

All Time Favorite Pekin Games: luann.swanson@gmail.com

CHANGING BASES-Set up 5 bases-two across from each other and one directly in the middle of those 4. Spread them out. This game goes very fast and is a good thinking game. There is one line of people at a home base. Fill all the bases with one person on each base. The person at home base must leave it and go to a new base before the others find a new base also. On the whistle or command of CHANGE BASES, all five people run and find a new base. Add the one to that and that is 6 people going to 5 places. Whoever is left off a base is out and that person goes to the end of the line. You can rotate these every 10 seconds. No one can share a base unless their feet arrived there at exactly the same time. If anyone is on the floor and slides into the base they are out also.

COLOR TEAM CONCENTRATION

Equipment: 12 cones with the top hole covered with tape

12 triangles cut out of construction paper all the same size but 12 different colors. Triangles must fit under the cones easily, yet big enough to see well by students removing the cones

6 -8 pieces of construction paper taped around the room spread out

Spread the 12 cones out completely around the gym space

Divide the class into 6 teams or 8-10 if you'd like depending on class size. 3-4 on a team works best. Two will not work.

Prior to class list the 12 colors in any random order separately on each piece of colored paper that is taped to the wall

Once the teams are set, they report to their color on the wall. 12 colors are listed and must be found in that exact order before they can move to the next color below it. Every team can only send one student at a time to lift a cone and find the color. If they yell it out it will help the team next to them. They cannot lift more than one color. The teammates should be told when each runner returns one at a time what the color is they found. If it is what they need the circle the color and move to the next. **NO ONE IS ALLOWED TO SKIP AND CHECK OFF A COLOR OUT OF ORDER**> what the team needs to do is talk and remember where each color is.

This game is a great team work, cooperative, listening, and thinking skills game. You may need to make as many triangles as there are teams so that way instead of just checking off the color, they must also carry it back to the team and place it on the floor in the correct order. A teacher can then walk around and check for cheating. For fun, have each team write their team name at the top of the paper. This may take several minutes to complete. You can use any number of triangles on any given day.

SPIRAL ADD EM UP----a highly touted favorite game

Following teaching the correct way to throw, catch, and carry a football from 2nd grade up, the teams will be ready to play this fun game.

Set the cones across the gym floor or use the volleyball lines and ½ court lines as well.

There are 3-4 zones for add em up.

Each team needs 4-5 players, two nerf footballs, one Frisbee or something to keep tokens in behind their baseline.

Start with one ball in each hand of the quarter back. (TEAMS CAN CHOOSE THEIR BEST THROWER IN SOME GAMES) However, I like all students to throw and catch so we change quarter backs every two throws.

The players stand behind the quarterback in a file. The quarterback says to the first in the file, DOWN<SET<GO!

That person decides on ability which zone to run to. If the ball is caught or dropped, each person is required to tuck it in the elbow and run it back to hand off to the next quarterback.

ANYONE WHO THROWS THE BALL BACK TO THE FILE LOOSES 5 tokens for their team. EVERYONE RUNS IT BACK!

As soon as the person who caught the ball runs back he runs to the middle of the side of the gym by the teacher and grabs the amount of tokens for the amount of points he caught the ball in ZONE 1, zone 2, zone 3, and zone 4.

The students figure out that it is important not to walk back as the best teams will score more points if everyone hustles quickly.

ZONE 1—caught ball is equal to 1 token

ZONE 2---caught ball is equal to 2 tokens

ZONE 3---caught ball is equal to 3 tokens

ZONE 4---caught ball is equal to **5 tokens**

The game is played until all tokens (plastic golf balls, pop or water bottle caps, milk caps etc) are gone out of the container.

Then each team counts up the number of tokens in their Frisbee or box and reports it to the teacher.

This game is very cardiovascular, lots of fun, and builds lots of confidence in people who get to be the quarterback and have success.

You will find many students being greedy for points and going to the 5 point zone where sometimes it would be best to go for only 1 or two points.

Make sure the student catches the ball and their feet is in the zone clearly!!!

Near the end of class, I would have each team pick the best quarterback after seeing everyone throw, and they get to throw and try to beat the teacher as quarterback.

INTERCEPTION-Again, one of the favorites in the school. There are two teams divided evenly. At each end of the playing field or gym there should be a box. In that box is one goal maker--a person who can catch the ball from their

teammates and not fall out of the box. No one else is allowed in the box but the goalie.

The gator ball is used or a nerf football. The main part of the game is basically keep away and throw the ball down the field without running with it more than one step and getting it to be caught on a pass into the goalie box for one point. There is no tackling or tagging allowed, just simply throwing the ball from one teammate to the next and getting it to score. If a ball hits the ground however you can have the other team take it on the spot. As soon as a goal is scored, the take out person from the other team takes the ball right at the opponents box and throws it in to continue the game. Change goalies often.

Flicker Ball

Use a cosom or nerf football. You need flags if possible and vests. The object is to get each team to score a basket at their own end of the court by getting the football to go in the basket for two points. The game is fast paced and quickly changes directions. It starts with one team at opposite end of their basket taking it out. They will advance the football only with a throw. You are allowed only a step or two to catch your balance after a catch, and there is no running with the ball. A tackle is considered a flag pull and then the ball belongs to the person who got the tackle on that very spot. It is okay and good to intercept a ball then take over right there. The referee needs to be on the ball at all times. Whenever there is a tackle or the ball is dropped, it automatically becomes the other teams' ball on the very spot, and play is resumed. The quicker the team moves the ball down the court, the more success they will have in scoring.

A scored goal can be shot from anywhere on the court. I do not let two people guard one person, and it is possible to call fouls if they are pushing.

STAYING ALIVE GROUP CHALLENGE

Divide the group into teams of 5 to 8. One group will be the throwers and the other the Stayin' Alive group. The ball throwers start on one end of the gym and throw only one ball to anyone in their group who can move only WITHOUT A BALL. They will try to throw it to a teammate who will in turn try to get an opponent out by hitting them below the waist. If an opponent is hit he runs out and stands with the teacher until everyone on the team is out. Time the event and then switch teams and play again. Students may run anywhere on the floor. Remember no one can move when the ball is in their hands, they can only continue to throw it or hit someone.

One option-----when students are out the go to the 54 step ladder and jump in each square before returning to the game. If you choose that way, have the teams only run and throw for 1 minute and then switch sides. In that time limit you can ask who was hit once and give a point total.

CYBER SPACE

A really exciting game for all of us second grade and up. Divide into two teams and put each team at opposite ends of the gym facing each other. On the signal go, the teams try to reach the wall or mat of the opposite team without being caught. If they are caught when crossing the 1/2 line of the gym and stepping into opponents territory, they must go to the wall and do a certain set of jumping jacks or grass hoppers. Then they get back into the game by running back to their original wall, touching it and starting over. When they are successful at getting to the wall without being tagged, they must sit down against the wall and not get back up into the game. As soon as all teammates are against the wall sitting down, they win!!

It is fun to watch the strategies that develop and the competitiveness and sportsmanship. The kids think it's a blast to play.

LONG ROPE GAMES AND TRICKS

Learning to run into the front door, jump to 10 and run out.

Learning to run into back door, jump to 10 and run out.

If a student cannot run into the front door, and the back door, it is impossible to learn how to double dutch. Have several long ropes turning in the room. Students can move from to the other and everyone learns how to turn better as well.

5 by 5

Start in a long class line. The first student runs in, jumps to 5 and stays, the second students runs in, they both jump to five, and stay, and it keeps going until someone misses or 5 students get in to the rope all jumping to five and run out one at a time. They have then defeated the rope, and the next five step up. Moves very quickly and is lots of fun.

A PEKIN favorite----Kangaroo Chase

Originating from Australia, the Kangaroo chase is designed to move very quickly. Students have to think quickly and react fast.

They should start out by standing by the teachers or turners shoulder in a straight file one behind the other. They must get into the rope after one click or turn and jump in and run out on the opposite of the opposite turner. As the class lets the rope turn once and then runs in, and runs to opposite, there will be misses. Sometimes have them sit out for a contest or step to another locations for another Kangaroo Chase. When it gets easier for them, they should run into the rope as it's turning with no clicks in between. Pretty soon there are only 4 jumpers left and everyone is really moving.

Options to add are alternating-students are on both sides and alternate coming in a jumping once alternate from turner to turner each time without missing a turn. Also high ten duet, have two go in from opposite sides, meet in the middle and high ten hands with a slap, and run out the correct side.

Students can kangaroo chase through a double dutch rope as well. It's lots of fun and very exciting to see.

BANANA SPLIT

Line the class up in a file. The first person runs through a turning rope and stays on the other side,(no jumping in this game). The turners and class yell BANANA SPLIT!! Then the turners stop the rope quickly and turn the other way letting the runner who just ran through to come back through the opposite turning door as the class yells BANANA SPLIT!!!

Then the first turner picks up a second runner (do not hold hands)! They should let the rope turn three times and then run through without getting hit by the rope. If the rope touches anyone during the game, the entire group is out. Everytime they are successful in getting through, they pick up a new student. They have to figure out the best way to get together and through the rope. A good number is to get past 14 runners through the rope.

EGG BEATER

You need very long ropes, the black ones are best and 4 good strong turners. Form a cross for the turners, making sure the tallest turners have the rope on the under side. Turn all at once. Students make a line in one corner where it is easiest to get in to a front door. They should get in to the middle and double bounce, and continue to jump as the next jumper gets in. The record for kids getting into this is 18 students at once!!

SCHOOL

The students love playing SCHOOL! They run in through kindergarten, without a hit, then if they pass, the next time they run in jump once for first grade, and so on trying to pass through 12th grade eventually.

When they miss they do not have to start over in kindergarten, they simply just repeat the class they missed on and move on from there.

You can require the school to only accept twins or triplets and require that two or three move in together and pass together. That is a fun challenge for them

You can also set up many schools around the gym and see which school has the most students passing to 12th grade or 5th grade what ever you set.

You can use this as a great lap runner also by having three schools in the gym. Pass through one and run to next in a certain time limit moving to a new class and jump number each time you make it. Make sure that everyone gets a chance to turn and a chance to jump.

Have the students pair up and only let them go to Twins or Triplets school. Two or three at a time each grade.

