

# 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 (tinfoil/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.

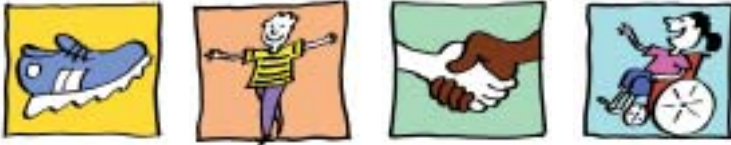
### Ability Adaptation Guidelines

- 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

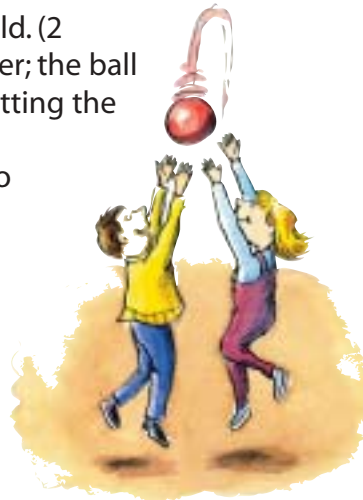


### What's Needed

- 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.

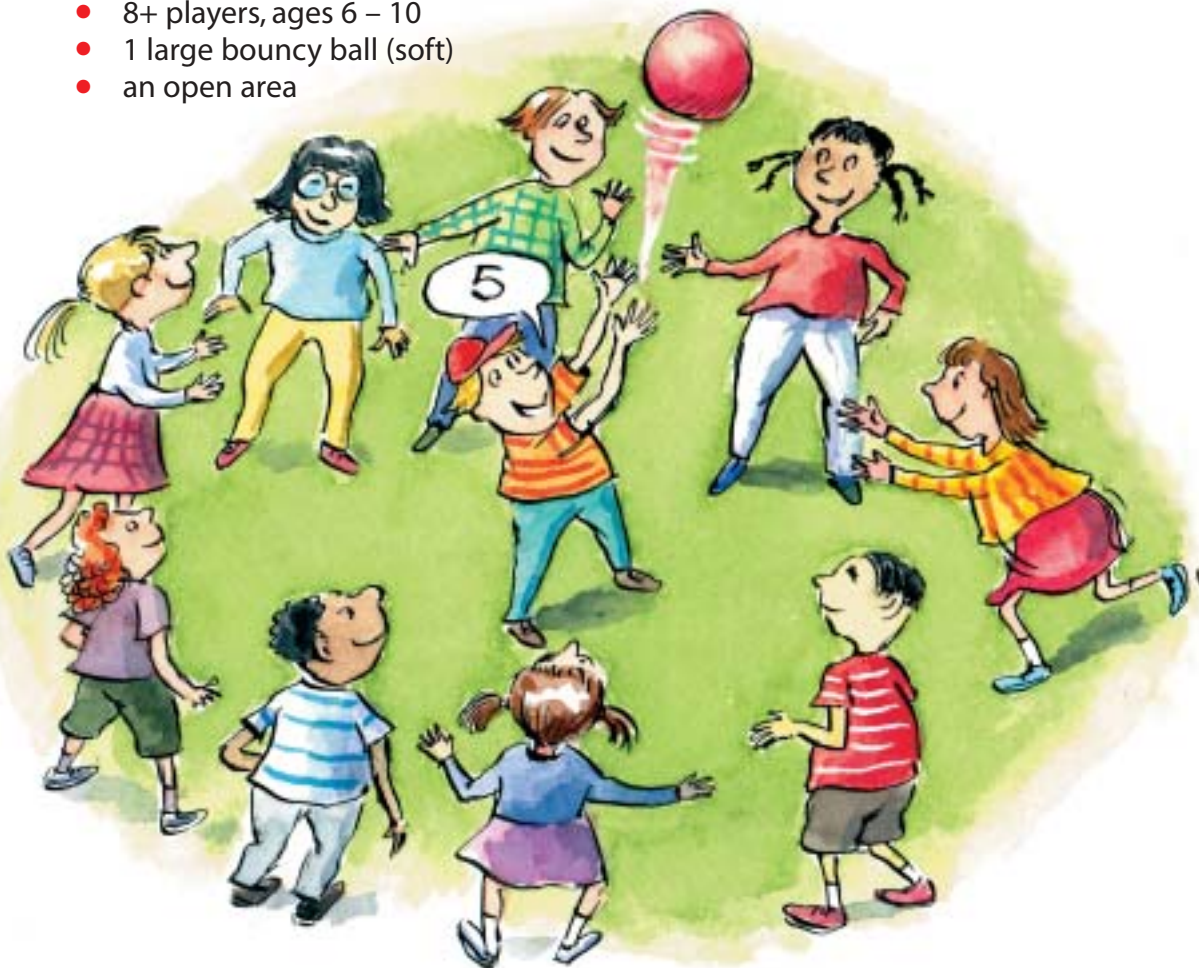
# Go Play Group Games!

## 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.

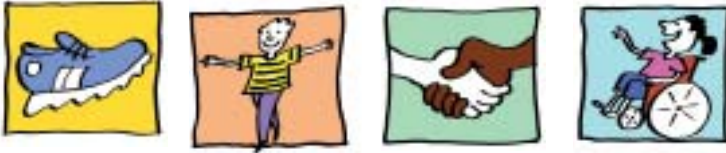


### Ability Adaptation Guidelines

- 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.

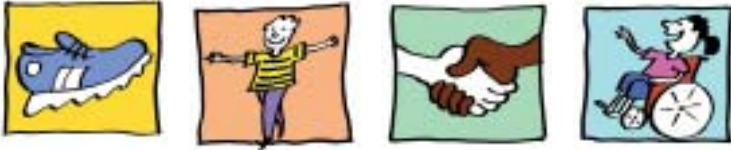


### Ability Adaptation Guidelines

- 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-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 is 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.

