



PLAYGROUND

ACTIVITIES

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PLAYGROUND ACTIVITIES

Any game or activity that is playable inside a gymnasium is usually playable on an outside surface when the weather is suitable. All the activities in this section are ones that primary children should be able to participate in without a teacher's guidance. However, with many of the activities, an initial instruction period would be helpful so that the children learn the rules and boundaries of the activity.

Most of these activities are suitable for before-school time, recesses and after-school time. The children should be encouraged to try variations of the activities and should learn to play fairly during these games.

A suggestion for four-square activities is to assign balls, perhaps one to the boys and one to the girls of each classroom so that balls are shared equally. If more equipment is to be used, a definite method of storage and distribution should be determined to ensure proper care of equipment and even sharing of all children.

Hop-Scotch Games

There are many variations of the game of Hop-Scotch. The player(s) usually does the following:

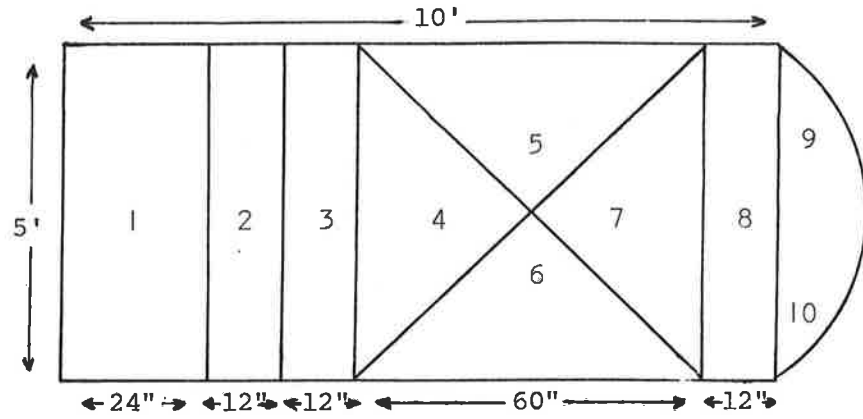
1. Chooses a stone or stick (should be small).
2. Throws the stone in the first square.
3. Hopping on one foot, he steps in every square, except where there are markers.
4. He cannot step on lines - if he does he is back to the start.
5. As he makes his way back he must pick up his marker and hop over the square where his marker was.
6. He is finished once through at this point.
7. He continues by throwing his marker into the next square and hopping over that square.
8. The winner is the player who gets his stone up and back first.

NOTE: This game promotes taking turns and agility and balance.

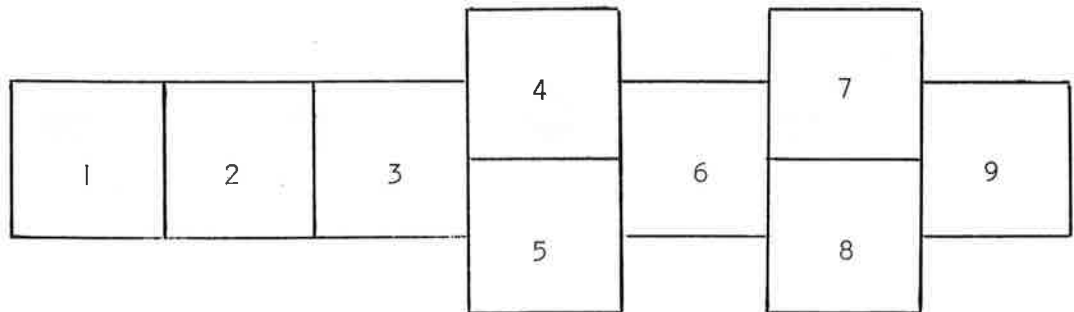
9. These games are subject to variations depending on the markers.

NOTE: The following six pages include several different Hop-Scotch markings which can be painted on a paved surface of any playground. The measurements given can be changed if desired.

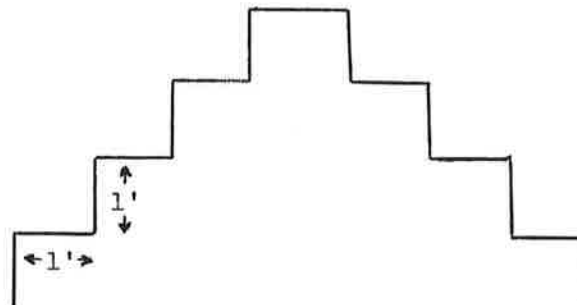
Regular Hop-Scotch



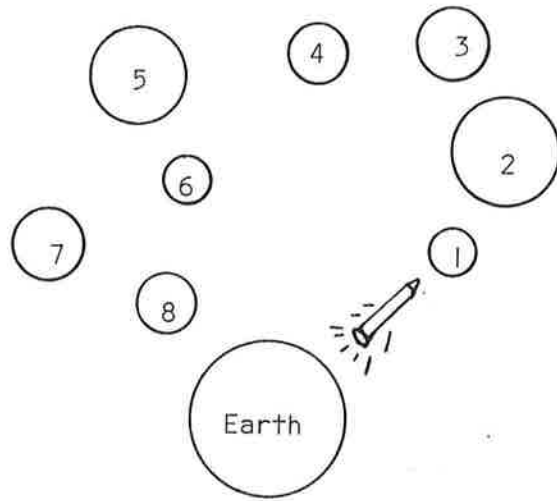
Finland Hop-Scotch



Diagonal Hop-Scotch



Visit The Planets Hop-Scotch Game

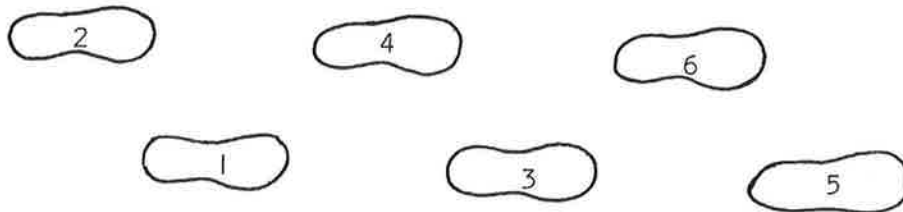


Tight Rope or Stepping Stones

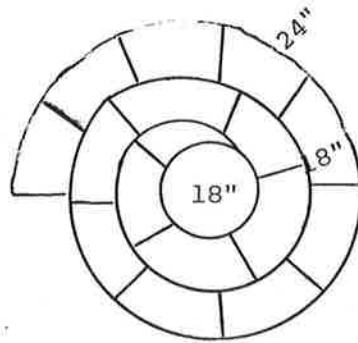


Number of stones and length of line will depend on area available.

Footsteps Hop-Scotch Game

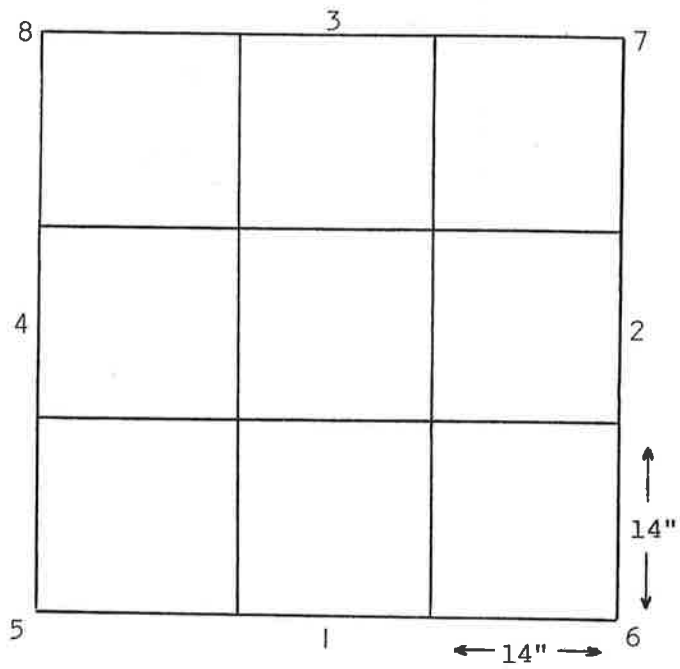


Snail Hop-Scotch

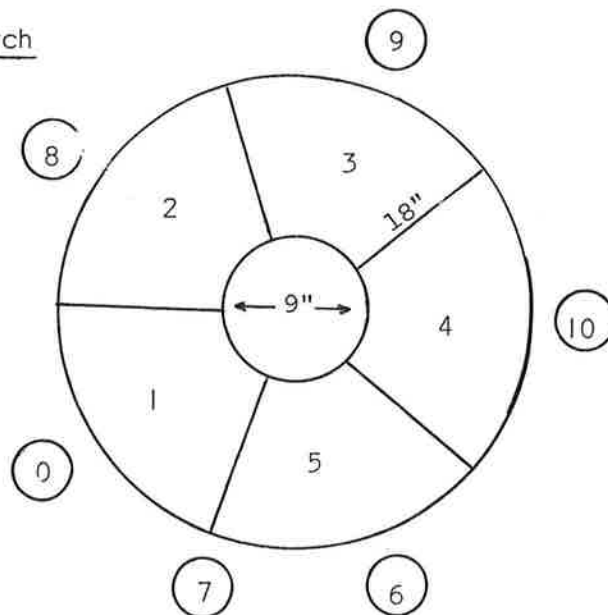


Sections are staggered with different lengths, approximately, 18" x 24".

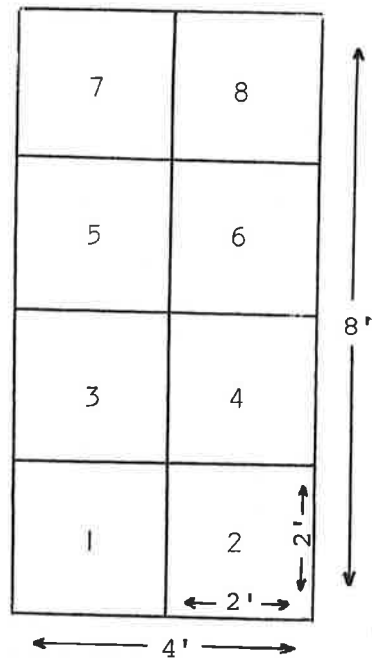
Chinese Hop-Scotch



Number Hop-Scotch



Box Hop-Scotch



FOUR SQUARE

Mark out a square, maximum dimensions 12' x 12' and then divide it into four squares by centre lines running each way. A pupil plays in each square and each square has a number. The object of the game is to get to square number one and stay there as long as you can. Play with a soft rubber ball, usually a 7" to 9" play ball.

HOW TO PLAY

1. Number one player starts the game by letting the ball bounce in his own square.
2. Player hits the ball underhand so that it bounces in any of the other squares.
3. The player in the square where the ball lands must hit it underhand on the first bounce into another square.
4. Ball is played until someone misses, hits the ball the wrong way or hits it out-of-bounds.
5. Player who commits an error must go to square number four and the others move one square on.
6. If other children wish to play, they line up behind number four square.

There are two rules to remember:

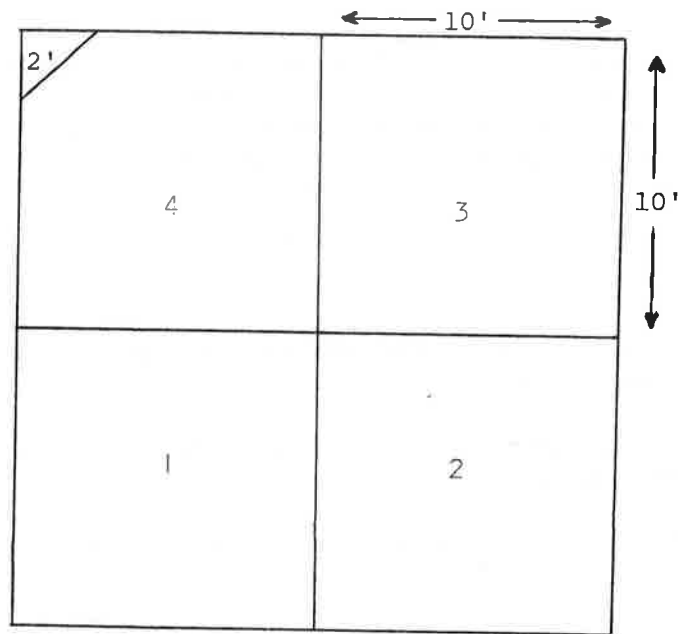
1. The ball is always hit on the first bounce and must be hit underhand.
2. If the ball lands on an outside line it is good. If it lands on one of the inside lines, it is good, and must be returned by the player in the lowest number square whose line is hit.

There are many other ways of using the four square lines. For example, small equipment can be used employing the basic rules of the game but changing minor rules where necessary.

- a) Paddle bats hitting low compression balls, tennis balls, play balls or scoop balls.
- b) Hoc-E-Ball sticks hitting tennis balls, scoop balls, low compression balls or play balls.
- c) Vary the position of the players, i.e:
 - i) Corner Square - the players must play from the outside corners of their squares and not step inside the squares.
 - ii) Sit Down Four Squares - the players must sit or kneel down to play - if they stand up they must go back to square number four.

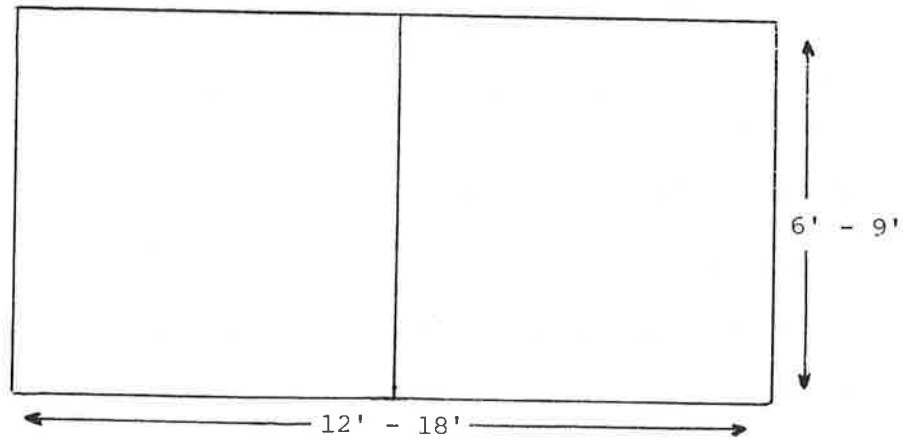
NOTE: The next page indicates three different four square markings which may be changed in their dimensions to suit your own playground situation.

Four Square Hop-Scotch

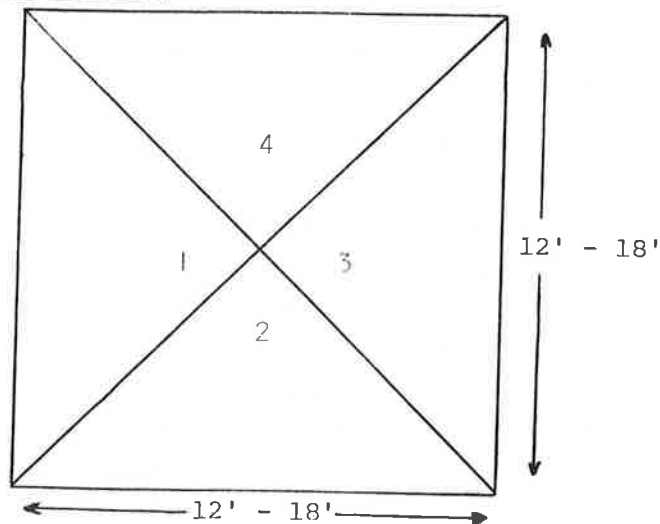


Square 10' x 10'
not smaller than
8' x 8'.

Two Square Hop-Scotch



Four Triangles Hop-Scotch



NAME Where Did I Visit

LEVEL K - 3 PLAYERS 2

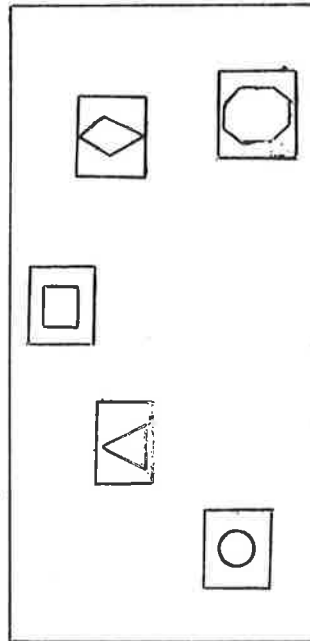
- SKILLS 1. Hopping
- 2. Memorizing
- 3. _____
- 4. _____

EQUIPMENT Painted figures on pavement.

DESCRIPTION Player hops to each square in any order and then tries to repeat the visit in the same order. The other observing player tries to repeat the same pattern.

VARIATIONS Change the signs to letters to numbers.

APPROPRIATE THEMES Math or language integration.



NAME Repeat Myself

LEVEL K - 3 PLAYERS 2

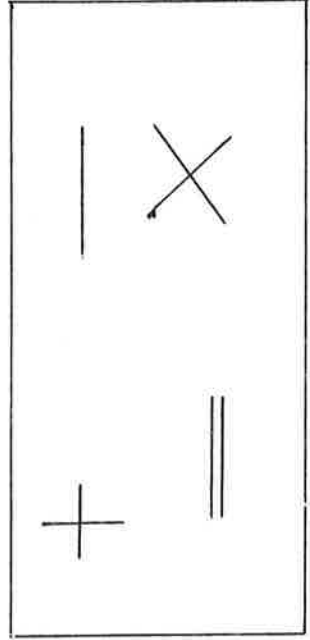
- SKILLS 1. Hopping
- 2. Jumping
- 3. Running
- 4. Memorizing

EQUIPMENT Painted figures on pavement.

DESCRIPTION Player does three or four activities on each configuration and then tries to repeat exactly what he has just done. An observing player evaluates the accuracy of his efforts. He may hop, jump or run doing his activities.

VARIATIONS Figures may be added.

APPROPRIATE THEMES Math integration.



NAME Circle Count

LEVEL 1 - 3 PLAYERS 2

- SKILLS
1. Hopping
 2. Math Skills
 3. _____
 4. _____

EQUIPMENT Squares with numbers in a circle.
 *Operations signs in the middle painted on the pavement.

DESCRIPTION One player stands on one of the signs in the middle which tells the operation the other player must do. Then the centre player tells the outside players the numbers to use, e.g. centre player says "3 + 4 + 1", and the other player hops on these numbers and then hops on the number that is the answer. The middle player checks his answer and they change places.

VARIATIONS _____

APPROPRIATE THEMES Math integration.
 *Operations Signs: x, +, -, ÷

NAME Spaceship

LEVEL K - 2 PLAYERS 2

- SKILLS
1. Hopping
 2. _____
 3. _____
 4. _____

EQUIPMENT Painted rocketship on pavement.



DESCRIPTION Pupils hop along the numbers and count while executing the countdown and blasting off the spaceship. If he hops from 10 to 1 without stepping on a line or missing a square the rocketship will blast off and another person takes a turn.
 OR
 Pupil hops in any number the observing child tells him to, testing his number facts, or tells him to "hop in 8, sit on 3", until he makes an error. The players then switch places.

VARIATIONS _____

APPROPRIATE THEMES Math integration.

NAME How Many Can You?

LEVEL K - 3 PLAYERS 2 per No.

- SKILLS
1. Hopping
 2. Running
 3. Jumping
 4.

EQUIPMENT Painted numbers on pavement.

DESCRIPTION Each child has his own number square and must execute 3, 4 or 2 movements into or around each square. He chooses his own activity, i.e. jump into, on it, forward, hop over it, run around it). An observing child counts the responses of the moving child and then they change places.

VARIATIONS Add any number of squares or shapes.

APPROPRIATE THEMES Math integration.

NAME Ball Things

LEVEL 1 - 3 PLAYERS 2

- SKILLS
1. Bouncing
 2. Rolling
 3. Throwing
 4. Catching

EQUIPMENT Two 8" play balls.
Lines or signs on pavement.

DESCRIPTION Pupil does an activity with a ball on each configuration, i.e. bounces on =, rolls over x and so on). The observing player tries to repeat what was done, in the same order. Then the players switch places.

VARIATIONS

APPROPRIATE THEMES Math integration.

NAME Chun Shu Jou

LEVEL 3 PLAYERS 5

- SKILLS
1. Running
 2. Stopping
 3.
 4.

EQUIPMENT Painted square 10' x 10'.

DESCRIPTION In this Chinese game the centre man tries to get to any corner by running. The corner men exchange their places but do not let the centre man get into one of their corners.

VARIATIONS _____

APPROPRIATE THEMES Integration with Social Studies.

NAME Tangle

LEVEL 2 - 3 PLAYERS 5 or more

- SKILLS
1. Problem Solving
 2.
 3.
 4.

EQUIPMENT A painted circle 12' or less in diameter

DESCRIPTION One player is "it". He closes his eyes while the other players join hands in the circle and get themselves very tangled by going over and under arms, turning backwards and any other way they can find to get tangled. When they are tangled the player who is "it" tries to untangle them as fast as he/she can. When they are untangled, another "it" is chosen and the game is repeated.

VARIATIONS Players can count out loud as "it" untangles them and this will give him his score to try to be beaten the next game.

APPROPRIATE THEMES _____

NAME Hide and Seek

NAME Konkers

LEVEL 2 - 3 PLAYERS Any Number

LEVEL 3 PLAYERS 2

- SKILLS 1. Running
- 2. Hiding
- 3. _____
- 4. _____

- SKILLS 1. Hand Co-or-
dination
- 2. _____
- 3. _____
- 4. _____

EQUIPMENT Home base may be a post or a special spot on a wall.

EQUIPMENT One chestnut with a shoelace pulled through a drilled hole, then knotted.

DESCRIPTION One player is "it". He closes his eyes at home base and counts to '100' while the other players are hiding. When "it" has reached '100' he calls "coming, ready or not". He sets out to find all the other players. If he spots a player sneaking up to home base he runs back to home base and calls "1, 2, 3 on John". He does this for every player he sees. However, if another player gets to home base before "it" does, he yells "home free". The first person caught is the new "it".

DESCRIPTION One player lays his chestnut down and the other player hits it with his chestnut trying to break the other player's chestnut. If the strings get tangled, the first person to call "tangles" gets seven free shots. If a player delays the game for more than ten seconds, the other player gets seven free shots.

When you win one game your chestnut is one year old. As you win more games your chestnut gets older.

VARIATIONS Specify places where players may or may not hide.

VARIATIONS

Vary the number of free shots the player gets.

APPROPRIATE THEMES

APPROPRIATE THEMES

NAME Pottisies

LEVEL 2 - 3 PLAYERS 2 or more

- SKILLS
- 1. Hand Control
 - 2. _____
 - 3. _____
 - 4. _____

EQUIPMENT Any number of marbles.

A hole in the dirt or small circle.

DESCRIPTION

The players make a hole or "pot" in the playing area. Then they decide on the number of marbles to risk each time they shoot. The first player shoots with the object to get their marble into the pot first or be the closest. When all the players have shot their marbles the player with the marble closest to the pot gets first chance at "putting" his marble into the pot with his index finger. This player "putts" until he misses and then it is the next player's turn. The player to "putt" the final marble into the pot wins all the marbles.

VARIATIONS

APPROPRIATE THEMES

NAME Guessies

LEVEL 2 - 3 PLAYERS 2

- SKILLS
- 1. Guessing
 - 2. _____
 - 3. _____
 - 4. _____

EQUIPMENT Any number of marbles

DESCRIPTION

The players take turns holding any number of marbles in their closed hand. The opposing player tries to guess the number of marbles in the hand. If he guesses correctly, he gets to keep all the marbles he guessed. If he guessed incorrectly he owes the difference of marbles to make up the correct number.

VARIATIONS

The guessing player may feel the player's hand to see if he can feel the number of marbles in his hand.

APPROPRIATE THEMES

Math integration.

NAME Kissies

LEVEL 2 - 3 PLAYERS 2

- SKILLS
1. Hand Control
 2. _____
 3. _____
 4. _____

EQUIPMENT

Any number of marbles.
A wall or fence.

DESCRIPTION

Players decide how many marbles they will risk losing, i.e. twosies, threesies. The first player shoots a marble against the wall to land in the playing area. The second player tries to hit any marble in the playing field. If he hits a marble he may take all the marbles in the playing area.

VARIATIONS

The winning player gets only the marble he hit, plus his own. He gets to shoot first.

APPROPRIATE THEMES

NAME Seven-Up

LEVEL 3 PLAYERS 1 per ball

- SKILLS
1. Throwing
 2. Catching
 3. Bouncing
 4. _____

EQUIPMENT

Small rubber balls.
A wall.

DESCRIPTION

Player says the challenges as he does the activities:
 "7-up" Throw and catch the ball against the wall
 "6" Throw, bounce, catch
 "5" Bounce on ground, against wall, catch
 "4" Bounce under leg, against wall, catch
 "3" Bounce under the other leg, against wall, catch
 "2" Bounce under spread legs, against wall, catch
 "1" Drop and catch

VARIATIONS

Proceed through the game doing the following actions: clapping, one leg, other leg, one hand, other hand, standing still.

APPROPRIATE THEMES

NAME Ordinary, Dictionary

LEVEL 3

PLAYERS 1 per ball

- SKILLS
1. Bouncing
 2. Catching
 3. Balancing
 4. _____

EQUIPMENT

One small rubber ball
One wall

DESCRIPTION The player chants the following verse as she does the activities:

"Ordinary" - throw against wall and catch
 "Dictionary" - throw ball, hands on hips, catch
 "Stationary" - throw ball, be still, catch
 "Front Clap" - throw ball, clap hands at front, catch
 "Back Clap" - throw ball, clap hands at back, catch
 "One Hand" - throw the ball with one hand and catch it with the same hand
 "The Other Hand" - throw the ball with the other hand and catch it with the same hand

"The Other Foot" - stand on the other foot, throw and catch
 "Frontwards" - throw ball, swirl hands forwards, and catch
 "Salute to the Captain" - throw ball, salute and catch
 "Curtsey" - throw ball, curtsey, and catch
 "Bow" - throw ball, bow, and catch
 "Around the World" - throw ball, turn around and catch

If the player drops the ball or misses a line, she must start again.

VARIATIONS Other positions for doing the game are: standing on one foot, using one hand only, clapping with each activity or any other challenging position.

APPROPRIATE
THEMES

NAME Donkey

LEVEL 3

PLAYERS 2 - 4

SKILLS 1. Throwing

2. Catching

3. Bouncing

4. Jumping

EQUIPMENT

One small rubber ball
One wall

DESCRIPTION

The players line up on behind the other, facing the wall. The first player throws the ball against the wall and jumps over it. The person behind her catches the ball and throws it against the wall and the person behind her catches it and so on. However, if a player does not jump over the ball successfully, he is given the letter "D" for the first letter of "Donkey". Each player gets another letter each time he does not jump over the ball.

The first person to get "Donkey" is out of the game. The last person to get "Donkey" is the winner.

VARIATIONS

Instead of jumping the ball, the challenge may be "go under the ball", or "go over the ball on one foot", or change the word used.

APPROPRIATE
THEMES

NAME All in Together Girls

LEVEL 3

PLAYERS 3 or more

- SKILLS
1. Jumping
 2. _____
 3. _____
 4. _____

EQUIPMENT One long rope

DESCRIPTION

Two players turn the rope. The other players jump into the rope as they are saying the word "All". When all the players are in the rope, they chant this verse:

"All in together girls,
 Never mind the weather girls.
 Put your coats and hats on,
 Tell your mother you won't be long.
 I was born in January, February.....December."

The girls jump out when it comes to the month of their birthday. Then they say the numbers of the month and they jump in on the date of their birth. When all are in, they say the days of the week and jump out on the day of their birthday.

If anyone stops the rope at anytime, they must take an end.

VARIATIONS

APPROPRIATE THEMES

Aids in learning the days and months of the year.

NAME Donald Duck

LEVEL 2 - 3

PLAYERS 3 or 4

- SKILLS
1. Jumping
 2. Balancing
 3. _____
 4. _____

EQUIPMENT One long rope

DESCRIPTION

Two players turn the rope. The following verse is said and the players do the actions stated in the verse as they are skipping:

"Donald Duck was a one-legged, one-legged, one-legged duck, (skip on one foot)
Donald Duck was a two-legged, two-legged, two-legged duck, (skip on two feet)
Donald Duck was a three-legged, three-legged, three-legged duck (two feet and one hand)
Donald Duck was a four-legged four-legged, four-legged duck (two feet, two hands)
Donald Duck was a pigeon-toed, pigeon-toed, pigeon-toed duck (toes together)
Donald Duck was a bow-legged, bow-legged, bow-legged duck (knees banded)."

The player jumps out when she is finished. If she stops the rope at anytime she must take an end.

VARIATIONS

Add more ways of skipping (tip-toed duck, etc.)

APPROPRIATE
THEMES

NAME "A", "B", "C" Apples, Peaches, Pears and Plums

LEVEL 3 2 - 3 4 or more

- SKILLS 1. Jumping
2. Keeping a Rhythm
3. _____
4. _____

EQUIPMENT One long rope

DESCRIPTION Two players turn the rope. The other players line up at one end and jump in and out of the rope each saying a letter: i.e. "A", "B", "C", "D"....."Z". The players must keep the established rhythm without missing a jump or stopping the rope. If they do commit an error, they must take an end. The player who has the last jump on "Z" must stop the rope by catching the rope between her feet. If the player fails to catch the rope, she must take an end.

VARIATIONS _____

APPROPRIATE THEMES _____

NAME DWISH

LEVEL 3 PLAYERS 3

- SKILLS
- 1. Skipping Double Dutch
 - 2. _____
 - 3. _____
 - 4. _____

EQUIPMENT Two medium ropes or one long rope

DESCRIPTION Two players are turning the ropes. The following letters indicate what is to be done with the rope:

"D" is for Dolly - the ropes are turned backwards and player skips in them to the spelling of DWISH, 3 times.

"W" is for Wishes - the turners may turn the rope anyway they wish and the skippers may skip anyway they want to DWISH.

"I" is for Irish - the turners swing the rope back and forth but not over to DWISH.

"S" is for Spanish - one rope is put on the ground and the other rope turns over it.
(The skippers cannot step on the rope as they jump to DWISH.)

"H" is for Hopping - the turners turn the ropes double dutch style while the skipper hops on one foot to DWISH. If the skipper stops the rope at anytime, she must take her end.

VARIATIONS _____

APPROPRIATE THEMES _____

NAME Girl Guide

LEVEL 2 - 3 PLAYERS 4

- SKILLS
1. Jumping
 2. _____
 3. _____
 4. _____

EQUIPMENT One long rope

DESCRIPTION Two players turn the rope. One or two players jump into the rope saying and doing the following words and actions:

- "Girl Guide, Girl Guide dressed in blue,
 These are the actions you must do.
 Stand at attention!
 Stand at ease!
 Bend your elbows!
 Bend your knees!
 Salute to the captain!
 Bow to the Queen!
 Turn your back to the firty washing machine."

At the completion of the game, the player(s) jump out. If they stop the rope at any time, they must take an end.

VARIATIONS _____

APPROPRIATE THEMES _____

NAME Blue Bells

LEVEL 2 - 3

PLAYERS 3 - 4

- SKILLS
1. Skipping slow and fast
 2. _____
 3. _____
 4. _____

EQUIPMENT

One long rope

DESCRIPTION

Two players turn the rope as the other skippers say the verse and do the actions:
 "Blue bell, cockle shells", (the rope is not turned right over - the players jump over it from side to side)
 "Evey, ivy, over", (rope turns over as players jump)
 "My mother sent me to the store
 And this is what she sent me for.
 Salt, vinegar, pepper."
 On the word "pepper", the skippers skip as fast as they can and they count the number of times they did peppers.

VARIATIONS

APPROPRIATE THEMES

NAME Jump the Shot

LEVEL 2 - 3

PLAYERS 4 - 12

- SKILLS
1. Jumping
 2. Rope-turning
 3. Circle
 4. _____

EQUIPMENT

One long skipping rope
 One beanbag

DESCRIPTION

Tie a beanbag to the end of the rope. The player in the middle of the circle turns the rope along the ground under the other player's feet who jump over it as it comes to them.
 Any player who steps on the rope must be the turner.

VARIATIONS

APPROPRIATE THEMES
