

Go Play Group Games!

Airborne



What's Needed

- 4 – 6 players, ages 8 – 12
- 1 hacky sack/beach ball
- an open area

Show to Play

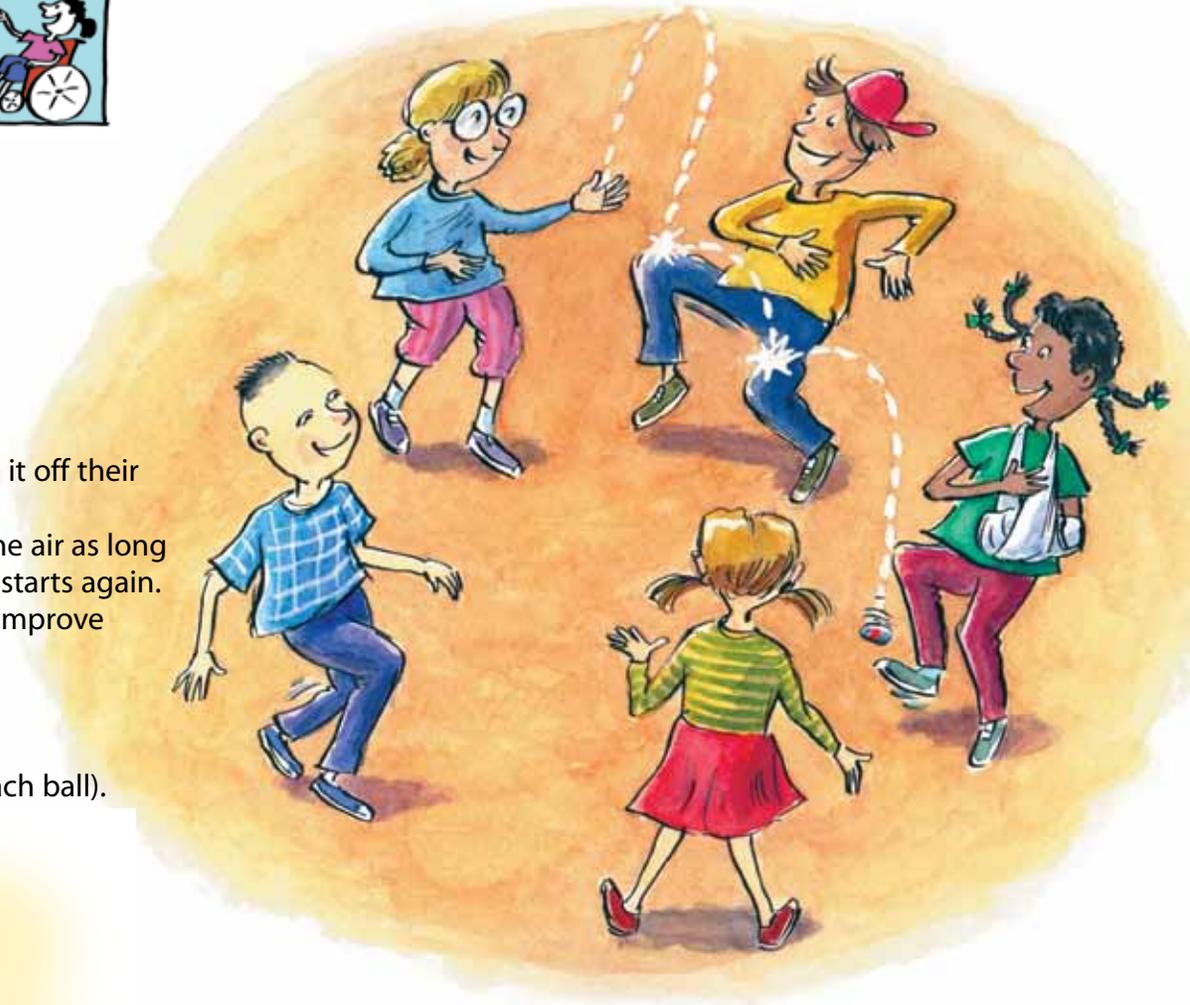
- Players stand in a circle.
- The hacky sack is tossed up and players take turns hitting it off their body parts (no hands).
- The goal of the game is to try to keep the hacky sack in the air as long as possible. When the hacky sack falls to the ground, play starts again.
- The players count the number of hits they get and try to improve their score.

Variations

- For younger children use different balls (tin foil/paper/beach ball).

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – What is a hit?
 2. Boundaries.
 3. Scoring.



Go Play Group Games!

Alaskan Baseball



What's Needed

- 10+ players, ages 6 – 12
- 1 large ball
- a large open area with bases

How to Play

- Set up a baseball diamond (3 bases and 1 home plate). Divide the players into 2 teams: the Batters and Outfielders.
- The Batters line up at home plate. The first Batter is "up" and kicks or throws the ball from home plate into the field. He then travels around the bases, followed by his team while the Outfielders move to get the ball.



- The Outfielder, who gets the ball, stops and holds the ball over his head while his team-mates line up behind him. The ball is passed over the head of 1 player and under the legs of the next. When the ball reaches the end of the line, the Outfielders quickly sit down and yell, "Stop!"
- When the Batters hear, "Stop!" they must stop and count their score. They score 1 point for each player who crosses home plate.
- The Batting Team continues at bat until every player has been "up", then they become Outfielders.



Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to throw/pass.
 2. Boundaries/distance to travel.
 3. Pace of play/travel.
 4. Pairing.
 5. Scoring.

Go Play Group Games!

Circle Point Dodge Ball



What's Needed

- 16+ players, ages 6 – 8 or 9 – 12
- 1 medium to large soft ball and a watch or timer
- a large open area

How to Play

- Choose a Caller. Divide the rest of the players into 2 teams. 1 team forms a large circle around the other team.
- The Caller yells, "Go!" and begins to time 2 minutes.
- Players in the outer circle throw the ball and try to hit the players inside the circle. Players inside the circle try to avoid being hit.
- A point is scored for every hit that lands below the waist. The Caller keeps score.
- At the end of 2 minutes, the Caller yells, "Stop!" and the teams change positions.
- The team with the most points wins the game.

Variations

- Basic Dodge Ball – 2 teams, no Caller. When a player in the centre is hit, he joins the outer circle. The last player in the centre is the winner.



Ability Adaptation Guidelines

- Decide before playing:
 1. Equipment – ball (type/size/softness).
 2. Safe hitting/hit spot.

Go Play Group Games!

King's Court



What's Needed

- 16+ players, ages 9 –12
- markers for boundaries and jails
- 4 – 6 large balls
- a large open area with a centre line

How to Play

- Divide the players into 2 teams. Mark out a large rectangular playing area with a centre line and a jail at each end. Have each team line up in their jail at opposite ends of the playing area.
- The game begins with the balls being thrown into the centre of the playing area. The players from both teams race to get the balls.
- The goal of the game is to hit the players from the other team below the waist with a ball. When a player is hit, she goes to the opponent's jail.
- From the jail players can pick up loose balls or catch balls thrown by their team-mates and hit the opponents from the backside. When a player in jail gets a ball and hits an opponent, she rejoins her team.
- If a player catches a ball that is thrown at him by the opposite team, then the thrower goes to jail.
- The game ends when 1 team has no one left.

Variations

- With fewer players use fewer balls.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – what is a catch?
 2. Equipment – ball (type/size/softness).
 3. Pace of travel/play.
 4. Pairing.
 5. Safe hitting/hit spot.



Go Play Group Games!

Mousetrap



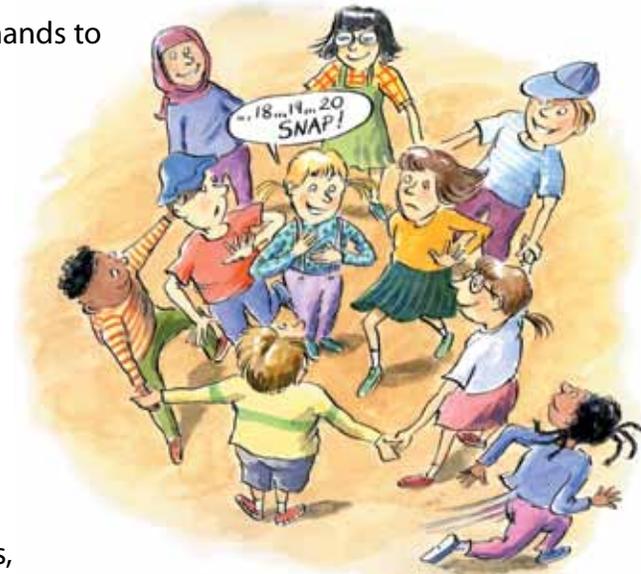
What's Needed

- 10+ players, ages 6 – 8 or 9 – 12
- an open area



How to Play

- 5 – 6 players join or touch hands to make a circle called the Mousetrap.
- 1 player is the Cat and stands in the middle covering her eyes.
- The other players are Mice. The Mice run in and out of the Mousetrap as the players forming the Mousetrap randomly raise and lower their arms.
- In the meantime, the Cat counts silently to 20. On the count of 20 the Cat yells, "Snap!" and opens her eyes. The Mousetrap players quickly lower their arms trapping some of the Mice. These Mice then join the circle of Mousetrap players.
- The game continues until there is 1 Mouse left. This player becomes the Cat.



Ability Adaptation Guidelines

- Decide before playing:
 1. Boundaries/space.
 2. Pace of play.
 3. Pairing.

Go Play Group Games!

Paths and Trails



What's Needed

- 20+ players, ages 6 – 8 or 9 – 12
- 1 tag flag
- a large open area

How to Play

- 1 player is the Forest Ranger, 1 is the Bear and 1 is the Caller.
- The other players divide themselves into 4+ rows and stand arms length apart with joined hands.



- When the players in rows face the Caller, they form paths. When they turn to the side and join hands with the new players beside them, they form trails.
- The Caller yells, "Paths!" then, "Trails!" several times to get the players used to turning quickly and grasping the hands of their new partners.
- The game begins with the Bear facing the paths and the Ranger behind the paths. When the Caller shouts, "Go!" the Ranger chases the Bear through the paths. After 10 – 15 seconds the Caller shouts, "Trails!" causing the players to turn. The Ranger chases the Bear down the trails.
- The game ends when the Ranger tags the Bear.

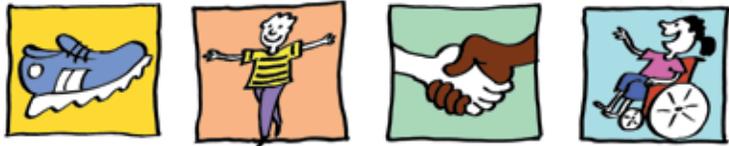


Ability Adaptation Guidelines

- Decide before playing:
 1. Boundaries/space.
 2. Pace of play (time for changing paths to trails).
 3. Safe tagging.

Go Play Group Games!

Red Light Green Light



What's Needed

- 4+ players, ages 6 – 8
- an open area

How to Play

- 1 player is the Traffic Cop. Other players line up on a starting line that is at least 25 giant steps away from the Traffic Cop.
- The game begins when the Traffic Cop turns her back to the other players and calls out, "Green Light!" On this command, players try to move as quickly as possible toward the Traffic Cop.
- When the Traffic Cop hears the players approaching, she calls out, "Red Light!" and quickly turns around to face the players. At this time, players must stand still.
- If the Traffic Cop catches any player moving, she sends that player back to the starting line.

- The Traffic Cop turns away and calls out, "Green Light!" again.
- The first player to reach the Traffic Cop wins and becomes the Traffic Cop.



Ability Adaptation Guidelines

- Decide before playing:
 1. Pace of play (Traffic Cop can count to 5 before turning around).
 2. Pairing.

Go Play Group Games!

Rock, Paper, Scissors



What's Needed

- 8+ players, ages 8 – 12
- tag flags (optional)
- a large open area

How to Play

- All players learn the symbols and their meanings:
Rock = a closed fist. Rock breaks scissors, rock wins.
Paper = a hand held flat. Paper covers rock, paper wins.
Scissors = 2 fingers, slightly open. Scissors cut paper, scissors win.



Rock



Paper



Scissors

- Divide the players into 2 teams. Each team huddles in their safety zone at opposite ends of the field and secretly decides on the symbol they will throw at the other team.
- The teams move to the middle of the field and stand facing each other across a centre line.
- All players chant, "Rock, Paper, Scissors" and then throw their team's symbol. If both teams throw the same symbol, teams need to re-huddle and decide on another symbol.

- The team that throws the winning symbol chases the other team and tries to tag them before they reach their safety zone.
- Players that are tagged, change to the other team.
- The game ends when all the players are on 1 team.



Ability Adaptation Guidelines

- Decide before playing:
 1. Pace of play.
 2. Pairing.
 3. Safe tagging.

Go Play Group Games!

Scout

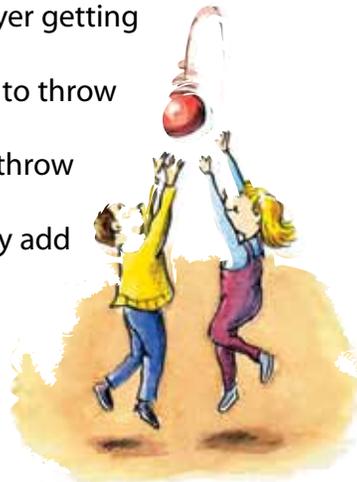


What's Needed

- 16 – 24 players, ages 9 – 12
- 1 ball
- a large open area

How to Play

- Divide the field in half. Divide the players into 2 teams, 1 on each side of the field.
- 1 player from each team is a Scout and stands behind the opposing players on the opposite side of the playing field for the jump ball. For the rest of the game a Scout can move any place within the opposing players' field.
- Play begins with a jump ball in the centre of the field. (2 players from opposite teams stand facing each other; the ball is tossed up in the air between them. The player getting the ball passes it to any team player.)
- Players pass the ball to their team players and try to throw it to their Scout.
- The players from the other team try to block this throw without body contact.
- Every time a team gets the ball to their Scout, they add another Scout, until they have 3.
- As soon as a team has 3 Scouts, points can be earned. 1 point for every successful throw to 1 of their Scouts.



- After each point earned, a jump ball is held at centre field and play continues.
- Players must stay on their own side. If a player crosses the centre line or the ball goes out of boundaries, play stops and the other team gets the ball.
- The first team to score 10 points wins.



Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to catch/throw/pass/block/jump for the ball.
 2. Pairing.

Go Play Group Games!

Soccer Baseball



What's Needed

- 10+ players, ages 8 – 12
- 1 soccer ball
- large open area, 4 base markers

How to Play

- Divide the players into 2 teams: Batters and Outfielders. Mark 3 bases and a home plate.
- The rules are similar to baseball except that the players use a soccer ball. The ball is rolled by the Pitcher and kicked by the Batter.
- The Pitcher rolls the ball towards the Batter (standing at home plate). The Batter kicks the ball into the outfield within the 1st and 3rd baselines.
- The Batter immediately starts to run to as many bases as possible. A Batter is safe if he gets to the base before the ball.
- The Outfielders try to get the Batter out by getting the ball (run it, throw it or kick it) to the base before the Batter.
- If the Batter misses kicking the ball or kicks it out of bounds, it is a strike. After 3 strikes the Batter is "out" and another Batter goes to bat.
- A Batter is also "out" if an Outfielder does any of the following:
 - a) Catches the kicked ball before it touches the ground.
 - b) Touches the Batter with the ball when the Batter is not touching a base. If a Batter is running to 2nd or 3rd base and there is not another Batter on the



base behind him, he can try to return to that base. The Outfielders will try to touch him with the ball to get him "out".

- When 3 Batters are "out", the teams change positions.
- A point is scored every time a Batter crosses home plate. The team with the most points wins.



Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to move ball/what is an out?
 2. Boundaries.
 3. Pace of play/travel.
 4. Pairing.

Go Play Group Games!

Spud



What's Needed

- 8+ players, ages 6 – 10
- 1 large bouncy ball (soft)
- an open area

How to Play

- Players form a circle and 1 player is selected to be It. All the other players are given a number.
- The player who is It stands in the middle of the circle and tosses the ball straight into the air while calling out a number.

- The player whose number is called tries to catch the ball. All the other players, including It run away from the ball.
- When the ball is caught the player yells, "Stop!" and the other players must stand still.
- The player with the ball takes 3 large steps and tries to hit 1 of the other players below the waist. The first time a player is hit he gets an "S", the first letter of the word SPUD. If no player is hit then the thrower gets an "S".
- Each time a player is hit or a thrower misses, 1 of them earns another letter.
- When a player gets a letter, he becomes It and all players return to the centre of the field. Play starts again.
- Once a player has all the letters that spell out SPUD, they are out of the game.
- The last player left is the winner.

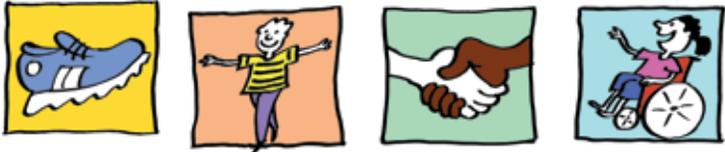


Ability Adaptation Guidelines

- Decide before playing:
 1. Action – What is a catch/hit/step?
 2. Pairing.
 3. Safe hitting/hit spot.

Go Play Group Games!

Starboard Port



What's Needed

- 10+ players, ages 6 – 8 or 9 – 12
- markers for boundaries
- a large open area

How to Play

- 1 player is the Captain.
- Mark off 4 boundary lines about 6 m (20 feet) away from the Captain: bow is in front of the Captain; stern is behind; starboard is to the right; port is to the left.
- To begin the game, all the players join the Captain in the middle of the playing area.



- The Captain shouts out either, "Bow, Stern, Starboard or Port". All the players run as fast as they can to the area that is called. The last player to reach the area is out of the game.
- The Captain then calls out another area and the game continues with 1 player being eliminated each time.
- The Captain may call out the name of the area where the players are already standing. Anyone who starts to run is out.
- The Captain may also shout, "Planes overhead!" at which point, all players must crouch down to the ground. The last person to crouch down is out.
- The last player left is the winner.



Ability Adaptation Guidelines

- Decide before playing:
 1. Action – What is a crouch?
 2. Boundaries/space.
 3. Pace of play/travel.
 4. Pairing.

Go Play Group Games!

Sticks and Stones



What's Needed

- 8+ players, ages 6–10
- markers for boundaries/goal lines
- tag flags (optional)
- a large open area

How to Play

- Mark a large rectangular area with 2 goal lines about 10 – 20 m (30 – 60 feet) apart.
- 1 player is the Caller. The other players are divided into 2 teams: Sticks and Stones.
- Teams line up and face each other 1 m (3 feet) apart in the centre of the field.
- The Caller yells, "Sticks!" or "Stones!" using a "St-t-t-t" sound so neither team knows who is going to be called.
- If "Sticks!" is called out, the Sticks chase the Stones. If "Stones!" is called out, the Stones chase the Sticks.
- The players who are being chased must run past the opposing team and across the goal line at the opposite end of the field, without getting tagged. Once they cross the goal line, they are safe.
- Anyone who is tagged must join the other team.
- The game continues until all of the players are on 1 team.



Ability Adaptation Guidelines

- Decide before playing:
 1. Boundaries/space.
 2. Pace of play/travel.
 3. Pairing – effect of excitability on stability.
 4. Safe tagging.

Go Play Group Games!

The Wizards' Challenge



What's Needed

- 12+ players, ages 6 – 8 or 9 – 12
- 2 – 4 large balls (soft)
- 6 – 8 tennis balls and 6 – 8 pylons
- 2 hula hoops or ropes
- a large open area with boundary markers

How to Play

- Divide the field in half. Divide the players into 2 teams, 1 on each side of the field.
- Place 3 – 4 pylons in a straight line at each end of the field. Rest a tennis ball on the top of each pylon.
- Make a sacred circle (with a hula hoop or rope) in front of each row of pylons.
- 1 player from each team is a Wizard and stands in their team's sacred circle.
- Place the large balls on the centre line of the playing field.
- The game begins when a Wizard yells, "Let the game begin!" Players race to get the balls and must stay on their side of the field.
- Players then try to hit players on the other team and knock the tennis balls off the pylons.
- If an opponent's ball hits a player, he becomes "frozen" and must sit down. He cannot participate until freed by his own Wizard.
- A Wizard frees their frozen team players by leaving the sacred circle and tagging them. If the Wizard is hit by an opponent's ball, while out of the sacred circle, he vanishes.
- A team wins when the other team's players are all frozen, all their tennis balls are knocked off the pylons or their Wizard has vanished.



Ability Adaptation Guidelines

- Decide before playing:
 1. Pace of play.
 2. Pairing.
 3. Safe hitting/hit spot.

Go Play Group Games!

What Time is it Mr. Wolf?



What's Needed

- 4+ players, ages 6 – 8
- tag flags (optional)
- an open area

How to Play

- 1 player is the Wolf and stands with their back to the other players. The other players line up on a starting line that is at least 25 giant steps away from the Wolf.
- The game begins when the players call out, "What time is it Mr. Wolf?" and the Wolf yells back a time (e.g., "10 o'clock!"). For 10 o'clock the players take 10 steps towards the Wolf, then ask the time again. The Wolf responds with another time and the players take the corresponding number of steps.
- This continues until the players get close to the Wolf.
- At anytime, the Wolf might answer, "Dinnertime!" and turn around and chase the players as they run back to the starting line.
- If the Wolf tags a player, they become the Wolf and the game begins again.

Ability Adaptation Guidelines

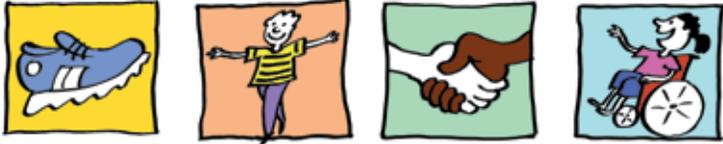
- Decide before playing:
 1. Boundaries.
 2. Pace of play/travel.
 3. Pairing – effect of excitability on stability.
 4. Safe tagging.



Go Play Group Games!

Go Play Hopscotch!

Boggy Marsh Hopscotch



What's Needed

- 2+ players, ages 6 – 10
- a hard surfaced area and sidewalk chalk

How to Play

- Draw a grid (as shown) big enough for the players. The circles are the stepping stones and the space between is the Boggy Marsh, infested with leeches and water snakes. The players must get through the Boggy Marsh without falling in. The stepping stones must be placed close enough together so a player can hop on 1 foot from 1 stone to the next.
- The first player starts on stepping stone 1 and hops on the same foot all the way to stepping stone 14. When she gets to 14, she turns and hops back.
- If she survives, she begins again jumping only on the odd numbered stones. Her next challenge is to hop only on the even numbers.
- If the player lands on the stepping stone with both feet or 1 foot touches the Marsh, her turn is over.
- The first survivor to complete all stages is the winner.



Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to move through the grid.
 2. Boundaries/space.
 3. Pairing.
 4. What ends a turn?

Go Play Hopscotch!

Discover the Universe



What's Needed

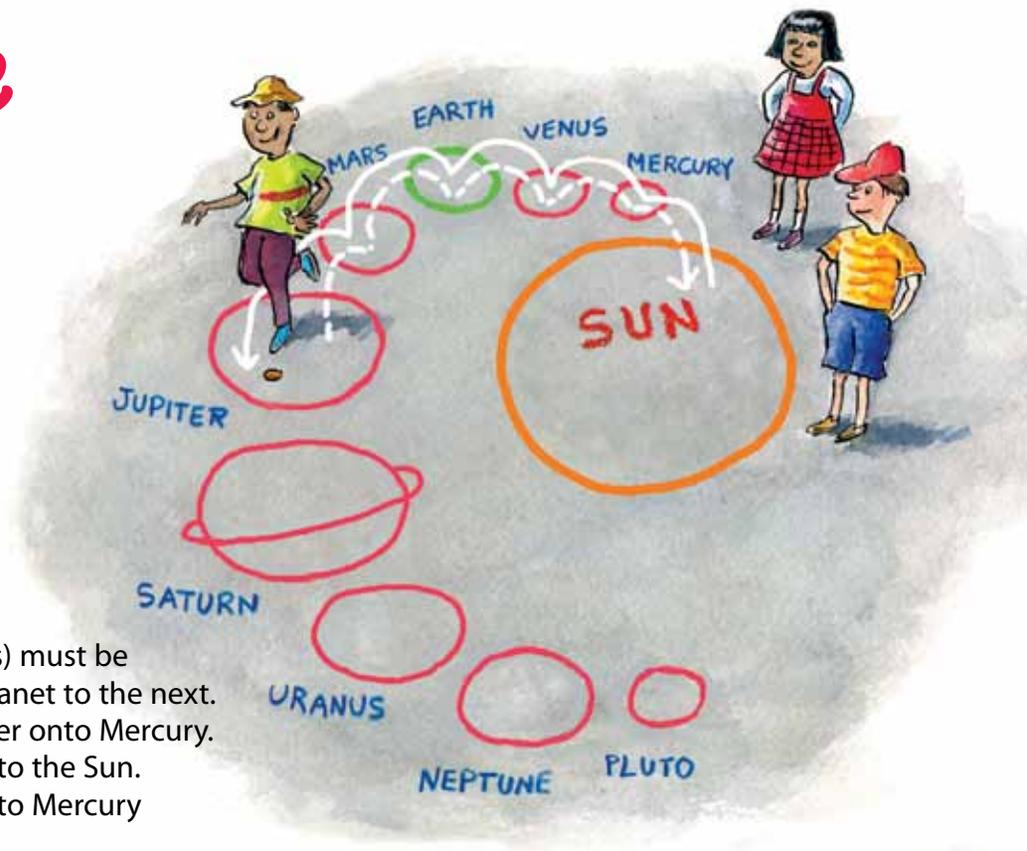
- 2+ players, ages 6 – 10
- a stone/marker per player
- a hard surfaced area and sidewalk chalk

How to Play

- Draw a grid (as shown) big enough for the players. The planets (circles) must be placed close enough together so a player can hop on 1 foot from 1 planet to the next.
- The first player begins by standing on the Sun and throwing his marker onto Mercury. He hops from the Sun to Mercury, picks up his marker and hops back to the Sun.
- The player then throws his marker onto Venus. He hops from the Sun to Mercury to Venus, then picks up his marker and hops back to the Sun.
- Play continues through all the planets.
- If the player throws his marker on the wrong planet, misses a planet, touches the ground with his other foot or hand or lands on a line, his turn is over and the next player begins.
- All players to complete the routine are winners.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to move through the grid.
 2. Boundaries (the grid can be a big circle with the planets inside).
 3. Pairing.
 4. What ends a turn?



Go Play Hopscotch!

Dragon Hopscotch



What's Needed

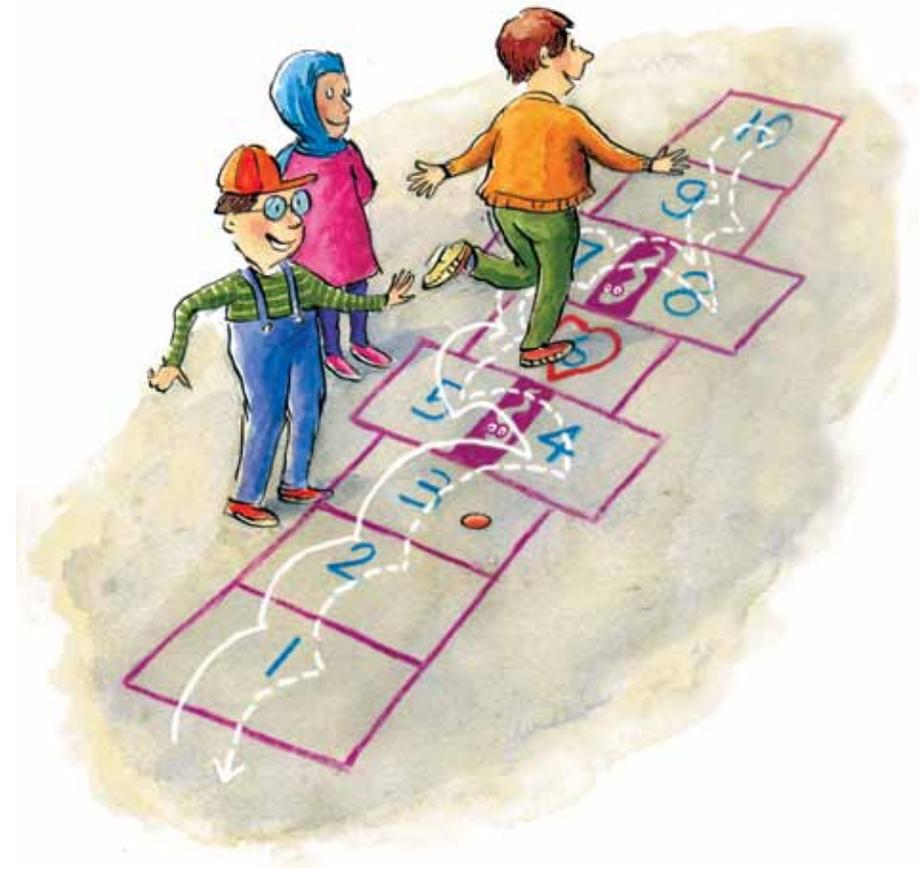
- 2+ players, ages 6 – 10
- a stone/marker per player
- a hard surfaced area and sidewalk chalk

How to Play

- Draw a grid (as shown) big enough for the players. The shaded areas between 4 & 5 and 7 & 8 are called Dragons.
- The first player throws his marker onto square 1. He jumps on 1 foot over square 1 onto square 2 and continues through the grid to square 10.
- A player must jump over any space containing his marker.
- The player continues his turn, throwing his marker onto squares 3 to 9.
- If his marker lands:
 - a) on a Dragon, he must move back to square 2.
 - b) inside the Heart in square 6, he can move his marker directly to square 9.
- In square 10, he turns around and can change feet. He continues back through the grid, bending to pick up his marker on the way back.
- If a player throws his marker on the wrong square, lands in a square holding his marker, touches the ground with his other foot or jumps on a line, his turn is over.
- All players to complete the routine are winners.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to move through the grid.
 2. Boundaries/space.
 3. Pairing.
 4. What ends a turn?



Go Play Hopscotch!

Earth to Sky Hopscotch

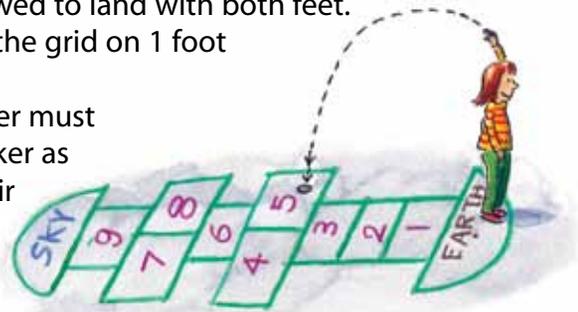


What's Needed

- 2+ players, ages 6 – 12
- a stone/marker per player
- a hard surfaced area and sidewalk chalk

How to Play

- Draw a grid (as shown) big enough for the players.
- The first player stands on Earth and throws his marker onto square 1. He hops on 1 foot onto square 1, picks up his marker, then turns and hops back to Earth.
- The player throws his marker onto square 2, hops onto square 1 then 2, picks up his marker, turns, then hops back on square 1 to Earth.
- The player continues through the hopscotch grid by throwing his marker on each square until he has completed the grid by getting to the Sky.
- If the player throws his marker on the wrong square, touches the ground with his other foot or hand or lands on a line, his turn is over.
- Once the grid is completed, the player stands on Earth with his back to the Sky and throws the marker over his shoulder. If the marker lands on a square, this square becomes free. On a free square, the player is allowed to land with both feet.
- The player now turns around and hops through the grid on 1 foot except for the free square.
- If the marker does not land on a square, the player must hop through the grid on 1 foot carrying the marker as decided by the other players. This may be on their head, hand or foot.
- All players to complete the routine are winners.



Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to move through the grid.
 2. Boundaries.
 3. Pairing.
 4. What ends a turn?

Go Play Hopscotch!

Everyone's Hopscotch



What's Needed

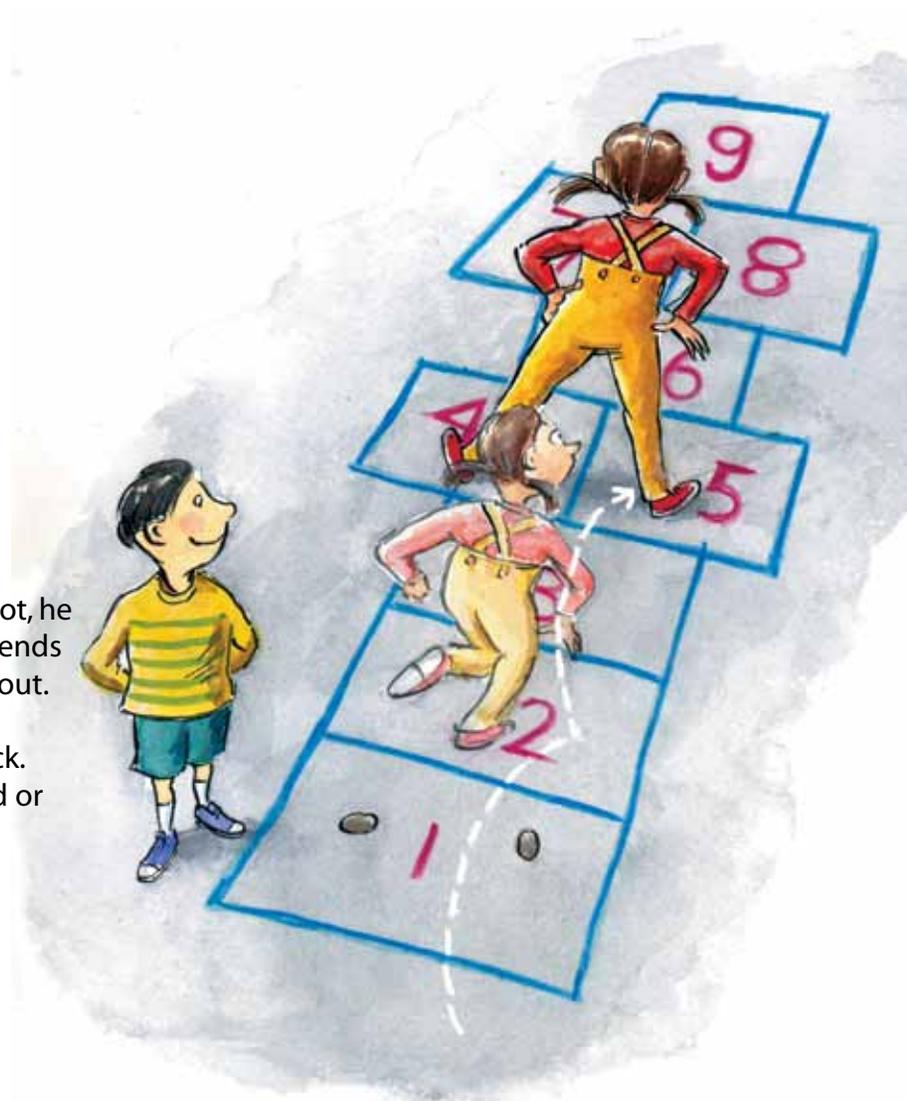
- 2+ players, ages 6 – 10
- a stone/marker per player
- a hard surfaced area and sidewalk chalk

How to Play

- Draw a grid (as shown) big enough for the players.
- All players place their markers on the square 1.
- The first player jumps on 1 foot over square 1 onto square 2. Using the same foot, he jumps through the grid. He then turns and comes back. At the last square, he bends to pick up his marker without touching any others, jumps over the square and out.
- The next player then throws his marker onto square 2, jumps on square 1 over square 2 and continues through the grid, picking up his marker on the way back.
- If he throws his marker on the wrong square, touches the ground with his hand or his other foot or jumps on a line, his turn is over.
- Once the player completes the whole grid he places his marker on the back of 1 hand and jumps through the grid and back without dropping the marker.
- All players to complete the routine are winners.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to move through the grid.
 2. Boundaries/space.
 3. Pairing.
 4. What ends a turn?



Go Play Hopscotch!

Neighbourhood Hopscotch

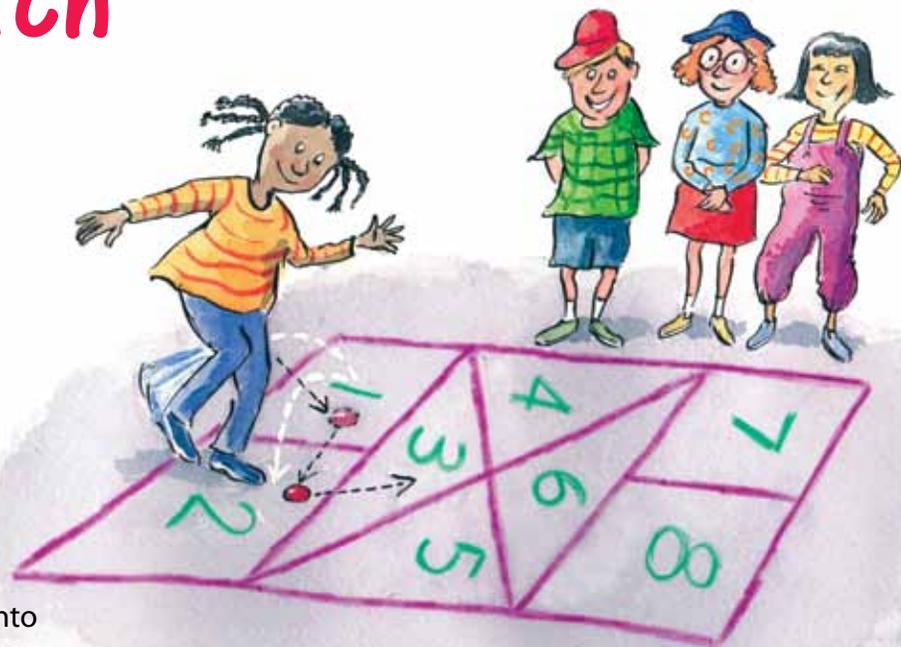


What's Needed:

- 3 – 6 players, ages 8 – 12
- 1 game marker and 4+ small bean bag markers per player
- a hard surfaced area and sidewalk chalk

How to Play

- Draw a grid (as shown) big enough for the players.
- The first player throws her game marker onto space 1. She hops on 1 foot onto space 1, then kicks this marker with her other foot onto space 2. She continues through the grid until the marker has been kicked into each space.
- When the player has reached space 8 she stands with her back to the grid and throws a house marker over her head into the playing area. The space on which it lands becomes her house where, on her next turn, she may stand on both feet and rest.
- Once the player has thrown her house marker, her turn is over and the next player begins. Using his game marker, the next player works his way through the grid, trying to get a house.
- A player loses his turn if he kicks his marker onto the wrong space, touches the ground with both feet or lands on a line. If this happens, his marker remains in the grid. On his next turn, he begins from this spot.
- The game continues with each player taking turns going through the grid and adding houses.
- The winner is the player who has the most houses.



Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to move through the grid.
 2. Boundaries/space.
 3. Pairing.

Go Play Hopscotch!

Snail Hopscotch



What's Needed

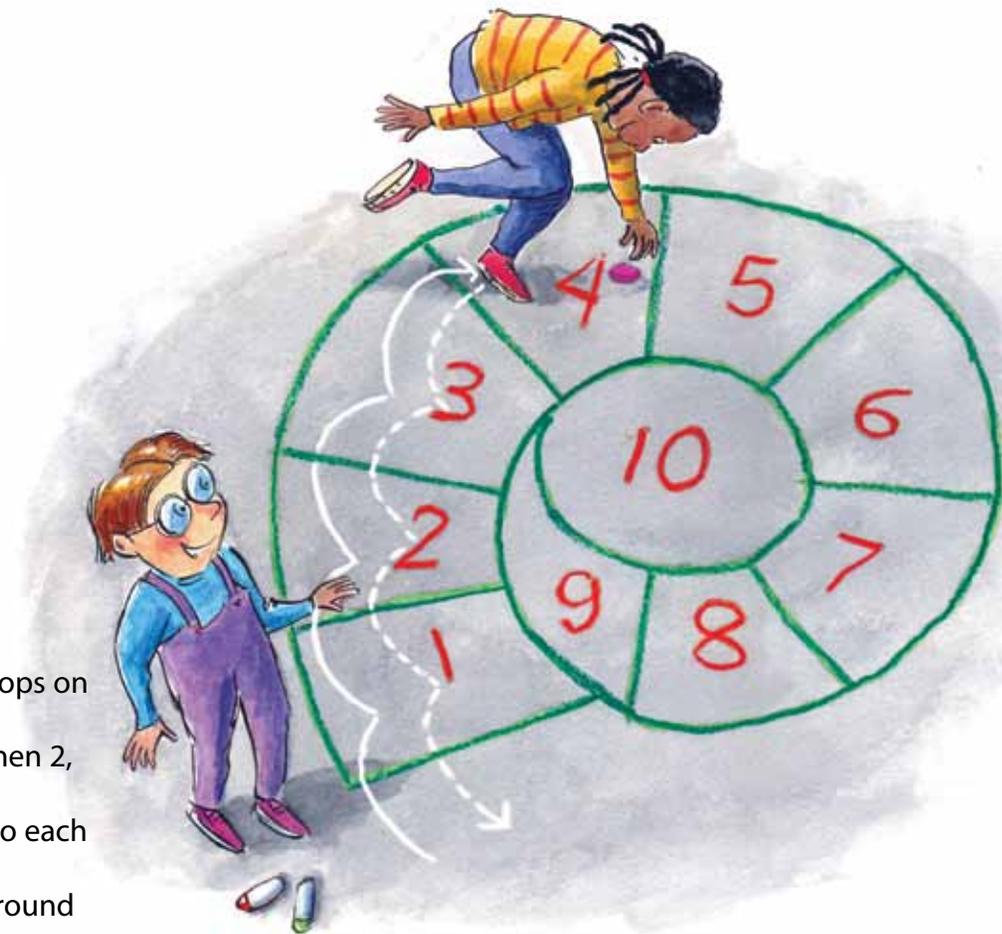
- 2+ players, ages 6 – 8
- a stone/marker per player
- a hard surfaced area and sidewalk chalk

How to Play

- Draw a grid (as shown) big enough for the players.
- The first player begins by throwing her marker onto space 1. She hops on 1 foot onto this space, bends to pick up her marker and hops out.
- The player then tosses her marker onto space 2, hops on space 1 then 2, picks up her marker and hops back to the start.
- The player continues through the grid by throwing her marker onto each space until she has completed all 10 spaces.
- If the player throws her marker on the wrong space, touches the ground with her other foot or hand or lands on a line, her turn is over.
- All players to complete the routine are winners.

Variations

- As the jumper lands on her space with the marker, she stands on 1 foot and counts out loud up to the number of the space on which she is standing.



Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to move through the grid.
 2. Boundaries/space.
 3. Pairing.
 4. What ends a turn?

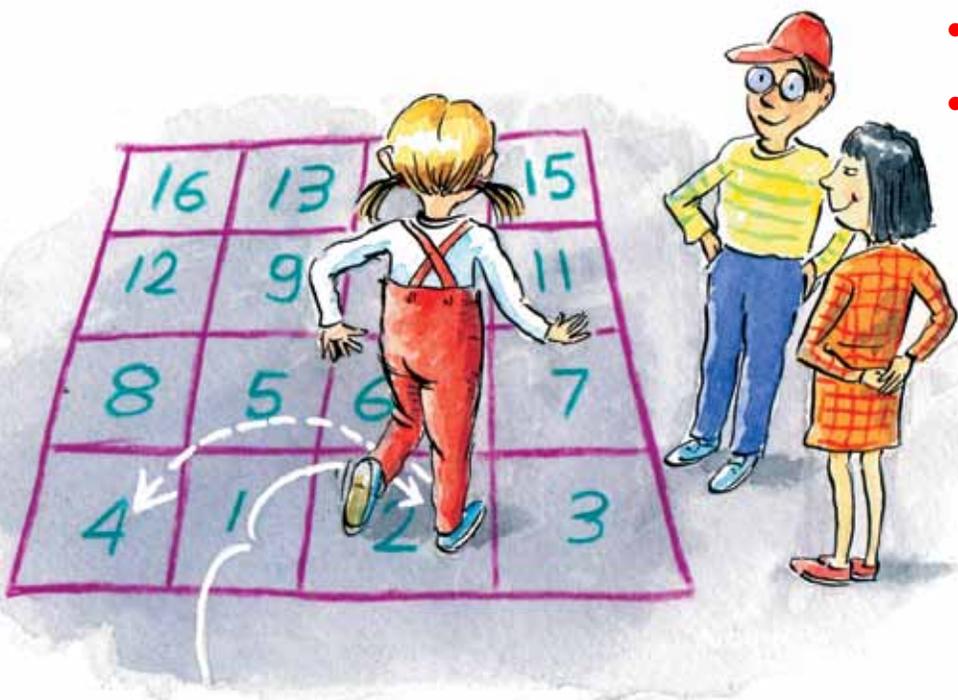
Go Play Hopscotch!

Village Hopscotch



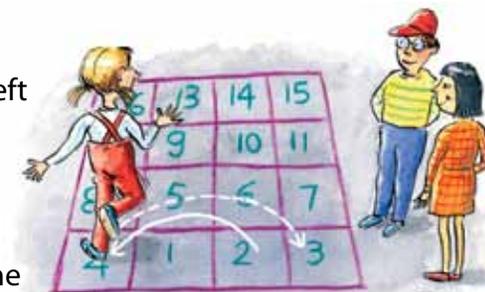
What's Needed

- 2+ players, ages 8 – 12
- a hard surfaced area and sidewalk chalk



How to Play

- Draw a grid (as shown) big enough for the players.
- The player begins by hopping with the left foot onto square 1 followed by the right foot onto square 2. Then left on 4, right on 3. Left on 1, right on 2. Then out of the grid.
- If successful, the player continues with the next row. Left on 5, right on 6. Left on 8, right on 7. Left on 5, right on 6. Left on 4, right on 3. Left on 1, right on 2. Then out of the grid. This continues until the player completes the 16 squares.
- If the player touches the ground with both feet or lands on a line, his turn is over.
- All players to complete the routine are winners.



Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to travel through the grid.
 2. Boundaries/space.
 3. Pairing.
 4. What ends a turn?

Go Play Rope Games!

Banana Split



What's Needed

- 5+ players, ages 6 – 8 and 2 experienced Enders
- 1 long skipping rope
- a hard surfaced area

How to Play

- 2 players called Enders turn the rope (at a suitable speed), first in 1 direction and then in the other direction. Everyone else is a Jumper and forms a line in front of the skipping rope.
- The first Jumper runs under the rope as it comes towards her, turns quickly and runs back under the rope when it reverses direction.
- The second Jumper joins the first Jumper and they repeat the run through.
- Continue to add a Jumper, 1 at a time.
- The game ends when the rope is touched or a Jumper misses her turn. When this happens, the Jumper changes places with an Ender.

Ability Adaptation Guidelines

- Decide before playing:
 1. Pace of play.
 2. Pairing.
 3. Safety.
 4. What ends a turn?



Go Play Rope Games!

Cat and Mouse



What's Needed

- 4 players, ages 8 – 12
- 1 long skipping rope
- a hard surfaced area

How to Play

- 2 players called Enders turn the rope (at a suitable speed). 2 players are jumpers: 1 is a Cat and the other is a Mouse. The Cat and the Mouse stand beside 1 of the Enders.
- The Mouse starts the game by running in, jumping once and running out. She then runs around an Ender and gets ready to jump back in.
- As soon as the Mouse runs out, the Cat runs in and must jump once. He then runs out and around the Ender, trying to tag the Mouse. The Mouse jumps back in trying to escape.
- If the Mouse touches the rope or is tagged by the Cat, she changes place with 1 of the Enders. That Ender then becomes the Cat, the Cat becomes the Mouse.

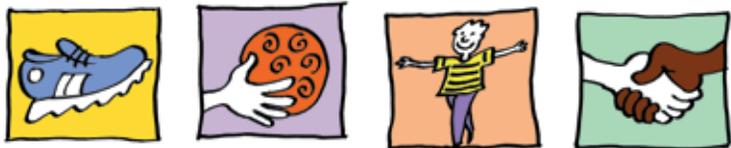


Ability Adaptation Guidelines

- Decide before playing:
 1. Actions – How to catch the mouse?
 2. Pace of play/travel.
 3. Pairing.
 4. Safety.
 5. What ends a turn?

Go Play Rope Games!

Catch Me



What's Needed

- 3 players, ages 9 – 12
- 1 long skipping rope
- a hard surfaced area

How to Play

- 2 players called Enders stand facing the same direction and turn the rope. A third player is the Jumper.
- The Enders must try to keep up with the Jumper as she moves around the playing area jumping the rope.
- There is no winner in this game. It is just fun and challenging.

Variations

- The Jumper may change the way she moves (hops on 1 or 2 feet, skips or jumps backwards). The Enders must copy her actions.



Go Play Rope Games!

Eevey, Ivey



What's Needed

- 3+ players, ages 6 – 12
- 1 long skipping rope
- a hard surfaced area

How to Play

- 2 players called Enders turn the rope. The third player is the Jumper.
- Enders slowly swing the rope back and forth chanting, while the Jumper jumps over the rope.
- Everyone says the rhyme:

*Blue bells, cockle shells, Eevey, Ivey, over.
My mother sent me to the store.
And this is what she sent me for:
Salt, vinegar, mustard, pepper.*

- When the word "over" is said the Enders turn the rope in a full turn and the Jumper continues jumping.
- The Enders then start to turn the rope a little faster on each word: salt, vinegar, mustard. When they say "pepper" they turn the rope as fast as they can.
- The Jumper counts the number of "pepper jumps" . When the Jumper misses, she changes places with 1 of the Enders.



Go Play Rope Games!

Follow Me

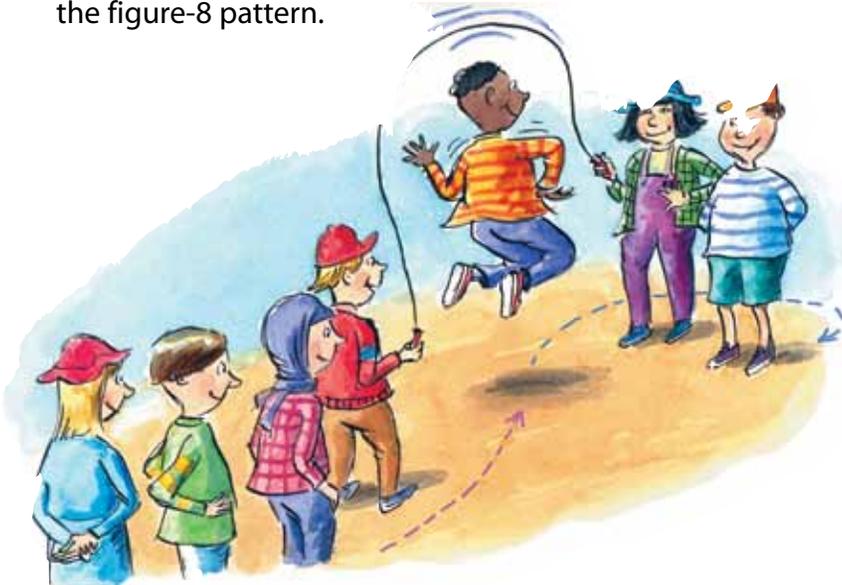


What's Needed

- 8+ players, ages 9 – 12
- 1 long skipping rope
- a hard surfaced area

How to Play

- 2 players called Enders turn the rope (at a suitable speed).
- Everyone else is a Jumper. Jumpers form a line beside 1 of the Enders.
- The first Jumper is the Leader. He jumps the rope once, runs out and around the other Ender, ready to come in again. This starts the figure-8 pattern.



- Each Jumper must copy the Leader and tries to run in without missing a turn of the rope. This will vary with the ability of the players.
- The Leader then runs in and may choose to do an action (touching the ground, jumping on 1 foot or stride jumping).
- Then each Jumper must run in and copy the action done by the Leader.
- This continues until a Jumper misses her turn or touches the rope. She then stands to 1 side while the others continue.
- The jumping will get faster as there are fewer Jumpers.
- The game is over when there are 3 Jumpers left.



Ability Adaptation Guidelines

- Decide before playing:
 1. Actions – what can be done safely?
 2. Pace of play.
 3. Pairing.
 4. What ends a turn?

Go Play Rope Games!

Helicopter



What's Needed

- 2+ players, ages 6 – 7
- 1 long skipping rope
- a hard surfaced area

How to Play

- All players except 1 are Jumpers.
- 1 player, called the Helicopter Pilot, stands in the middle of the Jumpers and holds 1 end of the rope.
- The Pilot slowly turns around spinning the rope along the ground (at a suitable speed). All Jumpers jump over the rope as it comes by.
- Change the Pilot often to minimize dizziness.



Ability Adaptation Guidelines

- Decide before playing:
 1. Pairing.

Go Play Rope Games!

Snake

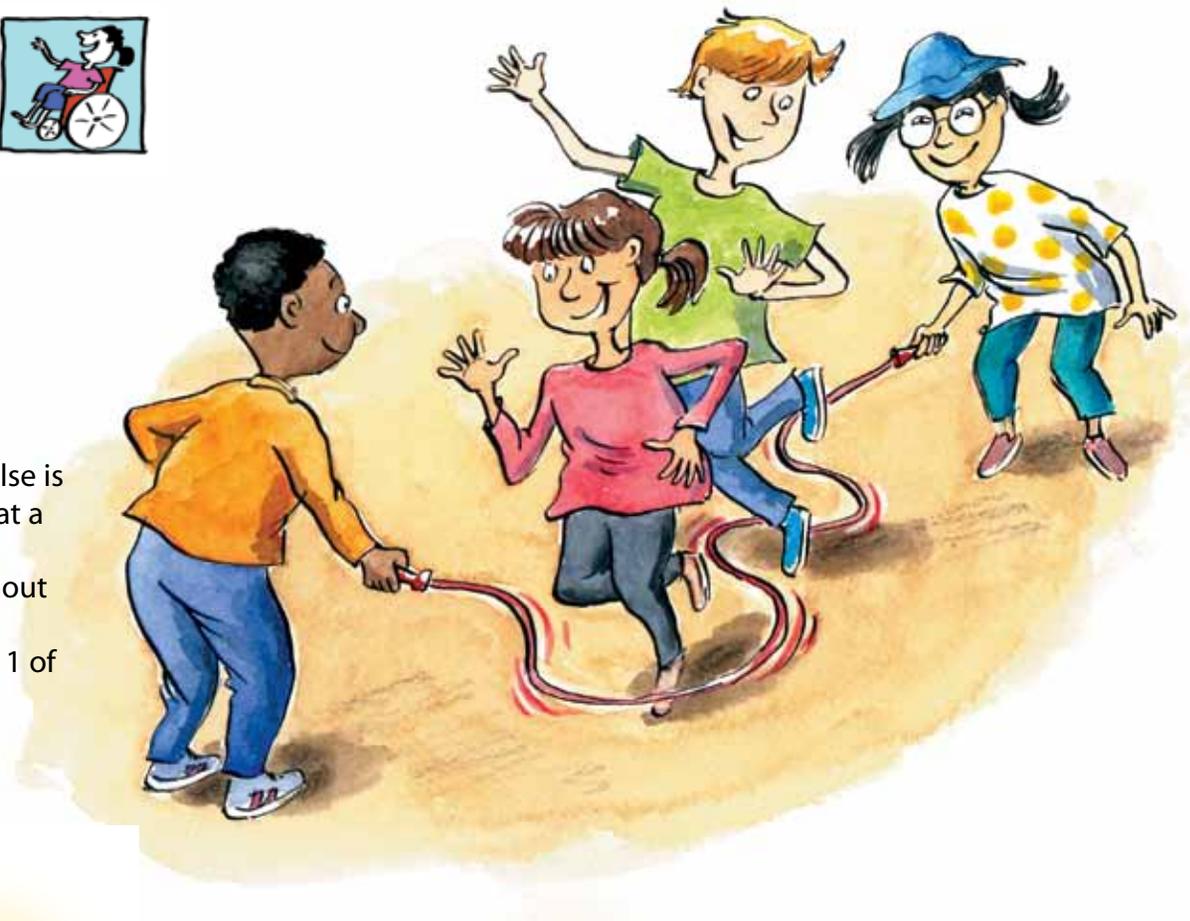


What's Needed

- 3+ players, ages 6 – 7
- 1 long skipping rope
- a hard surfaced area

How to Play

- 2 players called Enders hold the rope ends. Everyone else is a Jumper. The Enders wiggle the rope back and forth (at a suitable speed) so it looks like a snake.
- Jumpers take turns trying to jump over the snake without touching it.
- If a Jumper touches the snake, he changes places with 1 of the Enders.



Ability Adaptation Guidelines

- Decide before playing:
 1. Actions – what can be done safely?
 2. Pairing.
 3. What ends a turn?

Go Play Rope Games!

Stack'em Up



What's Needed

- 8+ players, ages 6 – 12
- 1 long skipping rope
- a hard surfaced area

How to Play

- 2 players called Enders turn the rope. Everyone else is a Jumper. Jumpers form a line beside 1 of the Enders.
- As the Enders slowly turn the rope, the first Jumper jumps in and calls out, "Number 1!" The Jumpers continue to jump in, 1 after another, calling out their number.
- The goal is to have as many players as possible jumping at the same time before a player misses a jump or touches the rope.
- Everyone is a winner.



Ability Adaptation Guidelines

- Decide before playing:
 1. Pairing.
 2. Safety – number of players to jump safely together.
 3. What ends a turn?

Go Play Rope Games!

Weave



What's Needed

- 8+ players, ages 9 – 12
- 1 long skipping rope
- a hard surfaced area

How to Play

- 2 players called Enders turn the rope (at a suitable speed).
- Everyone else is a Jumper. Divide the Jumpers into 2 groups. Each group lines up on the same side of the rope beside an Ender.
- As the rope turns, the Jumpers from each end alternate taking turns running in, jumping, running out and joining the back of the other line.
- Jumpers continue this criss-cross pattern until a Jumper misses his turn or hits the rope. If this happens, that Jumper is out of the game.
- The last 3 Jumpers are winners.

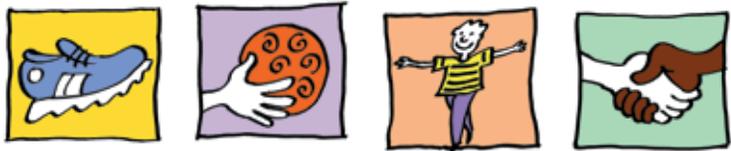


Ability Adaptation Guidelines

- Decide before playing:
 1. Actions – what can be done safely?
 2. Pace of play (number of turns between Jumpers).
 3. Pairing.
 4. What ends a turn?

Go Play Rope Games!

Yogi

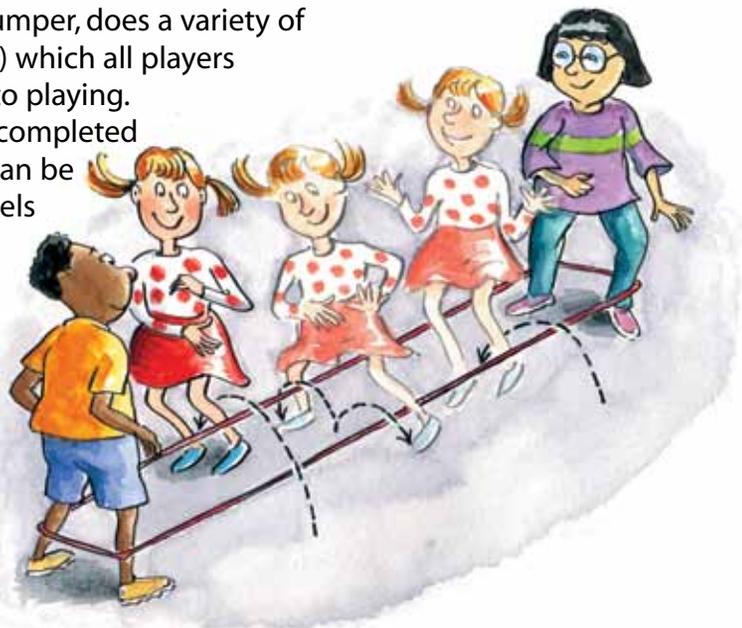


What's Needed

- 3 players, ages 6 – 12
- 1 yogi rope
- a hard surfaced area

How to Play

- 2 players stand 1.5 m (4 feet) away from each other with legs shoulder width apart. The Yogi rope is held at the ankles of the 2 players to form a rectangle.
- The third player, the Jumper, does a variety of actions (see Variations) which all players have agreed on prior to playing.
- Once the Jumper has completed the routine, the rope can be moved to different levels on the body (calf, knees, thighs, hips, waist).
- The Jumper repeats the routine until they miss the intended jump. Then the Jumper changes places with 1 of the other players holding the rope.



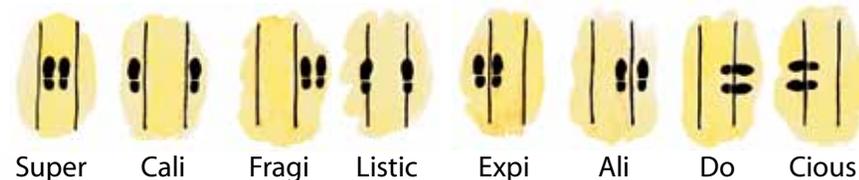
Variations

- Players make their own routines by combining different moves to different rhymes.
- The player recites the chant, jumps in and places their feet when they land according to the routine. When they say the second line they can create new actions, do them in reverse or make up new ones.

Example:

*Super, Cali, Fragi, Listic, Expi, Ali, Do, Cious
Even though you like the word it really sounds pre co cious!*

Super	into centre of the rope with feet together
Cali	feet straddle both ropes
Fragi	both feet on 1 side of the rope
Listic	with 1 foot on each rope
Expi	feet straddling left rope
Ali	feet straddling right rope
Do	jump, turn so both feet land together on right rope
Cious	jump, turn and land so both feet land on left rope



Go Play Tag!

Chain Tag



What's Needed

- 10+ players, ages 6 – 12
- tag flags (optional)
- an open area

How to Play

- 1 player is It. When a player is tagged by It, the 2 players hold hands and become It. They run holding hands, trying to tag other players.
- Each time a player is tagged, she joins the It chain but only the 2 players on the ends can tag other players.
- The chain can be as long as the children want or they can break it into 2 parts when it becomes 4 players long. These pairs are now It.
- The game ends when all players are tagged.

Variations

- Instead of running, the players may choose to hop, skip, jump or choose whatever movement they want.



Ability Adaptation Guidelines

- Decide before playing:
 1. Pace of travel.
 2. Pairing.
 3. Safe tagging.

Go Play Tag!

Cops and Robbers



What's Needed

- 5+ players, ages 8 – 12
- tag flags (optional)
- an open area

How to Play

- Divide the players into 2 teams: Cops and Robbers. If there is an unequal number of players on each team, there should be more Robbers.
- The Cops have a jail they must guard. The jail can be a tree or any other marker.
- To start the game, the Cops stand at the jail and count to 10 while the Robbers run away. The Cops then try to tag the Robbers. If a Cop tags a Robber, the Robber must go to jail.
- A Robber can get out of jail if another Robber who is not in jail tags him. If a Cop sees a Robber being freed, the Cop yells, "Jailbreak!" to alert the other Cops. They try to recapture the Robber by tagging him.
- The game ends when all the Robbers are caught. The Cops and Robbers switch sides.

Variations

- Children enjoy playing girls against boys.

Ability Adaptation Guidelines

- Decide before playing:
 1. Pace of play.
 2. Pairing.
 3. Safe tagging.



Go Play Tag!

Dragon's Tail Tag



What's Needed

- 6+ players, ages 6 – 8
- tag flag
- an open area

How to Play

- Players stand in a line and form a Dragon by putting their hands on the hips of the person in front.
- The front person is the Head of the Dragon and the back person is the Tail.
- The Head tries to touch its own Tail. The Tail tries to avoid being caught.
- When the Tail is caught, the Head goes to the back of the line to be the new Tail. The second player in the line becomes the new Head.
- The game continues.



Ability Adaptation Guidelines

- Decide before playing:
 1. Pace of play.

Go Play Tag!

Go!



What's Needed

- 14+ players (an even number), ages 6 – 10
- an open area

How to Play

- 1 player is It and 1 player is the Runner. Everyone else links 1 arm with a partner and stands in pairs in a large circle. It and the Runner stand outside of the circle.
- The game begins when It calls out, "Go!" and starts to chase the Runner around the circle.
- The Runner may, at any time, link up with 1 of the pairs.
- When the Runner joins a pair she yells, "Go!" and the player on the other end of the pair lets go and becomes the new Runner.
- If It tags the Runner they switch roles.



Ability Adaptation Guidelines

- Decide before playing:
 1. Pace of play.
 2. Pairing.
 3. Safe tagging.

Go Play Tag!

Fox and Geese



What's Needed

- 4 – 8 players, ages 6 – 12
- tag flags (optional)
- a snowy open area/a surface that can have a path marked out

How to Play

- In the snow, tramp out a path in the shape of a wheel 4 m (18 feet) across with at least 6 spokes leading from a centre point to the outside circle. The centre of the circle where all spokes meet is the safe zone. The pathways (outer circle and spokes) need to be wide enough to suit the needs of the children playing.
- 1 player is the Fox and stands in the safe zone. Other players are Geese and stand on the edge of the circle.
- To begin, the Fox yells, "Run, Geese, run!" and tries to tag the Geese as they run away. Everyone must stay on the pathways.
- When a Goose is in the safe zone, he cannot be tagged. There can be only 1 Goose in the safe zone at any time. When another Goose enters the safe zone, the first Goose must leave.
- If a Goose steps off the pathways or is tagged she becomes the Fox.

Variations

- Allow as many Geese in the safe zone as there is room.
- For 6+ players – draw an adjoining wheel for more travel space.

Ability Adaptation Guidelines

- Decide before playing:
 1. Pace of travel.
 2. Pairing.
 3. Safe tagging.



Go Play Tag!

High-Five Tag



What's Needed

- 5+ players, ages 6 – 8
- tag flags (optional)
- an open area

How to Play

- 1 player is It and tries to tag all the other players.
- Players run away to avoid being tagged.
- If a player is tagged, he must stop running and hold up 1 hand. He is not allowed to move until he gets a "high-five" from another player, then he is free to run again.
- The game is over when all the players have been tagged.

Variations

- Friendly Tag – Played the same way except the free player gives a handshake instead of a "high-five".
- Good Job Tag – When a player gets tagged, he must start to do jumping jacks (can be arms only). He can stop jumping only when another player pats him on the back and says, "Good job!"
- Freeze Tag – When a player is tagged, he must stand with legs apart and can only start running again if a free player crawls between his legs.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – what to do when tagged/how to free a player.
 2. Pace of play.
 3. Pairing.
 4. Safe tagging.



Go Play Tag!

Sharks and Minnows



What's Needed

- 6+ players, ages 6 – 8
- tag flags (optional)
- an open area
- boundary markers

How to Play

- Mark clear boundaries at ends and sides of the playing field. 1 end is the ocean, the other the lagoon.
- 1 player is the Shark and stands in the middle of the field. All other players are Minnows and line up in the lagoon.
- The Shark shouts, "Minnows Beware!" and all of the Minnows run toward the ocean.
- The Shark can move anywhere within the marked space to try and tag the Minnows.
- When a Minnow is tagged she becomes another Shark and starts to tag Minnows.
- All the Minnows who reach the ocean are winners.

Ability Adaptation Guidelines

- Decide before playing:
 1. Pace of travel.
 2. Pairing.
 3. Safe tagging.



Go Play Tag!

Go Play Ball!

Beat the Ball



What's Needed

- 5+ players, ages 6 – 8
- 1 large ball
- an open area

How to Play

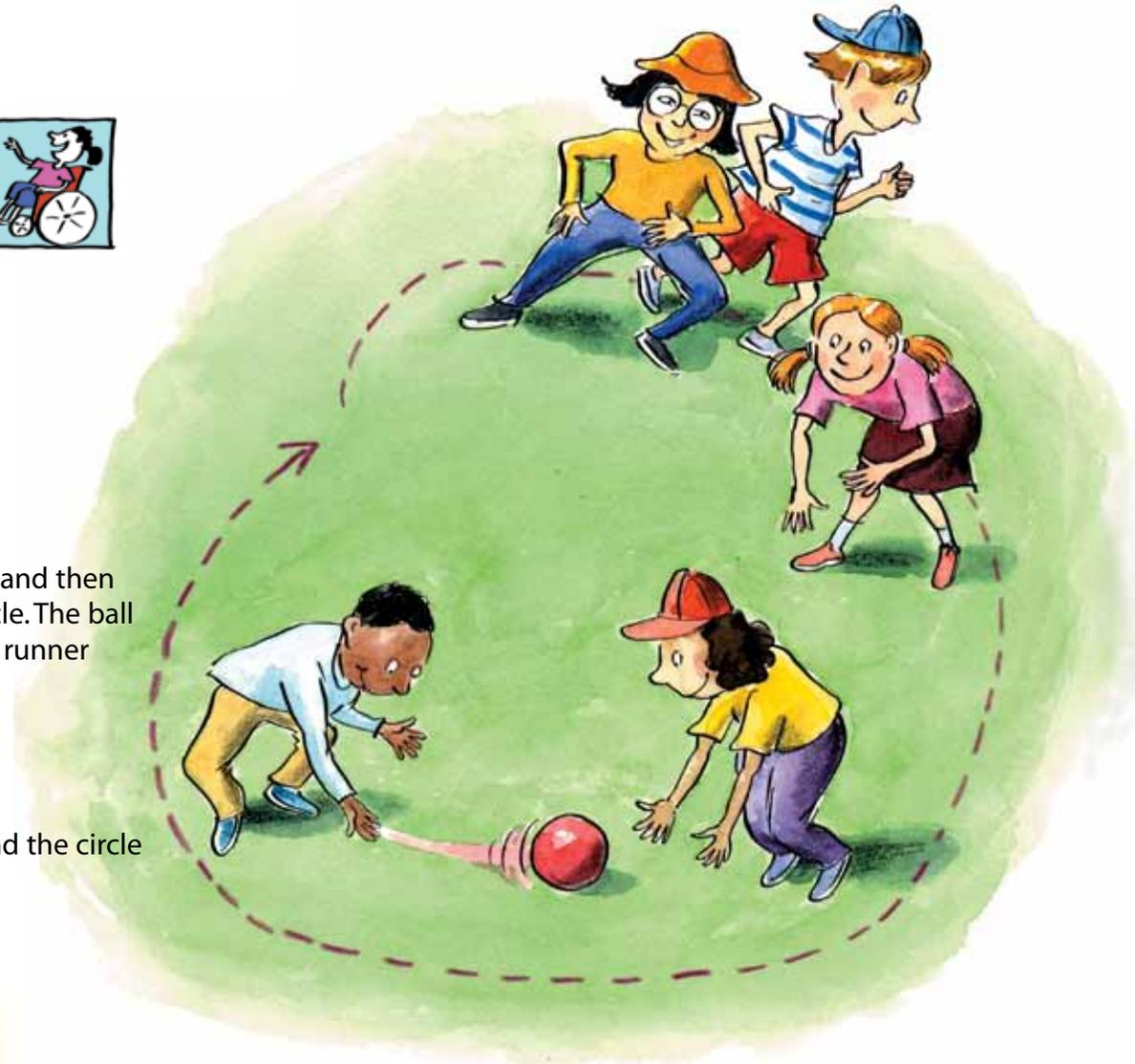
- Players stand in a circle.
- 1 player rolls or passes the ball to the player next to him and then runs in the opposite direction around the outside of circle. The ball continues to be rolled or passed around the circle as the runner races back to his spot trying to beat the ball.
- Each player takes a turn running around the circle.

Variations

- Continue rolling the ball. Have runners start to run around the circle as soon as the player to their right returns to base.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to pass/number of times ball passes.
 2. Equipment – ball (type/size).
 3. Pace of travel.



Go Play Ball!

Circle Pinball



What's Needed

- 8+ players, ages 8 – 12
- 1 large bouncy ball
- an open area

How to Play

- Players called Flippers stand in a circle facing outward with their feet wide apart and touching a foot of the players on each side. 1 player stands in the middle as the Moving Target. 1 Flipper holds the ball.
- Flippers bend down and swing their arms between their legs like flippers on a pinball machine. They try to hit the Moving Target with the ball. Flippers can hit, catch or throw the ball. The Moving Target avoids getting hit.
- If the Moving Target is hit, she changes places with the Flipper who threw the ball.

Variations

- Team Stride Ball (for younger children): Players stand facing inward. The player in the centre holds the ball and tries to roll it outwards between the legs of the players. The players in the circle try to stop the ball by using only their hands. If the ball rolls through a player's legs, she changes places with the centre player.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to catch/hit/throw the ball.
 2. Equipment – ball (size/softness).
 3. Safe hitting/hit spot.



Go Play Ball!

Crocodile Island



What's Needed

- 6 – 12 players, ages 6 – 10
- 1 ball (soft)
- chalk/hula-hoops/long skipping rope/tape
- an open area

How to Play

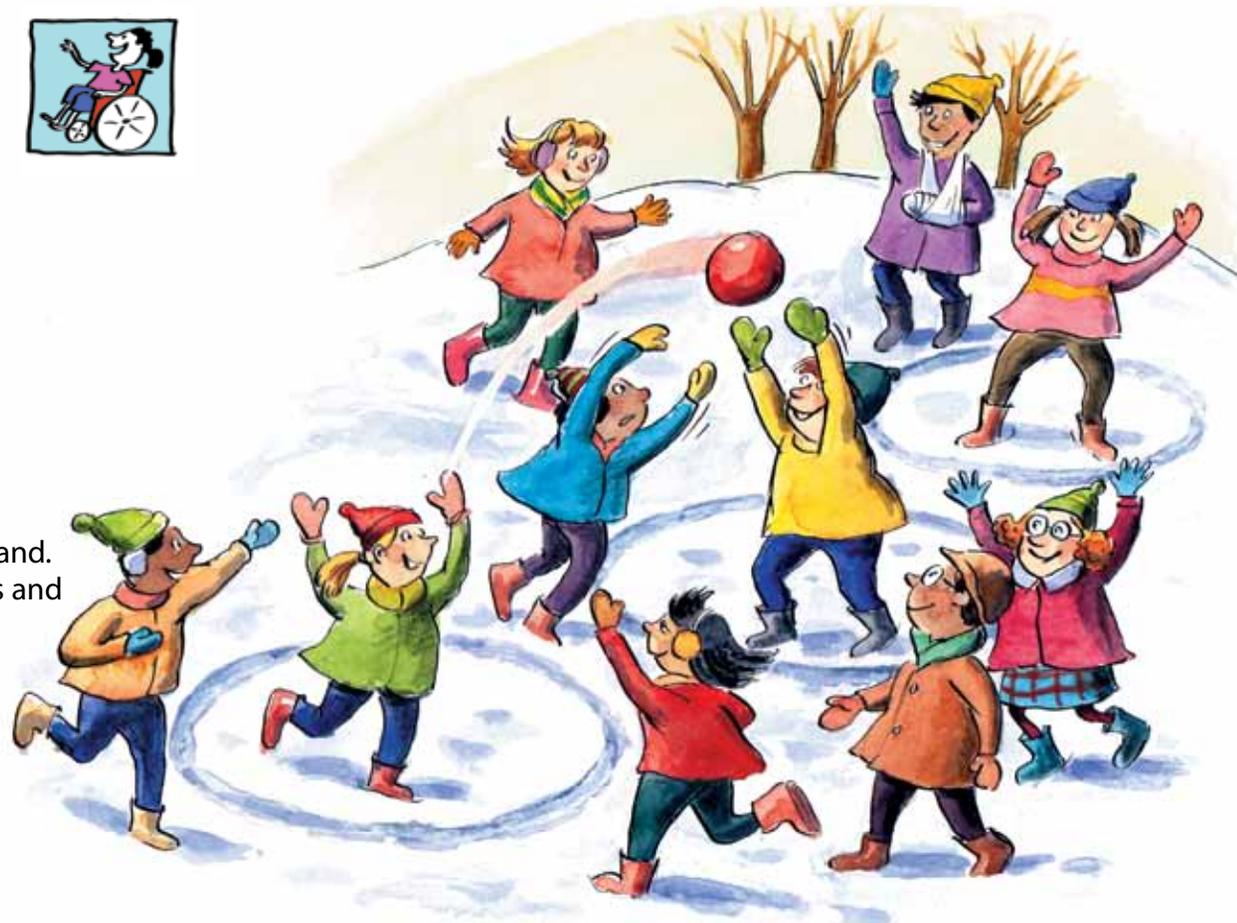
- Make 3 islands (circles) on the ground with chalk, hula-hoops, rope or tape. 1 player stands on each island. They are the Castaways. Other players are Crocodiles and stand around the islands.
- The Castaways throw the ball to each other without stepping off their island. The Crocodiles try to get the ball.
- If a Crocodile gets the ball they change places with the Castaway who threw the ball.

Variations

- Change number of players, size of circles, size of balls.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to catch/pass.
 2. Equipment – ball (type/size).
 3. Safety – accessible circles.



Go Play Ball!

Four Square



What's Needed

- 4+ players, ages 8 – 12
- 1 large bouncy ball
- a hard surfaced area and sidewalk chalk

How to Play

- Draw a large square and divide it into 4 equal squares about 3 m x 3 m (9 feet x 9 feet). Number squares 1 to 4 clockwise.
- A player stands in each square. The player in square 1 is the Captain.
- The Captain starts by dropping the ball. When it bounces back, she hits the ball underhanded with an open palm into another square.
- The player receiving the ball lets the ball bounce once before hitting it into another player's square.
- The game continues until a player fails to return the ball or commits a fault. A fault occurs when a player:
 - a) Fails to hit the ball after it lands in her square
 - b) Hits the ball with a fist or hits it overhand
 - c) Causes the ball to land on a line
 - d) Allows the ball to touch any part of the body other than the hands
 - e) Catches or carries the ball
 - f) Does not follow the Captain's variations (see Variations)
- The player who commits a fault is out and other players move up to the next square. A new player enters the game by going into square 4. If there are no other players, then the player who committed a fault moves to square 4.
- The Captain then starts the game again.

Variations

- The Captain decides the variation before play starts.
 - Highsies: Bounce above waist.
 - Lowsies: Bounce below waist.
 - Other hand: Bounce with the other hand.
- Captain chooses a letter. Players call out a word that starts with that letter as they hit the ball.
- Players catch the ball before bouncing/throwing it into another player's square.
- Change type or size of ball.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to pass/return ball. What is a fault?



Go Play Ball!

High-Low Bounce



What's Needed

- 4 players, ages 6 – 8
- 1 large bouncy ball and 1 long rope
- a hard surfaced area

How to Play

- 2 players hold the ends of the rope in a tight straight line close to the ground. The other 2 players stand facing each other on opposite sides of the rope. 1 of them holds the ball.
- To begin the game, the player with the ball bounces it over the rope to the other player who tries to catch the ball.
- The players continue to bounce the ball back and forth over the rope.
- After each successful catch, the rope is raised slightly higher.
- The players change places when a catcher misses the ball or the rope has been held as high as possible.

Variations

- Use smaller balls as skills improve.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to bounce/catch the ball. What is a miss?
 2. Equipment – ball (type/size).



Go Play Ball!

Human Bowling



What's Needed

- 6+ players, ages 8 – 12
- 1 large ball
- a hard surfaced area and chalk/tape

How to Play

- 1 player is the Bowler and 1 is the Ball Return. The other 4+ players are Pins.
- Make a line a few metres away from where the Pins are standing in a cluster. The Bowler stands behind the line away from the Pins.
- Pins can pivot on 1 foot in order to avoid being hit, but must always keep the pivot foot on the ground.
- The Bowler has 3 rolls of the ball and tries to hit as many Pins as possible. He gets 1 point for each Pin hit.
- All Pins hit by the ball are out and move off the field until the next Bowler's turn.
- The Ball Return gets the ball and gives it back to the Bowler after each roll of the ball.
- After the Bowler finishes his turn (has rolled 3 balls), he becomes the Ball Return.
- The Ball Return becomes a Pin. The first Pin out becomes the Bowler.
- Play continues until all players have been a Bowler. The winner is the player with the most points.

Variations

- Change the number of Pins or number of rolls the Bowler is allowed.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to roll/what is a hit?
 2. Boundaries/space.
 3. Equipment – ball (type/size).
 4. Safe hitting/hit spot.



Go Play Ball!

One, Two, Three, O' Leary



What's Needed

- 1 player, ages 7 – 10
- 1 bouncy ball
- a hard surfaced area

How to Play

- The player bounces the ball on the ground and chants the following rhyme:
- When the player says, "O'Leary" in the rhyme, he does one of the following: bounces the ball under a lifted leg, claps his hands or twirls.

*One, two, three, O'Leary... Four, five, six, O'Leary...
seven, eight, nine, O'Leary... Ten, O'Leary, Catch me!*

Variations

- Larger ball can be used for younger children.
- Games can be played alone or together in small groups.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to bounce/catch the ball/do other actions.
 2. Equipment – ball (type/size).



Go Play Ball!

Paper Tennis



What's Needed

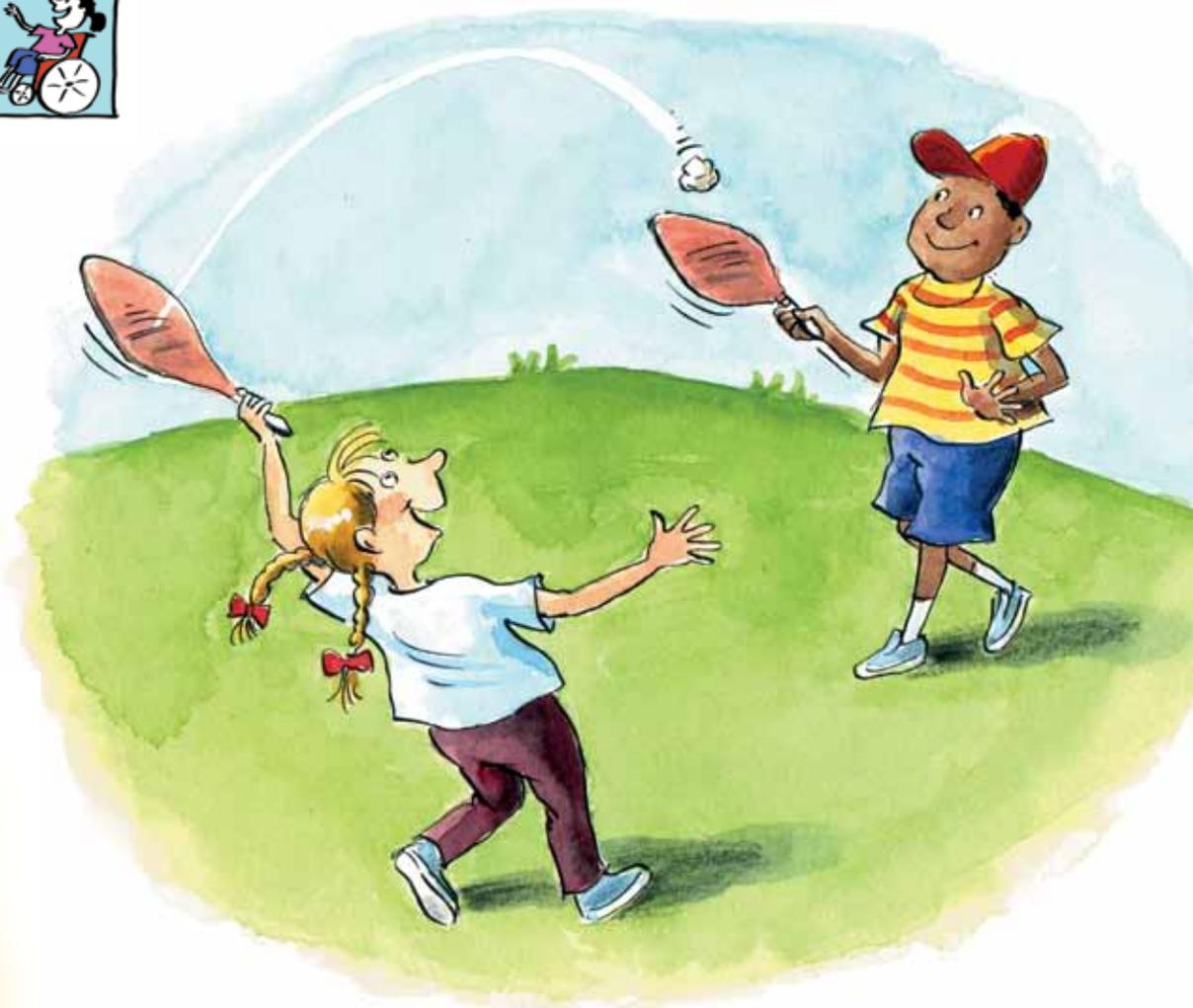
- 2+ players, ages 8–12
- 1 coat-hanger racquet (see Get Set! Be Creative)
- 1 lightweight ball (sponge/crumpled paper)
- an open area
- a tensor bandage may be needed for ability adaptation

How to Play

- Each player has a racquet and ball.
- Players try striking the ball in different ways (overhand/underhand), trying to keep the ball up in the air.
- Players can hit the ball back and forth with a partner.

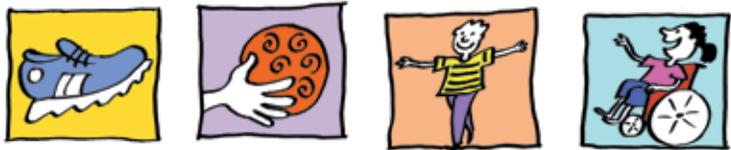
Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to hold/hit with the racquet.
 2. Equipment – ball (type/size).
 3. Pairing.



Go Play Ball!

Two Ball Wall Ball



What's Needed

- 1 player, ages 9 – 12
- 2 balls per player (tennis)
- a hard surfaced area with a wall

How to Play

- Each player has 2 tennis balls and holds 1 in each hand.
- The player tosses 1 ball against the wall. As it returns, she tosses the second ball against the wall and catches the first ball with the other hand. She continues this throw and catch until she misses a ball. The balls must not hit the ground.
- Players count the number of times they catch the balls.

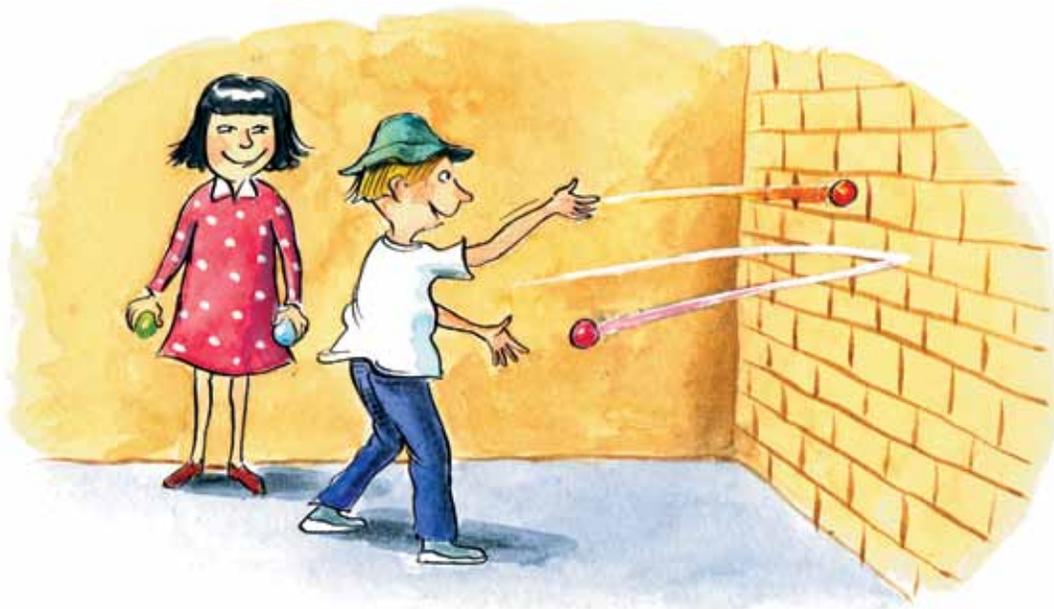


Variations

- Change number of balls or hands used to throw or catch.
- Let the balls bounce once before catching and do an action (clap, twirl) before catching.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to catch/throw.
 2. Pairing.



Go Play Ball!

Wandering Ball



What's Needed

- 10+ players, ages 8 – 12
- 1+ balls
- an open area

How to Play

- Players form a circle with 2 players in the middle.
- Balls are thrown across the circle while the 2 players in the middle try to catch the ball.
- If the ball is caught by a player in the middle, she changes places with the player who threw the ball.
- If a player throws the ball and nobody catches it, that player joins the middle players.

Variations

- For a larger group have more players in the circle and use extra balls.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – how to throw/catch.
 2. Boundaries/space.
 3. Equipment – ball (type/size).

