

Active Games

Active games, low organizational games or playground games are those that do not require a lot of equipment or rules.

Students can benefit from such games. They can develop motor skills (running, skipping, throwing, catching) and cognitive strategies (opening and closing space, teamwork, game playing tactics) when playing or practising the games.

CHUCKY-CHUCKY-FOUR-CORNERS

Five people play this game. First you find a place with four corners. Whoever doesn't get a corner is in the middle. He or she shouts "Chucky Chucky" to the players and they try to swap corners with someone else. Whoever is 'it' tries to get into someone's corner while everyone is switching. If he or she gets the corner, the person who has no corner is now 'it'.

DRACO'S DODGE

All players stand inside an appropriate sized court. All players try to hit each other below the knee with a small soft ball. Players around the square must try to catch the ball that is thrown in their direction so that they can then throw it. If hit, a player moves outside the court, but can still throw at others, if the ball comes her or his way. If the player hits an inside player, the player returns to the court changing places with the person who was hit. Last player in the court wins. **The ball must be tossed underhand.**

RED LETTER

The leader decides which letter of the alphabet is to be the 'red letter'. If the 'red letter' is 'm', then 'm' can't be used in the subsequent game. The children stand 10 metres back from the leader. The game proper starts when the leader calls a letter of the alphabet (for example 'r'). If a child's name has two 'r's, then that child can take 2 steps towards the leader. If name does not contain the red letter child cannot move. First one to get to the leader wins.

QUEENIE - I - O

Whoever is "it" has a tennis ball and stands with back to all players. "It" throws the ball backwards over his or her head. Everyone else tries to catch the ball and if someone does, he or she shout out "Caught ball", and that person is now "it". If the ball is not caught, whoever has it puts it behind his or her back and everyone else puts their hands behind their backs as well. The person who is "it" tries to guess who has the ball. If he or she guesses wrong in two tries, whoever really has the ball is now "it".

FRISBEE GOLF

The object of the game is to snag a 'hole in one' with a Frisbee on the playground. Decide on five objects at which the Frisbee will be aimed. A backstop marked with surveyors tape, a post etc. Once the course is set, players take turns attempting to hit the targets with the Frisbee. Players must keep track of how many throws they take to get the target. Each target score is added together just as in golf.

SKIPPING GAMES

Teddy Bear

Teddy Bear, Teddy Bear,
Turn around (turn around)
Teddy Bear, Teddy Bear,
Touch the ground (touch the ground)
Teddy Bear, Teddy Bear,
Tie your shoe (hit your shoe)
Teddy Bear, Teddy Bear,
How old are you?
1-2-3-4..... (etc)...

Cinderella

Cinderella dressed in yellow
Went upstairs to kiss a fellow
Made a mistake and kissed a snake
How many doctors did it take? One...
Two... Three

Bubble Gum

Bubble gum, bubble gum, chew and blow,
Bubble gum, bubble gum, scrape your toe,
Bubble gum, bubble gum, tastes so sweet,
Get that bubble gum off your feet

Charlie Chaplin

Charlie Chaplin went to France,
To teach the ladies the hula dance.
First on the heels,
Then on the toes,
Around and around and around you go.
Salute to the Captain,
Bow to the Queen,
Touch the bottom of the submarine.

FOUR SQUARE

One child serves the ball by bouncing it in her or his square and tapping the ball into another square. The player in that space must tap the ball (after one bounce) into another kid's area, and so on, until someone lets the ball bounce twice or sends it out of the grid. A player who ends the volley steps out, and the game resumes until all but one contestant is eliminated.

To play with a larger group, rotate in a new player when someone misses.

WALL BALL

Two players stand facing the wall. All others wait for their turn in line off the court. The first player serves by dropping the ball on the court and hitting it to the ground and then to the wall. The other player must hit the rebounding ball to the wall by hitting the ground first. The rebounding ball may not bounce more than once before the next player plays on it. The players take turns hitting to the wall. The new player always serves first.

HOOP BALL

Use markers to set up a play area. Select four people to hold hoops. One person stands at each end of the play area and holds a hoop above her or his head...if a chair is available use a chair to stand on. Divide group into four teams. Players score a point by putting ball into their team's hoop. Use a soft ball so that if players are hit, they don't get hurt.

SEVEN UP

Children toss ball against the wall. They must complete each set without missing the ball to move on to the next set.

- Set 1 7 times against the wall catching ball with two hands
- Set 2 6 times against the wall with one bounce catching with two hands
- Set 3 5 times against wall bouncing on pavement and then wall, catching ball with two hands
- Set 4 4 times against wall catching with right hand, clapping before caught
- Set 5 3 times under leg and against wall catching with both hands
- Set 6 2 times against wall catching with left hand
- Set 7 1 time against wall with bounce, clap and turn around, catching with either hand(s).

BIG A LITTLE A

Children stand at one end of the play space. One child is 'it' in the middle. All the children at the end of the play space chant...

Big A, little a, bouncing bee,
Suzie's (child's name) in the centre and
she can't catch me!

Suzie yells go and then tries to catch children as they run by. Any child caught is now also in the middle with Suzie and tries to help catch other children. Game continues until all the children are caught.

Check out this website for additional games:

http://www.qesnrecit.qc.ca/personal_dev/pe/games/see_games.php