crosses the finish line.

Variations

With older children, put the winners into a final. Make the course difficulty match the throwing ability of the players.

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Flutter Guts

Required: 1 disc, 4 cones

Players: 6 players (2 teams of 3)

- This game can be used to increase eye-hand co-ordination. Two teams of three players stand facing each other about 2 metres apart. One team "serves" a slow, wobbly throw to the other team which must try to catch it with one hand. The disc must pass between the head and the knees and must be soft or it is a no-throw and must be thrown again.
- The disc may be bobbled and touched by any team member before it is caught, but no two hands or players may touch it at the same time. Also, "trapping" is not allowed, where the disc is trapped between the hand and another part of the body. The disc may be kept alive by hitting it with any body part as long as it is not a trap, and the receiving team may move anywhere they like to make a play on the disc.
- After the disc hits the ground or is caught, the receiving team then serves the disc. Score a point for a successful catch. The first team to 11 wins.

Frisbee Tennis

Required: 1 disc, 8 cones

Players: 12 players (2 teams of 6)

- This is really played similar to newcombe ball, with six players a side on either side of a tennis net. There is a "dead zone" 2 metres either side of the net, which is out-of-bounds.
- The receiving team scores a point if the disc lands out-of-bounds. Dropping the disc, or taking more than three passes to get it over the net, scores a point for the opposition. The game is to 15 points.
- Use a cone to mark where the server serves from, making this the back of the court for advanced throwers. This game can be played without a tennis court or net by setting up your own playing area.

Great Games



Five Hundred

Required: 1 disc

Players: 6 players

- Two groups of three are separated by a distance of about 20m.
- One group throws a high disc above the other group. If someone catches it, that person scores 100 points. That group then throws another high, floaty throw back and they get a chance to score points.
- The winner is the first person to score 500 points. The game is non-contact; no pushing or holding is allowed. This game is very good for practicing positioning, jumping and reading the flight of the disc.

Frisbee Soccer

Required: 1 disc, 8 cones

Players: 12 players (2 teams of 6)

- In frisbee soccer, you are not allowed to run with the disc, but the disc is allowed to touch the ground, or roll along the ground. Once the disc is on the ground, either team may pick it up, but maintain the non-contact rules, so once a player has picked it up, their marker must retire 1m away.
- If two players pick up the disc simultaneously, then the offence retains possession.
- The game can be played on a soccer or football field, or a similar field set out with cones. Score by throwing the disc through the goalmouth. Modify the number of players to suit the field size.

Great Games



Keepings Off

Required: 1 disc, 4 cones

Players: 8 players (2 teams of 4)

- Form a 20m square with the 4 cones. The aim of the game is to retain possession of the disc by passing to team mates for as long as possible. As in ultimate, players may not run with the disc and have a stall count of 10.

Variations

For more of a challenge, reduce the stall count to 7 or even 5.

Use a scoring system where a team scores a point each time everyone on the team touches the disc.

Goaltimate

Required: 1 disc, 6 cones

Players: 8 players (2 teams of 4)

- Goaltimate is played just like ultimate, but with the aim being to throw the disc into a goal (football or hockey) rather than catch it in an end zone. A simple goal could be made between two cones.

Variations: A variation is to play half-court goaltimate, requiring a team to pass the disc outside a box before attempting to score (eg the penalty box around a soccer goal).

Double Box

Required: 1 disc, 8 cones

Players: 10 players (2 teams of 5)

- This is a miniature game of ultimate, and more fast-paced. There are 2 scoring goals, 5m x 5m boxes, separated by about 20m. One team starts with the disc in their box and is attacking the opponent's box.
- Each time a team scores, they immediately are attacking the other box. Otherwise, the rules are the same as Ultimate.
- Play games to 3 or 5. Unlimited substitutions are allowed at any time.

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Hot Box

Required: 1 disc, 8 cones

Players: 10 players (2 teams of 5)

- Hot Box is like the half-court version of double box. The field can be much more congested with both teams attacking the same goal.
- The goal is a 5m x 5m square in the centre of a 20m x 20m square. Teams are 5-a-side on the court with unlimited subs. The aim is to catch the disc in the goal to score a point. When a team gains possession of the disc, they must complete a pass outside the outer box before they can attack the goal. Otherwise, the rules are the same as for regular Ultimate.
- After scoring, the scoring team retains possession of the disc and must move the disc out of the outer box before they can score again. Unlimited subs are allowed during play. Play games to 3 or 5.

Variations: For more advanced players, reduce the size of the box to 3m-a-side and the number of players to 3 or 4 per team.

Indoor Ultimate

Required: 1 disc

Players: 8 players (2 teams of 4)

- Indoor ultimate is played on a netball or basketball court. The end zone is the goal circle (netball) or keyhole (basketball). Each team has four players.
- After a player catches a goal, they touch the disc to the ground and start again, attacking the opposite goal. Each team has two substitutes. Substitution can happen at any time by tagging the player on the sideline. A game is usually played for 15 minutes.

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Bluebells

Bluebells, cockle shells, eevy ivy over! (*turning the rope only half way, then over on over to continue*)

My mother sent me to the store

And this is what she sent me for:

Salt,

Vinegar,

Peppers!

(The enders turn the rope fast while everyone counts to see who can skip the longest.)

Down in the Valley

Verse: Down in the valley where the boats go pu-sh

As one child is skipping, another child jumps in at the word "boats" and gives the first child a gentle push out of the rope.

High, Low, Medium, Slow

Turn the rope according to the words:

Hi, low, medium, slow,

Jolly ol' pepper and away we go!

Wherever the skipper gets mixed up in the ropes during the rhyme, that's how they need to skip the next time they're in. "High" - the skipping rope is a foot off the ground; "Low" - the skipper needs to bend down to skip; "Medium" - normal skipping; "Slow" - slow skipping; "Pepper" - really fast skipping.

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Double Disc Court (DDC)

Required: 2 discs, 8 cones

Players: 4 players (2 teams of 2)

- The court is two 10m x 10m boxes separated by a 5m wide no-man's land. The court can be outdoor or indoor. A pair of players stand in each box, each pair with one disc.
- Each team serves simultaneously and aim to land the disc in the other team's court. If the disc lands out or rolls out then the receiving team gets a point. If the disc lands in and stays in then the throwing team gets a point. If the receiving team catches the disc, then they can throw it back. If the receiving team drops the disc, the throwing team gets a point. If a team is touching both discs at once, that is a "double", and the other team scores two points.
- After a point is scored, the discs are returned to each end and the other players serve. Change ends every 5 points. The winning team is the first to reach 11.

Variations: Increase the size of the courts and spacing between them. A full size court is 14m squares separated by 14m. See the WFDF Rules for comprehensive rules.

Skipping Songs

Apples, Peaches, Pears and Plums

Apples, peaches, pears and plums,
Jump out when your birthday comes,
Is it January, February...

California Oranges

California oranges, 50 cents a pack,
California oranges, tap me on the back!
(A second jumper comes in and tags the first, who leaves, then repeat the chant)

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Teddy Bear

Teddy bear, teddy bear, turn around,
Teddy bear, teddy bear, touch the ground,
Teddy bear, teddy bear, show your shoe,
Teddy bear, teddy bear, that will do.
Teddy bear, teddy bear, brush your hair,
Teddy bear, teddy bear, climb the stairs.
Teddy bear, teddy bear, reach for the sky,
Teddy bear, teddy bear, wave goodbye.

Benjamin Franklin

Benjamin Franklin went to France
To teach the ladies how to dance.
First the heel, then the toe,
Spin around and out you go !

Jelly in the bowl

Jelly in the bowl, jelly in the bowl.
Wiggle, waggle, wiggle, waggle,
Jelly in the bowl.
Sausage in the pan, sausage in the pan
Turn around, turn around
Sausage in the pan.

Great Games



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