

Game Time by Curt Hinson, Ph.D.
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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.

How to play: 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. 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.

Double Partner Tag

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

Equipment: Tag-a-Long straps

How to play: The children form pairs and join hands. 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 to "5 Alligators" before chasing the other pair. The pairs take turns chasing each other, trying to tag each other. You can play this as a walking only game or you can allow running.

Drop 21

Objective: Agility; hand/eye coordination.

Equipment: One "Z-ball" or reaction ball for every two players.

How to play: The children play this game in pairs. Each pair needs one ball. The players stand facing each other about four or five feet apart. The player with the ball (player A) holds it at the height of the other player's head then drops it. 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, once the ball rolls away or can no longer be caught off the bounce, no points are awarded. 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.

Four-Down Football

Objective: Throwing; catching; cooperation; teamwork.

Equipment: One foam or rubber football and 4 cones (markers) for every 6-8 players.

How to play: This game can be played 3 v. 3 or 4 v. 4, so divide the students into the size groups you want to use. Each group has one football and four cones. Place the cones on the ground in a large rectangle (approximately 40' x 60'). The team with the ball starts on their own goal line (one end of the rectangle). They have four plays to get into the other team's end zone. One player is the quarterback and says "Ready, Go!" The other team members run down the field attempting to "get open" for a pass from the quarterback. When a successful pass and catch are made, the person catching the ball becomes the new quarterback and the team continues with their next passing play. If the pass is incomplete, it comes back to the same quarterback and the next play is run. If the offensive team catches a pass in the other team's end zone it is a touch down. The other team now starts from their goal line and has four plays to try and score. If the offensive team doesn't catch a pass in the end zone after four plays, the other team starts from their goal line and has four plays to try and score. The only time a team doesn't start from its own goal line is if they intercept a pass. In this case, they start from where the pass was intercepted. No one is allowed to advance the ball by running with it. An offensive play is over as soon as the ball is caught or it hits the ground.

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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.

Grab It Tag

Equipment: One Kinection Pinnie and two 12" Grab straps for every player.

How to Play: Every player wears a Kinection Pinnie and places two 12" Grab straps on her/her back Stick-on-Spot. Players are scattered around the area to start.

On the signal to begin, players attempt to grab the straps off of others. When a player grabs a strap, he/she sticks it on the front Stick-on-Spot area of his/her Kinection Pinnie. The object is to collect as many Grab straps as possible. Once all the Grab straps have been removed from the back's of all the players, the game is over. The winner is the player with the most Grab straps on the front of his/her Kinection Pinnie. Players are not allowed to grab straps from the front of other player's Kinection Pinnie. Return two Grab straps to every player and start a new game.

Keep Away

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

Equipment: 1 or 2 soft balls or objects for every group of five to seven players.

How to play: Place the children in groups of 5, 6 or 7. Players form a square or circle. One player stands in the center of the circle/square. The circle players attempt to toss the ball around or through the circle without the center player touching it. If the circle players lose control of the ball, or if the center player steals it, touches it, or knocks it away, the last player to have touched the ball switches places with the center player. The center player may also get out of the center by tagging a player who is in possession of the ball or by taking their spot if they leave it.

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.

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Saucer Slam

Equipment: One Saucer Slam set.

How to Play: The goals are set up approximately 20 to 30 feet apart. This distance can be adjusted based on the throwing abilities of the players in the game. One player from each team stands at each of the goals. The object of the game is to throw the disc so that it either hits the goal or goes into the goal. One team is selected to throw first, they have the disc. The first player from this team throws the disc at the opposite goal. Their teammate, who is standing at the opposite goal, is allowed to deflect the disc so that it either hits the goal or goes into the goal. If the disc hits the goal, the team receives one point. If the disc goes in the top of the goal, the team receives two points. The other player now retrieves the disc and throws back to the other goal with the first thrower trying to deflect it in or off the goal. 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 goal or go in the goal in the air. If the disc hits the ground first, no points are scored.

Variation: An "Automatic Win" feature can be added to the game. If the disc goes into the top of the goal without being deflected by the thrower's teammate, it is an automatic win regardless of the score. This allows teams who are far behind in the score to still win the game at any time.

Note: A Saucer Slam set comes with a booklet which contains the directions on how to play eight different games. This is a description of one of the games.

Team Touchdown

Objective: Tossing; catching; teamwork.

Equipment: A soft football; four cones.

Set-up: The players form teams of three or four. The cones are placed in a rectangle approximately 60 by 30 feet (can be larger with older players). The teams stand at opposite ends of the rectangle. One team has the ball.

How to play: The object of the game is to score a touchdown by throwing the ball to a teammate in the opponent's end zone. When in possession of the ball a player is not allowed to travel, but they can pivot as in basketball. The ball is advanced down the field by passing it to teammates. When a ball lands on the ground, the team that has possession last, loses possession. The other team picks the ball up and begins moving down the field. Contact is not permitted. Players are not allowed to touch the person in possession of the ball, steal the ball out of the person's hands, or knock it out of his hands. Passes may be intercepted. This game is continuous. Once a touchdown is scored, the opposing team obtains the ball and heads up the field immediately.

True or False

Objective: Chasing; fleeing; quick thinking; cooperation.

Equipment: Cones or markers.

How to play: Players are divided into two groups and stand (or sit on the floor) facing each other, approximately 1 foot apart. One group is designated to be the "true" team and the other group is the "false" team. A safety line is marked on the floor or ground approximately 15-20 feet behind each group. The teacher asks a question or gives a statement that is either true or false (e.g., the capitol of California is Sacramento). If the statement or question is true, the true team (gets up and) runs to their safety line while the false team attempts to tag them. If the statement was false, the roles of the teams are reversed. A player gets a point for tagging the other player or for making it across the line without being tagged. Each player keeps his/her own score. Switch partners often.

Ultimate Saucer Slam

Equipment: One Saucer Slam set for each game; Rope (30 feet in length) or spray paint to mark a circle.

How to Play: Place the two goals on the ground approximately 60-75 feet apart. Lay one piece of rope on the ground around each goal, making a circle around the goal. Each team has four players. Three players are field players and one player is the deflector. The deflector stands inside the circle at the opposing team's goal. One team starts on offense and has the flying disc. The other team starts on defense. The object is to obtain possession of the disc and throw it at the opposing team's goal. One point is awarded if the disc hits the goal in the air. Two points are awarded if the disc goes into the top of the goal. Offensive players cannot travel with the disc. A player with possession of the disc can pivot on one foot, as in basketball, but they cannot advance the disc by running with it. Offensive players without the disc can move anywhere in the play area to receive a pass from the player with the disc. If the disc hits the ground, the team that had possession, loses possession. The defensive team picks the disc up and goes on offense. Passes can be intercepted by the defensive team, but a defensive player cannot touch an offensive player at any time. If an offensive player is interfered with while trying to catch a pass, the pass counts and the offensive player gets the disc at the spot of the infraction. The deflector is the only player allowed inside of the circle around the goal. The deflector's job is to try to help the field players on her team hit the opposing team's goal with the disc or get the disc in the goal. Deflectors use their hands to deflect the thrown disc into or off of the goal. Deflectors can be used as a fourth field player by catching passes inside of the circle and throwing them back out to teammates. However, a deflector cannot catch a pass and place it into the goal for points. Only deflected throws count, not ones that are caught. Once a point is scored, the defensive team retrieves the disc and goes on offense, trying to score at the opposing goal. There are no side or end boundaries, so players can move in any direction and can score from any side of the goal.