

Parachute Games

Ball Roll

Have students stand in a circle around the parachute, holding it at waist level. Place a medium-sized ball on the parachute. Challenge the students to roll the ball in a circle around the edge of the parachute without allowing it to fall on the ground. After the ball has completed several circles, direct the students to change its direction. Use a stopwatch to time how long the students can keep the ball rolling.

Create a Dome (Cathedral)

During this activity, the students will make a dome shape with the parachute and sit inside of the dome. Begin by laying the parachute flat on the ground. Have the students stand in a circle around the parachute. Instruct the students to bend down and grip the edge of the parachute. Next, tell them to work in unison to raise the parachute as quickly as possible. As the parachute fills with air, urge the students to step forward, pulling the parachute behind their backs as they move forward, then to sit on the inside edge of the parachute. When performed properly, the parachute should hold the air inside itself, creating a dome over the students' heads.

Wave

One person puts hands up and the person next to him follows the action. (It will look like the wave at a ballgame.)

Poison Snake

Place 4 to 6 jump ropes on the chute. By shaking the chute, try to make them "bite" the players on the other side. Keep track of who gets bitten.

Pompoms

Sprinkle various sized pompoms on the chute and try to get them into the middle pocket. You could have teams with different colors and count how many they get in.

Making waves/shaking the rug

Making waves are large movements to send billow of cloth up and down like waves. Waves can be small, medium or large. Shaking the rug involves rapid movement either light or heavy.

The Ocean/ Riding the Waves

Choose 2 students to crawl under the chute (ocean). The other students create waves to simulate ocean waves as the crawlers move beneath it.

Jewel

Outdoor & Gym 5-20 Children

Setup & Materials: A small bag of trinkets or just a ball (I usually use a football) work fine for the jewel(s). Otherwise the game just needs a large area.

Gameplay: One child is selected as the jewel-keeper. This person is responsible for protecting the jewel from everyone else. They may stand over the jewel or near it, but not on it. When the keeper says go, all the other players, who were lined up on a fence or other convenient line, charge toward the keeper and try to get the jewel away without being tagged. The keeper may tag anyone at any time. If a player gets tagged, they are frozen until the next round. If all the players get frozen, then another round begins with the same keeper. When a player gets the jewel away from the keeper without being tagged, they must run back to or across the starting line before being tagged. If the player is successful in this, they become the new keeper for the next round. If the player gets tagged before crossing the line, they are frozen and the keeper gets to return the jewel to its initial position.

Cautions: If the starting line is a fence, be careful about having the children running at full speed to get back to it (make a rule along the lines of: any player tagged within five feet of the fence is safe).

Mystery Clean Up

Indoor 5-10 Children

Setup & Materials: A big mess that needs to be cleaned up.

Gameplay: Tell the children that you are going to choose one specific item that needs to be cleaned up and that whoever cleans up that item gets a prize. The trick is that you do not reveal what item it was until after the entirety of the mess is cleaned up.

Cautions: Be covert as to how and what item you pick and pay attention as to who picks it up. Do not overuse this game as it is basically a form of bribing the children to do what they should do anyway.

Bottom Volleyball
Indoor & Gym 6-20 Children

Setup & Materials: Balloons, beach balls or light indoor balls.

Gameplay: Divide the area into a square or rectangle with a dividing line down the middle. Split the children into two even teams. Have all the children sitting down. Explain to the children how their team will do better if they spread out and take positions in their area so that they are not all going for the ball(s) every time. The teams hit the ball back and forth over the line just like in volleyball, with points being scored by having the other team hit it out of bounds or letting it drop. When the players get the hang of the game, add more balls.

Cautions: Try to keep the children spread out so that they do not hit each other incidentally or tackle each other trying to get to the balls.

Everyone's It
Outdoor & Gym 5-30 Children

Setup & Materials: All you need is an area open area where you can see all the children who are playing.

Gameplay: Just like any good game of tag, someone is it. In this game though it's everyone. If you are tagged then you are out. Play continues until there is one person left. If two players tag each other at the same time then they are both out.

Cautions: It's tricky getting kids to tag hard enough to have others feel it but not so hard as to hurt others but do your best.

Flag Tag
Outdoor & Gym 5-30 Children

Setup & Materials: All you need is an area where you can see all the children who are playing and a flag for each participant. (approx. 2in. X 2ft. strips of cloth work well)

Gameplay: Each person tucks the end of their flag into their belt or pants. Players try to pull out each others flags. When a player's flag has been pulled, they are out. The winner is the last person with a flag.

Bounce Back Blues
Indoor, Outdoor & Gym 8-20 Children

Setup & Materials: 2 basketballs, 2 small chairs and 2 baskets or tubs.

Gameplay: This is a type of relay. Split the children into two even teams. Line them up in two single-file, parallel lines. Players on each team, one at a time, dribble the ball over to their team's chair, sit in the chair, and try to make a shot into the basket. Each player must take three shots at the basket. Whether they make the shot or not, they must retrieve their own ball - if they miss it takes longer between shots. They must then dribble the ball back to the next player in their teams line. When all players on a team have gone. That team is done. The first team to complete the relay with all their players is the winner. For another variation, you can also keep track of points made to determine the winner.

Cautions: Watch for teams players trying to mess up or kick away the other team's ball.

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Mixerina
Outdoor & Gym 5-40 Children

Setup & Materials: A large open area.

Gameplay: This game is a variation of Red Light, Green Light. One person is chosen to be the leader. The rest of the players start across the field from this player. When the leader has his back turned to the other players, the other players may move toward the leader. When the leader turns around, any player who is still moving must go back to the starting line and begin again. The first player to reach the leader is wins and leads the next game. The difference is in that, just before the leader turns around, they can shout out a position for the other players to be in (i.e. sitting, laying down, on one foot). When the leader turns around, if there are any players who are still moving or who are not in that position, they must return to start.

Cautions: Make sure the leader calls out the positions loud enough for everyone to hear them. Also, watch for players who try to move when they are not supposed to.

Freeze Dance

Indoor & Gym 5-50 Children

Setup & Materials: You will need a large open area and a radio of some sort.

Gameplay: Get all the children to spread out into the room and start the music. Monitor the music so that whenever you feel like it you can turn it off. When the music stops all the children must stop and "freeze." If they move before you start the music up again, they are out and must sit somewhere out of the way and watch until the next round. When the children start getting the hang of it and begin getting good at it start turning the music down instead of all the way off and calling children out for freezing when they are not supposed to. It is always fun to try and make them freeze when they are balancing awkwardly on one foot.

Cautions: If many children are out and the current players are not getting out, it may be advantageous to declare multiple winners and let everyone back in to avoid restlessness in the children who are out.

Change Game

Indoor, Outdoor & Gym 5-30 Children

Setup & Materials: An area to play in and somewhere where one person can act unobserved.

Gameplay: One person is chosen from the main group. They stand briefly in front of the group so that the others may look at how they are dressed. The lone person then leaves the group to a nearby area where they are unobserved by the main group. This person then changes one thing about their appearance (i.e. switching what hand their watch is on, untying a shoe, tucking in their shirt, etc.). When they are ready they then come back in front of the group and pick people who are quietly raising their hands to try and guess at what has been changed. The first person to be called on a guess is the next person to go change.

Cautions: Always be sure that the one that is unobserved by the large group is still visible by a staff member. Also, try to minimize people who shout out their guesses by not making their guesses count. It is often useful to have two changers. One changer is off changing while the other is having people guess at their change. This minimizes the dead time while people change.

Room Clean Up

Indoor & Gym 6-20 Children

Setup & Materials: An open space that can be divided in half and a stack of scratch or news paper.

Gameplay: Crumple the paper into a bunch of paper balls (3-5 per player). Divide the room into two sides and put even teams on each side. Put about half of the paper balls on each side. When the game begins players must clean their room (their side) by throwing the balls to the other side. After a pre-determined amount of time (usually a few minutes) the game ends and each side counts how many balls are on their side. The side with the cleanest room (the fewest number of paper balls) wins the round.

Cautions: Make sure that the game actually ends when you end it. Players often like to try to sneak that one last ball onto the other teams side

Steal the Bacon

Outdoor & Gym 10-20 Children

Setup & Materials: A large area and an item to grab (i.e. a chalkboard eraser).

Gameplay: The children are split up into two equally numbered teams. The players on each team are numbered from one to the number of players on their team. The two teams stand along lines which are equidistant from the item to be grabbed. The caller (usually a teacher) yells out a number. The player on each team who is that number tries to run as fast as they can to get the item and bring it back across their line. If a player can get the item and bring it back across their line without being tagged by the other team's player, their team gets two points. If the player with the item gets tagged, then the other team gets one point. A player can only be tagged if they are in possession of the item. Once the item is picked up it cannot be dropped. Kicking the item around is not allowed. Once a round is over, call out a different number to start the next round.

Cautions: Be careful as to how hard players are tagging each other. Also, make sure all numbers get called.

Assembly Line

Indoor, Outdoor & Gym 10-30 Children

Setup & Materials: 4 hula hoops and 2 each of various equipment.

Gameplay: Split the children into two equal groups. They must each line up in parallel single-file lines. Place one hula hoop at each end of each line. At one end, put one copy of each equipment item into the two hula hoops. The teams must attempt to make all the items in their team's hula hoop travel from the starting hoop to the one on the other end. The trick is that teams may not use their hands in the process. If a team uses their hands or an item falls, that item must be placed back in the starting hoop. The first team to get all their items from one hoop to the other by passing it to each person in their line is the winner.

Red Light, Green Light

Outdoor & Gym 5-40 Children

Setup & Materials: A large open area.

Gameplay: One person is chosen to be the signal light. The rest of the players start across the field from this player. If the signal player calls out green light the other players may move toward the signals position. When the signal calls out red light, the other players must freeze where they are. Any player who fails to freeze or moves significantly when they are supposed to be frozen has to start over at the far end of the field. The first player to reach the signal is the winner and the signal for the next round.

Cautions: Watch for players who do not freeze when they are supposed to and make sure the signal calls out loud the signals loud enough for everyone to hear them.



Traditional Childhood Games



Hide and Seek:

This is a classic favorite. When babysitting please have kids know the boundaries. Do not let them to unsupervised areas.

Rules:

- One person is IT.
- The person that is it counts to 20, 30, (you decide)
- The others to and hide.
- The person that is IT says: Ready or not here I come! Then tries to find the others
- The person who is found, it the next person who is it.

Note to Babysitters: If a very young child wants to play. Assign them a partner for safety reasons. You should always be a supervisor rather than a player.



Mother May I

Rules:

- One person is IT
- The person who is it stands on one side of the yard or room.
- The others stand on the other side of the yard or room
- The person who is it says to the first person in line. " Johnny, you may take five (any number) giant steps".
- Johnny must say "Mother May I"
- The person who is it says " Yes you may or No you may not". If the say yes, Johnny takes 5 giant steps closer to the person who is it.
- Then the person who is it goes to the next person....etc.
- If a person forgets to say "Mother May I, they must go back to the start.

Other possible directions from the person who is IT.

1. giant steps

2. normal steps
3. tiny steps
4. tip toe

Have fun!

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Name Tag Ball

You need a soft kickball, or beach ball. (do not use a hard ball for this game)

- The person who is it throws the ball in the air and calls another player's name.
- The person whose name is called runs to catch the ball. When they get the ball they yell STOP!
- All players must stop and freeze where they are.
- The player who has the ball can take three giant steps towards any player.
- The player with the ball tries to hit the person with the ball (below the neck).
- If the player with the ball hits the person that person is IT, unless the person catches the ball. If they catch the ball than the person who was it, is it again.
- If you hit above the next you lose and are still it.

Note to babysitters: The ball must be soft...At no time should this be a rough game. Most kids love to play this.

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Red Rover (you need a group to play this game)

- Divide your group into two teams.
 - Each team stands in a row holding hands on opposite sides of the yard.
 - The first team says "Red Rover, Red Rover Send (name a child on the other team) Right Over".
 - That person then must run across the yard and break through the hand chain.
 - If they break through the chain they can bring one person back to their team.
 - If they do not break through the hand chain they must stay on that team.
 - The team that ends up with all but one person wins.
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Send your game ideas to sandkems@abcbabysit.com .

Lesson Plan #: AELP-GAM0199

Man From Mars

An Educator's Reference Desk Lesson Plan

Submitted by: Lisa Kermes
Email: lisamkermes@yahoo.com

Date: February 7, 2000

Grade Level(s): 2, 3, 4

Subject(s):

- Physical Education/Games

Duration: 45 minutes

Description: In this tag game, students have free reign on who gets called by the "Man from Mars" to run to the opposite end line. This game can be played indoors or outdoors.

Goals: Students will demonstrate good sportsmanship by playing cooperatively without any aggressive play.

Objectives:

1. Students will be able to follow the rules for playing the "Man from Mars" tag game.
2. Students will be able to demonstrate good listening skills by responding to the Man from Mars's directions.

Materials:

- playing field or gymnasium with two end lines

Procedure:

One student is "it" -- this student is the "Man from Mars." The rest of the players line up on one end line. Two end lines are needed. The Man from Mars will call out, "I am the Man from Mars. I'll chase you to the stars if you have on" (ex. blue socks, a hat, jean shorts, etc.).

These players will run across the playing field to the other end line. The Man from Mars will try to tag as many people as s/he can. The players that are tagged will join the Man from Mars in the middle and help tag until everyone has been tagged.

Assessment: Informally assess students on creativity and sportsmanship.

GETTING TO KNOW YOU BINGO

| | | | | |
|--|--|---|---|--|
| What is the name of the last movies you saw? 1. _____ 2. _____ | How many letters are in your last name? 1. _____ 2. _____ | What did you eat for breakfast? 1. _____ 2. _____ | Do you have any pets? 1. _____ 2. _____ | Do you ride a school bus? 1. _____ 2. _____ |
| What is your favorite food? 1. _____ 2. _____ | What are the first three numbers of your telephone number? 1. _____ 2. _____ | Have you ever had your tonsils removed? 1. _____ 2. _____ | How many brothers and sisters do you have? (don't count yourself) 1. _____ 2. _____ | What time did you go to bed last night? 1. _____ 2. _____ |
| What color are your socks? 1. _____ 2. _____ | What is your favorite month? 1. _____ 2. _____ | LEADER'S SIGNATURE _____ | What is your favorite sport? 1. _____ 2. _____ | What is your favorite animal? 1. _____ 2. _____ |
| What city do you live in? 1. _____ 2. _____ | What month is your birthday? 1. _____ 2. _____ | Name one item you have in your pocket? 1. _____ 2. _____ | What is your favorite sports team? 1. _____ 2. _____ | Name one planet? 1. _____ 2. _____ |
| What is your favorite color? 1. _____ 2. _____ | What is your favorite game (not sport) to play? 1. _____ 2. _____ | Where is your favorite place to be? 1. _____ 2. _____ | What is the name of your favorite band or musician? 1. _____ 2. _____ | What is the title of the last book you read? 1. _____ 2. _____ |

Place your answers in the #1 spaces.

Find students who have the same answers as you. Have them place their initials in the #2 space.

Let the leader know if you get a BINGO by completing any 5 spaces in a row.

Pandemonium!

1. Find someone who was born the same month as you....
2. Find someone to do ten jumping jacks with you (count out loud!)....
3. Find someone who has the same type of pet as you....
4. Find someone with the same color eyes..
5. Find someone with the same favorite cereal as you.....
6. Find someone to sing the “Barney song” with you ...