



PLAY STRUCTURE ACTIVITIES

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Play With Me

I tried to teach my child with books;
He gave me only puzzled looks.

I tried to teach my child with words;
They passed him by often unheard.

Despairingly, I turned aside
“How shall I teach my child?” I cried.

Into my hand he put the key
“Come,” he said, “and play with me.”

Author Unknown

Hang Ten

Where To Play: Play equipment

Number of Players: Unlimited number of players

Equipment: Play structure

Directions:

This activity can be done on any bar that leaves enough room for a player to hang straight. Players jump up and hold on to the bar for a count of ten.

Variation:

Hold your legs off the ground and spell your name three times. Swing your legs while holding on and say your ABC's or sing your favorite song before you touch the ground. How high can you lift your legs while you hang?

Obstacle Course

Where To Play: Play equipment

Number of Players: Unlimited number of players

Equipment: Play structure

Directions:

Different play structures offer players a chance to create a new obstacle course at each park they visit. Use your imagination while creating a course. Some ideas to use are: balance along a border, swing from bars, go down a slide, jog two times around the play structure, climb to the highest point, and travel across the full structure. Have fun making a course for others to follow.

Two Square

Where To Play: Pavement area

Number of Players: Two or more players

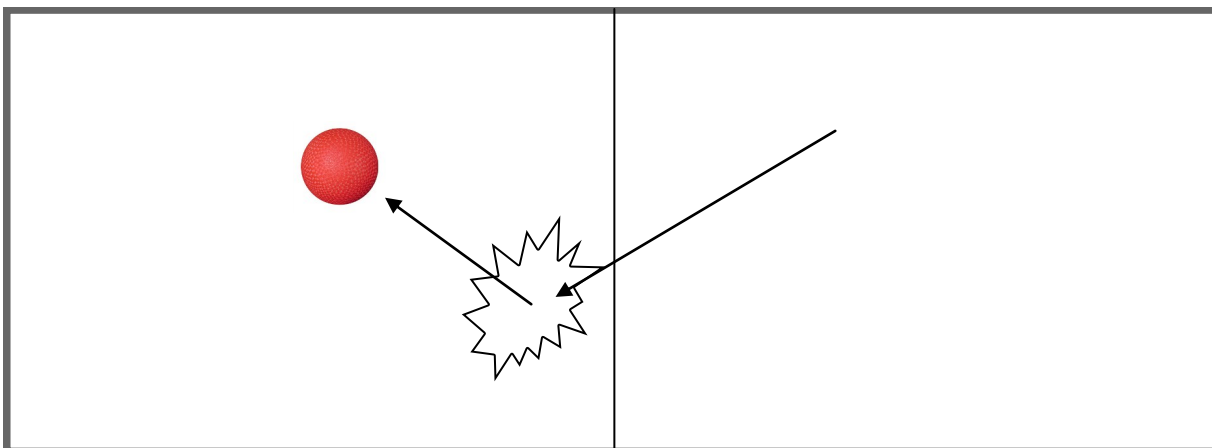
Equipment: Rubber Ball

Directions:

Find or draw two adjoining squares about four feet on each side. Players hit the ball back and forth into the opposing players square using their hands only. Only one bounce is allowed before it is returned. Play continues until a fault occurs. Faults include 1) hitting the ball out of bounds, 2) failing to return the ball, 3) letting the ball bounce more than once, 4) hitting the ball on a line, 5) hitting the ball more than once, or 6) using a fist to hit the ball. If the player receiving the ball makes the fault, then the server gets the point. If the server makes the fault, then the server moves from the server box. Points are only earned by the server. The first player to reach 21 points is the winner.

Variation:

More than two players are playing with a waiting line formed next to the game. No score is kept and players move into boxes as a player makes a fault and moves to the back of the line.



ABC Game

Where To Play: Paved pathway or trail

Number of Players: Unlimited number of players

Equipment: None

Directions:

While walking, start at the beginning of the alphabet and find something on the trail or path that begins with “A”. Try to get through all the letters before you are home. If you don’t finish remember what letter you left off at and start at that letter on the next walk.

The Never Ending Story

Where To Play: Paved pathway or trail

Number of Players: Unlimited number of players

Equipment: None

Directions:

One person begins to tell a story and then passes it to another person to continue the story. Let everyone in the group have a section to tell in the story. The plot can twist and turn as each group member adds their part of the tale.

Winter Scavenger Hunt

Your goal is to go for a walk and explore with your family, finding each of the items below. Place an 'X' in the box next to the items you find. Please respect nature and leave the item as you found it. Remember to have a parent sign this paper and bring it back to school for your key chain and foot token!

Black Bird



Rotten Log



Boots



Smooth Stone



Evergreen Tree



Slide



Sign With the Letter "O" On It

Tree with No Leaves



Warm Hat



Dirt



Plant with Berries



Evergreen Bush

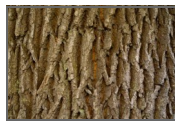


Rock Big Enough to Stand On

Birds Nest



Rough Bark



Fern



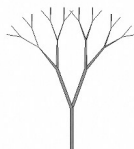
Scarf



Mittens



"Y" Shaped Twig



Pine Cones



Scavenger Hunt in the Park

Your goal is to go outside and explore, finding each of the items below. Place an 'X' in the box next to the items you find. If you use the list on more than one day, remember to bring it with you the next time. Please respect nature and leave the item as you found it.

<input type="checkbox"/>	Tennis Court		<input type="checkbox"/>	Slide	
<input type="checkbox"/>	Spring Toy		<input type="checkbox"/>	Dog	
<input type="checkbox"/>	Climbing Wall		<input type="checkbox"/>	Bridge	
<input type="checkbox"/>	Stroller		<input type="checkbox"/>	Pond	
<input type="checkbox"/>	Picnic Table		<input type="checkbox"/>	Bench	
<input type="checkbox"/>	Bubbles		<input type="checkbox"/>	Hiking Trail	
<input type="checkbox"/>	Ball Field		<input type="checkbox"/>	Kite	
<input type="checkbox"/>	Soccer Ball		<input type="checkbox"/>	Monkey Bars	
<input type="checkbox"/>	Garbage Can		<input type="checkbox"/>	Tunnel	
<input type="checkbox"/>	Drinking Fountain		<input type="checkbox"/>	Basketball	

Twist Tag

Where To Play: Grass area

Number of Players: Unlimited number of players

Equipment: Cones or discs for designating boundaries

Directions:

In this game, all players are tagging and avoiding being tagged. It is a fast paced game of being tagged and being “freed” quickly. If you are tagged by another player you begin to do the dance the “Twist”. As another free player approaches they must dance the Twist with you for three seconds and you are then “free”. It is a continuous game where you can be caught and freed many times within the game. The dance is performed by twisting your hips from side to side as you rotate on the balls of your feet. It would look as though you were squashing a bug on the floor. You can move up and down as you twist and add a twisting motion with your arms that goes in the opposite direction of your hips.

Freeze Tag

Where To Play: Grass area

Number of Players: Unlimited number of players

Equipment: Cones or discs for designating boundaries

Directions:

In this game, players tagged must stand “frozen” or motionless until touched (freed) by another player who is still free. The tagger wins if they can freeze everyone.

Tunnel Soccer

Where To Play: Grass area

Number of Players: Unlimited number of players

Equipment: Soccer balls

Directions:

Designate half of the players as tunnels and the other half as foot dribblers. Everyone scatters throughout the playing area. The tunnel players are standing, forming tunnels with their legs spread wide apart. The players with the balls begin to dribble their ball through as many tunnels as they can. Dribblers cannot repeat tunnels until all of the tunnels have been used. Once completed, the players switch positions.

Variation:

Use a set amount of time to count how many tunnels can be dribbled through. Have tunnels perform slow jumping jacks making the goals more challenging for the dribblers.

Soccer Keep Away

Where To Play: Grass area

Number of Players: Unlimited number of players

Equipment: One soccer ball for every three players

Directions:

Form a group of three players with one ball. Two players will pass and dribble the ball trying to keep it away from the third player, who is “It”. If the third player successfully gets the ball, then the player who it was taken from is now the “It”. Change positions frequently even if player is not successful.

Frisbee Knock-Down

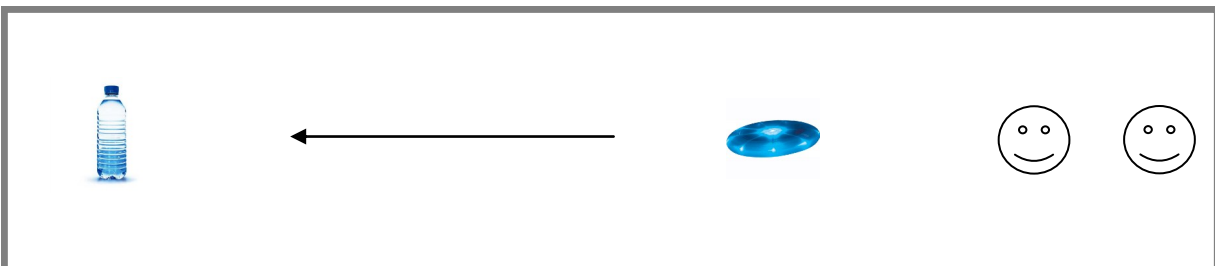
Where To Play: Grass area

Number of Players: Unlimited number of players

Equipment: Frisbee and empty plastic bottle

Directions:

Each group of two to four players will have a Frisbee and an old plastic bottle. Players form a line behind each other on one side of the playing area. Place the water bottle on the opposite side of the playing area (across from the line of players). The goal is to knock down the bottle as many times as possible while working as a team. The first player begins by throwing the Frisbee toward the bottle to knock it down. If the bottle is not knocked down, the next player runs to where the Frisbee landed, picks it up and throws the Frisbee from that location to attempt to knock down the bottle. Play continues until one player knocks the bottle over. Once the bottle is knocked over, the player places it back up and adds a point to their team score. The player runs back to the line carrying the Frisbee with them. Play begins again from the starting line with the next player in line. As a review, each time the Frisbee is thrown, one of two things can happen: 1) if the bottle is not knocked down, the player returns to the line and the next player begins their turn at the landing spot of the Frisbee, 2) the bottle is knocked down, the player resets the bottle up and returns to the line with the Frisbee and scores a point for the team.



Dribble Knock-Out

Where To Play: Basketball court or pavement

Number of Players: Unlimited number of players

Equipment: Basketball for each player

Directions:

Players each have their own ball and boundaries with a playing space are established. As play begins all players dribble protecting their ball while using their free hand to “knock away” other player’s balls. Players **MUST** keep dribbling their own ball as they knock out other player’s balls. When a ball is knocked away the player retrieves their ball and joins back in the game. This game is best played without elimination for maximum practice or if you wish can be played until one person is left.

Variation:

Include a “safety zone” where students can continue dribbling without having their ball knocked away. Before the game starts declare which hand will be used, right or left. An option for those who lose their ball may be to dribble once around the court before returning to the game.

Dribble Train

Directions:

Make a line with the first person the leader and each person has their own ball for dribbling. The leader communicates which hand to dribble with, the speed and the direction of the “dribble train”. If anyone loses their ball they go to the end of the line once they retrieve their ball, and become the “caboose”. Change leaders frequently so everyone has a turn to lead.