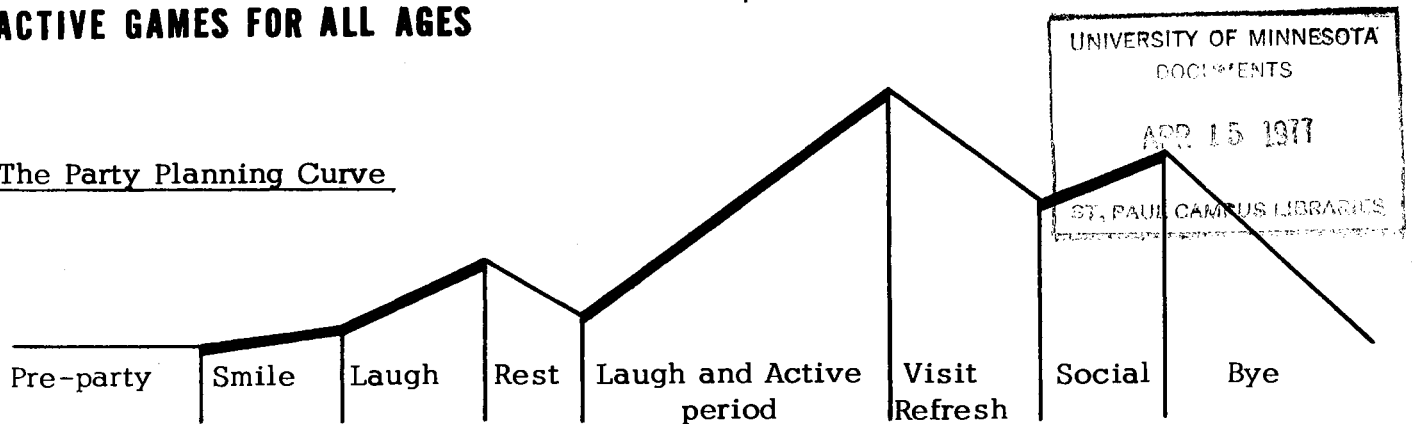


# EXTENSION RECREATION PROGRAM

## SOCIAL RECREATION ACTIVE GAMES FOR ALL AGES

### The Party Planning Curve



All people need some activity or they will deteriorate the same as a building not used or kept up. Even the senior citizens enjoy active games that are adapted to their capabilities. Many times as leaders we underestimate the desire that people have to do something active. An alert leader should always take into consideration the safety factors as they plan their activities. Some of the more obvious things to remember are: Physical capabilities of the participants (age and sex), physical properties of the area (waxed floors, obstructions within play area, crowded for space, uneven floors or ground). There is no room for horse play and roughneck tactics in recreation. These actions will more times than not lead to injury or complete disruption of the game.

The following activities with adaptations can be used indoors, outdoors, young and old. Adapt to the needs and skills of your group. In relationship to the Party Planning Curve they are smile, laugh, and laugh and active period activities.

### Numbers Change

Players are seated in a circle with IT in the center. All are numbered 1, 2, 3, or 4. IT calls out two numbers. Players whose numbers have been called must instantly jump up and exchange seats, during which IT tries to take one of the seats. Player left without a seat is IT and calls out the numbers.

### Knee Ball Relay

Equipment: Large rubber ball or balloon for each team. Players line up in teams of five or more players. First player of each team places ball between knees and without dropping it, walks to the finish line. He runs back to the next player with the ball in his hand, who in turn does the same thing. Variation -- carry an unsharpened pencil between knees and pass to the next without using hands.

### Balloon Football

Equipment: Balloons. Two teams are seated facing each other with lines about

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four feet apart. Each person places one hand on side of chair seat. Balloon is thrown in air and players attempt to bat it over the heads of the opposing team and behind them. Whenever the balloon lands on the floor behind one team, the opposing team scores. If there are more than five members on a team, use more balloons. Remember: Each player always has one hand on the chair.

Shoe Relay

Formation: Straight line. Should not be more than 12 in a line if possible. All take off their right shoe. Then pick the biggest shoe of all and give it to the front person. The first person puts shoe on foot (does not need to tie it) and runs to back of line; takes off shoe and it is passed to front of line between the legs of the rest of the people in the line with each person taking ahold of it. (No scooting it on the floor the full length of the line.) First line to get the leader back to the front is the winner.

Ocean Wave (Laplanders)

The players arrange their chairs close together in a circle. One player then goes into the center, which leaves one vacant chair. The center player calls "Shift right (or left)" and changes the call whenever he wishes. The players endeavor to keep the chair on the right or left occupied while shifting is directed. In the meantime, the center player tries to get a seat. Whoever is at fault in case he succeeds, exchanges places with him. Have good strong chairs.

Streets and Alleys (maze tag)

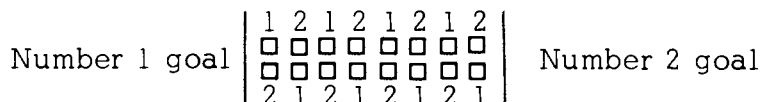
Form 4 to 8 lines with 6 to 8 people in each line. Have players stretch out their arms so they can hold hands. Then have them take a one-fourth turn and connect their hands again. This will

give proper spacing. Select two players it be IT - they can be called the Cop and Robber. Have all players join hands in rows - the leader will start the game by blowing a whistle (or by other means). The Cop will be at the end of a row and the Robber on the opposite end. When the whistle blows the first time, the Cop starts to chase the Robber. From this time on, every time the whistle blows, the participants forming the lines will take a one-fourth to the right, join hands forming streets in another direction. The Cop or Robber cannot go under, over, or break through the line at any time. When caught, new Cops and Robbers are picked. The leader can manipulate through streets and alleys so as to be advantageous to the Cop to terminate the chase.

Football

Formation: Two lines consisting of 5 to 10 couples sitting on chairs facing each other, approximately 4 feet apart. Players number off 1-2-1-2 around the ring. One end will be the goal for the ones, the opposite end will be the goal for the twos. Opposing players will be sitting alternately on each side. Equipment needed: A tennis ball tied in a sock per 2 lines. If there are more than 4 couples to a group use two "footballs". The tennis "football" is dropped in center of line. Players move "football" using only their feet to the end or to their "goal". Point is scored when goal is made. If ball is kicked outside the lines, it is dropped in where it went out. It is best to have players remove their shoes before the game begins.

Formation:



Over and Under Relay

Players: 8 to 16 in each line. There should be two or more teams. Equipment:

Any object, preferably a basketball or soccer ball, is placed on ground in front of the column. The relay: On signal, the object is passed over the head of No. 1 player and between the legs of the next, alternating until it reaches the last player. The end player runs to the front and starts the object back over his head. Scoring: The first line through wins.

### Caterpillar Race

Players: Any number equally divided into two or more teams. Equipment: None. Area: Any level area. The finish line should be 40 feet from the starting line. The relay: The front player in each column places his hands on the ground. Each player back of him bends forward and grasps the ankles of the person in front of him. At the signal to start, the column moves forward in this position. When the last person in the column crosses the finish line, that team has completed the event, provided the line is still unbroken. Scoring: The first team across the finish line wins. Variation -- The above relay may be conducted by having the men run in pairs. In this case, each pair travels to the distance line and back, starting off the next pair. Caution: Use with boys or girls in jeans.

### Car Relay

Form lines of 8 players and establish a goal about 15 to 25 feet in front of line. Each player will be a car with a different type of mechanical trouble.

1. Flat tire - hops
2. Carburetor trouble - 2 steps forward, 1 backward
3. Wheel off - walk on two feet and one hand
4. Battery dead - pushed by 5
5. --Pushes 4
6. O.K., but old - runs on all 4's both directions

7. Lights out - eye closed to goal, open to place
8. Good racing car

Each group starting with the number 1 car race (?) to the goal and back doing the action indicated behind each car. The first team to have all eight cars reach the goal and back to the starting line is the winner.

### Cup and Bottle Relay

(Use outdoors or where floors won't suffer.)

Each line passes cup of water from pail at head of line to milk bottle at the end of the line. Last one in line pours it into the bottle and runs to the head of the line. First line with full bottle is the winner.

### Chinese Get-Up



Have the group pair off. Then, have partners turn back to back, and lock elbows. Have them sit down in this position. The object is to try to stand up in this same position. The first pair up wins.

### Animal Hunt

Divide the players into equal groups. Have 5 to 10 players in each group. Name each group for some animals: one will be cows, another sheep, another pigs, etc.

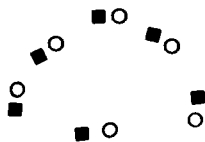
Have each group select some object such as beans, peas, etc. The field of play is sown with these objects. Each group has the same number of objects on the field.

At the word "go" the animals hunt for their objects. When one is found, the finder gives the call of the animal he represents and the captain comes and picks it up. The animal cannot touch it.

The team whose captain gets all the objects first wins. If all are not found, time may be called and the captain having the largest number wins. Each captain can pick up only the kind of object assigned to him. This game can be played indoors or out.

The game can be played using peanuts only. The group having the largest number when time is called wins.

### Poorhouse



Couples sit in a semicircle or horseshoe formation with hands joined. Place two chairs facing each other at the open end of the horseshoe. Number off couples including the couple in the center. This couple is in the "poorhouse", a position in which they do not want to be.

Two numbers are called by the couple in the poorhouse. These couples (with hands still joined) run to change places. The couple in the poorhouse tries to get into one of the places left vacant in the change. The extra couple goes to the poorhouse. If the couple occupying the poorhouse calls "house afire", all couples have to change. Always keep original numbers.

Variation: Play the game in threes or number the chairs so players change numbers as they change chairs.

### Lemonade (Trades)

Lemonade is a dramatic game in which

one line of players pantomimes. This line decides upon their trade, for instance, "attending the furnace." They walk up to the other line and the following conversation takes place, the last answer ending with the initials of the trade chosen.

First side: Here we come.

Second side: Where from?

First side: New York

Second side: What's your trade?

First side: Lemonade

Second side: Give us some.

First side: If you can run...A.F.

The first line begins to pantomime putting on coal, adjusting drafts, and doing other furnace work. As soon as the members of the second line guess the trade, they shout it out and chase the other players back to their base line, catching as many as possible. The ones who are caught join their captors. The second side then chooses a trade and the game is repeated.

### Skin the Snake

Players stand in rows in stride position. Each player stoops over, puts his right hand between his legs, and grasps the left hand of the player behind him. At a given signal, the last man lies down on his back and puts his feet between the legs of the player in front of him. The line walks backward astride the bodies of those behind and lie down. Upon completing the transformation, all are lying on their backs. The last man who lies down rises to his feet and goes forward up the line, the rest following as their turns come. Do not break the grasp of hands. The team that completes this maneuver first wins. Do not use girls unless wearing slacks or jeans.

### Bring Me

Teams for a relay are arranged, with a manager for each. The leader, standing in the center of the room, calls for articles, saying, "Bring me a buffalo nickel" or "Bring me a shoe lace." Each team helps

its manager find the object and he delivers it to the leader. The first to produce the called-for article gets the point. Objects requested might include a girl's picture, a bobby pin, class ring, class pin, boy's cap, driver's license, lip-stick, bracelet, stick of gum, lady's slipper, neck tie, bow tie, comb, etc.

Dragon Tag

Start with a team composed of four to six players. (number of teams are determined by the total number of participants) Team joins hands in a single line. They then attempt to encircle any other individual player. The encircled person then joins hands with the capturing team and they try to capture other individuals. As each individual is caught the line gets longer.

Whirlybird Relay

Divide into teams of 6 to 10 people. Line up in single file. An object (ball, baton, balloon, shoe, etc.) is given to the head person of each team. At a given signal the object is passed back over the heads of the team. The last person in the line takes the object and races toward the front of the line but has to run a complete circle around each one of his team members. When he reaches the head of the line he then passes the object over the heads towards the end of the line and repeat until the head person is number one in line again.

Broncho Tag

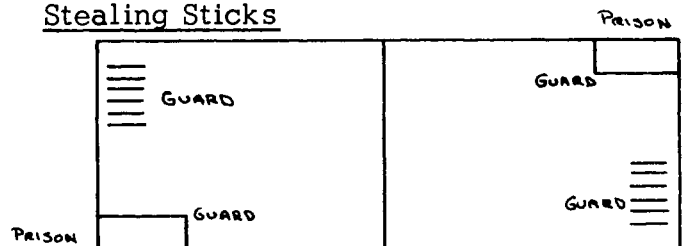
One player is chosen as chaser; the other players form groups of three, each of which stands in a file three deep, numbers two and three each with an arm around the waist of the player in front, thus forming a "broncho". The chaser tries to attach himself similarly to the rear player of any group -- that is, to

become the tail of the broncho. If he succeeds, the head of the broncho must become chaser. The chief sport of the game is in the efforts of the broncho to avoid having a new tail. He does this by switching and dodging to keep his head always toward the chaser. Note - if a large group, have a number of chasers.

Japanese Tag

Any player who is tagged must hold his hand on the spot where he was tagged, while attempting to tag another player.

Stealing Sticks



The ground is divided into 2 equal parts, with a small area marked off at the rear of each part, in which 6 sticks are placed. Each player who reaches the enemy's goal safely may carry one stick back to his own goal, and may not be caught while carrying it back. If caught in the enemy's territory before reaching the goal, a player must remain a prisoner in the goal until touched by one of his own side; neither may be caught while returning. Any player may catch any opponent except under the rules just stated. No stick may be taken by a side while any of its men are prisoners. The game is won by the side gaining all of the sticks.

Variation - You may want to change the rule of no sticks may be taken while someone is a prisoner. By allowing capture of sticks at any time will greatly speed up the game.

Magic Ball

Divide group into three or four units and place them all in one group behind a

line which represents one side of a river. Leader throws ball into midst of group; person who catches it may cross the river in safety; they then throw it across to the group, attempting to get it to one of his own group, who then crosses with the magic ball. The group which succeeds in getting all of its members across first wins the game. If ball goes out of bounds or into the river it is recovered by the leader and put into play as at first.

Victory Ball

Type: Softball; baseball  
 Level: Junior, senior high, adults  
 Playing area: Outdoor softball or baseball diamond; indoor comparable in size  
 Equipment: Softball or baseball, bat.

"V Ball" or Victory Ball is an ideal game which everyone can play, on all types of terrain, indoors or outdoors. This game is a variation of baseball and softball, wherein either a softball or a baseball can be used, and play is according to the respective rules governing either game.

Any number of participants can play, provided the squads are divided equally. Count off or choose sides and assign batting orders. One outstanding innovation is utilized. One player pitches to his teammates while all members of the opposing team take their place on the diamond. Only one pitch is allowed at which time the pitcher concentrates his efforts towards allowing his (or her) teammates to hit the ball. If hit in fair territory, as in baseball and softball, and the ball is not caught, as in the case of a fly ball, the batter will run out his hit. If he hits foul, misses, lets the ball pass him, or the ball hits him, his batted ball is regarded as being caught, i.e. he is out. All players on the team will bat only once in an inning and the runs for the inning are added up. Then the oppo-

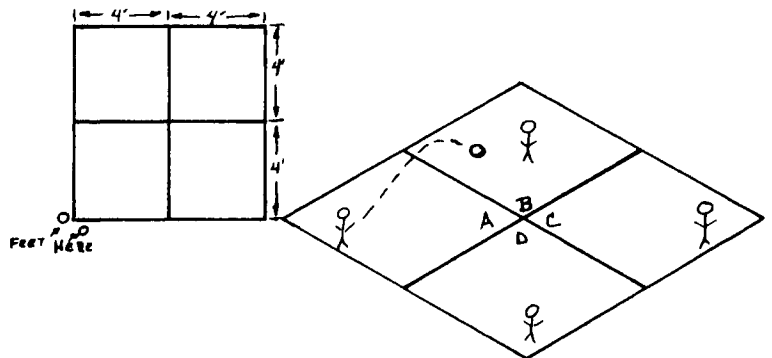
nents take their turns at bat and the members of the other team take their position in the field. Play according to time or innings; the team scoring the most runs wins.

Can Ball (Spud)

All the players but one form a circle. The extra player stands in the center of the circle with a volley or soccer ball. He tosses it high in the air, calling the name of a player. The player called must catch the ball before it bounces. If he does he takes the leader's place in the center of the circle; if not, he returns to his place. Smaller children may be permitted to catch the ball on the bounce. A variation of this game may be played with children who can catch and throw with some skill. The ball is tossed up, a player called, and while the called player catches the ball the other players scatter. When the player has caught the ball he calls, "Stop." All players must stop where they are. "It" stands where he caught the ball and either throws or rolls it at some player aiming below the waist. Players may dodge by bending the body, but must not move their feet. A hit player becomes "it". If the player misses he is "it" or tosses again.

Four Square

Court Area: The official squares are usually 8' square as per diagram: however, this is usually too large for the area at hand, so frequently squares are made 4' square and the players do not stand in the squares. Giant four square uses 1/2 of the gym floor.



Equipment: A volleyball or playground ball.

Players: Minimum of four players and any number additional players who line up and rotate in as a person misses. Too many additional players does not give each sufficient opportunity to play. See giant four square variation for mass playing.

Game procedure: One player is at each square A, B, C, D. The player in court D starts the game by bouncing the ball once; he then strikes it with one or both hands, thus directing its flight so that it bounces in any of the other areas A, B, or C. The receiver must keep the ball in play by striking the ball before it has bounced again and by directing it to any one of the other areas. Play continues until one player fails to return and the ball or fouls. A player who misses the ball or fouls must move to the end of the waiting line, while the other contestants advance one square. For example, if B fouls, player C moves to B, D to C, and B goes to the end of the line. A new player takes his place in area D. A remains in his square. Object of the game is to advance to area A and remain there.

Fouls: Failure to return the ball to another square.

striking the ball with the fist.  
causing the ball to land on any line  
allowing the ball to touch any  
part of the body except the hand  
or hands.

Variation:

1. Featherball - Using featherball instead of volleyball.
2. Giant four square.

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