

BIG GAMES

1. Numbers Games

Equipment Needed: Balls, Cones, Goals

Set Up: Create a playing field with cones and goals if you will be incorporating shooting.

How to Play:

1. Divide the class into 2 teams and give each team its own set of number's i.e. – 1,2,3
2. Assign names to each team – ALWAYS ASSIGN NAMES!! i.e. - the Dragons vs. the Tigers.
3. Each player will have a same number as one other player on the other team.
4. Call a number and throw out 2 balls.
5. The players from the different teams with the same number must run out and get a ball, take it down to their team's basket/goal, and take a shot.
6. Each player gets 1 shot.
7. Whether they make it or miss it, they have to collect the ball, and return it to the Instructor as fast as possible, then return to their team.

Tips:

- This game can be played with any sport.
- Award points for a player who runs back to his/her team faster than the other player or for cheering loud.

2. Harry Potter and the Sorcerer's Stone

Equipment Needed: Balls, Cones

Set Up: Create a rectangular boundary with cones.
Place a ball on a cone at the end lines.
Divide the court in half or in quarters.

How to Play:

1. Divide the class into 2 teams or 4 teams.
2. The object is for each team to protect their stone (a ball resting on top of a cone).
3. Each team tries to knock the ball off the other team's cone.
4. You can incorporate dodgeball rules. If the ball hits a child they must sit out.
5. If a player catches another player's ball, the other player must sit out.
6. Players may not stand directly in front of their stone, there should be a "crease".

3. **Points Game**

Equipment Needed: Basketballs, Soccer Balls, Dodgeballs, Cones, Hoops, Goals

Set Up: Have the balls spread out throughout the playing area.

How to Play:

1. Divide the class into 2 teams, one team on one side of the gym, the other team on the other side.
2. The object is for each team to score as many points as possible.
3. Making baskets/goals is how team's score points.
4. After a point is scored, the child must run over to the Instructor and tell him/her the amount of points the score was worth.
5. The Instructor should be keeping track of the points by writing them down.

Tips:

- As the game progresses, the Instructor should continue to add different points for different actions, i.e. - shooting a ball backwards, bouncing a ball into a hop, hitting the backboard, kicking a ball to knock over a cone.
- Different types of balls can be worth different amounts.
- You may make up any action to allow the children to gain points, be creative!
- This game can go on forever if you continue to include fun challenges for the teams to try.

4. Handball

Equipment Needed: Dodgeball, Handball, Playground Ball, Cones, Goals

Set Up: Create a rectangular boundary with cones.
Create two goals about 10 feet wide on opposite ends.
Mark off from the center of the end boundary a 20-foot half circle- within this marked area will be known as the "Goalie Area".

How to Play:

1. Divide the class into 2 teams.
2. No players are allowed to enter the "Goalie Area".
3. Have the teams spread out on their part of the field with goalies in position.
4. Start the game with a throw-in by the goalie; this is also done after each goal.
5. The object of the game is to move the ball down the field/gym towards your opponent's goal.
6. Players can do this by running with it, or using a series of throws and catches until the ball can be thrown into the goal to score a point.
7. You cannot hold, hit, trip, or push any player or this will result in a foul awarded with a free shot from where the foul occurred. The defensive player can closely guard and obstruct the progress of the opposite team.
8. If the ball goes out of bounds it is thrown-in by the team that did NOT touch it last and the defender must be 10 feet away.
9. A throw-in by the goalie occurs after a goal is made by the opposite team, in which case the goalie throws the ball in from anywhere within the "Goalie Area".
10. A penalty throw occurs when there is a foul.
11. Fouls are when the opponent stops a clean chance for a goal or when a player throws the ball to their own goalie. When this happens, all players except the goalie and thrower must stand behind the free throw line.
12. The goalie can move anywhere inside the "Goalie Area" but cannot leave the goal area with the ball.
13. The goalie can step out of the "Goalie Area" without the ball and becomes a player but cannot re-enter the goal area with the ball.
14. The field player cannot throw the ball to their own goalie while they're in the "Goalie Area".

Tips:

- You can also play Handball without any goalies. The "Goalie Area" rule still remains in effect.
- Instructors can be a free pass for any team.

5. Kickball

Equipment Needed: Kickball, Cones

Set Up: Set up a kickball field.

How to Play:

1. Divide the class into 2 teams
2. 1 team will be batting first and 1 team will be in the outfield first.
3. This game is traditionally played outdoors but can work just as well indoors in a gym.
4. Give each team a name; i.e. - New York Knicks vs. New York Yankees.
5. The Instructor should be the all-time pitcher until he/she feels comfortable having a player be the pitcher.
6. The pitcher rolls the ball to the batter, the batter kicks and runs to first base, etc.
7. In order to get the batter out, the outfield must throw it to the base the batter is running to, or can tag runner with ball. (NO PEGGING! The batter cannot be out if an outfielder throws the ball at them directly.)
8. The game is played just like baseball, but instructor can determine outs, strikes, etc.
9. Runner may also be out if ball is thrown back to pitcher before runner gets to base.

Tips:

- Gym Rules- If the batter kicks the ball to the other side of the gym against the wall it is a homeroom.
- If the batter kicks it into a basketball hoop it is a grand slam, and (3) If the batter kicks the ball and it hits the ceiling the batter is out
- A line of cones should be stretched from first base to third base. No player in the field is allowed to stand in front of that for fielding purposes and safety.

6. Dodgeball

Equipment Needed:Dodgeballs, Cones

Set Up: Create a dodgeball boundary.
Also can create a boundary with a "No-Man's Land".

How to Play:

1. Divide the class into 2 teams.
2. If you are hit below the shoulders, you are out.
3. If you hit someone above the shoulders you are out.
4. If you throw a ball and someone catches it before it hits the ground you are out.
5. If you cross the half court line you are out (unless otherwise stated).
6. You can block a ball with another ball (unless otherwise stated).

7. Capture the Flag

Equipment Needed: Flags, Balls, Cones

Set Up: Create a rectangular boundary with cones.
Place a ball at each end of each team's side of the playing field.

How to Play:

1. Divide the class into 2 teams, 1 team is on one end of the court, the other team is on the other end.
2. Give each team matching flags that are used in flag football, make sure the two teams have different color flags.
3. The object is to run into the other teams end of the court, steal their ball and either run or pass it back to your end of the court without getting your flag pulled.
4. If a player's flag is pulled, or a pass is attempted and dropped, the play resets with the ball placed back on each team's side.
5. If the player runs the ball past half-court to his/her end of the court, his/her team gets awarded 3 points.
6. If the player passes the ball from the other teams side of the court/field to a player on his/her team on their side of the field/court, that is considered a TOUCHDOWN and is worth 6 points.

Tips:

- If you have circular cones, place the ball on top of the cone... it looks cool.
- Add a "No Man's Land" about 5 feet in diameter around the ball. This stops the defending team from standing over the ball to defend it.

8. Drop-Zone

Equipment Needed: Balls and cones

Set Up: Create a rectangular boundary with cones.
Create coned boxes or circles on each end of the field.

How to Play:

1. Divide the class into 2 teams.
2. Designate some players to be "it". They will defend their side of the field by tagging approaching players before they can get their ball to the "Drop Zone".
3. Offensive players' should have a ball. They will line up. When the whistle blows they have to attempt to get to the "Drop Zone" without getting caught.
4. There should be several quick 30-second rounds. Add the score and then line up again. You can either make players sit out if they get tagged from round to round, or have the players all get back in at the end of the 30-second round.

Tips:

- You may use any type of ball.
- Players may only take one ball at a time.
- You must drop the ball into the “Drop Zone”; you may not throw it to the zone.
- You may not take balls out of the “Drop Zone”.
- It is best to play this game with as many balls as possible.

9. Big Play

Equipment Needed: Footballs, Cones

Set Up: Create a 40x40 yard area with the cones.
 Create a circular goal at the end of each side of the field.

How to Play:

1. Divide the class into 2 even teams and place players opposite each other across the field.
2. 8 to 10 participants start on the field, the remaining players stand on the sidelines.
3. The game is very similar to basketball, but without the baskets or dribbling.
4. The ball starts with 1 player at the center of the field.
5. The object is to throw the football to a teammate in the circle/a goal.
6. The player with the ball has to pass to his/her teammates inside the game or can get assistance from teammates on the sidelines.
7. The player with the ball can only take 2 steps, similar to basketball. The players in the playing area without the ball are free to move around.
8. The ball must be passed within 10 seconds or the other team gets possession of the ball.
9. The idea is to try to knock down or intercept a pass. If the ball is dropped or intercepted, the team on defense is awarded possession of the football.
10. 6 points are awarded each time the ball is passed to a player in the goal area. The player in the goal cannot leave that area.

10. Knights and Dragons

Equipment Needed: Balls, Cones

Set Up: Create a "Basket Area" with cones in the corner of the field
Create a "Dragons Dungeon" in the middle that the "Dragons" must stay in

How to Play:

1. Divide the class into 4 teams. Each team is given a "basket area" at their corner of the field.
2. 3 of the teams are "Knights", 1 team is the "Dragons".
3. In the center of the field are 5 diamonds (small balls). These diamonds are guarded by the Dragons in their Dungeon.
4. "Dragons" may be carrying balls (soft) as their fire.
5. Knights are to try and retrieve diamonds back to their baskets without being hit by fire (balls) or tagged. If players are tagged or hit by fire (balls) they go to the designated dungeon.

Tips

- Make sure the equipment that is used is identified as DIAMONDS and FIRE.
- You may only retrieve one diamond at a time.
- If a player drops a diamond it must go back to the "Dragons Dungeon".
- Instructors may mark off safe areas around the field where "Dragons" cannot get the "Knights" out.
- The team that retrieves the most diamonds becomes the next "Dragons".

11. Guard Dog

Equipment Needed: Balls, Cones

Set Up: Create a rectangular boundary with the cones.
Place all the balls in the center of the playing area.
Set up a safe zone at the end of the playing area.

How to Play:

1. This game requires a lot of Instructor enthusiasm and acting, they are the "Guard Dog".
2. Instructor is to sit or lay down in the middle of the playing space.
3. He/she should be surrounded by balls.
4. As the "Guard Dog" he should keep an eye on all of the balls.
5. All players should try to steal balls and run to safe zone without being tagged by the "Guard Dog" or getting hit by a ball.
6. Instructor can pretend to sleep to try and lure players to try and steal the balls.
7. If all the balls get stolen game can be repeated over and over again.

12. Vampire

Equipment Needed: No equipment needed.

Set Up: No set up needed.

How to Play:

1. All players are sitting in a circle with their eyes closed.
2. The Instructor picks 1 person to be it by tapping them on the head.
3. When the Instructor says to open their eyes, the game begins.
4. The player that the Instructor tapped is the Vampire and he is trying to kill all the players by “winking” at them.
5. The Instructor acts as the Detective.
6. If someone in the class sees the Vampire “winking” at someone then they need to tell the Detective (If they guess wrong, then they are dead).
7. If the Vampire winks at someone without getting caught then, that person dies by falling to the ground.

13. Golf Toss

Equipment Needed: Balls, Cones

Set Up: Set up cones (4 to 6) all around the programming area (like a gold hole)

How to Play:

1. Divide the class into 3 or 4 groups- each group throws towards its own cone.
2. Station an Instructor near each cone.
3. Each team’s goal is to knock down its cone with the fewest throws possible.
4. The first person in each group throws the ball at the cone.
5. The ball is left where it lands, just like golf.
6. The player furthest from the cone goes first the following round.

14. Four Score

Equipment Needed: Balls, Cones

Set Up: Create a goal made of cones for each team.

How to Play:

1. Divide the class into 4 equal teams.
2. Put each team in a corner.
3. Each team is given a ball.
4. Each team also has a goal made of cones.
5. The object of the game is to try and score on other teams, as well as protect your goal from getting scored on.
6. 10 points for scoring a goal.

Tips:

- This game can be used with any type of sport.
- Tell players that they should have some people playing offense, some playing defense.
- You can incorporate different rules- must pass 3 times before scoring; must go to a different goal after scoring.

15. Four Square

- Instructor should make a four square court on the ground with tape (or use existing court)
- 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 where a new player enters the game
- 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:
 - The ball is in a player's square and is unable to strike it into another player's square
 - The ball is in a player's square and the player's return lands on a line
 - 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
 - Various rules are implemented to change this condition (i.e. a player is out when another player catches their strike)
 - When a player is out that player leaves the court, players rotate clockwise if their is an empty space, a new player enters in the "one" square