



# ROCK EAGLE 4-H CENTER

## NEW GAMES

Independent (Teacher Led)

### Description:

This class provides an excellent recreational outlet for energy while at Rock Eagle. New Games allows students to interact with one another while enjoying non-competitive physical activities.

### Class Length:

Variable - individual activities typically last from 5 to 30 minutes.

### Grade Level:

4th grade and up.

### Subject Areas:

Recreation, Social Skills

### Objectives:

- Allow students to experience some non-traditional group activities
- Provide opportunities for physical activity

### Method:

Methods of teaching New Games vary with the type of game played, available space, equipment used, size of group, and age of group. This handout contains numerous New Games - pick the ones that seem most appropriate for your particular group.

### Preparation:

1. Know the game thoroughly.
2. Have all equipment ready.
3. Get extra help if working with a large group.

### Steps in Teaching New Games:

1. Give the name of the game.
2. Explain and demonstrate how the game is to be played.
3. Allow the group to ask questions about the game.
4. Play the game.

*Making the best better!*



## ROCK EAGLE 4-H CENTER

5. Give further details, explanations, rules, and coaching points when necessary.

6. Make an attempt to end each activity before students get tired of that activity. Be enthusiastic!

### Games:

#### **AMOEBA RACE**

To form an amoeba, you need a strong cell wall. This is formed by a group of people who link elbows and form a circle facing outward. Next, you need protoplasm. This is formed by several people who stand inside the cell wall. Finally, you need a nucleus. The nucleus rides piggyback on one of the protoplasm's. Now, have the amoeba run down the field without breaking apart. If two amoebas are formed, you can set up a race between the two cells.

#### **ASTEROIDS**

Materials: One soft, safe, throw able object per person

Give each student an object. On an instructor signal (i.e. "GO!"), each student must toss his/her object high in the air. Each student then scampers to retrieve a tossed object other than his/her own. Using these retrieved objects, each person must throw the object and try to hit another person. If you get hit, you must then sit out. Play until there is one person left standing.

Rules: 1. You can collect as many objects as you can, but must drop them if hit.

2. Large objects may be used to deflect smaller objects without penalty.

3. You cannot catch any thrown object.

Variations- Give everyone three lives for extended play.

#### **BIRD/BEAST/FISH**

Have the group form a circle facing inward. Place a person in the middle of the circle. The person in the middle stands with eyes closed, turns around 3-4 times, stops, points to someone in the circle and calls out "Bird," "Beast," or "Fish." The person who is pointed to has five seconds to name an animal that fits the category called. Once an answer has been given, it can not be given again. If someone cannot answer in five seconds, gives an answer already used, or gives an incorrect answer, they change places with the person in the middle.

#### **BUFFALO BILL TAG**

Designate 4-5 people as "IT." Their job is to tag as many people as possible. If an "IT tags you" you must assume the dead buffalo position (lie on you back with



# ROCK EAGLE 4-H CENTER

all four limbs sticking up in the air). You must remain in this position until a live buffalo runs around you, touches all four of your hooves, and shouts, "Buffalo Bill-1,2,3, You're free!" Get up quickly and rejoin the game. Change "ITS" as needed.

## CHAIR WAVE

Materials: 1 chair for every participant.

Arrange chairs in a circle. Pick one person to be in the center. Everyone else starts out by sitting in a chair, with one chair left empty. The object is for the person in the center to try and sit in the empty chair. The people in the circle must slide from chair to chair to keep the person from sitting down. When the person in the center is successful in getting a chair, the person that last sat in that chair must go to the center.

## DIZZY IZZY

Materials: Several objects (long sticks, brooms, baseball bats, etc...).

Divide the group into two or more teams of about 10. Have the first person on each team pick up the object, set one end on the ground, and spin around it ten times (having the other team members or a chaperone counting out loud). After completing the 10 spins, they must set the object down, run back to their team, and tag the next person who repeats the spins. The first team to have all members successfully complete the spins is the winning team.

## DRIP DRIP DROP

Materials: Bucket of water, sponge, a HOT day.

This game is very similar to "Duck Duck Goose." Have the students sit in a large circle. The person who is "IT" goes around the outside of the circle with a wet sponge, letting the sponge drip water on top of the heads of the seated students. "IT" should be saying "DRIP" as he/she does this. As "IT" goes around the circle, he/she will squeeze the sponge on top of someone's head. That is the "DROP." "IT" must run around the circle and sit down in the spot of the person who received the "DROP," who is chasing "IT" and trying to tag them before they can reach the open spot. The person who received the "DROP" then becomes "IT" if unable to tag "IT" before reaching the open spot.

## FISHY-FISHY

Materials: Something to mark boundaries with.

Mark off a large square or rectangular playing area. Start all participants at one end and between the sides of the boundary mark. Pick a couple of people to be sharks. Everyone else starts out as a fish. The sharks run and tag the fish. The object is for the fish to make it safely to the opposite end without being

*Making the best better!*



## ROCK EAGLE 4-H CENTER

tagged. If tagged, the fish become poison seaweed and can also tag fish (the seaweed cannot move; it must stay where it was tagged and try to tag fish as they run by). The game cannot begin until the sharks sing "Fishy, fishy, one-two-three, swim across my deep blue sea." The fish must then run when they hear the song. When all the remaining fish are at the opposite end, the sharks sing again. The game continues until there are no more fish.

### FOX AND SQUIRREL

Materials: Two like balls and one different ball (can be two large balls, one small one or two green balls, one red ball, etc...).

Everyone stands in a circle. Pass out the balls to the players. Two players receive the two like balls (the foxes), while another player receives the different ball (the squirrel). The object of the game is for the foxes to catch the squirrels by tagging them with one of the fox balls. The group begins passing the fox balls from player to player on each side of them. The fox balls may ONLY be passed to the person next in the circle. The squirrel ball may be tossed to anyone in the circle. To keep everyone alert, shout "fox" or "squirrel" each time you pass one of the balls."

### HEADS AND TAILS TAG

Materials: Large coin.

Have the students stand around the instructor. The instructor flips a large coin in the air. While the coin is in the air, the students must choose to be either heads (place a hand on head) or tails (place a hand on rear end). Students must choose while the coin is in the air. People must keep their hands on either their head or their tail and not switch. If the coin lands on heads, all the heads are "IT" and must chase the tails. If the coin lands on tails, all those who chose tails are "IT" and must chase the heads.

When someone gets tagged by an "IT" person, they can:

1. Become a member of the other team and help chase the others who are not yet caught.
2. Link arms with the person who tagged them and chase others as a pair.
3. Make up other consequences.

### HONEY, IF YOU LOVE ME, SMILE

While seated in a circle, the "IT" person approaches someone and says, "Honey, if you love me, please smile." The correct response, without smiling, is, "honey, I love you, but I just can't smile." If the person being addressed smiles, they become "IT."



# ROCK EAGLE 4-H CENTER

## HOSPITAL OR BAND-AID TAG

In this game, everyone is “it,” but no one wants to be tagged. Each time a person is tagged, the resulting “wound” where they were tagged must be covered with a “band-aid” (their hand).

Once a player is wounded, they must keep their “band-aid” over the wound for the duration of the game. When a player has two wounds, they can no longer tag another player since both their hands are being used to cover wounds. The next time (third time) this player is tagged, he/she must fall to the ground dead, and wait until the game is finished.

## HUMAN PINBALL

Materials: One or two nerf or beach balls.

All players but one stand in a circle facing outward. They should spread their legs as wide as is comfortable until their feet touch their neighbor’s feet on either side. Everyone bends down and swings their arms between their legs. Their arms are not flippers; they cannot hold the ball and they must stay in this position throughout the game. The individual who is not a flipper enters the circle as the moving target. The flippers try to hit him with the ball by knocking it back and forth across the circle. Whoever hits the human target gets to be the new human pinball.

## ISLANDS

Materials: Two or three Frisbees and one smaller object.

Scatter the Frisbees on the ground and have everyone move around them while clapping, singing, and talking. When the instructor says, “islands,” everyone runs to touch a Frisbee. The last person to get to a Frisbee is out and must sit on the sidelines. If two or more people touch in the process of scrambling for the Frisbees, they are both out of the game (the object is to avoid contact with other players). As the group gets smaller, reduce the number of Frisbees and/or use a smaller object.

## MARTIAN BASEBALL

Materials: One foam sword, one large plastic ball.

Divide the participants into two teams (one team will bat, the other team will pitch). The ball can be thrown or rolled. By giving each person a number, fighting over who is going to bat and pitch next will be eliminated. There are no fouls, strikes, or outs; wherever the ball goes, it is in play. To score, the person batting must run around their entire team, who huddles when the ball is hit. Count one point for each time the batter goes around their team. To stop the counting, the pitching team must get the ball, line up in a straight line (one behind the other),

*Making the best better!*



# ROCK EAGLE 4-H CENTER

and pass the ball, alternating the ball over their heads and between their legs. The pitching team cannot line up until the ball is hit. When the last person in line on the pitching team receives the ball, he/she must run to the front of the line and yell stop. Let several students bat, then let the hitting team pitch and pitching team hit. The game goes on until everyone has batted and pitched.

## **MELTDOWN, MELTDOWN, 1-2-3**

This is a basic game of freeze tag. Frozen players are unfrozen only if two unfrozen players join hands around the frozen player and quickly say, "Meltdown, meltdown, 1-2-3" without being tagged in the process.

## **MIME RHYME**

One member of the group reveals that he/she is thinking of a word that rhymes with, for example, "deep." The rest of the group tries to guess the word by pantomiming their guesses. For instance, one member may rest their head in their hands with their eyes closed to guess "sleep." The round continues until the word is guessed.

## **MONARCH**

Materials: A beach ball or nerf ball

Set up square or rectangular boundaries and select one person as the "Monarch." The other players are "Caterpillars." The monarch is armed with a ball and has the power to transform others into monarchs simply by hitting them with the ball. The monarchs are stationary. The caterpillars are free to roam about (inside the boundaries). Once a caterpillar is hit by the ball, he/she becomes a monarch. The monarchs have the option of trying to hit a caterpillar with the ball, or passing the ball to other monarchs who might be in a better position to capture a caterpillar. By keeping the ball moving, the monarchs should be able to increase their chances of hitting caterpillars. If a ball is thrown out of the monarch's reach, the caterpillars must return the ball to them. The last caterpillar left becomes the next monarch.

## **PEOPLE TO PEOPLE**

Use an odd number of people. Group members find partners and form a circle around the leader. The leader begins to call off body parts, (i.e. "foot to foot", "nose to nose", "elbow to knee"). In response to these commands, each set of partners must attempt to put those parts of their bodies together. Body parts are matched until the leader shouts, "People to people." This is the signal to find a new partner. The first leader should also find a partner and anyone who cannot find a partner becomes the new leader and the game begins again.

***Making the best better!***



# ROCK EAGLE 4-H CENTER

## PRUI

Pru (Proo-ee) is a gentle, friendly creature. Everyone wants to find and become a part of the Prui. To do this, everyone stands in a group, closes their eyes (or is blindfolded), and walks around. When they bump into someone, they shake the person's hand and ask "Pru?" If the other person asks "Pru?" back, then they have not found the Prui. Keeping their eyes closed, they must find another person to ask. When everyone is bumping around shaking hands, whisper to one of the players that they are the Prui.

The Prui can open their eyes (or have him/her keep them closed), but does not speak. When someone bumps into Prui and asks, "Pru?", Prui will not respond. They then join Prui by holding hands. Those who connect with Prui are then silent. The game ends when everyone is connected to Prui.

## RATTLERS

Materials: Two blindfolds and two objects that rattle.

Everyone forms a circle around two players. These two are blindfolded and have the rattles. One will be the pursuer snake, the other the quarry snake. The remaining people will join hands around them to form a snake pit. To get a fix on each other's location, either snake can shake their rattle, and the other must immediately respond. However, the pursuer snake can only shake its rattle five times. The quarry snake can shake its rattle as often as it likes. The people forming the snake pit can also participate by helping the pursuer snake keep count of its shakes. The object is for the pursuer snake to catch the quarry snake.

## RED HANDED

Materials: A small object to pass.

Everyone forms a circle, and the "IT" person stands in the center. While "IT" has his/her eyes closed, the other players pass a small object from person to person. "IT" then opens his/her eyes and tries to find the object as it is passed. If all members of the circle constantly pretend to be passing the object, it is more difficult for "IT" to find the object. Fake passes are an integral part of the game. The person that "IT" catches with the object has been caught "RED-HANDED" and is the new "IT."

## SAMURAI WARRIOR

Materials: One or two Samurai swords (foam swords in kit room).

Have the group form a circle, with the "warrior" in the middle. The circle should be big enough so that everyone is out of reach of the warrior's striking distance. When the samurai takes a swing at his targets, he/she must swing either high or low. If he/she swings high, all the targets have to duck - if the warrior

*Making the best better!*



# ROCK EAGLE 4-H CENTER

swings low, all the targets have to jump. If the target jumps when they should have ducked, or vice-versa, they are chopped in two and have to sit out the next round. If they neither jump or duck when they are supposed to, they must sit out the next round. It is up to the targets to referee themselves and know when they have been chopped. The last person standing becomes the next Samurai Warrior

## -VARIATIONS ON SAMURAI WARRIOR

After one or two rounds have been played, place a second sword on the ground in the circle. As the samurai begins his/her forays, anyone remaining in the circle can try to grab the second sword without being hit by the samurai's sword. If they are successful, they can challenge the samurai to a duel. The winner must touch their opponent with the tip of the sword on the torso - arms, legs, and head don't count. If the original samurai wins, the opponent sits out until the next round and places the sword back in the center. If the challenger wins, all the previously killed players return to the game and the challenger, as the new samurai, begins against a full circle.

## SKIN THE SNAKE

Can be played as a group or by teams in a race. Each team should have 15 to 25 players lined up one behind the other. Reach between your legs with your left hand and grab the right hand of the person behind you while you reach forward with your right hand. Once the chain is formed, you can begin (just do not let go of hands). At the starting signal, the last person in the line lies down on their back. The rest of the line backs over that person, straddling the body. As each person reaches the end, they in turn lie on their backs. This continues as the whole team moves backwards over the prone bodies.

After the last person lies down, he/she gets up and starts forward again, pulling everyone else up and back over the bodies. The winner is the first team with everybody back on their feet. If anyone breaks hands during the process, the group must stop, go back to that point, and reconnect before proceeding.

## SMAUG'S JEWELS

Materials: Any object to be used as a treasure.

One person chosen as Smaug (the dragon) stands guard over his treasure (the object). Everyone else stands in a circle around him and tries to steal the treasure without being tagged. Smaug can range as far from his treasure as he dares. If he touches you, you are instantly frozen in place until the end of the game.

When someone snatches the treasure without being tagged, they become the new dragon. If Smaug manages to get everyone before losing his treasure, he has



# ROCK EAGLE 4-H CENTER

the option to leave you all frozen for the next 500 years (or pick someone else to be Smaug).

## **SNAKE IN THE GRASS**

Materials: Boundary markers.

Establish a boundary where all players must stay within. Choose one participant as the snake. This snake starts out by lying on the ground on his/her stomach. Everyone else gathers around to touch the snake (one finger will suffice). The instructor shouts, "Snake in the grass!" and everybody runs away from the snake while remaining in the boundaries. At the same time, the snake, moving on its belly, tries to tag as many as participants as possible. Those touched become snakes. The rest run around in the snake-infested area, trying to avoid being caught. The last person caught is the first snake in the next game.

## **SOUTHERN HOSPITALITY**

Stand in a circle facing the center. One person is selected as the "host." He/she walks around the outside of the circle and selects a player by tapping the player's shoulder. The "host" shakes the hand of the selected guest, introducing himself/herself and inquiring, "How do you do?" The player responds with the host's name and says, "Fine, thank you!" The host asks again, "How do you do?" The guest replies again, "Fine, thank you!" The host asks a third time, "How do you do?" and the guest replies a third time, "Fine, thank you!"

After the third reply, the host and guest run around the circle in opposite directions, each trying to get to the open spot first. When their paths cross, they must stop, shake hands, and go through the formalities three more times. Then they continue back to the open spot. Whoever gets there first stands in the circle and the other person becomes the host. Try variations in the mode of travel around the circle (i.e. hopping, walking backwards, etc.)

## **TRIANGLE TAG**

The game begins with groups of four. Three of the four hold hands, forming a triangle. The fourth person is outside of this triangle. The lone person outside of the triangle chooses one person as King/Queen of the triangle. The person outside the triangle must chase the King/Queen and tag him/her. The people in the triangle try to prevent the King/Queen from being tagged. The group cannot let go of hands. Usually, fast rotation of the triangle, along with a "boxing out" technique usually prevents the King/Queen from being tagged. If caught, the triangle King/Queen moves outside the triangle, while the person chasing becomes part of the triangle. A new triangle King/Queen is chosen and the game resumes.



# ROCK EAGLE 4-H CENTER

## VAMPIRE

Everyone is milling around with their eyes closed when the leader designates a vampire. When the leader says this is done, players can open their eyes. Everyone is to shake hands with each other. When the anonymous vampire shakes hands, he/she scratches the palms of the victims. If the vampire scratches your hand, you must shake two more people's hands, in vampire fashion, and then die with a blood-curdling scream.

If a living person can identify the vampire before being scratched, the game ends and all people return for the next round. If a living person accuses the wrong person of being a vampire, that person joins the dead partners on the sidelines.

## VEGETABLE GAME

Everyone stands in a circle. Go around the circle and have everyone pick a vegetable (everyone must have a different vegetable), saying it out loud. Once everyone has a vegetable, pick one person to be "IT," and have them stand in the middle of the circle. In order to get out of the center, "IT" must say another person's vegetable three times before the person responds once. If successful, there is a new "IT" and the old "IT" becomes that person's vegetable.

## A WHAT?

Materials: Two or more objects to pass.

Have group members form a circle, facing the center. For example, if a banana is used as the object, the leader passes it to the person on his/her right saying, "This is a banana." The person with the object asks, "A what?" The leader repeats, "A banana!" Person number two then hands the object to the third person and says, "This is a banana." Person number three then asks person number two, "A what?" "A banana," says person number two. Person number three then passes the object to the fourth person saying, "This is a banana." Number four asks, "A what?"

The whole sequence gets played back to the leader. While this continues to the right, the leader can confuse things by passing another object to the left and saying, "This is an apple." (or whatever object is passed). Continue passing both objects around the circle. By the time the two objects meet in the circle, confusion will most likely end the game.

## ZIP ZAP

Everyone stands or sits in a circle with the "IT" person in the center. "IT" points to a player and says either "zip" or "zap." If "zip" is said, the player must give the name of the person to his/her immediate left. If "zap" is said, the player must give the name of the person to his/her immediate right. If "IT" counts to ten

*Making the best better!*



## ROCK EAGLE 4-H CENTER

before the name is given (or if the wrong name is given), the player and "IT" change places. If the correct answer is given, "IT" must try again. Change people around in the circle to help learn everyone's name.