

## Camp Games and Activities

### **1. Bowling**

- Make Teams
- Set up a cone with a ball on top
- Mark off lines for students to roll a ball to knock other ball off cone
- More points the further you bowl from
- Make up more rules (ie. Bounce ball, backwards roll, between legs, etc.)
- You may have more than one cone with balls resting on top of them

### **2. Rings**

- Make Teams
- Set up targets
- Give each player three turns
- Move throwing line back each round
- Make consequences after each round (push-ups, etc.)

### **3. Hoop Shoot**

- Make Teams
- Hang hoop up
- Keep track of made shots
- Set up different points for different shots
- Use mats to demonstrate different shooting spots
- Make team game: fastest for everyone on team to score a basket
- \*See if there is enough room for Knockout

### **4. Bean Bag Toss**

- Make Teams
- Set up targets
- Give each player three turns
- Move throwing line back each round
- Make consequences after each round (push-ups, etc.)

### **5. Battleship**

- Make Teams
- Set up a row of cones with balls on top of them
- Each team is on either side of the row of cones
- Players should have other balls in their hands
- Players may roll balls to knock off balls resting on cones
- Keep track of which team gets more 'hits'

## **6. PONG**

- Make Teams
- Set up a row of cups
- Each team is on either side of the row of cups
- Players should have balls in their hands
- Players may toss balls into cups
- Teams alternate turns
- Keep track of which team sinks more balls

## **7. Putt Putt Challenge (Use Floor Hockey Sticks as an Option)**

- Make Teams
- Set up a few obstacles in the classroom between the T and the Hole
- Each team's players get a turn to make the putt
- Keep track of which team needs the fewest strokes to putt ball in hole

## **8. Musical Chairs/Mats**

- Make a circle of mats or flat cones
- Turn on Music
- Students are to walk on the outside of the circle of mats and cones until music stops
- When music stops they should step on nearest mat or cone
- Left over players sit in middle
- Keep taking mats and cones away until there is a winner

## **9. Juggle Contest**

- Use small balls to allow players to juggle as many as they can as many times as they can
- Most likely will just be two balls that players need to rotate from hand to hand

## **10. Limbo Contest**

- Have two volunteers hold a stick level
- Players will try to pass under with out falling down or bending forward
- Keep lowering stick until there is a winner

## 11. Paddle Ball

- Players form a standing circle with their legs wide
- Each player's feet should be next to the player's feet beside them
- Begin with one ball
- Player's should be bent over with flat hands
- They are to 'paddle' the ball around the circle never letting it stop
- It must be one touched
- You may incorporate different rules, and try to get the ball to go through other players legs, eliminating them from the circle
- Add more balls

## 12. Four Square

- Instructor should make a four square court on the ground with tape
- The game court shall consist of a large square subdivided into four squares of equal size
- Each square shall be numbered starting at one and going to four in a counterclockwise fashion
- The "one" square is called the entrance square; it is the square that a new player enters the court
- The player in the "four" square is called the king/queen; a smaller square shall be placed in the far corner from the center which is called the serving square
- The king/queen starts play with a serve and is allowed to modify the game rules (within acceptable reason) before each serve
- The serve is performed from the serving square; a serve consists of an underhanded strike and a bounce on the ground in the "four" square to any of the other three squares (like ping pong)
- The ball then is played so that the ball strikes a player's square but once and then struck so that it goes into another square
- A player is out when:
  1. The ball is in a player's square and is unable to strike it into another player's square
  2. The ball is in a player's square and the player's return lands on a line
  3. The ball is in a player's square and the player's return hits another player's foot who doesn't intentionally move it into the path of the ball
  4. Various rules are implemented to change this condition (i.e. a player is out when another player catches their strike)
  5. When a player is out that player leaves the court, players rotate clockwise if there is an empty space, a new player enters in the "one" square

### **13. Towers**

- Equipment Needed: Cups
- Split kids into teams
- Choose a measuring mark
- Kids must stack cups to that mark first and without them falling down
- Kids can be told that certain formations or methods of stacking the cups must be used for different rounds of the game

### **14. Balloon Tennis**

- Large Balloons (Blown Up) , Any type of barrier for nets (line on floor, row of desks, etc.). The 'racquet' is the kids hands.
- Games should be set up just like ping-pong (singles or doubles)
- Scoring is to 21. 1 point each play. Teams get 5 serves, then the other team gets 5 serves, rotating until 1 team gets to 21.

### **15. Lilly Pad Leap**

- Cones or Mats
- Place cones or mats all over open space; do not make them too far apart from each other.
- Instructor will blow whistle and kids will hop/jump to an open 'Lilly Pad'. Kids will stop on the 'Lilly Pad' until instructor blows whistle again. You can begin removing 'Lilly Pads' each round so that there will be more kids than 'Lilly Pads'. This takes on a musical chairs element to the game.

### **16. Closest To The Pin Bean Bag Toss**

- Place marker (Pin) in designated area
- Game can be played with individuals or with Teams
- Individuals Game
- Either line up at a Toss Line or even circle all the way around Marker
- Team Game
  - Even number of players in 4 corners from the middle marker
- Each player tosses bean bag and tries to get it the closest to the pin/marker
- Instructor gives out points based on where bean bag for each player/team lands
- Several Rounds can be played before determining winner
- Instructor can add rules about throwing (Backwards, underhand, eyes closed, etc.)

## **17. Detective**

- Choose one person to be the detective. That person has to leave the room (or hide behind a tree, if you're outside).
- While the detective is gone, choose a leader.
- The leader begins doing something, like flapping his arms like a chicken, or doing a dance move, or nodding his head. Everyone else copies the leader. Send one person to retrieve the detective.
- When the detective returns, her job is to figure out who the leader is. The leader has to change his movement at least every thirty seconds, and everyone else follows.
- The trick is for everyone not to stare at the leader and to make sure they change their movement's quick enough so the detective can't figure out who is starting the action.
- Once the detective figures out the mystery, the old leader becomes the detective and the game starts over.

## **18. Pictionary**

- Make Teams
- Instructor will pick things for student to draw
- His or her teammates will guess what it is
- If they don't get it, other team can 'steal'
- Make sure the items to draw are easy
- First round, Instructor should do all the drawing then alternate what team guesses the answer

## **19. Paper Airplane Challenge**

- Issue a piece of paper to each student
- Demonstrate how to make a paper airplane
- Have them decorate paper before they make the plane
- See how far they go
- See how many 'tricks' they can do

## **20. Trivia Challenge**

- Make Teams
- Design a grid on the board similar to Jeopardy
- Categories and points
- First team to raise their hands gets to answer question
- If they get it wrong, other team can steal points
- Keep track of points
- Take points away for disciplinary problems

## **21. Spelling B**

- Make Teams
- Instructor will select a word
- Teams all write down how to spell word
- They should make sure no other teams can see their answer
- Team may help each other
- Instructor awards points for correct answer

## **22. Memory**

- Make Teams
- Instructor must have an equal number of objects (2 of each)
- Instructor will make a grid of cups upside down, each cup with an item under it
- Players from each team will take turns guessing what two cups the matching objects are under
- Team with the most pairs of objects wins

## **23. Talent Show**

- Announce a day that students should be prepared to demonstrate a talent
- All talents must be approved before hand by instructor
- Each student is given a turn to demonstrate their talent
- There are no winners

# GAGA

## **Origin and Purpose**

Ultimate Gaga became very popular in Israel in the 1960s. The term *gaga* mean “hit” in Hebrew. The game is played in an enclosed octagonal pit formed by barriers made of variety of things such as plastic, boxes, crates, or tables or benches on their sides. It can be played preferably in a gym or outside, where the enclosure is formed by the students’ bodies, or outside on any dry surface. Normally this game has all players inside the pit until one remains but other varieties are also available. You can start with having 6-8 students, called *strikers*, enter the pit with the objective of avoiding being hit from the waist down by a slapped ball that is rolled along the ground or floor. There are no teams; each person plays as an individual. Players can avoid being hit by sidestepping, moving forward, side to side, or jumping over the ball. Players strike the ball with an open hand with the aim of hitting another player. When a player is hit, he\she is out and another student may enter the pit to keep the all students involved. The action is quick, risk free, and exciting since the rotation occurs very quickly. It is also unlike traditional dodgeball, in which the ball is thrown at players with great force. It is one of the very few games originating from Israel.

## **Activity Area**

To make a pit, the students form a ring. Students are assigned numbers beginning with number 1, and play begins with the teacher calling out one or more numbers, usually up to number 8. The students who are called move to the middle of the ring and become the strikers.

## **Equipment**

A circular playing area (pit) and a soft volleyball, dodgeball, or kickball can be used. It is important that this game use a softer like ball and not a harder ball to avoid any possible injuries similar to dodgeball. (Note: an actually Gaga pit has a playing surface 20 feet in diameter with 3 foot wall barriers.) Also cones may be used as markers to help students form a circular playing pit.

## **Teaching Process**

1. Assign each student with a number beginning with number 1. Half the students enter the pit and the other half are the barriers. The teacher begins the game by dropping the ball in the center. The ball must bounce twice and students must yell out “GA, GA” (one for each bounce). The objective is to slap the ball so it makes contact with other students in the pit.
2. When a player is contacted from the waist down by a rolled or slapped ball, she immediately leaves the pit, and the teacher calls out another number.
3. The object is to remain inside the pit the longest
4. The teacher may substitute strikers at any time by calling out a new number. Strikers must slap the ball with an open hand.
5. Inform the students that Gaga is played in countries with sizable Jewish communities.

## **Key Instructional Points**

- All ring players should maintain a low position by bending their knees to reduce their size as a target and improve their position for seeing and avoiding being hit. (students may try to get on knees for strategical purposes but the game must be played on your feet)
- Players should keep their wrists firm when making contact with the ball. Keeping arms hanging low like a monkey to block legs is a good strategy.
- Strikers may not pick up or scoop the ball (as opposed to just hitting it). Nor may they touch the ball more than once before it hits the wall or another player.
- Elimination may also occur if players' hit opposing players above waist or slap it out of the ring or try to make physical contact.
- Encourage students to slap ball to avoid "Gaga Knuckles." This is the most common injury that occurs when a player tries to punch the ball and scraps their knuckles along the ground. In Israel and other well known Gaga playing areas, this injury is avoided by wrapping a tube sock around their hands.

## **Closure**

Ask students what strategy worked best for them in the role of strikers and have students explain why that strategy was successful.