

# Got Game?

Games for fitness & skill development

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### **Hot Pursuit**

Objective: Aerobic endurance; agility; muscular strength & endurance; cooperation.

Equipment: None

Set-up: The students form groups of three.

How to play: The students are numbered 1, 2 and 3 in each group. On the signal to begin, Player 1 chases Player 2, attempting to tag him/her. Player 3 performs an exercise (e.g., push-ups; crunches; jumping jacks; arm circles; etc.). When Player 1 tags Player 2, Player 2 begins chasing Player 3 and Player 1 now begins an exercise. When Player 2 tags Player 3, Player 3 now chases Player 1 and Player 2 begins an exercise. Play continues in this manner for the allotted time. You can give the students a list of exercises they can choose from or call out what exercise they must do, changing it periodically.

Safety: Warn students to watch out for others as they travel through general space.

### **Pass & Chase**

Objective: Tossing & catching; cooperation; aerobic endurance; agility.

Equipment: One soft (foam-type) ball for every two players; music.

How to play: The children form pairs. Each pair has a ball. The game begins with the partners tossing the ball back and forth to each other. When the music begins, the tag game begins. The partner with the ball is "IT" and must tag the partner with the ball (no throwing). Once a successful tag is made, the "tagger" simply drops the ball on the ground and quickly gets away from their partner. The partner now must pick up the ball and chase the other partner, attempting to tag him/her. This continues until the music goes off. The music going off is the signal to begin tossing and catching again. When the music comes back on, another tag game begins.

Variation: Instead of just tossing the ball back and forth, the players can roll the ball back and forth from push-up position; kick it back and forth from crab position; or toss it after performing a sit-up.

### **Shuttle Transfer**

Objective: Aerobic endurance; agility; cooperation.

Equipment: Hoops and beanbags.

Set-up: The students form partners. Each partner stands in a hoop on opposite sides of the area. One partner has 5 (or more) beanbags in her hoop.

How to play: On the signal to begin, the player with the beanbags picks up one beanbag at a time and runs out to the middle of the area. The other partner runs out to the middle and takes the beanbag from the other partner and returns it to his hoop. The other partner returns to her hoop and retrieves another beanbag and the process continues. The object is to transfer all of the beanbags to the other hoop and back again in the quickest time.

### **Asteroid**

Objective: Throwing; catching; quick reaction; agility; teamwork; aerobic endurance.

Equipment: 1 soccer ball (or similar) and 1 coated foam ball for every four players.

How to play: Place the children in teams of two. The game is played two v. two. One team has a soccer ball (called the planet) and the other team has a foam ball (called the asteroid). The team with the planet must kick the ball around the field, keeping it away from the asteroid. The team with the asteroid must throw the asteroid at the planet and hit it. When the asteroid hits the planet, the team who threw the asteroid takes possession of the planet and the teams switch roles. The person with the asteroid cannot travel with it, they must throw it to a teammate to get close to the planet. The team with the planet can only use their feet to move the ball around the area.

### **Catch Five**

Objective: Throwing; catching; teamwork; cooperation.

Equipment: One football (or other ball) for every group of 6-8 players.

Set-up: The students form teams of 3 or 4. This game is played either 3 vs. 3 or 4 vs. 4. You can have more than one game going on at a time. Mark off boundaries for each game approximately 30-40 feet by 30-40 feet.

How to play: 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, but 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.

### **Cross-the-Line**

Objective: Aerobic endurance; throwing; catching; teamwork; strategy.

Equipment: Six hoops; 6 Koosh balls (beanbags can also be used); cones.

Set-up: Place three hoops at each end of the playing area, approximately 10-15 feet apart. Place the cones in a line in the middle of the field so that the field is divided in half. If desired, you can also use cones to make sideline boundaries. Divide the players into two teams of 6 each. Each team has three Koosh balls, which are distributed to three different players.

How to play: The object of the game is to get three Koosh balls into the other team's hoops. A player who has possession of a ball is allowed to cross the line in the middle of the field and run toward the other team's hoop.

However, when a player crosses the line the opposing team can tag him. If tagged while in the other team's zone, the player who was tagged must hand their ball over to the other team. They are now free to go back to their own side of the line. If a player is in danger of being tagged, he can avoid losing his ball by throwing it at the opposing team's hoops. If the ball goes into a hoop, it stays there. If it misses a hoop, the opposing team can pick it up.

When a player runs across the line with a ball, his goal is to throw or drop the ball into one of the three hoops.

Throws can be made from anywhere once a player crosses the line. Of course, the closer the player gets to the hoops the easier it is for a successful throw to be made. The game is played until one team has three balls in the opposing team's hoop (there can be one in each hoop; two in one hoop and one in another; or all three in one hoop)

Note: Once there are two balls in each team's hoops it is best to add a couple more balls to the game. Only players who have possession of a ball can cross the line in the center of the field.

### **Go for the Gold**

Objective: Chasing; fleeing

Equipment: A beanbag or small, soft object

How to play: The children play this game in pairs. Each pair stands facing each other approximately 30 to 40 feet apart with a beanbag placed on the ground between them. The line where each player stands is his or her safety line. There are two objectives to this game: 1) To grab the beanbag and run to the safety line before your partner can tag you, or 2) tag your partner before she can get to her safety line with the beanbag. The game begins with both players holding up a closed fist. When Player A opens his fist, showing his opponent all five fingers and the palm of his hand, it indicates he is ready to begin. When Player B opens her hand it is the signal for the game to begin. At this point both players run to the middle where the beanbag is lying on the ground. The players can either attempt to grab the beanbag or wait for their opponent to grab it, then try and tag them. If the "grabber" is tagged before reaching her safety line, the tagger gets a point. If the "grabber" makes it to the safety line with the beanbag, he gets a point. After a point is scored, the players place the beanbag back in the middle and return to their safety line. On each turn the players alternate who will open their hand first to indicate they are ready to begin and who will open their hand second to indicate the start of the game.

### **Hoop Ball**

Objective: Hand/eye coordination; agility.

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

How to play: The children form pairs. Each pair stands around 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 and 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.

### **KanJam**

Objective:

Equipment: One KanJam set for every four players.

How to play: The Kans are set up approximately 20 to 30 feet apart. One player from each team stands at each of the Kans. The object of the game is to throw the disc so that it either hits the Kan or goes into the Kan. One team is selected to throw first, they have the disc. The first player from this team throws the disc at the opposite Kan.

Their teammate, who is standing at the opposite Kan, is allowed to deflect the disc so that it either hits the Kan or goes into the Kan. If the disc hits the Kan without being deflected, the team receives two points. If the disc is deflected off the Kan, the team receives one point. If the disc is deflected into the top of the Kan or through the front slot, the team receives three points. The other player now retrieves the disc and throws back to the other Kan with the first thrower trying to deflect it in or off the Kan. Once both players on this team have thrown, the disc is given to the other team and they make two throws back and forth to each other. The first team to accumulate 21 points wins the game. The disc must hit the Kan or go in the Kan in the air. If the disc hits the ground first, no points are scored. If the disc goes in the top or through the slot in the front of the Kan without being deflected, it is an automatic win regardless of the score.

### **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 children 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 court players must pass the ball to each other. A ball that hits the floor 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 and intercept and knock down passes. Defensive players are not allowed to touch offensive players.

### **Pass & Catch**

Objective: Throwing; catching; teamwork; cooperation.

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

Set-up: 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.

How to play: 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 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. 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.

### **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.

### **About Curt Hinson**

Curt Hinson Ph.D., has taught at both the elementary school and university levels for 37 years. He is the President and founder of PlayFit Education. In addition, he teaches in the on-line graduate program at Canisius College in Buffalo, NY. 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 SHAPE America 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*.