

School's Out Games

Suggested Levels:

L1 = Level 1 = Grades K-2 (ages 5-7)

L2 = Level 2 = Grades 3-4 (ages 8-9)

L3 = Level 3 = Grades 5-6 (ages 10-11)

Tag Games

Autumn Leaf Pickup (L1)

2-3 "rakers" are it. Rakers pick a color or a type of leaf to be. They tell the rest of the group and each student picks one to be the whole game. Rakers call out a color or type of leaf and try to tag those who are the color or type. Those who get tagged can either be it or freeze and tag from there. The instructor can decide that.

Energizer Tag (L1)

Equipment: enough beanbags for each student

2-3 Zappers are it. All students must place a beanbag on their head. Zappers try to tag others. If you are tagged you need to drop your beanbag and freeze. You also need to freeze if your beanbag falls off your head. If you lose your beanbag or are tagged you must freeze until another player recharges you by carefully picking up the beanbag and replacing it without losing their beanbag. They are frozen also if they lose their beanbag. Zappers can recharge themselves.

Steal the Bacon - Individual (L1)

Equipment: Bowling pin

2 teams are lined up on 2 lines and each student has a different number and lines up as follows: 1,2,3,4... and, ...4,3,2,1. Instructor calls out a # and those two run to the center to steal the bacon or tag the other student. One person tries to get the bacon and the other one tags them before they get back to their line. Points may be awarded.

Steal the Bacon - Team (L1)

Equipment: Enough bowling pins for half of the class

Students line up across from someone on the other team with bowling pins in the middle of them. Teacher yells go and you do the same thing as the individual game.

Ghosts and Goblins (L1)

2 teams line up back to back. One team are Ghosts and the other are Goblins. Teams start walking from each other and instructor yells out "The _____ are coming." Whichever team is mentioned turns and tries to tag members of the other team before they run back to their end line. If you are tagged, you join the other team.

Hill Dill (L1)

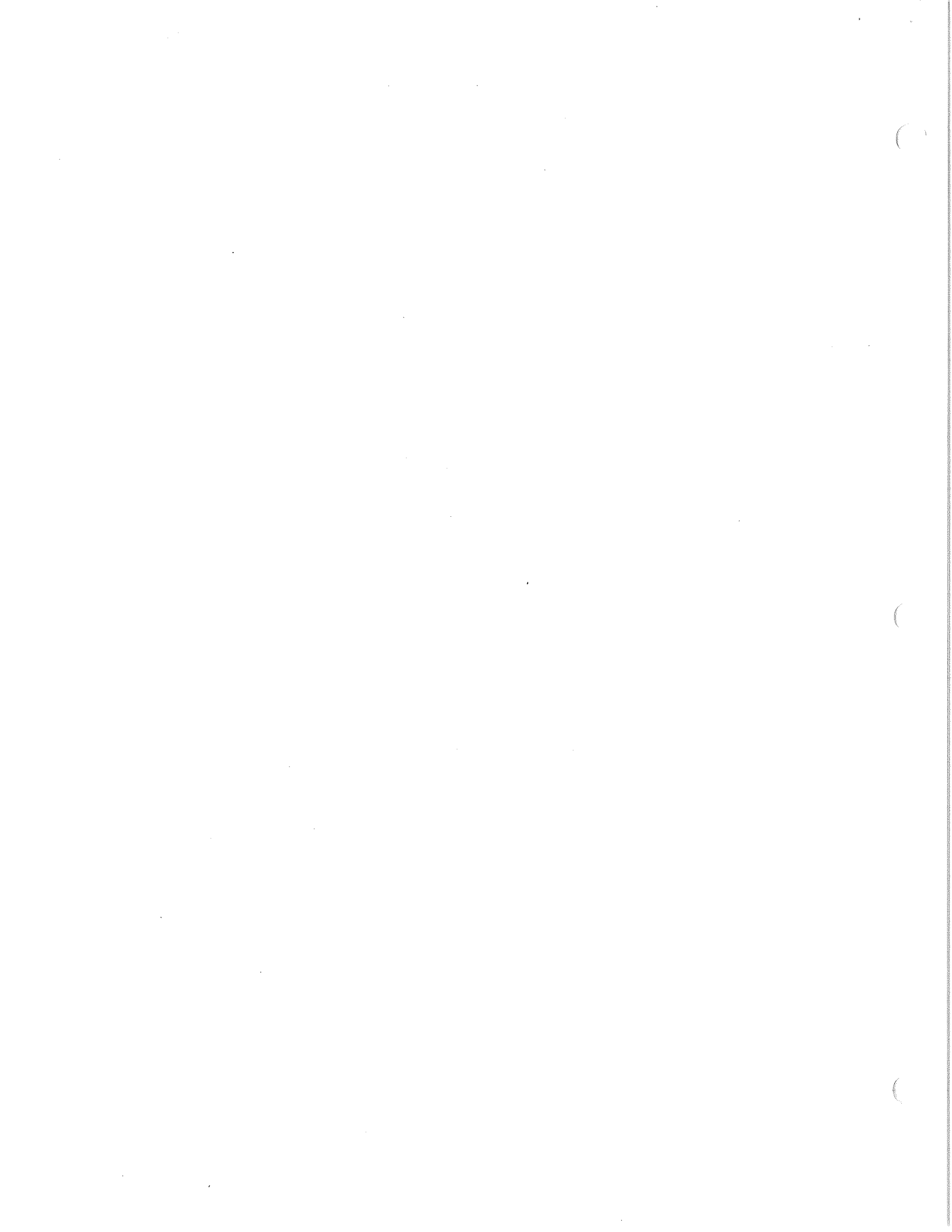
There are 2 people who are "it." They say: "Hill Dill _____ over my hill." Filling in the blank with a locomotor skill. Students do that skill to the other side without getting tagged. If tagged they sit in that spot and can try to tag others who come by. Taggers must also do that skill while trying to tag.

Bean Bag Toe Tag (L1)

Equipment: Lots of beanbags and 8 cones for "jail" (4 for each side)

There are 2 teams. You toss the beanbags at other team's toes. If you are hit you must go to the other teams jail. To get out of jail, catch a beanbag and hit a player on the opposite team. Underhand throwing is stressed.

Slap Tag (Squirrel & Nuts) (L1)



There are 4-6 people it and the rest line up on the end line facing the wall with hand out behind them. Taggers go and "slap" one person's hand each and they have to try to tag the person who "slapped" their hand. If tagged then they are it again and if not the other person is it.

Last Couple Out (L1)

*Good for multiple groups.

One person is it and the rest of the group is coupled up in line about 10 ft behind the one who is it. The person it yells "Last Couple Out" and the last couple in line runs to the front of the person who's it without getting tagged before they can rejoin hands. If "it" tags one they replace that person in line and they are the new "it."

Wild Horse Roundup (L1)

There are 2 Cowboy/girls it. They yell "Round 'me up" and students must gallop to other side without getting tagged. If they are tagged they are also it.

Drop the Bean Bag (L1)

Equipment: 1 beanbag

Kids sit in a circle with one person it. The "it" drops the bean bag behind one kid and try to run around the circle and back to that place without getting tagged. If they are not tagged, they are it again otherwise the other student is it.

Hunts Man (L1)

There are 2 hunters. They tell the others "We're hunting ____ today" and they must act like that animal while following in line behind the hunters. When a hunter turns and yells "Bang" animals run to fortress without getting tagged. If they are tagged they become a huntsman. Designate the fortress as one of the walls. Once they get the hang of it, have the fortress switch walls each time.

Crows and Cranes (L1)

2 teams line up on center back to back. Teacher calls out one of the birds. The team whose bird was called out turns and chases the other team. Once you are caught you join the other team.

Red Light Green Light (L1)

There is one person it and the others line up on an end line. When "it" has back to line they say "Green Light" and players run as far as they can before "it" turns around and says "Red light." If they catch anyone moving they must send them back to starting line. Whoever tags the person who's it first becomes it.

Fishy Fishy (L2)

2 people are it. Others say "Fishy fishy may we cross your ocean?" The people it say, "Only if you are wearing the color ____." Those who have that color on try to run across without getting tagged. If they say Rainbow, then everyone runs. If you are tagged, you freeze where you were tagged and become "seaweed" and try to tag others from there.

Ninja Turtle Tag (L2)

* You can use whatever is popular at the time.

Equipment: 4 different colored objects

There are 4 "turtles" it and they each carry an object to identify themselves. When tagged students must freeze until another crawls between their legs.

Car Lot (L2)

2-3 "salesmen" are it. Salesmen pick a type of car to be. They tell the rest of the group and each student picks one to be the whole game. Salesmen call out a type of car and try to tag those who are that type. Those who get tagged can either be it or freeze and tag from there. The instructor can decide that. If they yell "Car Lot" then everybody runs.

Fitness Tag (L2)

Equipment: 4 different colored soft objects, 4 cones
Designate boundaries with 4 cones. 4 students are it each with a different colored object with designated exercises for each color. Students who are it try to tag others. When tagged they must do that exercise in a designated area. When done return to the game. Have a sign showing what each color means.

Late for Supper (L2)

Class sits in a circle with one space between each person. One person is it and walks around circle 1-2 times and sits between 2 people. They get up, cross each other, and run around the circle back to spot. Last one there is late for supper and is now it.

Kickball/Softball Tag (L2)

Equipment: 1 ball and 1 base
There are 2 teams (1 batting & 1 fielding). Kicker kicks the ball. While fielding teams is fielding the ball kicker tags as many different people as possible until ball is brought back to home plate. 1 point is scored for each different player tagged.

Freeze Tag (L2)

There are 2-3 people it. When you are tagged you must freeze and someone else must crawl between your legs to free you.

TV Tag (L2)

There are 2-3 people it. To avoid being tagged you must sit down quickly and name a TV show. They can only sit for 5 seconds.

Toilet Tag (L2)

There are 2-3 people it. When tagged you must kneel on one knee and hold out your arm like a "flusher." To get free, another student must come, sit on your knee, and "flush" your arm while making a swishing noise.

Simon Says (L1-2)

One person is "Simon" and gives the others directions such as "touch your nose" or "Simon says touch your nose." They can only do the action if Simon says "Simon says" before the action. If they get caught doing it when this isn't said they are out.

Ships Across the Ocean (L2)

There are 2 people it. Others say "Ships across the ocean. Ships across the sea. Captain, captain can't catch me." The people it yell out a color and try to tag as many people as possible. If Rainbow is yelled, everyone runs. If you are tagged you are also it. Only the 2 original people yell out colors.

Cat & Mouse (L2)

One child is the "cat" and one is the "mouse." The rest of the group stands in a circle arms width apart. The cat begins to chase the mouse in and out of the circle. Once either one has gone between two people, those two connect hands and the opening is closed off. Once the whole circle is closed off, if both cat and mouse are either inside or outside the cat wins. If they are on opposite sides of the circle then the mouse wins. The cat also wins if they tag the mouse before the circle is closed off.

Ball Games

Dodge Ball 1 (L1)

Equipment: 5-7 balls
There are 2 teams. They throw the ball at the other team trying to get them "out." They must

throw below the waist and under hand. If you are hit, you need to run a lap and then you can come back to the game.

Dodge Ball 2 (L2)

Equipment: 6-8 balls

2 teams throw balls below shoulders underhand at members of opposite team. When hit do 15 sit-ups and 1 lap and come back to game.

Dodge Ball 3 (L3)

Equipment: 6-8 balls

2 teams throw balls over hand and below the waist. Once hit do 15 sit-ups and 2 laps and rejoin the game. You can add catching and blocking to this level.

9-Base Kickball/Dodge Ball (L2)

Equipment: 5 bases, ball, **Diagram #1**

There are two teams. Kick kicks the ball and runs the bases as numbered. Fielders may throw the ball to get them out or tag them. You can have as many people on a base as you want. Score a point for each person who crosses 9th base.

Variations: Fly ball = out, 3 outs switch teams or bat through the order

Build-up Kick/Softball (L2)

Equipment: 4 bases, kick/softball, T if needed

There are 2 teams. The first batter hits the ball and runs to 1st base and stops. They then run to 2nd base with a partner, to 3rd with 3 people, and to Home with 4 people. You score a point when 4 people cross home.

Variations: add fly rule, only tag @ 1st base (force out)

Action Ball (L2)

Equipment: 3 plastic bats, 3 different colored whiffle balls, 12 cones, 3 rings or hoops (1 each color of balls), 3 batting tees, **Diagram #2**

Split group into 3 teams of equal players. 3 tees are set up with 3 different colored balls. Hoops correspond to color of ball and are placed next to each tee. 4 cones spaced about 20 ft apart in front of each tee. Team 1 lines up behind batting line. Teams 2 & 3 are in the field. 3 catchers are selected from fielding team and they stand off to the side of each tee. 3 batters hit at the same time. After batting they decide how many cones they can run to, loop around, and return home before the catcher catches the ball and places it in the corresponding hoop. If ball gets to hoop before runner there are no points. If runner gets home before the ball, they receive points for whichever the furthest cone was reached. Each runner runs independent of other 2. Each player hits once and then teams switch. The minimum points per hit is 3 and the maximum is 12. Three of these diagrams are needed for each color ball.

Sister Irene Kick/Softball (L2)

Equipment: 1 ball, 4 bases

There are 2 teams. The kicker kicks the ball and runs around the bases as many times as they can. One point is scored for each time home plate is touched. Meanwhile fielders go for the ball and all line up single-file with legs straddled. They push the ball to the last person and they yell "OUT." This is when counting stops.

Hot Box (L2)

Equipment: bases (taped or painted are best), glove for each fielder, and 1 ball (whiffle, tennis, or super soft softball), **Diagram #3**

Runners start between 2 bases, one fielder starts with the ball. Runner tries to advance to the open base while avoiding being tagged by a fielder. If runner's tagged they change places. Use 3-5 in a group.

Race Base (L2)

Equipment: 1 kickball or softball, 2 cones

There are 2 teams. Kicker kicks ball and runs around team members as many times as possible before fielding team crosses line between cones in single-file line with the ball leading.

Hustle Softball (L2)

Equipment: bat, whiffle ball, bases, T if needed

There are 2 teams (batters & fielders) with 1 designated catcher from fielding team. 1st batter hits the ball and runs to as many bases as possible. Fielders field and throw the ball to catcher who steps on home plate. Runner scores a point for every base touched.

Variations: fly ball caught means you subtract a point, homerun scored means batter hits again

500 Softball (L2)

Equipment: 1 of each of the following for each group: tee, bat, whiffle ball

Teams of 3-5 students. Batter hits ball off T & fielders attempt to catch and score points. Fly = 5, 1 bounce = 4, 2 bounces = 3, 3 bounces = 2, roller = 1. Player keeps track of score and 1st on to 10 is new batter.

500 (L2)

Equipment: 1 ball

Thrower throws ball in air and calls out a point value. Whoever catches the ball get that amount of points. First one to 500 is the next thrower. Make sure students are using multiples of 50 so it goes faster.

Mad Hatter Softball (L2)

Equipment: hoops (enough for 1/3 of the class), whiffle or softballs, gloves, 2-3 sets of pinnies, bat, tee, bases, and 1 hat, **Diagram #4**

There are 3 teams (batters, fielders, and throwers). The 1st batter (wearing a hat) hit's the ball off the tee and runs and touches as many bases as possible. Fielding team fields the ball and throws it to either end hoop (the closest to them). Players in hoops must throw and catch a fly ball in consecutive hoop order while both feet remain in hoop. If ball is dropped by throwing team ball's thrown back to end hoop and begin again. Runner continues to circle and touch bases until throwing team completes hoop toss. If runner's hat falls off, they must stop and put it back on. Points are scored for each base touched. Each batter takes a turn and then switch teams.

Sock It To Me (L2)

Equipment: as many old socks rolled into balls as possible

Class is in circle formation with 4 back to back in the middle facing toward outer circle. The 4 in the middle try to catch and hold as many socks as possible while others are tossing them underhand to them. After about 1-2 minutes, count how many socks each are holding. Change 4 middle people and try to beat previous score.

*Form 2 circles and play against each other.

Basketball Race (L2)

Equipment: 2 cones, 2 basketballs, cards w/ #'s on them for half of the kids.

There are 2 teams and each kid gets a number. Hold up a number and those two kids run to the balls and whoever makes a basket first scores a point for their team.

DribbleRama (L3)

Equipment: ball for each student, cones for boundaries

Each student dribbles their ball around the boundaries while trying to knock the others balls. If your ball is knocked out, go out of bounds and do 10 jumping jacks and rejoin the game.

Trench (L3)

Equipment: 6-8 balls

There are 2 teams. They throw balls at each other below the shoulders. When you are hit you go to the other team's "Trench" (against the wall). To get out of the trench, a team member may either run to the trench without getting tagged (if tagged, they are in the trench too) and rescue them or throw a ball in the air and someone in the trench may catch it.

*You can add blocking and catching rules later.

*You can also add that someone in the trench may hit a member of the opposite team from the trench and get out.

Sofa (L2)

Equipment: 6-8 balls

Everyone is against everyone. You may go anywhere in the gym unless you have a ball in your hand. If you have a ball you can only take 3-5 steps (depending on how much room and how many people) and you must throw it at someone. If they are hit, they must go on the sofa. They must remember who hit them because once that person sits on the sofa then they may go back into the game. You may clear the sofa at any time.

Cone Down (L3)

Equipment: several cones of all shapes and sized, basketballs for half the class
Scatter the cones all around and one team dribbles balls and tries to knock down the cones. Give them about 1-2 minutes and count how many they have knocked down. Challenge the next team. Make sure they aren't throwing the ball at the cones but dribbling at them.

Running Games

Running Grand March (L2)

Begin by running single-file down the center of floor. At the end of line they split... 1st person goes left, next right, etc... and run back to starting point around the perimeter. When back at starting point, run in pairs down the center and continue this pattern until entire group is running together. They then split again until they get back to one line.

Ex: 1, 2, 4, 8, 16, 16, 8, 4, 2, 1

Around the Town (L2)

Divide class into groups of 6-8. Students in each group begin jogging slowly in single-file. On signal, the last person in line must run to the front of their line. Continue until everyone has gone "around the town."

Rhythm Run (L2)

Begin with students in pairs jogging together around the gym. Then ask them to run so that they're running in rhythm with their left and right feet moving in time together. When they've mastered this, challenge them to form groups of 4, then 8 and so on keeping the same rhythm.

Running Mania (L2)

Entire class runs in a single-file line around designated area. Front runner is the "lead" and the last is "back" runner. On signal, back runner picks up the pace and weaves in and out of others to front. Repeat until lead and back are in original positions. See Diagram #5.

