

Take the Recess Challenge!

Hopscotch



How to Play:

1. The first player tosses his/her marker into the space marked "1". The marker must not land on any lines or his/her turn is over.
2. Then hop on one foot into spaces "2" and "3", land on both feet into spaces "4" and "5", one foot on "6", two feet on "7", one foot on "8", and two feet on "9" and "10". Then, in one jump, turns around landing with two feet on "9" and "10" again and goes back as before hopping and jumping into each space.
3. When the player reaches "2", balance and lean over to pick up the marker, being careful not to touch the "poison" square until the marker is picked up. Now the square is no longer "poison" and the player may hop into it and out of the pattern.
4. Play continues with the player now tossing into square two, and picking up from three.
5. If no mistakes are made, the player continues to advance. If a mistake is made, the player leaves the marker in the space until his/her turn comes again.
6. Whichever space the marker is in will now be "poison" and must be skipped by all players. Now the next player tosses into space "1".
7. Play continues until one player reaches "10" and wins!

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Hula-Hoop



Choose Your Challenge:

Hula hoop around different body parts:

Neck

Arm (to your side or overhead)

Waist

Knees

Ankle

How long can you keep it going?

Have a friend help you count how many seconds you can keep the hula hoop up.

Can you walk and hula hoop?

Can you hula hoop on your arm and pass it to a friend?

Other Challenges:

Roll the hoop

Spin the hoop and jump in and out

Make the hoop roll away from you and spin back to you



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Have Fun With Friends:

How many times can you jump without missing?

Jumping Rope

Individual Challenges:

One Foot	Bells
Ski Jumps	Criss-Cross
Backwards	Jogging
Rocker	Side Swings

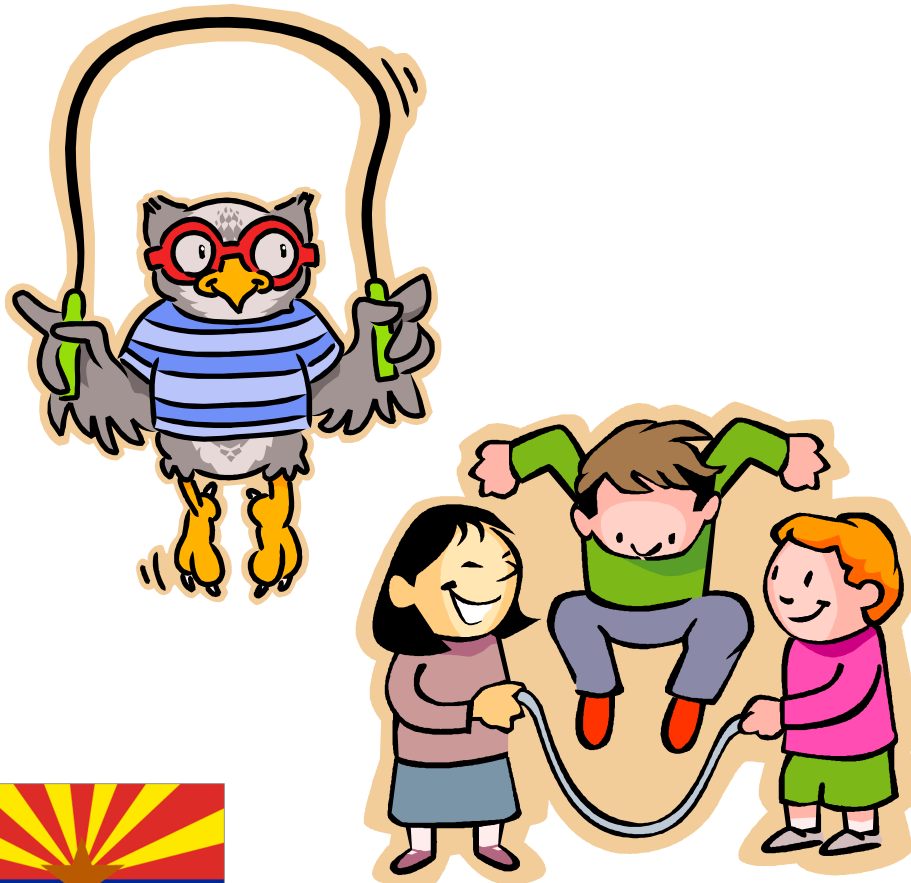
Partner Challenges:

Two in One Rope
Side by Side (2 ropes switch inside handles)
Side by Side (1 rope)

Long Ropes:

Start in the Middle Enter Front Door
Enter Back Door
Rhymes Add 2 or 3 Jumpers
Egg Beater Double Dutch

Make up your own jump rope routine!



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Running



How Fast Are You?

Race a friend or race in a large group!

50 meter Race = $\frac{1}{2}$ the length of the field

100 meter Race = Long side of the field

200 meter Race = Long side of the field 2 times

Relay Race = 2 or more runners per team. One teammate begins the race and runs to the next teammate. A relay baton or high five can be exchanged to the next runner.



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Frisbee Fun



Frisbee Fun:

1. Play catch with friends.

2. Monkey in the middle: 3 or 4 players, one person is in the middle. Outside players try to throw the Frisbee to each other so the player in the middle cannot catch it. If the “monkey” in the middle catches the Frisbee, he/she switches places with an outside player.

3. Frisbee Golf: Choose a target and count how many throws it takes you to hit the target. Challenge a friend and see who can hit the target in the least throws.

Targets: trees, benches, poles, trash cans, soccer goal, **NOT PEOPLE!**



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Throwing & Catching



Choose Your Game:

1. Three Flies Up: One person begins as the thrower. Others compete to catch the ball. The first player to make three catches in the air without dropping the ball becomes the new thrower.

2. Five Hundred: One person is the thrower, and everyone else clusters about throwing distance away from the thrower. The ball is then thrown (or kicked) towards the group. If caught on the fly, it is worth 100 points; after the first bounce: 75, second bounce: 50, and after the third bounce: 25. First person to 500 becomes the thrower (or kicker) for the next round.

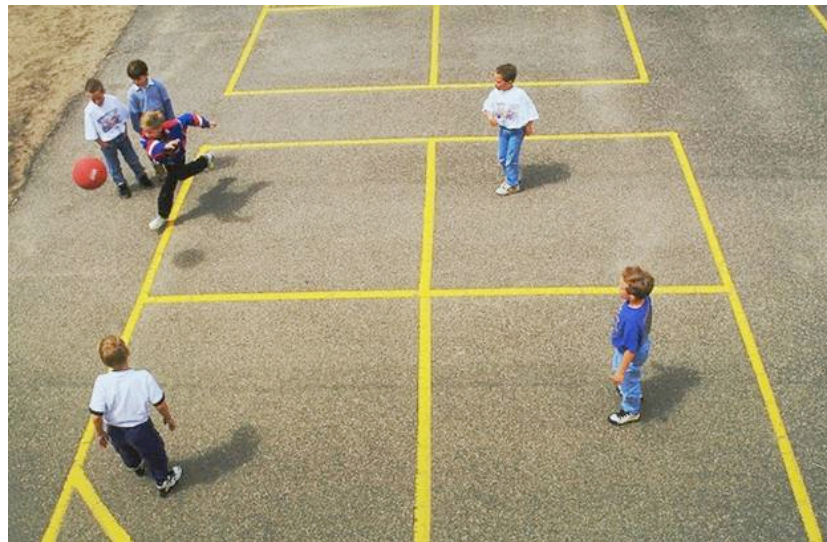
Variation: One person is the thrower, and everyone else clusters about throwing distance away from the thrower. The thrower tosses the ball in the air towards everyone else and announces a number between 50 and 500, like so: "I've got 200 up for grabs". If a kid catches it they get as many points as the thrower yelled. If someone drops it though, they lose the same number of points (negative scores are possible). The first person to get 500 points wins and becomes the thrower for the next game.

You can use a playground ball, tennis ball, football, frisbee, soccerball...



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Four Square



Rules:

To start the game, the King serves the ball by bouncing it in his square once and then hitting it towards one of the other squares. The receiving player then hits the ball to any other player, and play continues until one of the following things occur:

- 1) A player hits the ball (or is hit BY the ball) before it bounces once in their square.
 - 2) A player does not hit the ball before it bounces twice
 - 3) A player hits the ball out of bounds (it must land in someone's square first)
- Once a player is 'dead', they move back to the lowest ranking square. The other players then move up to fill the vacancies.
- *If there are more players than squares, that person goes to the back of the line, and the person at the front of the line gets to move onto the lowest square and play.
- Playing off of walls, poles, etc was not only legal but encouraged.



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"Mother May I"



Rules:

One person stands facing away from a line of kids. She then chooses a child (at random, or in order), and announces a direction. These follow a pattern, such as, "Brian, you may take' **x**' giant/regular/baby steps forward/backward." The child responds with "Mother may I?" Mom then states "Yes" or "No", depending on her whim, and the child complies. If the child forgets to ask "Mother may I?" he/she goes back to the starting line. First one to touch Mother wins.

Other steps:

Scissors step - jump while crossing your feet, then jump while uncrossing them is one step

Banana step - laying down with feet at current spot, mark where the top of your head is, and getting up there for new spot.

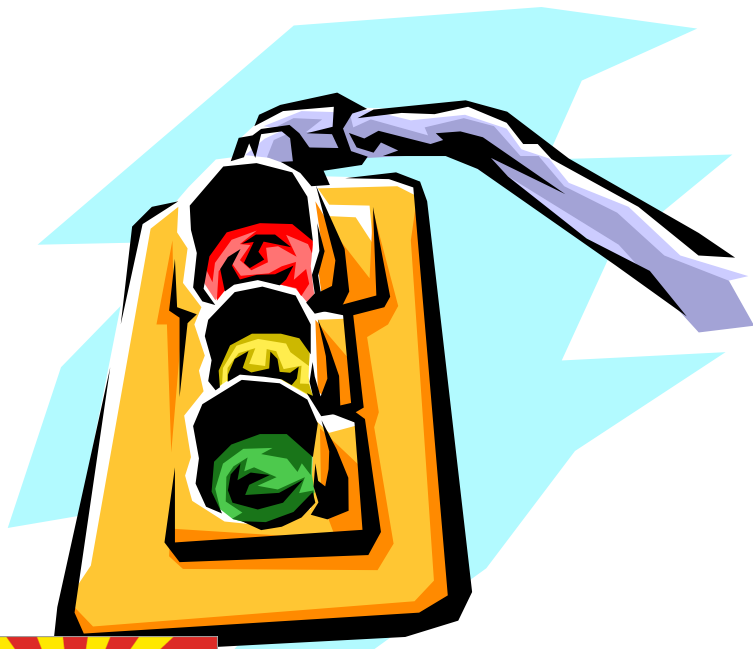
Bunny step - a hop on one foot

Kangaroo step - a jump with two feet



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Red Light Green Light



Rules:

In this game, one person plays the "stop light" and the rest try to touch him/her.

At the start, all the children form a line about 15 feet away from the stop light.

The stop light faces away from the line of kids and says "green light". At this point the kids are allowed to move towards the stoplight.

At any point, the stop light may say "red light!" and turn around. If any of the kids are caught moving after this has occurred, they are out.

Play resumes when the stop light turns back around and says "green light".

The stop light wins if all the kids are out before anyone is able to touch him/her.

Otherwise, the first player to touch the stop light wins the game and earns the right to be "stop light" for the next game.



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Rules:

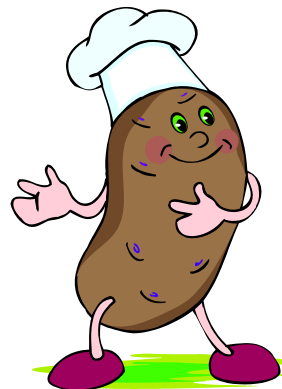
Equipment: playground ball

SPUD

Determine who is "it". "It" counts to ten out loud. As he counts, the rest of the players scatter. When he reaches 10, they all freeze in their spot. Then "it" takes 4 giant steps towards the closest person (S-P-U-D) and throws the ball, trying to hit him or her in the feet. If "it" hits the person, the person gets a letter "S", if "it" misses, then "it" gets a letter.

That person then becomes "it".

The game continues until one person is SPUD (gets hit or misses 4 times).



"A spud is a potato!"



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Horse



Rules:

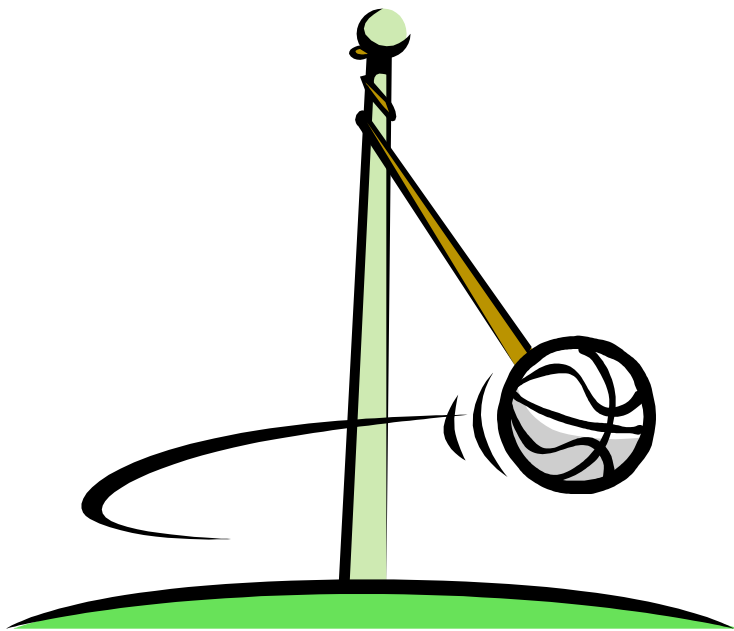
Number off each person in the group. The first person will shoot the ball from where ever he/she wants. If the shot is made then the next person must shoot from the same place. If that person makes the shot then the next person must shoot from there also. When the ball goes back to the first person and every one has made the shot then the first person chooses a different shot.

If someone misses the shot they receive a letter "H". Once you spell out "HORSE" you are out of the game until the next round. If the first person misses then the next person gets to choose the shot.



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Tetherball



Rules:

One player begins by tossing the tetherball into the air and hitting the ball in any direction he chooses. The opposing player cannot hit the tether ball until it passed on its second swing around the pole. Each player's goal is to wind the rope completely around the tetherball pole in the direction of his play.

FOULS: (tetherball goes to opponent.)

1. Striking the ball with any part of the body other than the hands or the forearms.
2. Holding or catching the ball during play.
3. Touching the tether ball pole with any part of the body during play.
4. Playing outside their designated playing area.

Variation: The server must wait until the opponent strikes the ball before he/she can strike the ball again.



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Chinese Jump Rope



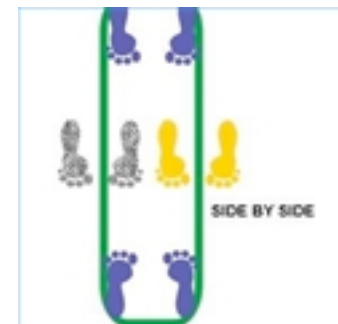
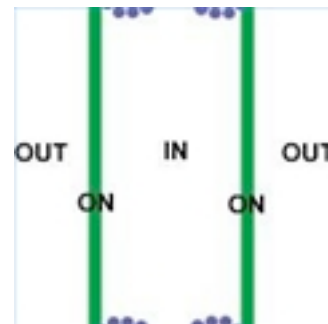
How To Play:

Two people begin with the rope around the ankles.

Another person jumps in the rope with both feet.

Then jump out of the rope with both legs straddling each outside rope. Next, jump from side to side (straddling each side of the rope). Then jump on the rope. Then out again. Finally, Use your foot to cross the ropes, so that your legs are inside of an x. Then, jump out and straddle the rope. With each sequence you say, "**in, out, side, side, on, in, out.**"

With each jump if you land on the rope when they are not supposed to, then you are out. Or if you are trying to land on it and miss you are out. Once you accomplish the ankles, you move the rope up a few inches, then to the knees.



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Hacky Sack



What To Do:

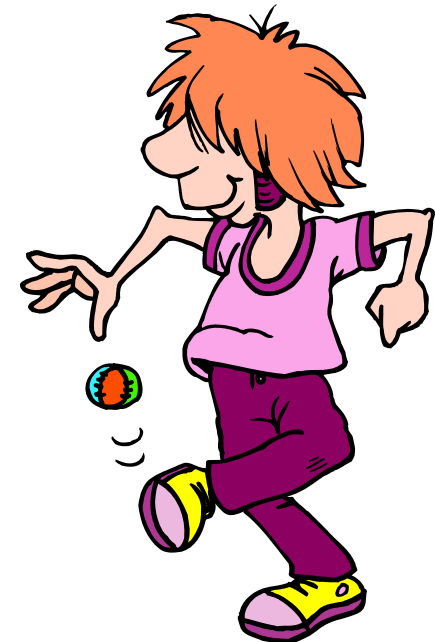
Work with a partner or a small group 4-6.

Try not to use your hands!!!

Keep the Hacky Sack in the air. Use you foot,
knee, head, elbow, chest...

**How long can your group keep the sack in the
air?**

**How long can you keep the sac in the air by
yourself?**



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Rules:

2 or more players

Around the World

Each player takes turns shooting the basketball from the square closest to the goal. The player that makes the shot moves to the next line on the court, and continues shooting until he/she misses. The ball is given to the next person in line. When it is your turn again you begin shooting from the spot you missed. The first player to make it around the world is the winner.

