

PLAYBOOK

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500

Players

3 or more

Equipment

Ball

HOW TO PLAY:

Choose 1 player to be the first thrower.

The rest of the players should be 15 to 20 steps away from the thrower.

The thrower shouts out a number and throws the ball toward the group so everyone has an equal chance of catching it.

The player who catches the ball gets the number of points the thrower shouted.

The thrower continues to throw the ball until another player makes enough catches to add up to 500 points.

This player now becomes the thrower.

CHANGE THE FUN:

If a player drops the ball, the points shouted out by the thrower are taken away from the player's score. Negative scores can be used.

Throw a flying disc or a football instead.

For older children: Use a bat to hit a baseball or softball to the other players. Each type of hit gets a point value.

Try: grounders – 25 points; one hop – 50 points; line drive – 75 points; pop fly – 100 points.

Anti, Anti i-over

Players

4 or more

Equipment

Large, soft ball. An obstacle the players can run around but can't see through, such as a shed or a sheet hung across a volleyball net or a rope.

HOW TO PLAY:

Divide into 2 teams, 1 on each side of the shed or sheet.

1 team tosses the ball over the obstacle while shouting ANTI, ANTI I-OVER.

The other team tries to catch the ball before it hits the ground.

If the ball is caught, the catching team runs around the shed or sheet in 1 direction—without warning to the other team—and tries to tag the throwing team members by hand or with the ball. The throwing team runs for safety on the other side.

If they don't catch the ball, they don't run, but simply take their turn throwing to the other side.

Any tagged players must join the other team.

Now the team that caught the ball will throw it.

The team that ends up with all of the players wins.

Anti, Anti i-over

CHANGE THE FUN:

Let the throwing team know the ball is caught or missed by calling out CATCH or MISS.

british bulldogs

Players

3 or more

Equipment

None

HOW TO PLAY:

Mark a safe zone at each end of the playing field.

Choose 1 player to be the Bulldog.

Everyone else moves to the safe zone at 1 end of the field. The Bulldog stands in the centre and shouts BRITISH BULLDOGS.

The players run from 1 end of the field to the other while the Bulldog tries to tag them. If tagged, players turn into Bulldogs and try to tag other players.

When all the players have crossed to the other end, the Bulldog calls out BRITISH BULLDOGS and the crossing starts again. The last player to become a Bulldog wins the game.

CHANGE THE FUN:

Play with only 1 Bulldog at a time. When the Bulldog tags a player, the Bulldog becomes a player and the tagged player becomes the Bulldog.

capture the fLAg

Players

4 or more

Equipment

2 flags or bandanas

HOW TO PLAY:

Choose 2 teams and divide the play area in half. Use the front yard and back yard, or mark a centre line in a large area.

Each team hides a flag on its own side.

The objective is for the players on 1 team to capture the other team's flag and take it back to their own side without being tagged.

If tagged by an opponent on the opponent's side, a player must go to the opponent's time-out area and can only be freed when tagged by a teammate.

When rescued, both players get a free walk back to their own side.

The game ends when all players from 1 team are captured, or 1 team's flag is captured and brought safely to the other team's side.

capture the flag



CHANGE THE FUN:

In its territory, each team builds a snowman with a coloured snowball on top of its head. Colour the snowballs with food colouring and water. Instead of a flag, each team tries to capture the opposing team's snowball and take it back to their own side without being tagged.

Each team plays with more than 1 flag or snowball.

cat & mouse tag

Players

2 or more

Equipment

Tails (scarf, sock)

HOW TO PLAY:

Choose 1 player to be the Cat. Everyone else is a Mouse and wears a tail in the back of their shorts.

Make sure all tails are visible.

The Mice run around the play area and the Cat tries to catch them by pulling their tails out.

When the Cat catches a Mouse, the Cat turns into a Mouse by tucking the tail into her shorts, and the tagged Mouse now becomes the Cat.

CHANGE THE FUN:

Use a balloon on a string tied to the players' ankles for the tails. The Cat tries to stomp on and burst the balloons.

crows & cranes

Players

3 or more

Equipment

None

HOW TO PLAY:

Divide the play area in half with a centre line and mark 2 end lines.

1 player is the Leader. The rest divide into 2 teams: the Crows and the Cranes.

Opposing team members stand back to back on the centre line, about 2 steps apart.

The Leader calls out CROWS or CRANES. When CROWS is called, the Crows turn and chase the Cranes to their end line. When CRANES is called, the Cranes turn and chase the Crows to their end line.

If a player is tagged he joins the other team. The team that collects all the players is the winner.

The Leader can call out other tricky words that begin with CR, such as CRACKERS or CREAM. Players who begin to move must do 10 jumping jacks.



CHANGE THE FUN:

Tag players by throwing a snowball at their legs.

dodgeball

Players

4 or more

Equipment

2 or more soft
rubber balls

HOW TO PLAY:

Divide into 2 teams. Each team gets a ball and chooses a side. Players must stay on their own side.

At GO, the players throw the balls and try to hit their opponents' legs.

When a thrown ball is caught, the thrower is out. Once hit, a player is out and must go to the other team's side and stay out-of-bounds.

Players who are out must stay in the out-of-bounds area. They can catch any balls that come out-of-bounds and throw them at their opponents to get them out.

The team with the last person in play is the winner.

CHANGE THE FUN:

If a player who is out hits an opponent, the player can return to her team's play area.

flying disc golf

Players

2 or more

Equipment

1 flying disc or ball per
player, objects to use as
targets, pencil and paper

HOW TO PLAY:

Make a course with 6 to 10 targets using trees, fence posts, a spot on the ground, baskets, hula-hoops, etc.

All players stand at the start line and take turns throwing at target 1. When all players have had a turn, they run to their discs. Round 2 of throwing at the target begins with the player whose disc is farthest away, followed by the next farthest player, and so on.

Use the paper for a scorecard and write down the number of throws each person takes for each target. When all players have completed the course, add the number of throws for each player. The winner is the player with the lowest number.

FLYING disc gOLF

CHANGE THE FUN:

TEAM SCRAMBLE – Divide into 2 teams. All players from 1 team take their first throw. All players from the other team take their first throw. Each team moves to its flying disc that landed closest to the target. All players throw their second shot from that point, and so on until both teams reach the target. When both teams have completed the course, add the number of throws for each team. The winner is the team with the lowest number.

Use a ball instead of a flying disc, and baskets or hula-hoops for targets.



Golf with a snowball. If it breaks, make another where it landed.

Create a mini golf course in the snow. Hit a small rubber ball with a hockey stick or broom through recycled plastic containers sunk in the snow. Add wacky obstacles like hula-hoops stuck half way in the snow, snow bumps, or a snow tunnel for the ball to travel through.

fox & geese

Players

4 or more

Equipment

None

HOW TO PLAY:

Stomp a path in the snow to make a big circle. Then stomp lines across the circle until there are 4 or 6 pie shapes. Stomp a Hen House at the centre of the big circle.

Choose 1 player to be the Fox. The other players are the Geese.

The Fox tries to tag the Geese, who run away along the stomped lines. If a Goose is tagged, she joins the Fox in chasing the Geese.

Geese are safe from the Fox in the Hen House. No more than 1 Goose can be in the Hen House at a time. The Goose who is there must leave when another enters. The winner is the last Goose to be tagged.

CHANGE THE FUN:

Geese can only use the big circle to run away from the Fox.

When a Goose is tagged she becomes the Fox.

The first Goose to make it to the Hen House becomes the Fox.

Make game shapes on the snow or ground using food colouring and water in a spray bottle.



Play in sand or use sidewalk chalk to draw game shapes on cement.

freeze tag

Players

3 or more

Equipment

None

HOW TO PLAY:

Choose 1 player to be Jack Frost. The other players are Snowflakes.

Jack Frost chases the Snowflakes and tries to tag them. When Jack Frost tags a Snowflake, the Snowflake must freeze in his position on the spot until another Snowflake gently touches him to free him.

The game ends when all the Snowflakes are frozen.

CHANGE THE FUN:

When a Snowflake is tagged she becomes the new Jack Frost.

giants, wizards & elves

Players

4 or more

Equipment

None

HOW TO PLAY:

The order of the game is Giants beat Elves, Elves beat Wizards, and Wizards beat Giants.

Divide players into 2 teams.

The members of each team decide if they want to be Giants, Wizards or Elves, but keep it a secret from the other team.

Both teams then meet. Opposing team members stand back-to-back in the centre of the play area, about 2 steps apart.

On the count of 3, each team turns around and the team members complete the action for the character they have chosen:

Giants – hold their hands above their heads

Wizards – crouch and hold out their hands like they are casting a spell

Elves – crouch down and touch the ground.

Using the order, the teams figure out who wins.

The winners chase the other team to their end line.

Any tagged players become part of the opposing team.

If there is a tie, just start again.

The game ends when 1 team has all the players.

CHANGE THE FUN:

Change the characters of the game.

Hopscotch

Players

1 or more

Equipment

Chalk, small object to use as a marker (beanbag or stone)

HOW TO PLAY:

Draw a chalk hopscotch pattern on the ground. For example, draw 2 single squares, 1 double, 1 single, 1 double, 2 singles, then a semi-circle at the end. Number each space from 1 to 10.

Toss the marker into square number 1. Hop over it to number 2 and jump through the whole pattern. Jump on 1 foot in the single squares and on 2 feet in the double squares.

Land in the semi-circle (number 10) with 2 feet, spin around in 1 hop, then hop back through the pattern.

Stop in square number 2 to pick up the marker in number 1. With the marker in hand, hop into square number 1 and then hop out.

On the next turn, throw the marker into square number 2 and so on.

A player is out if she hops in a square with a marker, puts a second hand or foot down when picking up the marker, puts 2 feet in a single square, or if the marker lands in the wrong square.

The player will start her next turn by tossing the marker into the same square to try again.

CHANGE THE FUN:

Change the hopscotch pattern:

- 1) Just single and double squares, ending with a semi-circle
- 2) 1 double square, 2 single squares, 1 double square, 1 single square, 1 double square, final semi-circle
- 3) 3 single squares, 1 double square, 1 single square, 1 double square, 1 single square, final semi circle.

Use a button, shell or bottle cap for the marker.

Horse

Players

2 or more

Equipment

Basketball hoop and basketball

HOW TO PLAY:

1 player is the leader for the first round and takes the first shot. If the leader misses his first shot, he gets an H and the game moves on to round 2.

If the leader scores a basket, each player must follow in order, attempting the exact same shot.

The players who miss the shot get an H.

Horse

HOW TO PLAY (CONTINUED):

Player number 2 starts round 2. All players who miss this shot get an O if they already have the letter H, or an H if this is their first miss.

When a player spells the word HORSE, he is out of the game. The last player to spell the word HORSE is the winner.

CHANGE THE FUN:

Select a leader who leads all rounds of play instead of rotating leaders each round.

Use a bucket or garbage can for a basket.

Change the throwing object – flying disc, beach ball, rubber ball, beanbag, etc.

ice & skating games

Players

2 or more

Equipment

Skates, CSA Approved Hockey/Skating helmets, hockey sticks, hockey nets/targets/boots, hockey puck or ball, 5 plastic bottles

HOW TO PLAY:

HOG – Set up 1 goal area or net. The object is to prevent other players from scoring while you score the most points. All players team up against the player who has the puck to steal the puck away. Whoever hogs the puck the most and scores the most goals is the winner. For a greater challenge, players must hit a target in the centre of the goal or score only if they hit the goal posts or cross bar.

KEEP AWAY – Play with 2 or more players. Players try to keep the puck away from any opponents for as long as possible.

SHARP SHOOTER – Set up 2 goal areas on either side of the rink. Each player takes a turn shooting 5 pucks or balls from 1 side of the rink toward the goal on the other side of the rink. The player with the most goals after 3 rounds wins.

MONKEY IN THE MIDDLE – Players form a big circle around 1 player standing in the middle. Players pass the puck around the circle without letting the Monkey in the Middle steal it. All sticks must be kept below the knees and the puck must stay on the ice surface. If the Monkey in the Middle steals the puck away, the last player to touch it becomes the new Monkey.

ICE BOWLING – Make 5 bowling pins by placing 1 cup of water in each of 5 large plastic bottles. Make bowling balls by freezing 2 large milk jugs nearly filled with water outside overnight. To play, set the bowling pins in a triangle at 1 end of the ice. Place the bowling balls 10 or 15 steps away. Decide how many turns each player will get. At his turn, each player has 3 tries at sliding the bowling balls toward the pins to see how many he can knock down. 1 point is given for each pin.

ice skating games

HOW TO PLAY (CONTINUED):

The player with the highest score is the winner.

ICE SAFETY

- Wear an appropriate CSA Approved Hockey/Skating helmet. Knee and elbow pads are also recommended for beginner skaters.
 - Wear supportive and properly fitted skates.
 - Rinks are always safer than ponds. When skating on natural bodies of water make sure the ice is at least 4 inches thick and an adult is present providing supervision.
 - Avoid walking or playing on ice that is on or near moving water.
 - Skate in the same direction as the crowd when participating in recreational public skates.
-

ice castle capades

Players

2 or more

Equipment

Coloured snowballs or other small objects

HOW TO PLAY:

Divide into teams. Pretend the play area is a Kingdom and the snowballs are Treasures placed in the centre of an Ice Castle.

Each team makes its home in a corner of the Kingdom.

All players race to the Ice Castle to swipe a Treasure and bring it home without getting tagged by a player from another team.

If a player is tagged he must return the Treasure to the Ice Castle and go back to his corner.

When all Treasures have been taken, the team with the most is the winner.

CHANGE THE FUN:

1 player is Guard of the Treasures, standing in the Ice Castle and tagging players who come near.

jump rope games

Players

1 or more

Equipment

Skipping rope

HOW TO PLAY:

The rope should be long enough to reach from the floor to the jumper's armpits when it is folded in half.

Start slowly, jumping 30 basic hops over the rope or skipping for 30 seconds straight. Challenge yourself by adding more hops, or more time each day you jump rope.

CHANGE THE FUN:

Try crossovers, double jumping and Pepper.

Add rhyming songs. This one is great for a single skipper or where there are 2 people twirling the rope for a skipper:

Mabel, Mabel set the table;

Just as fast as you are able;

Don't forget the salt, sugar, vinegar, PEPPER!

At PEPPER the rope turns faster and faster until the skipper misses. Count the number of completed skips and try to do better each time.

CHINESE JUMP ROPE

Tie 1 long rope or 2 ropes into a circle.

2 players hold the rope around their ankles by stepping inside the rope, 1 on each end.

A third player jumps in the rope with both feet, then out of the rope with both feet, straddling the rope.

Next, she jumps from side to side: 1 foot inside the rope, 1 foot outside, straddling the rope, then both feet inside, then both feet outside, then both feet on the rope.

With each jump, if she lands on the rope when she is not supposed to, she is out. Or if she is trying to land on it and misses, she is out.

MISSISSIPPI

Tie 1 long rope or 2 ropes into a circle.

2 players hold the rope around their ankles by stepping inside the rope, 1 on each end.

The rope could also be looped around the front legs of 2 chairs.

jump rope games

CHANGE THE FUN (CONTINUED):

Spell out Mississippi while jumping like this:

M into the centre
I both feet outside the rope
S straddle left side of the rope
S straddle right side of the rope
I both feet outside the rope
S straddle left side of the rope
S straddle right side of the rope
I both feet outside the rope
PP step on the rope on both sides then double jump on it
I both feet outside the rope

TEDDY BEAR

Try to get through the whole rhyme without missing a skip.

Teddy Bear, Teddy Bear, turn around
Teddy Bear, Teddy Bear, touch the ground
Teddy Bear, Teddy Bear, show your shoe
Teddy Bear, Teddy Bear, that will do
Teddy Bear, Teddy Bear, go upstairs
Teddy Bear, Teddy Bear, say your prayers
Teddy Bear, Teddy Bear, turn out the light
Teddy Bear, Teddy Bear, say good night

Add actions to each sentence to make it more challenging.

Skip in a group of 3 using 1 long skipping rope. 2 people will hold and twirl while 1 jumps.

kick the CAN

Players

4 or more

Equipment

A large can or ball

HOW TO PLAY:

Set a can inside a small marked circle. 1 person will be the Guard.

1 player kicks the can out of the circle, and everyone hides. The Guard puts the can back in the circle, then goes to find everyone.

When a player is found, the Guard calls out the player's name and they race back to the can.

If the Guard kicks the can first, the player is caught. If the player kicks the can first, he hides again as the Guard returns the can to the circle.

kick the can

HOW TO PLAY (CONTINUED):

Caught players stand in the circle and call RESCUE when the Guard is not looking. Any other player can then run out to kick the can, without the Guard seeing, to rescue the caught player. Both players then run and hide again. Players must be rescued in the same order they were caught.

Only the Guard replaces the can after a kick. Kicks don't count if the can was not in the circle.

obstacle course

Players

1 or more

Equipment

Items that allow players to go over, under, through, between and around (chairs, rope, hula-hoop); items that are safe and fun to run with (eggs, water balloons, balls)

HOW TO PLAY:

If there is more than 1 player, split into 2 teams.

Set up 2 identical obstacle courses with 8 to 10 stations to jump over, climb under, balance on, etc. Be creative.

Start the course on GO.

Course idea: crab walk backwards 10 steps, get up and run around chairs, crawl under and jump over a number of obstacles, throw a ball or snowball into a bucket, hop to the finish line on 2 feet.

As players complete the course, they tag the next person in line. The first team to have all team members complete the course wins.

If there is only space for 1 course, time each team. The fastest team wins.

For 1 or 2 participants, players can time themselves and try to go faster each round.



CHANGE THE FUN:

Try an obstacle course in snowshoes. To make snowshoes, cut 2 large ovals out of cardboard (1 step wide and 2 steps long). Place your boot in the middle of the oval and make 2 small holes on either side of your boot. Thread a shoe lace, piece of yarn or elastic through the holes so the ends are on top of your boot. Tie the 2 ends to hold the snowshoe in place. Check to make sure the snowshoe stays on your boot before trying your obstacle course.

SLED PULL – Create an obstacle course with a number of objects or snow hills between the start and end lines. Players take turns pulling each other around the objects and over the hills on a sled.

SNOW HURDLES – Lightly pack a bunch of large snowballs. Use them to build a hurdles course to jump over in an obstacle course race or in a game of Follow the Leader.

ocean crossing

Players

2 or more

Equipment

4 towels or hula-hoops

HOW TO PLAY:

Pretend the play area is an Ocean. Mark 2 Islands on opposite ends.

Players divide into 2 teams and each team stands on 1 of the Islands.

The towels or hula-hoops are the Rafts.

Each team uses 2 Rafts to cross the Ocean to the opposite Island.

Team members step onto Raft 1. Raft 2 is placed in front of Raft 1 and all team members step onto it. Each team continues across the Ocean by picking up the Raft behind them and placing it in front.

The team that crosses the Ocean first without touching the Water is the winner.



CHANGE THE FUN:

In winter, players cross the Ocean on Icebergs such as crazy carpets or sleds, on their hands and knees.

octopus tag

Players

3 or more

Equipment

None

HOW TO PLAY:

Pretend the play area is an ocean.

Choose 1 player to be the Octopus.

The other players line up at 1 end of the ocean. They are the Fish.

The Octopus stands in the middle of the ocean and calls out OCTOPUS.

The Fish try to run across the ocean as the Octopus tries to tag them. If tagged, the Fish become Seaweed. Keeping 1 foot planted, Seaweed try to reach out and tag the Fish running by, turning those players into Seaweed as well.

Once the Fish reach the other side, the Octopus calls out OCTOPUS a second time and the crossing contest starts again.

The game continues until all the Fish become Seaweed. The last Fish tagged becomes the new Octopus.

CHANGE THE FUN:

When a Fish is tagged, he becomes a tentacle and has to hold hands with the Octopus, working with him to tag the other Fish. Break larger groups into pairs once the Octopus reaches 4 players.

Have the Octopus call out, "I AM THE OCTOPUS, KING/QUEEN OF ALL MOTION. LET'S SEE IF YOU CAN CROSS MY OCEAN."

octopus tag

CHANGE THE FUN (CONTINUED):

Team smaller children with a faster player to create a 2-person Octopus in order to give slower/smaller children a chance to be the Octopus.

Divide players into 2 teams. Each team lines up opposite the other. The winning team is the 1 with the last player left.

pin guard

Players

3 or more

Equipment

A soft ball and pin (milk carton, plastic bottle)

HOW TO PLAY:

All players form a circle. Place a pin in the centre of the circle.

Choose 1 player to be the Guard, who stays inside the circle to protect the pin.

The other players throw the ball at the pin and try to knock it down.

The Guard protects the pin with his hands, legs, and body. No throwing at the head!

Players may grab the ball from inside the circle, but they must return to the edge of the circle to throw.

Each time the pin is knocked over, the Guard joins the circle and the player who hit the pin becomes the Guard.

Passing among the players around the circle will make it more difficult for the Guard to keep track of the ball.

red Light, green Light

Players

3 or more

Equipment

None

HOW TO PLAY:

1 player is chosen to be the Stop Light.

All other players line up about 15 steps away, facing the Stop Light.

The Stop Light stands with his back to the other players. If he says GREEN LIGHT, the players move toward the Stop Light. When he says RED LIGHT, he spins around and the players must stop on the spot. If the Stop Light sees a player moving, that player must take 5 giant steps backward.

Play continues when the Stop Light turns back around and shouts GREEN LIGHT.

The first player to reach the Stop Light is the next Stop Light.

red Light, green Light

CHANGE THE FUN:

Vary the movement. Instead of walking toward the Stop Light, players can hop, jump, gallop, etc.

Add a YELLOW LIGHT command for slower travel.

Use coloured paper or scarves instead of voice commands.

SCAVENGER HUNT

Players

1 or more

Equipment

Various items for players to find. Pencil and paper to make a list of scavenger items

HOW TO PLAY:

Have an adult or older child make a list of items and assign a point value to each. Some ideas are an empty pop can, a pine cone, a red rock, a bird feather, a penny and a shoe lace.

Provide the same scavenger hunt list to each player. Set a time limit for the game.

On GO, the players begin to hunt for the items on the list.

When time is up, the player with the most points is the winner.

CHANGE THE FUN:

Make clues for items to be found rather than naming the item directly.

Pair players together for a team event.

After an item is found, a surprise activity is selected from a bucket and must be completed before the search for the next item can begin.

sky ball

Players

1 or more

Equipment

A ball or beanbag for each player

HOW TO PLAY:

Each child tosses a ball up to the sky and tries to catch it.

CHANGE THE FUN:

Try throwing the ball higher each time. See how many catches can be made in a row. Use a ball glove or bucket to catch the ball.

sLedding & Hill play

Players

1 or more

Equipment

Sled, CSA Approved
Hockey/Skating helmet

HOW TO PLAY:

SLED RACES – Played with 2 or more players. Set up a finish line at the bottom of the hill. Line sleds up a safe distance from each other across the top of the hill. On GO, players take off on their sleds down the course to see who can get to the finish line first. Another way to play this game is to take turns sledding down a track to see who can slide the furthest.

TEAM RELAY SLED RACES – Divide into teams of 2 or more with the same kind of sled. Each team's players form a line at the top of the hill. Beginning on GO, the first player from each team slides down the hill to the end line, then runs back up the hill (outside of the race area) and hands the sled to the next player on his team, and so on until everyone has had a turn. The winner is the first team with all its players back at the top of the hill.

LOG ROLL RACE – Teams of 1 to 5 players log roll down a hill to see who can reach the end line first.

SLEDDING SAFETY

- Adults should provide supervision and conduct a hill safety check prior to all sledding activities.
- Choose snowy hills free of obstacles (trees, light poles, rocks, bumps, holes, etc.) with a gentle slope and long, flat run off area.
- Dress for the weather and sled in a comfortable temperature (above -20°C with wind chill factor).
- Stay clear of traffic and water areas.
- Wear an appropriate CSA Approved Hockey/Skating helmet.
- Go down the hill sitting with feet first or kneeling. Never go head first.
- Sleds that allow steering are safer than snow discs or tubes.
- Keep arms and legs in the sled.
- Move quickly out of the way of others and walk up the side of the hill.

spud

Players

2 or more

Equipment

A soft ball

HOW TO PLAY:

Each player is given a number.

All players gather around 1 player who has a ball.

She throws the ball high into the air and shouts out a number, while everyone scatters away as fast as possible.

The player whose number was called catches the ball or picks it up and shouts FREEZE. Everyone stops moving.

The player with the ball may take 3 steps toward any other player, and throw or roll the ball at them to tag them.

If the ball tags the player, that player gets an S – the first letter of the word SPUD. If the ball misses, the thrower gets the letter S.

The player who receives the letter becomes the ball thrower for the next round.

Once a player has spelled SPUD, she is out of the game. The last player to spell SPUD is the winner.

CHANGE THE FUN:

Choose to spell a different fun word, such as SNOW or SLED.

Players with the ball are not allowed to take any steps before rolling at another player.

Allow the frozen players to try and dodge the ball without moving their feet.

Use a different movement each round to run away from the ball thrower, such as running backwards, skipping, hopping on 1 foot, running on hands and feet.

Give players names of animals, trees or cities instead of numbers.

swipe

Players

4 or more

Equipment

Objects to swipe
(beanbag, ball)

HOW TO PLAY:

Divide into 2 teams and choose 1 Leader. Each team stands on a goal line at either end of the playing area. Goal lines are 20 or 30 steps apart.

Give each player a number, starting with 1 at opposite ends of each team's line.

Place a beanbag in the centre of the play area.

swipe

HOW TO PLAY (CONTINUED):

The Leader calls out a number. The players that have been given that number on each team race to the centre.

Each player tries to swipe the beanbag and run back to his team's goal line without getting tagged by his opponent. If the player gets back to his end line without being tagged, he gets a point. If the player is tagged, his opponent gets a point.

After each tag or score, the beanbag is returned to the centre and another number is called. Play until a team reaches a certain number of points.



CHANGE THE FUN:

In the winter, use a snowball instead of a beanbag.

ten pass keep away

Players

4 or more

Equipment

Ball

HOW TO PLAY:

Divide players into 2 teams. Both teams scatter throughout the play area.

1 team starts with the ball. The players try to make 10 passes to their teammates without losing the ball to the opponent.

When an opponent catches the ball, her team then tries to complete 10 passes in a row without losing the ball.

Players call out the number of each successful pass as it is completed.



CHANGE THE FUN:

Try a flying disc or, in the summer, a water balloon.

terminator

Players

3 or more

Equipment

2 hula-hoops

HOW TO PLAY:

1 player is the Terminator. All other players are Ants.

Place 2 hula-hoops in the play area.

Ants run around the play area trying not to get tagged by the Terminator.

If an Ant is tagged, the other Ants must carry or drag the tagged Ant to a hula-hoop to become well again.

While the Ants are carrying the injured Ants, the Terminator cannot tag them.

treasure HUNT

Players

1 or more

Equipment

Coloured ice cubes, a small cloth, plastic eggs or small containers, plastic bags with a rock inside, paper, pencil

HOW TO PLAY:

ACTIVE EGG HUNT – Write a different fitness activity and a score on several small papers. Fill a number of plastic eggs or small containers with the papers. Place the eggs into freshly fallen snow so that they are hidden from sight but can be easily located on a hunt. Be sure to keep track of how many eggs have been hidden. When a player finds an egg, she must complete the activity inside to get the points. All players must wait until she is finished before they can hunt for the next egg. The player with the most points after all the eggs have been found is the winner.

FLAG FIND – Tie a small cloth to the end of a short stick to make a flag. Select a player to hide the stick anywhere in the play area. Keep time of how long it takes for the rest of the group to find the flag. Repeat the hunt until all the players have had a chance to hide the flag. The player who hid the flag that takes the longest time to find wins the game.



SNACK SEARCH – Pack a container full of healthy treats as the Treasure and bury it in the snow. Create clues to lead the players to the Treasure. Clues could be riddles or pictures. Place each clue in a plastic bag and hide it in the snow. Begin the hunt by giving the players the first clue. When the Treasure is found, everyone shares the snack!

ICE JEWELS – Fill ice cube trays with water and food colouring to make Jewels. Make lots of different coloured Jewels but only 1 that is blue. Hide the Jewels around the yard. Have prizes for the player who finds the most Jewels and for the player who finds the blue Jewel.

CHANGE THE FUN:

Play in teams.

In the summer, play Snack Search in the sand.



What time is it, Mr. Wolf?

Players

2 or more

Equipment

None

HOW TO PLAY:

Choose 1 player to be Mr. Wolf. He stands with his back to the rest of the players lined up at the opposite end of the play area. The players call out, WHAT TIME IS IT, MR. WOLF?

Mr. Wolf shouts out a time between 1 & 12 o'clock.

The number he shouts is the number of steps the players take toward him (for 9 o'clock take 9 steps).

Once the players get close to Mr. Wolf, he shouts LUNCH TIME! and chases them back to the start line.

If a player is caught by Mr. Wolf, that player becomes Mr. Wolf.

CHANGE THE FUN:

Players caught by Mr. Wolf join his wolf pack and help him tag the other players.

Mr. Wolf can shout out activities instead of a time. Example: TIME TO DO 10 BUNNY HOPS or TIME TO DO 3 SOMERSAULTS, ending with TIME TO EAT YOU ALL UP!

SAFETY TIPS

There are a number of safety tips parents should keep in mind for any activity. Where additional safety considerations are important, they are included in the description of the individual game or activity.

GENERAL SAFETY TIPS

The following checklist can serve as a guide during all game and activity sessions:

Inspect facilities, equipment and play area for hazards prior to use.

Provide adequate supervision at all times.

Ensure that the ages, motor skills and fitness levels of participants match the demands of the activity.

Ensure the participants wear suitable clothing and footwear for the activity and for the weather. Be sure to remove all jewellery.

Ensure that participants know and follow the rules of the activity, and are aware of potential hazards.

Ensure the participants warm up prior to the activity.

Insist on the use of appropriate protective gear as required.

Avoid unnecessary risks at all times.

Encourage participants to drink water often, especially in hot weather.

Be prepared in the event of an accident – have a telephone and minor first aid supplies nearby.

Know your participants and any medical/physical contraindications they may have to physical activity – adapt accordingly.

TAG GAME SAFETY TIPS

Clearly identify the boundary area prior to the start of the game.

Ensure participants are not near street traffic.

Emphasize that participants need to run with their heads up, looking ahead whenever possible.

When using a ball to tag participants, do not allow hits to the head.

Rotate the “it” person regularly to avoid over-exertion or exhaustion.

SUN SAFETY TIPS

Slip on light, loose fitting clothing, slap on a wide-brimmed hat and sunscreen with SPF 15 or higher at least 20 minutes before going outside. Reapply every two hours.

If children are sweating heavily or playing in or near water, make sure to use a waterproof sunscreen and apply it more frequently.

Avoid being in the sun when its rays are most intense, e.g., between 11 a.m. and 4 p.m.

Remember to apply sunscreen on cloudy days because the sun’s rays are still harmful.

Enjoy play locations that include shade.

Be a good role model. If you practice sensible sun habits, your children will too.

SAFETY TIPS

ICE SAFETY TIPS

- Wear an appropriate CSA Approved Hockey/Skating helmet. Knee and elbow pads are also recommended for beginner skaters.
- Wear supportive and properly fitted skates.
- Rinks are always safer than ponds. When skating on natural bodies of water make sure the ice is at least 4 inches thick and an adult is present providing supervision.
- Avoid walking or playing on ice that is on or near moving water.
- Skate in the same direction as the crowd when participating in recreational public skates.

SLEDDING SAFETY TIPS

- Adults should provide supervision and conduct a hill safety check prior to all sledding activities.
- Choose snowy hills free of obstacles (trees, light poles, rocks, bumps, holes, etc.) with a gentle slope and long, flat run off area.
- Dress for the weather and sled in a comfortable temperature (above -20°C with wind chill factor).
- Stay clear of traffic and water areas.
- Wear an appropriate CSA Approved Hockey/Skating helmet.
- Go down the hill sitting with feet first or kneeling. Never go head first.
- Sleds that allow steering are safer than snow discs or tubes.
- Keep arms and legs in the sled.
- Move quickly out of the way of others and walk up the side of the hill.

ADAPTATIONS FOR CHILDREN WITH DISABILITIES

It is important that all children participate and enjoy the fun. Encourage children with disabilities to participate in any game or activity they wish, making modifications as required.

GENERAL ADAPTATIONS AND CONSIDERATIONS:

Pair a visually impaired child with a buddy.

Utilize a terrain that allows for mobility challenges.

Create an open and accepting environment.

Be positive – encourage participation and allow all children to play.

Let children make their own decisions with regard to what they can and cannot do.

Be creative! Involve everyone in the problem solving so all participants get the most fun and enjoyment out of games and activities.

Ensure games and activities are safe for each participant.

Be sure to maintain the element of challenge.

Choose activities that are suitable for the abilities of the children, including children with disabilities.

Apply the rules equally to all participants.

Modifications may be made to equipment, environment and/or rules.