



PLAYWORKS

Game Guide

ChangeX Edition, 2022

Table of Contents

Bandage Tag.....	pg 2
Cat and Mouse Jump Rope.....	pg 3
Foursquare.....	pg 4
Hot Spots Basketball.....	pg 6
Interception.....	pg 7
Multiball Kickball.....	pg 9
Rock-Paper-Scissors Relay.....	pg 11
Sprout Ball.....	pg 12
Switch.....	pg 13
Three Line Soccer.....	pg 14

BANDAGE TAG

of people to play: Large Group (6+ players)

Best for ages: 5+

Goal: *Try to tag others while avoiding getting tagged yourself.*

Equipment needed: Cones or chalk to mark the play space boundaries and the "Care Zone"

Setup: Designate a clear playing area large enough for the group size. Designate a care zone outside the play area using cones or chalk.

Before you start

- Demonstrate safe tagging: light/ two finger touch, like a butterfly's wings, on the shoulder, back, or arms.
- Review what to do when you get tagged. Players go to the care zone to heal themselves after being tagged.
- Review where the care zone is and how to heal yourself.

How to Play

- Everyone is it! Players can tag others and be tagged.
- If a player gets tagged, they must place one hand directly in the area they were tagged. Their hand is a bandage.
- Players can continue running around once they've been tagged, trying to tag others while avoiding being tagged themselves. However, they must keep their bandage on and only tag with their free hand.
- If a player gets tagged a second time, they must take their other hand and place it in the area where they were tagged. Players can still continue to run around with two bandages on.
- If any player is tagged a third time, they must go to the care zone and do 6 jumping jacks (two jumping jacks per bandage) or another predetermined action to get back in the game.

Game Variations

- Allow players to go to the care zone at any time to heal themselves. They do not have to wait until they are tagged the second or third time.
- Allow players to heal themselves by stepping anywhere outside the boundaries to do jumping jacks or any other predetermined action.
- Modify the player's movement in the game by trying different footwork, such as walk like a zombie, hop like a bunny, move like you are walking through glue, or skipping.

CAT AND MOUSE JUMP ROPE

of people to play: 4-6 players (per jump rope) **Best for ages:** 8+

Goal: For the mouse to jump through the spinning rope without getting tagged by the cat, and for the cat to do the same while trying to tag the mouse.

Equipment needed:
Large Jump Rope(s)

Setup: Pick a space that will allow a large jump rope to spin safely, players to run around the rope safely, and enough space to have a waiting line nearby.

Before you start

- Review how to safely jump in a spinning jump rope.
- Demonstrate safe tagging: light/ two finger touch, like a butterfly's wings, on the shoulder, back, or arms.
- Pick two players to turn the rope (turners).
- Pick one person to begin as the cat and another person to start as the mouse. Everyone else is in line waiting for their turn.
- Review how to rotate roles. A player may rotate roles in the following order: the cat becomes a mouse, the mouse becomes a turner, and the turner goes to the end of the line.

How to Play

- Players will travel in a figure eight, jumping into the rope one time, then around one of the turners, back into the rope one time, and around the other turner.
- The mouse starts the game by jumping into the rope first.
- Once the mouse has jumped out of the rope, the cat may jump.
- The mouse is trying not to get tagged by the cat and the cat is trying to tag the mouse.
- If the cat tags the mouse, everybody rotates.
- If the mouse or cat misses a jump or causes the rope to stop turning, everybody rotates.

Game Variations

- Allow the cat and the mouse to run through the rope instead of jumping once.
- Require players to jump two or more times before running out of the rope.
- For younger students and beginner players, turners can kneel or sit while holding the rope to the ground. The turners move the rope back and forth on the ground like a snake. Players can jump over the rope and if the cat or mouse steps on the rope, everyone rotates.

FOURSQUARE

of people to play: 4+ players

Best for ages: 6+

Goal: Try to hit the ball in another player's square without getting recycled out of the game.

Equipment needed:
Rubber Bouncy Ball

Setup: A 4-Square court with each box labeled A, B, C, D or 1, 2, 3, 4.

Before you start

- One player starts in each square and the other players wait in line for their turn.
- The player in square A or 1 is the server. That player begins the game.

How to Play

- Play begins when the server drops the ball once into his/her square then hits it underhand into a different square.
- The ball must bounce once and only once in any square.
- Each player must hit/play the ball with his/her hand(s) into an opposing player's square after it has bounced only once in their square.
- Anytime a player gets recycled out of the game, a square is left open and players must rotate. The first person waiting in line advances to square A or 1 and becomes the new server. Remaining players advance to close the gaps between A or 1 and D or 4.
- A player goes to the end of the line (gets **Recycled** out of the game) if any of the below happen.

Recycled If:

- The ball bounces more than once in a player's square.
- The ball is played before it bounces once in a square.
- The ball hits the inside or outside lines of the 4-square court or goes out of bounds before it bounces, then the player who hit the ball gets recycled out of the game.
- If a player catches, holds, or bubbles the ball

Foursquare Game Variations

- Allow less skilled players to catch the ball before releasing it into another player's square.
- **Jackpot:** A player says "Jackpot" then places the ball in the center of the 4-square court. The last person to put their hand on the ball gets recycled out of the game.
- **Pacman:** A player says "Pacman" then all players must move along the lines of the 4-square court. The player that called Pacman must move along the lines while trying to tag someone with the ball in their hand. The player has 10 seconds to try and tag someone. If they don't tag someone, they get recycled out of the game.

HOT SPOTS BASKETBALL

of people to play: 4+

Best for ages: 5+

Goal: *Players have one attempt to make a shot from a designated spot into the basketball hoop.*

Equipment needed:
Basketballs and something to designate spots (ex. poly spots, half cones, beanbags, etc.)

Setup: Place 1-4 cones (depending on the number of players) at about half court on a basketball court. Scatter roughly 20+ poly spots or half cones all around in front of the basketball hoop.

Before you start

- Create teams by having players stand in even lines behind the cone(s), facing the basketball hoop.

How to Play

- One player at a time from each team dribbles the ball to a poly spot, stands on the spot, and attempts to make a shot into the basketball hoop. Players only get one try to make a shot.
- If a player makes a shot, they pick up the poly spot and retrieve the ball. They bring the poly spot back to their team, place the spot in a pile next to their cone and pass the ball to the next player in line, who then dribbles to their own spot and attempts a shot.
- If a player misses the shot, they leave the poly spot, retrieve the ball, and pass it to the next player in line.
- Play continues until all the spots are claimed.
- Once all spots are claimed, players can count how many points they made. One point per poly spot.

Game Variations

- Allow less advanced players to carry the ball to a poly spot, instead of dribbling.
- Allow players to take a second shot if they miss.
- For more advanced players, place spots further away from the basketball hoop and make more difficult shots worth more points.
- If basketball hoops are too high for younger players, try placing a hula hoop on the rim against the backboard and allow players to score by throwing the ball into the hula hoop.

INTERCEPTION FOOTBALL

of people to play: Large Group (6+ players)

Best for ages: 7+

Goal: For the Receiver to score by catching the football and making it to the end zone without getting tagged by the Defender.

Equipment needed:
Football(s) and Cones

Setup: Open area appropriate for the size of players and throwing skills. Create a goal line with cones at one end of the playspace and set up three cones for students to line up behind on the opposite end of the space.

Before you start

- Explain the three main positions of the game: Quarterback (QB), Receiver, and Defender.
 - **Quarterback (QB):** Player who throws the ball to the receiver.
 - **Receiver:** Player who is attempting to make a catch from the QB and score a “touchdown”
 - **Defender:** Player who is trying to stop the Receiver from making a catch, by either swatting the ball or butterfly tagging the Receiver before they cross the goal line.
- Explain the rotation of the positions after a play ends.
 - QB will go to the end of the Receiver line.
 - Receiver will go to the end of the Defender line.
 - Defender will go to the end of the QB line.
- Demonstrate safe tagging: light/two finger touch, like a butterfly's wings, on the shoulder, back, or arms.
 - *Optional: Use flag football flags and belts. This will eliminate the need for tagging.*

How to Play

- Have all players divide up into three lines, one behind each of the three cones opposite the goal line.
- Remind players which position each line represents.
 - Left line = QB
 - Middle line = Receiver
 - Right line = Defender
- The first player in each line steps into the playing area to begin the game.
- The Quarterback will start with the ball. When they say hike, the receiver runs toward the goal line and is attempting to make a catch. The defender is trying to prevent the receiver from catching the ball.
- The Quarterback is trying to throw the ball to the receiver so that she/he can catch it and run past the goal line to the end zone (the scoring area) without being tagged.

Interception Football - How to play (continued):

- **The round of play ends, if:**
 - The ball drops
 - The defender catches the ball
 - The defender tags the receiver
 - The receiver scores
- Once the round of play is over, the player who was the QB will go to the end of the receiver line. The receiver will go to the end of the defender line and the defender will go to the end of the QB line.
- The next person in each line steps forward into the playing area to start the new round.

Game Variations

- Have more than one receiver and defender.
- Allow the QB to choose between a throw or a handoff to the receiver.
- Apply the game to basketball with the positions of point guard, forward, and defender.

MULTIBALL KICKBALL

of people to play: Large Group (10+ players)

Best for ages: 6+

Goal: Kicking team: Score a point by running through all of the bases and making it back to homebase.

Equipment needed: Bases and three pieces of sporting equipment*

Fielding team: Score a point by collecting all equipment at the pitcher's mound before the kicker reaches homebase.

*Recommended: Football, Frisbee, and Kickball

Setup: A kickball field or large enough play space for 4 bases (1st base, 2nd base, 3rd base, and home base).

Before you start

- On a traditional kickball field, place a kickball, football, and frisbee at home base.
- Discuss the importance of spreading out in the outfield, calling your ball and, if necessary, passing the ball or equipment to teammates in the outfield.

How to Play

- Divide the group into two teams, and give each player on both teams a number. The numbers denote the "kicking" order.
- One team lines up by homebase, and begins as the kicking team, while the other team spreads out in the field begins as the fielding team
- Kickers come up to home plate one at a time. They kick the kickball, punt the football, and then throw the frisbee.
- Once the kicker completes all three actions:
 - The kicker attempts to run around all of the bases.
 - The fielders retrieve the equipment and work together to put it on the pitcher's mound as quickly as possible.
- A point is scored for the kicking team if a kicker runs around all the bases and gets to homebase before all equipment is collected at the pitcher's mound.
- A point is scored for the fielding team if fielders collect the equipment before the kicker makes it around all of the bases back to homebase.
- Teams switch positions after everyone on the kicking team has had a turn.
- Play until both teams have been kickers, or until time runs out.

Multiball Kickball - Game Variations

- Assign each piece of equipment a different location for the fielders to return it to:
 - Kickball is returned to first base
 - Football is returned to second base
 - Frisbee is returned to third base
- Add more equipment choices.
- Use three regular playground balls, and let students kick, throw, or punt all three.

ROCK-PAPER-SCISSORS RELAY

of people to play: Large Group (6+)

Best for ages: 6+

Goal: *Player(s) from either team must attempt to make it to the start of the opposite team's line.*

Equipment needed:
Cones

Setup: Create a semi circle (U shaped) path using cones or use half of a basketball court.

Before you start

- Divide players into two teams. Each team will line up in a single file line, behind each end of the semi circle.
- Review how to play [Rock Paper Scissors](#).

How to Play

- To start the game, all players chant "Ro Sham Bo". On "Bo" the first players from each line begin walking, skipping, or running on the "U" shaped path towards each other.
- When the first two players from opposite teams encounter each other on the path, they stop and RoShamBo until one player wins.
- The winner continues walking on the path in the same direction while the player on the opposite team starts moving on the path towards the winner. Simultaneously, the less successful player must return to the end of their line.
- When both players encounter each other they must RoShamBo again until one player wins. This continues until a player makes it all the way to the start of the opposite team's line.
- Once a player makes it all the way to the opposite team's side, that player rejoins the end of his/her line and two new players begin moving along the path.

Game Variations

- Add obstacles to the path.
- Make the path longer/shorter or utilize a different shaped path.
- Tally scores by giving one point to the team whose player makes it from one side to the other.
- Give players a category to name one thing from as they meet in the middle. For example, each player has to yell out the name of a fruit or vegetable, natural environment, a state, etc. before they RoShamBo. This variation is great for teachers who want to reinforce class learning in an active way.

SPROUTBALL

of people to play: 5+ players

Best for ages: 7+

Goal: *Be the last player standing by avoiding getting hit with the ball from the waist down.*

Equipment needed: Soft Playground Balls or Dodgeballs

Setup: Use a large play area with clear boundaries appropriate for the number of players.

Before you start

- Review dodgeball safety:
 - Use underhand throws.
 - Aim for an opponent's waist or below - anything above the waist doesn't count.

How to Play

- Have players start on one of the boundary lines of the play space with all but one ball scattered throughout the play space.
- The remaining ball is tossed into the air and players must wait for the ball to bounce three times before they can move to try and pick up a ball.
- Once a player has a ball they have 5 seconds and up to three steps to throw the ball towards another player and try to tag them from the waist down.
- If a player gets hit below the waist or tries to catch the thrown ball and drops it, they become a “seed” by crouching down or taking a knee exactly where they were hit. Students with limited mobility can put hands on knees or use another adaptation.
- If a player catches a thrown ball, the player who threw the ball becomes a seed instead.
- Seeds should remember who tagged them because they can “sprout” up and keep playing when the person who tagged them is tagged.
- Play continues until all of the players have been turned into seeds by the same player, or time runs out.
- In the event that a ball goes out of bounds, one player will retrieve the ball and begins by taking three steps as soon as they step back in bounds with the ball.

Game Variations

- This game can also be played as “Sprout Tag” without any balls.
- Once a player has been tagged and is a seed, they can grab a ball that is within their reach and try to free themselves by throwing the ball toward standing players.

SWITCH

of people to play: 6-12 players

Best for ages: 5+

Goal: *Try to arrive at a different corner/cone of the 4-Square court before other players.*

Equipment needed: 5 cones or a 4 Square court (made with paint, chalk or tape)

Setup: A 4-Square court or four cones forming a square and one additional cone in the middle

Before you start

- Review the four corners/cones that players can run to.
- Review how to play Ro-Sham-Bo ([Rock-Paper-Scissors](#)).

How to Play

- Have one player occupy each of the 4 corners and the middle of a 4-square court. A total of 5 players starting at a time.
- Play begins when the person in the middle says the magic word, “Switch” while simultaneously raising both hands in the air and making a clapping sound.
- Once the magic word is announced, all players (including the player in the middle) must find a new corner/cone to occupy. Players cannot go to the cone in the middle.
- At the end of the round, there will be one player left without a corner/cone. That player must go to the end of the line.
- The first person in line becomes the player in the middle and begins the next round.
- If two players arrive at a corner at the same time, they play a round of Ro-Sham-Bo. The winner stays in the game and the less successful person goes to the end of the line.

Game Variations

- Add more areas the players can run to
- Start a large game of switch by having two players occupy each of the 4 corners and the middle of a 4-square court. A total of 10 players starting at a time.
- Use 4 different colored hula hoops.
 - Have the player in the middle call out a color that signals the players to run/switch.
 - The player in the middle, runs to the color that she/he called aloud.
 - All other players must switch hula hoops, but may not run to the color that was called out.

THREE LINE SOCCER

of people to play: Large Group (9+ players)

Best for ages: 6+

Goal: *Be the first team to score a goal within two minutes.*

Equipment needed:
Soccer Ball, 3 Cones, and
Two Soccer Goals

Setup: Designate a clear playing area large enough for the group size. Place three cones along one sideline of the field. If soccer goals are not available, create them with two cones on either side.

Before you start

- Explain the basic rules of [soccer](#).

How to Play

- Divide students into three groups. Each group should stand in a single file line behind their designated cone.
- The first player in each line steps onto the field and forms a team of three.
- The second player in each line steps onto the other side of the field and forms a team of three.
 - One player from each team plays a round of [Rock-Paper-Scissors](#) to determine who will kick off.
- Other players in line wait for their turn while cheering for the teams that are playing.
- When a goal is scored, the winning team stays on the field and the less successful team returns to the end of their line.
 - The next three players in line step onto the field to form a team. This new team gets to kick off the ball.
- If a goal is *not* scored after a set time frame (such as 2 minutes) both teams must return to the end of their lines.
- If a team wins three times in a row they have earned three claps and must return to the end of their line to allow other players to have a chance.

Game Variations

- Players must pass the ball to every teammate before they score.
- Allow players to choose a different cone to line up behind if their team is less successful.
- Play with just one goal. Teams who steal the ball while on defense must pass the ball one or two times before they can score.
- Apply the rules to basketball and play a half-court game of three-on-three.
 - To keep the game moving, allow players waiting in line to start a countdown after three missed shots from either team. If neither team has made a basket after the countdown, both teams rotate out.