

# GLOW IN THE DARK PARTY GAMES

## Younger Child Games:

### **Funny Running**

This hilarious game has students running from one side of the gym to the other while doing some kind of funny movement. You can alternate between different types of running and incorporate music to make it more fun! Ideas include: race across as some kind of animal, a certain kind of dance like a new disco move or any other type of creative movement that they can do while attempting to run across the gym.

### **Tiger Tails Tag**

As the name suggests, Tail Tag is all about grabbing as many tails as possible. Here tails are nothing but a pinnie that will be tied to a belt or tucked in the back of pants. Students have to grab and collect these tails as they chase each other.

**Tip:** Do not tuck or tie the cloth too tightly for kids as unmindful grabbing might lead to subtle hurt.

### **Blob Tag**

Two players are designated as It and link arms as The Blob. Whenever they tag another player, that player joins arms with The Blob. The Blob players need to work together to navigate and tag others. Once The Blob captures all of the players, start over again.

### **Band Aid Tag**

One or two players are designated as It. One area is designated as the "hospital." Whenever a player is tagged, they put a hand over the spot where they were tagged as a "band-aid," and continue to play without removing the hand. This action is repeated when the player is tagged a second time, with the other hand. Once a player has no hand band-aids left (third time tagged), they run to the hospital to get healed. Once they are at the hospital, the player must do 10 jumping jacks (or another pre-determined movement) before re-joining the game.

### **Hot Dog Tag**

One player is designated as It. When a player is tagged, they lie down on the ground as the hot dog. In order to get back in the game, two free players have to lie down on either side of the hot dog as the bun. No one can tag the players who are a hot dog or buns while they are lying down.

### **Shark Attack**

Put Hula Hoops on the floor to play this game. These shapes are the undersea caves! They are a safe spot where you can hide. One person is 'on' in this game. They are the shark. They are going to stand in the middle of the playing space with their eyes closed.

Everyone else is going to move around the playing space. At any given moment, the 'shark' is going to call out 'shark!' and spring to life! They open their eyes and chase whoever is close to them. If they tag someone before they get back to a safe 'cave' then that person becomes the shark. You can only have one person in each of the caves – no more!

### **Steal the Bacon**

Teams are divided evenly and each person is designated a number. Each team stands on opposite sides with a ball/cone/ show sitting in the middle just something easy to hold). When a number is called, the designated players from each team run for the coveted item and try to get it back to their side. If you succeed, you get a point. Repeat by bringing item back to the middle each round.

### **Kick the Can**

One person is charged with protecting a can (or whatever- Maybe set up a ball on top of a cone or something) while other participants attempt to run up and knock it over. The catch? The kickers hide and join the protectors' team if tagged. The rules can lead to an impasse, but when they don't it's a blast. Great to use the bunkers!

### **Red Light/ Green Light**

One person is the traffic cop. All remaining players stand on the starting line and the traffic cop has their back to them. When the traffic cop says "green light," players try to run to the finish line. When the traffic cop says "red light," they turn around and the other players have to stop. First to pass the finish line wins and becomes the traffic cop. You can mix this up by making restrictions on how a person can move- ex. Only bunny hops/ crab crawling etc

### **Musical Hula Hoops**

Think musical chairs with hoops. If and when two students end up hopping in the same hoop, the student who touched a foot in the hoop first can stay.

### **Blocko**

Hide and Seek variation with Bunkers!

Designate one area to be the 'blocko'. This could be a bin, a tree, a part of the fence or wall.

One player is going to count next to this area. Everyone else will go off and hide.

When the seeker has finished counting, they go off to look for the other players.

The players that are hiding are going to try to sneak back to the 'blocko' spot. If they touch the 'blocko' then they are safe. The player that is seeking is going to try to tag them before they can touch it.

### **Some Fun Dance Party Games:**

#### **Group Dance**

Set up areas where a brave volunteer teaches groups of kid's different dances such as the Cupid Shuffle, Cha Cha Slide or the Chicken Dance.

#### **Dance Contest**

Depending on the time slot available, it could be based on endurance or skill.

#### **Freeze Dance**

With all participants on the designated dance floor, choose a random time to pause the music and have kids freeze in position until someone moves and gets out. Repeat until one dancer remains.

#### **Copycat Dance**

All participants stand in a circle and someone starts with an original dance move. The next student copies it and adds her original move and so on.

#### **Limbo Dance**

Participants must see how low they can go while simultaneously doing different dance moves.

## Other Games:

### **Garbage Collector**

Equipment: 1 ball, 2 hula hoops, 2 laundry baskets

Teams consist of one goalie and any number of forwards and guards. Each goalie stands inside a hula hoop, holding the garbage can in both hands.

Team captains go to the center of the playing area for a jump ball. The ball may be advanced by dribbling, carrying or kicking (depending on the type of ball being used). "3.3.3" must be observed: the players may not have possession of the ball for more than 3 seconds, take more than 3 steps, or bounce or dribble the ball more than 3 times. If this happens, the ball must be given to the closest player from the other team.

Points are scored by landing the ball in your goalie's garbage can. The goalie may assist by extending the basket in various directions- he may not step down from the chair. Physical contact is not permitted!

### **Rob the Nest**

The kids will love the thrill and competition that this game offers. A large square is to be made using 4 hoops with many balls in the middle. You need to have enough balls for every person playing and can have additional. Each team member will run forward and dribble the ball from the middle to their team's spot. Once no balls remain in the middle, kids can now run around and steal the balls from each other's squares. Time the game and at the end of the time, the team with the most balls, wins.

**Tip:** Make 4 teams with no more than 2 players to avoid complexity and confusion.

Require each kid on the team to do something different with the ball as they run back to their nest- dribble with feet, run with ball in between their legs, carry behind their backs etc.

### **Shark and Minnows**

This is a great game that doesn't require any equipment or setup but is fun for kids. It's a tag game where one student i.e., the shark, chases the rest of the students i.e., minnows. The shark stands in the middle of the field while all the minnows stand on one of the end lines. When the shark yells "DINNER TIME!" all the minnows must run across the field without being tagged. Every tagged student becomes a shark until there is a single minnow left- the winner of the game. You can play with the kids dribbling soccer balls as well. The shark must kick the ball outside of the playing field in order for the minnow to get out and become a shark.

### Ball in the Basket

What You'll Need: A laundry basket and several balls

This is a soccer type game though they are throwing at their goalie hoping they catch with the basket. This is a group game for kids. Divide the group into two teams and assign a goalie to each team. Hand over the goalie a plastic bag each. Now the team players have to throw balls into the plastic bag in the hands of their goalie. The aim of the goalie is to make sure the most balls fall into the bag. The goalie is not allowed to move their feet and can only move their bodies while standing in the same place.

### Cross the River

In this game, teammates are trying to get across the river to the island in the middle of the field without falling in the water. They do this by leapfrogging from cone to cone and moving the cones in front of them as they go (but don't tell them this!)

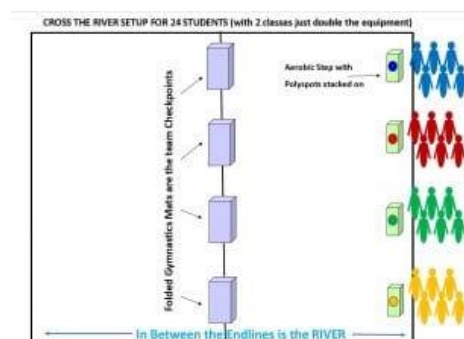
Rules: No sliding or throwing the PE equipment. If any part of your body touches the "water" your entire team must start over

Level 1: Get to the "Island" -In this level students will learn how to get across the river with their team and attempt to make it to the island (gymnastics mats folded up).

Level 2: Cross the River- In this level students will attempt to cross the ENTIRE river. If they make it to the island, it acts as a "Checkpoint" where they can "Save their game". If they fall in after saving their game, they can start over at the island.

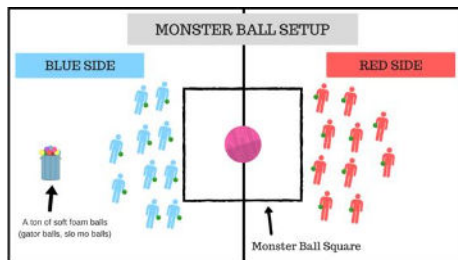
Level 3: You Lost a Rock In this level students once again, attempt to get their entire team to the island – However, you have some bad news for all the teams... The water has picked up and they've lost one of their rocks! They must use creativity and brainstorm a way to get to the island with one less rock. One hint I give kids on this level is "You need to think outside the Box!"

Set Up- Use flat soccer cones as rocks and light up hula hoops as the islands (kids must stand inside them) <https://www.thepespecialist.com/crosstheriver/>



### Monster Ball

You'll need a large inflatable ball or something similar to act as the monster ball in the middle. Make a square around the monster ball, divide the class into teams on either side of the square, then task the teams with throwing small balls at the monster ball to move it into the other team's area. Winning team is the team that gets the ball into the other team's area.



### Spider Ball

This is a variation of dodgeball- One or two players start in the middle with a ball and attempt to hit all of the runners as they run across the gym or field. If a player is hit, they can then join in and become a spider themselves. Remind the kids no intentional head shots.

### Crazy Ball

Divide the class into two equal teams; one team will start as defense and the other offense; field should be set-up similar to kick-ball with 3 bases and a home base. You need four different types of balls- a kickball, football, frisbee and small bouncy ball. You also need a bucket or basket for the pitcher mound.

Crazy Ball Rules:

The Offense:

The offensive team starts with four players up at “bat”.

- One player kicks a rolled kickball,
- next throws or punts a football,
- 3rd player throws a frisbee, and
- fourth throws the bouncy ball.

This should happen quickly, one right after the other.

Once a player has thrown/kicked his or her tossable he begins running bases.

- Do not stop running.
- Each time a player passes home plate, a point is scored.

- The 4 players continue running until all 4 tossables are returned to the container (kept at the pitcher's mound).
- At that point, 4 new players come up and repeat.
- There are no outs.
- The offensive team plays until each player has had a turn to throw/kick

### The Defense

Defensive team cannot walk once they have a tossable in their hand.

- They must use teamwork to throw and catch and get all items back in the bucket.
- One player will serve as pitcher.
- The pitcher will roll the kickball, and serve as the final catcher placing the items in the bucket.
- Player's yell "stop" once all items are in the bucket.

- Then offensive players stop running and scoring stops.
- Once all of the offensive players have had a turn at bat, the teams switch places.

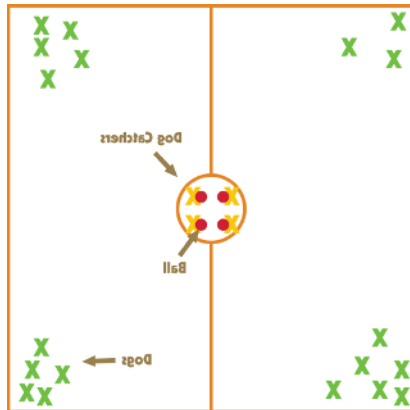
### **Dog Catcher**

Equipment: 2-4 balls of one call called Evil Balls

Description: Give 2-4 students the evil balls and put them inside the center circle (these are your dog catcher). Tell everyone else that they are the dogs and that they have 5 seconds to get into one of the four corners in the gym.

The object of the game is to switch to a different corner when the coach yells 'switch', without being tagged by a dog catcher. Dog catchers run anywhere and tag dogs on the shoulder with the evil ball. You can earn 1 point each time you successfully switch to a new corner without being tagged by a dog catcher. If you are tagged by a dog catcher, you lose ALL your points and

must take the evil ball from the dog catcher- you are now the new dogcatcher! The winner of the game is the student with the most points after a predetermined amount of time/rounds. To alter the difficulty level, increase the number of dog catchers and/or allow the dog catchers to throw their balls (dodgeball style). You can also tell the dogs that they must visit each corner once before they return to the same corner.



### Witches Party

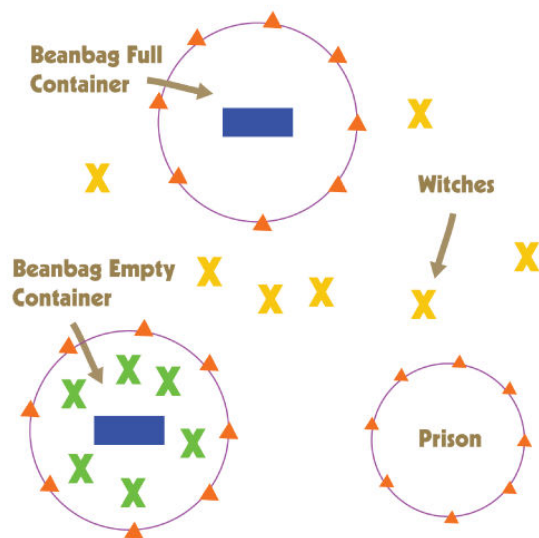
Equipment- Pinnies to separate into two teams, 20-30 small items (bouncy balls etc), cones to mark safe zones, 2 containers for small items.

Split the kids into two even teams. The team in the pinnies are the witches. The team without the pinnies are the kids. Create a safe zone, with cones, that is about 8 feet by 8 feet. Put the container with all of the beanbags inside. At a far distance from the first safe zone, build another one of the same size, and put the empty container inside of it. Build a third "zone," outlined with cones, so that if a line were drawn between each zone it would form a triangle. This third zone is the prison. Have all of the kids start inside the safe zone with the empty container. Tell them that the witches have stolen all of the kids' Halloween candy, and it is up to them to get it back! The witches are not allowed in either safe zone. The minute a kid leaves a safe zone, he is in danger of being tagged by a witch. If you get tagged by a witch, then you must go to prison. The only way to be saved from prison is someone from your team must

make it to you, link arms with you, and then walk you back to your starting safe zone (if they are tagged by a witch while trying to make it to prison then they must go to prison too). The kids are trying to get as many beanbags back to their safe zone as possible. They are safe while they are in either safe zone. You can have as many kids in a safe zone at a time as you want. Kids can only steal 1 beanbag at a time. If they are caught by a witch while trying to get back to their safe zone with a beanbag, then they MUST return the beanbag to where they stole it from



before going to prison. Play for a predetermined amount of time, and then have the kids switch roles. Whichever group of kids steals more beanbags wins.



### Bench Ball

Equipment: 2 mats/hula hoops/ something to use as benches; 1 football, dodge balls  
Instructions: Split the group into 2 equal teams. Set two gymnastics mats up on each side of the playing area. One student from each team will go stand on the opposite sides mat (bench). The goal of the game is to get your team on the bench before the other one does. To get over to the bench, they must throw a ball over to their teammate on the mat, and they must catch it. Once someone makes it on the bench, they can help catch balls too. If they step off the mat, they have to return to their side. When someone catches the football on the mat, the person who throws it goes to the mat and can bring a friend! If anyone has a hard time throwing that far, I have put hula hoops out on each side that students can go into to throw the ball, only one person in the hoop at a time.

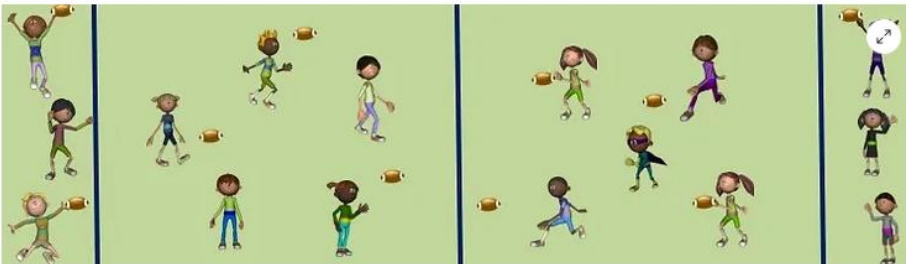
### Rescue ME

Overview: A creative game where one team of players pass footballs (or other type of balls) past another team to the opposing end zone. where teammates wait to catch and throw the ball and are ultimately rescued.

Equipment and Playing Zone:

- Several balls (football, Nerf balls, Frisbees, etc.) per playing group
- Cones or lines to mark playing areas and end zones
- The game is played in small groups of 12 – 16 (6 – 8 per team)
- Several balls are dispersed on each side of the playing area
- The playing area is divided with a mid-line and 2 end-zone lines approximately 30 to 50 feet apart

Instructions: Teams put half of their players in their side of the playing area and the other half go behind the other teams end-zone. Each team attempts to save their teammates from the other team's end zone by throwing them a ball. The players in the opposing end zone must make a "complete" catch in the air that is thrown from one of their teammates. If they catch it they must throw the same ball back to any one of their teammates in their "home playing area", back across the mid-line. If a player makes a successful catch and then throws the ball from the end zone line back across the mid-line to their home playing area and it is caught, they are RESCUED. They then join their teammates in their "home playing field" and attempt to save the remaining players on the other team's side of the end zone. If a ball is not caught, it is thrown back to either playing area and the process is repeated again. A team wins when everyone on their squad has been rescued!



#### Standard Sport Offerings:

##### Soccer

Variations:

##### **Hand Soccer/Crab Soccer**

Using the giant Inflatable soccer ball, divide into two teams and play a traditional game of soccer. Little kids can use their hands to push the ball forwards instead of kicking it. They can also play crab soccer, using their feet to keep the ball up in the air etc. This can be played with multiple beach balls as well.

##### **Circle Ball**

Description: Divide the group into 2 teams. Use hula hoops to make two circular goals at either end of the playing area in front of the soccer goal. Each team is given a smaller ball. Team members must be connected by holding hands or locking arms.

The soccer ball is placed in the center of the playing area. Each team in the game moves as a unit. If any member of the team lets go or in any way becomes separated from the rest of the group, the team loses a point.

On “GO”, each team moves its ping-pong ball along the ground and into the goal of the opposing team at the same time. Any player may touch the ball -no player may keep possession of the ball for the entire time (you can put restrictions on this- everyone must touch the ball once, no one can touch it more than once etc.)

As soon as a team ‘sinks’ its ping-pong ball, it races to the center to try to kick the soccer ball into the opposing goal. The first team to do so scores a point and the game is repeated. The team scoring the most goals with the soccer ball is the winner.

### **Gaga Soccer**

One or more balls (dodgeballs work very well. Soccer balls and rubber playground balls work too.)

Bowling Pins – 1 for each team (A cone or any other object that is easily knocked over when hit may also be used.)

Rope or marking paint (optional)

Jerseys/Pennies of different colors to identify teams (optional).

Objective

The goal is to be the last team standing. The big idea is to try to knock over the opposing team’s pins, while not allowing your team’s pin to be knocked over.

Each team starts with a given number of points (typically 5 or 10). Each time a team’s pin is knocked over, they lose a point. The team is eliminated once they lose all of their points.

The last team remaining is the winner.

Description

GaGa Soccer is a combination of GaGa (or Israeli Dodgeball) and Soccer.

– Divide the group into two or more teams (you can have lots of teams in this game).

– Each team has its own bowling pin, which is the “goal” they are defending. (A cone or any other object that is easily knocked over when hit may also be used.)

– Each team starts with a given number of points (typically 5 or 10). Each time a team’s pin is knocked over, they lose a point. The team is eliminated once they lose all of their points.

– Players may only use their hands and arms to touch and move the ball, and may not carry or throw the ball. Players may dribble the ball along the ground with their hands as in soccer, pass to teammates, hit at members of opposing team (to hit their legs — see next rule), defend, and shoot at pins of opposing teams — but only using their hands and arms.

– If a ball contacts a player or a player’s clothing below the waist, that player must immediately stop and spin around in a circle 10 times (which will make them dizzy). If the ball contacts the player above the waist, no action is necessary.

– The game may be played with one or more balls, depending on the number of players.

Additional, Optional Rules:

- To make the game more challenging, use rope or marking paint and make a boundary area around the pin (several feet in diameter). Nobody may go inside this area.
- If you use the boundary, a single player on each team may be designated as the “goalkeeper”, and they are the only player who may be inside the boundary area. (You may use the boundary rule with or without a goalkeeper, but you may not have a goalkeeper without a boundary area.)

### **Three Team Soccer**

Same as typical soccer but there are three teams all playing at the same time. Each team has its own goal to defend and loses a point every time a ball goes into their own goal. You can start with a certain amount of points per team and the game is over when one of the teams gets to zero points.

### **Ultimate Frisbee**

Simple Instructions: Split the group into 2 even teams. You can see who will start with the Frisbee by doing rock, paper, scissors; the team that wins gets to start with the Frisbee. The person that has the Frisbee can take 2 steps with it. The defense has to back 3 steps away from the person with the Frisbee. If the Frisbee hits the ground, it's the other teams, Frisbee. The game's object is to try to throw the Frisbee to teammates down the field to score in the end zone. As soon as they score in one endline, the same team can keep possession and now switches which end zone they are scoring on.

Variation:

#### **Hot Box**

Frisbee games played on a field or in a gym can give you lots of room to run around and have a good time. Hot Box is one such game.

How it works is you must mark out a four-by-four-foot box in the center of your playing area. This is the Hot Box, and if you catch a frisbee while standing in it, you score. The entire area around the Hot Box is free for play.

Divide your numbers into two teams. Each team can score in the Hot Box, but first, they must make six passes amongst their players. If you make the six passes, only then can one of your teammates stand in the Hot Box and be ready to catch it.

If your team scores, you will still have possession of the frisbee, but you will once again need to pass six times before trying to score a second time. You can intercept a pass to steal the frisbee for your own team.

### **Capture the Flag**

Simple Instructions: Teams should be split up evenly. Each team will work together to create their own forts where their team's flag will hide (3-4 minutes to complete this task!) On the GO signal, students can cross the middle line to try to get the other team's flag. If they get tagged by someone on the other team, they must do 10 push-ups before entering back into the game,

and they must go back to their side. If a student gets the flag and is on their way back with it and gets tagged, they must drop the flag where they got tagged. The team can't pick the flag back up; it stays where they were able to run it to. If a team successfully grabs a flag, that round is over, and you will play again!

More instructions: You have two opposing teams; each one has some sort of flag. For the flag, you can use something like a piece of material or rag, or a traditional flag. Whatever is good for you. Have two territories marked out on the ground – usually two big squares or circles facing each other. You can mark out the territories with cones or whatever else you have to hand. Now each team places their 'flag' at any point inside their zone. After this, they are no longer allowed to touch it themselves. Then the game starts. The basic idea is that each team has to somehow get the opposing team's flag, hence "capture the flag," without being tagged and bring it back to their zone. You can tag other players when they enter your zone or own territory. You can't tag them when they are outside the zone. Most good teams work around a mixture of defense and attack. About half the team will be 'attacking', and trying to capture the flag of the opposing team. At the same time, roughly half of their team will be defending their team's territory and own flag and trying to tag other team members.

Variation: ADD A JAIL! If someone gets tagged, they go to jail. There can be some sort of challenge to get out of jail- like star jumps or something

### **3 Team Capture the Flag**

Any team can capture any other flag. Some possibilities in this kind of game are some of the following: Two teams work together to steal flags from another team. You can use all kinds of 'decoy' attacks on other teams. There is just generally a lot more going on, and a wider range of tactics to draw on. You can play the version where the champions are the first team to get a flag back to their team's territory. Or you can just carry on until all teams have secured a flag.

## **Flag Football**

Simple Instructions:  
Basic Flag Football Rules  
Object

Flag football is played with two teams of 5-8 players who attempt to score points by moving the ball down the field across the goal line. The team with the most points at the end of regulation time is the winner.

#### Playing Area

The playing field is a rectangle usually around 60-80 yards long and 20-30 yards wide. There is a goal line at each end of the field leading into a 10-yard end zone.

#### Equipment

To play the game, you need a football and a flag or flag belt for each player.

#### Starting Play

A coin is tossed prior to the opening kick-off to determine which team will kick-off first and which goals teams will defend. Teams change ends at half-time. Play begins with a kick-off at the start of each half and after a score.

#### Playing the Ball

Players can kick, carry, and the throw the ball to move it up the field.

A defender may knock down a pass that's in the air.

If the player with the ball has his flag pulled or if he goes out of bounds, he is called "down" and the ball is dead.

A down is the period of time that begins when the center puts the ball into play until the ball becomes dead.

When a team has the ball, it has 4 downs to advance the ball 10 yards or score. Each time it moves the ball 10 yards down the field, it's awarded a new set of 4 downs. If it fails to advance 10 yards, the ball is given to the other team at the point it became dead at the end of the 4th down.

The line of scrimmage for each team is an imaginary line passing through the end of the football nearest to them, extending from sideline to sideline.

The area between these lines, which is the length of the football, is the "neutral zone."

The offensive team must have at least 4 players on the line of scrimmage when the ball is snapped.

The snap is a backward pass through the legs of the center, which puts the ball into play.

The snap must be one quick and continuous motion, and the snapper can't move his feet or lift a hand until after the ball is snapped.

Other players have to stay still until the ball is snapped.

No one is allowed to enter the neutral zone or move toward his opponent's goal line at a snap.

The snap must be to a player behind the line of scrimmage, unless it touches the ground.

#### Flag Belt

Shirts must be tucked in, and they are not allowed to hang down over the flag belt.

If a player loses their flag belt legally or illegally during a down and gains possession of a live ball, that player is considered down if they are touched with one hand by a defender between the shoulders and the knees.

Players must have the ball before their flag can legally be pulled. It's illegal for a defender to intentionally pull a flag from an offensive player who doesn't have the ball. The infraction is considered a personal foul with a 10-yard penalty.

Guarding the flag belt is not allowed. Runners can't use any part of their body or the ball to keep an opponent from pulling their flag.

## Punting

On 4th down, the offensive team is asked if they want to punt from a protected scrimmage. If they do, the defense isn't allowed to penetrate the line of scrimmage on the snap. They can try to block the punt only by jumping straight up in the air on their side of the ball.

All members of the punting team, except the punter, must be on the line of scrimmage, and none of them can move until the ball is kicked.

If a punt crosses the scrimmage line and touches a player from either team and then hits the ground, the ball is dead and possession goes to the receiving team.

## Backward Passes and Fumbles

A runner can make a backward pass at any time. A teammate may catch the pass or recover it if it hits the ground.

## Forward Passes and Interceptions

The offensive team is allowed one forward pass during each play from the line of scrimmage, but the passer must be behind the line of scrimmage when releasing the ball. Any other forward pass is illegal.

If a player is in the air while attempting to catch a ball, he must land with at least 1 foot in bounds when he has possession of the ball before going out of bounds, unless contact by the opposing team is what causes him to go out of bounds.

If players from opposing teams catch the ball at the same time, the ball is given to the team that snapped the ball.

## Scoring

Points can be scored in the following manner:

Touchdown = 6 points

Extra point = 1 point (if successful from the 3-yard line)

Extra point = 2 points (if successful from the 10-yard line)

Safety = 2 points

A safety is called when an offensive player is down with the ball in his own end zone. The team that was scored on has to kick off from their 14-yard line.

## **Variations:**

### **21 Football**

Designate a large play area with clear boundaries that has room for students to run. Split group into 2 teams. The object of the game is for teams to score 21 points by completing passes in

different areas of the field. One team begins on the line of scrimmage and attempts to complete a pass within a zone to score points. The teams switch from offense to defense after every 4 passes. All players must stay within the field. The defending team will cover the offensive team players to hold them to as few points as possible. The quarterback must stand behind the line of scrimmage. Points are scored for a catch at certain positions on the field and are determined by the zone in which the ball is caught, not where the player runs. If a defensive team intercepts (catches) the ball from the offensive team, the defensive team scores 3 points.

### **Kick Ball**

The overall rules mirror a softball/baseball game, with scoring, baserunners and outs. Games are 7 innings, with no new inning after 45 minutes.

Line Up...10 players may be in the field with those 10 kicking (batting). Batting is male/female alternating. The 6/4 rule may be used if you are short a male or female. In the 6/4 rule, 2 males or females would be allowed to bat back-to-back. Teams may start with 9 players (one short) and take an out in the 10th spot. When the 10th player arrives, insert immediately.

Batter. There is no strikeout. Three foul balls is an out. The pitcher may move in closer so ball may be smoothly delivered. The kicker may not charge the ball more than 2 feet in front of home plate to kick.

Getting outs. Outs are attained by catching a fly ball, 3 fouls by kicker, hitting base runners, between bases, with the ball below the shoulders. You may throw the ball to a base in a force out situation or tag a runner.

Base runners.... Must tag up. May not leave base, until ball is kicked. Leaving base early is an out. Run doesn't count if 3rd out of the inning is a force out.

Fielders...Three areas are based on male/female alternation. Pitcher/catcher.... infielders must be 2 and 2....outfielders must be 2 and 2. To be considered an outfielder you must play behind the baselines and in back of infielders.

Games... All games are 7 innings or 45 minutes, unless the "run ahead" rule is enforced, which is 10 after 5 innings. Games can't end in a tie and the international rule applies (runner on 2nd base with 1 out).

### **Variations:**

#### **Crazy Kickball**

In this kickball game, everything is quite chaotic. In a normal game you run the bases in order. In this game you run to 1st then third then second then all the way across to home. Each team gets 6 outs and can have up to five players on a single base at a time. Fast paced and fun!

#### **Everyone Runs**

The kicking team has one kicker set, but everyone runs the bases. Once the kicker kicks the ball into fair territory, he starts running with the rest of his team following him in single file. No passing is allowed.

Meanwhile the fielding team must catch the ball and pass it to each of its fielders. Fielders do not stand on bases, but instead before the game even started, 1 hula hoop can be placed on the ground for each outfielder. The fielder that catches the ball must pass it to another field player in a hula hoop and so on until every player has caught the ball in a different hula hoop. When



the last hoop is reached, they outfielder shouts OUT! Each player that managed to make it home before OUT is called, counts as a point.

### **Dodge Ball**

#### **Variations**

#### **Octopus Ball**

Students play a sit-down version of dodgeball. In this game, if they are tagged with a ball, they sit down and become part of the octopus. Sitting players can touch any player that gets too close to them and then they must also sit down. Students love this version where even if they are considered out by the ball, they still get to participate in the game. Variation- once out, they sit down and can still play but must be on their bums and cannot move. But they can catch a ball or still throw balls that come to them- they cannot go get the balls. If they turn someone into an octopus on the other team by tagging them, they can jump back up and play like normal with no restrictions.

#### **Crossover Dodgeball**

Instead of having to sit out when hit you cross sides when you get hit. The side that ends with everyone on that side wins.

#### **Wiffle Ball**

#### **Variations**

#### **Frozen Baseball**

Divide into two teams. The rules are similar to regular baseball except

- 1) The fielding team may not move their feet.
  - 2) The hitting team hits the volleyball with their hand, and crawls around the bases.
  - 3) To score a point, the batter must crawl all around the bases back to home before the fielding team gets the ball to the catcher at home.
  - 4) If the fielding team gets the ball ahead of the batter, he is out.
- As usual... after three people are out, the teams trade places.

#### **Run Around the Town**

Equipment: Bat and Dodge Ball or beach ball

Divide the group into two teams. Line up the outfield team as you would for a game of baseball. Line up the infield team in a straight line about 15 feet behind home plate.

The pitcher pitches the soccer ball to the first player, who hits it with the bat. As the ball rolls to the outfield, the batter runs around his team as many times as possible. Meanwhile, the players in the field line up behind the player who catches the ball. They all stand one behind the other with their legs apart. The player who caught the ball rolls it between his legs and between the legs of his teammates.

When the last player in line gets the ball, he yells "STOP". At his cry, the batter stops running. The infield scores one point for every three times the batter circled his team. After three batters, teams switch positions. Play continues for as many innings as time permits.

### **World Series**

Divide the players into two teams. The team at bat lines up behind home base. The other team takes the positions of pitcher, basemen and fielders. The first person on the team at "bat" stands at home base and the pitcher rolls the ball toward him. The batter kicks the ball with the opposite foot that he would normally lead with. Each batter has two chances. On kicking the ball, the batter tries to run to each of the bases and back to home plate before the outfield team can throw the ball to each base and back to home plate. Therefore, the fielder who catches the ball throws it to the first baseman, who touches the marker and throws it to the second baseman who touches the marker and throws it to the third baseman who touches the marker and throws it to home plate. If the ball reaches home plate before the batter, the batter is out. If not, he scores a run. Teams switch after three outs. The game continues for nine innings.

### **9 Square in the Air**