

Games



Play large group games.
(25 minutes)

MATERIALS NEEDED:

- 1 playground ball
- 4 bases
- Rope or bandana
- Plastic spoons
- Ping pong balls
- Soft dodgeballs

LARGE GROUP GAME: KICKBALL

Materials: 1 playground ball and 4 bases to create the field

Object of game: Make it to home base without getting out.

How to play: Set up the field like a baseball field, with four bases set in a diamond pattern. Divide the students in two teams. One team will kick first, while the other team fields. Have the kicking team line up in order of birthday behind home base, and have the fielding team spread out in the field in front of the kicker. A pitcher will roll the ball to the kicker, who will then kick the ball between first and third bases. Any ball that goes to the left of third base or to the right of first base will be fouled, and the kicker will be given another chance to kick. Once the ball is kicked, the kicker will run around the bases while the fielders will try to touch the ball to the runner or throw the ball at the runner while he or she is not on base. If the runner is hit or if the ball is caught before it hits the ground, that is one out, and after three outs, the fielders and kickers will switch. Each time that both teams have had a chance to kick is called an inning. The game ends when time runs out or when seven innings have been completed. Runs are scored when a kicker makes it all the way around the bases without getting out.

If the ball goes out of bounds, it is returned to play by the nearest player using a foot pass or kick. The game can be played for a set amount of time (e.g., 10-15 minutes) or until a predetermined number of goals are scored.

Variations: Allow every player to kick each inning before switching sides.

LARGE GROUP GAME: RELAY RACES

Materials: Rope or bandana, plastic spoons and ping-pong balls, soft dodgeballs

Object of game: Be the first team with all players sitting

How to play: Have the students divide into their small groups and line up single file, behind a starting line. Then decide on the type of race to run. Have the students that finish the race sit down. The first team with all players sitting down is the winner.

Three-Legged Race: Two students tie one leg each together using rope, a bandana, or any other piece of cloth. They must work together to run to the end and back before the next pair can go.

Sprint: No equipment is needed at all for this race – students simply run as fast as possible to the end and back before the next player can go.

Backwards Sprint: Same as above, but students must run backwards.

Spoon Carry: Each team will need a plastic spoon and a ping-pong ball. The students must carry the spoon with the ping-pong ball to the end and back as fast as possible.

Chicken Egg: Each team needs a ball. As an alternative, you could give each student an inflated balloon for this race. They must put the ball between their knees and carry it to the finish line, where they can either drop it and run back or carry it back if the next person needs it.

Barefoot Relay: Have all the students take off their shoes. Make sure there are no duplicate shoes, and if so, mark one set with masking tape. Then place all the shoes in a big pile at the end of the race. Students must run barefoot to their shoes, where they will find them in the pile and put them on before running back.

LARGE GROUP GAME: NINJA TAG

Materials: None needed

Object of game: Be the last player in the circle

How to play: Players stand in a circle. Players begin with their hands in a “ninja” pose: feet shoulder-width apart, hands held out in front with fingers spread wide. Players take turns moving in an attempt to tag others’ hands while trying to avoid being tagged themselves.

On their turn, a player makes one move, which can be a jump, slide, or step while trying to tag another player with one quick hand movement. A tag must be a controlled and deliberate touch, not a full swing or wild motion. The tag must also be above the waist and should avoid hitting other players too hard. When a player is tagged, they are out and must leave the circle. They should stand off to the side but not interfere with the game.

The last player remaining in the circle is the winner and may be declared the “Ninja Master” for the next round. Players should not reach out or lunge aggressively. Tags should be quick and controlled. If space is limited, designate a small “safe zone” where players cannot move to avoid being tagged. This adds an extra challenge and keeps the game more dynamic.

Variations:

- Players are eliminated if they try to evade an attack when the attacker was really attacking someone else.
- To increase difficulty, allow a player to tag others with two hands instead of one.