

Get Your Game On

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Catch Five

Objective: Throwing; catching; teamwork; cooperation.

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

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

Circle Tag

Objective: Teamwork; cooperation; agility.

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

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

Double Partner Tag

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

Equipment: Tag-a-Long straps

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

Drop 21

Objective: Agility; hand/eye coordination.

Equipment: One Reaction ball for every two players; chalk.

How to play: This game is played in pairs. Each pair has one Reaction ball and stands in a circle (approximately 15 feet diameter) marked on the ground with chalk. The players stand facing each other in the center of the circle. The player with the ball (player A) holds it at the height of the other player's head then drops it in the center of the circle. The object is for the other player (player B) to catch the ball after it bounces. Every bounce counts as a point. Therefore, if the ball is caught after one bounce player B gets 1 point, after two bounces, 2 points, etc. However, the ball must be caught before it lands outside the circle or before it stops bouncing and rolls away. Each player is trying to achieve 21 points. After player B has caught the ball, she drops it for player A to catch. Players continue dropping the ball for each other. The players continue adding to their scores trying to achieve 21 points. To win, a player must have exactly 21 points. If she exceeds 21, she must begin subtracting points to get back to 21. If a dropped ball hits the person who dropped it, or the person who dropped it gets in the way of the person trying to catch the ball, it is a "do-over" and the ball is dropped again.

Drop & Catch

Objective: Agility; hand/eye coordination.

Equipment: One reaction ball for every two players.

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

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

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

First & Goal

Objective: Throwing; catching; cooperation; teamwork.

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

How to play: This game is played 4 v. 4. Place the cones on the ground in a rectangle (approximately 20' x 40'), marking an "end zone". One team is the offensive team and lines up 2 yards back from the goal line of the end zone, at the line of scrimmage. One player is the Quarterback and the other three players are receivers. The other team is the defensive team. The offensive team has four plays (or downs) to try and score a touchdown. All plays must be passing plays (no one can run with the ball) and all passes must be made into the end zone. If a pass is caught short of the goal line, the next play still starts from the original line of scrimmage, not the spot where the pass was caught. Incomplete passes result in a loss of down, and the next play is run from the line of scrimmage. If the offensive team makes a complete pass into the end zone, they score 6 points. They now attempt a 2-point conversion from the original line of scrimmage. All 2-point conversions are passing plays. If they make a complete pass into the end zone on the 2-point conversion attempt, they score 2 additional points, and now have 8 points in total. If the 2-point conversion pass is incomplete, they score zero points, and now have the original 6 points. After the 2-point conversion the two teams switch roles and the game continues. If the offensive team fails to score during the four plays, the two teams switch roles and the game continues. Defensive players cannot touch offensive players who are attempting to catch a pass. If contact is made and the offensive player drops the ball or it is knocked down, the offensive team is allowed to run the play again with no loss of down. Defensive players can knock down or intercept passes. If a pass is dropped or knocked down (the ball lands on the ground), it is a loss of down for the offensive team. If a defensive player intercepts a pass, the two teams switch roles and the game continues.

Guard the Cookie Jar

Objective: Quickness; hand/eye coordination; agility.

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

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

Hoop Ball

Objective: Hand/eye coordination; agility.

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

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

Hoop Guard

Objective: Hand/eye coordination; throwing; catching.

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

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

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

Kan Jam

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

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

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

Keep Away

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

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

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

KnockDown

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

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

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

Pass & Catch

Objective: Throwing; catching; teamwork; cooperation.

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

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

Toss Up

Objective: Agility; hand/eye coordination.

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

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

Ultimate KanJam

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

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

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

Equipment used in this presentation is available from Toledo PE Supply:

Item Description	Catalog #	Catalog Price
Smoosh Balls	11701SET	\$25.99 set of 6
Poly Spots-9"	79PSS	\$19.99 set of 6
Shark Skin All-Around Foam Balls	SS7SET	\$78.99 set of 6
Large Odd Ball	55360SET	\$23.99 set of 6
No-Kink Skinny Hoops-30"	OS-T0687	\$42.99/dozen
8.5-inch Fun Gripper Footballs	T00701SET	\$74.99 set of 6
Kan Jam Game	50006	\$39.99 per set

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About Curt Hinson

Curt Hinson Ph.D., has taught for 35 years. He is the CEO of PlayFit Education. In addition, he teaches in the on-line graduate program at Canisius College in Buffalo, NY and is an adjunct professor at Rowan University in New Jersey. He holds a Ph.D. in Kinesiology; a Masters of Education degree; and a BS degree in Health & Physical Education. Curt is the author of three books, *Fitness for Children*; *Games Kids Should Play at Recess*; and *6-Steps to a Trouble-free Playground*. He also is the creator of the *Dr. Recess Playground Program*. He has made presentations in all 50 states, as well as in Washington, DC, Puerto Rico, the Virgin Islands, and Mexico. He was the 1992 NASPE Eastern District Teacher of the Year and the 1991 Delaware PE Teacher of the Year. He has been featured in the *Wall Street Journal*; *Disney's Family Fun* magazine; and on the *Fox News Network*.