PROJECT PLAY

WESTERN NEW YORK

FREE PLAY FUN

projectplaywny.org

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We hope you enjoy this deck of cards. Feel free to follow the activities by age group or to shuffle and select an activity at random. If you draw a "Ready, Set Go" card, take a minute and have your group do a high energy contest. Keep track of the winners or just simply feel good about getting moving.

To learn more about the importance of free play and about what we do at Project Play Western New York, visit **projectplaywny.org.**

GAMES FOR KIDS AGES 2-8

Red Rover

What you need:

Long starting line (or area), long end line (or area)

How to play:

All players except "Red Rover" line up next to each other at the starting line. Red Rover stands between starting line and end line. All players yell "Red Rover, Red Rover, may may we come over?" Red Rover says "only if you are...(wearing shorts, have brown eyes, have blue on your sneakers, etc.)" Players who do then try to get to the end line without being tagged by Red Rover. Once tagged, the player is out. Repeat until one player is left, who is the next Red Rover.

GAMES FOR KIDS AGES 2-8

Wheelbarrow Races

What you need:

Four or more players in teams of two

How to play:

Designate a starting line and end line. Teams of two line up with one person putting their hands on the ground and the second person holding the first person's legs. The team must make it to the finish line keeping that position.

GAMES FOR KIDS AGES 2-8

Home Free Freeze Tag

WHAT YOU NEED:

Three or more players, boundary markers

HOW TO PLAY:

Players select an "It" and mark boundaries with a Home Free Spot. The "It" chases players and when touching them the player freezes. Other players can unfreeze someone by touching them as well. The last one to reach the Home Free Spot is "It" for the next round.

GAMES FOR KIDS AGES 2-8

Mr. Fox

WHAT YOU NEED:

Three or more players, boundary markers

HOW TO PLAY:

Set a start line and a finish line the length of the yard. One player is selected to be Mr. Fox and stands at the end of the yard with their back to the other players at the other end of the yard. Each child asks, "What time is it, Mr. Fox?" and Mr. Fox answers by naming a time. "Five o'clock" allows children to take five steps forward, "10 o'clock" allows for 10 steps, and so on. When Mr. Fox announces, "it's dinnertime!" he or she chases the other players back to the starting line. If anyone is caught before returning to his place, he is now the next Mr. Fox.

GAMES FOR KIDS AGES 2-8

Mother May I

WHAT YOU NEED:

Three or more players, boundary markers

HOW TO PLAY:

Players select and "It" and the "It" child acts as Mother and faces away from the rest of the players lined up behind her. Each of the other players takes turns asking "Mother, may I take five steps forward?" or "Mother, may I take one giant step forward?" or "Mother, may I take ten tiny baby steps forward?" or similar questions. "Mother" may either say "yes you may" or "no you may not." The first person to reach and tag Mother wins the game and takes her place for the next round.

Hot Ball

WHAT YOU NEED:

One ball of any size, radio or music

HOW TO PLAY:

Players stand in a circle and music begins. While the music is playing, the kids throw or pass the ball around the circle. When the music stops the music the player who is holding the ball is out of the game. Repeat the steps until only one child is left in the game.

GAMES FOR KIDS AGES 2-8

Two Square

WHAT YOU NEED:

1 ball per 2 players, 2 squared boxes, label each square

HOW TO PLAY:

One players serves diagonally, hit ball into opposing square, players are eliminated if the ball hits inside your square and then out of bounds before you touch it, or bounces 2 times in your square.

GAMES FOR KIDS AGES 2-8

Keep It Up

WHAT YOU NEED:

1 ball per at least 2 players

HOW TO PLAY:

Players pair up and attempt to keep the ball from hitting the ground. Players who prevent the ball from staying off the ground the longest wins. Or, player who lets the ball fall to the ground is out and another player takes their place.

GAMES FOR KIDS AGES 2-8

Red Light Green Light

What you need:

A long starting line, a long end line

How to play:

Players line up next to each other at the starting line. One person stands at the end line and calls out “green light” and all players run as fast as they can. When player yells out “red light” everyone freezes. Repeat until one player reaches the finish line. Winner is the caller next time. Variations include skipping, hopping or running backwards.

GAMES FOR KIDS AGES 2-8

Jump the Brook

What you need:

Two or more players, two items to mark with

How to play:

Use two items to mark a "brook." Starting at one end, run toward the items and jump over the invisible brook without any part of your foot landing inside the brook. If it does, player is out. If not, move the items further apart for the next round. Repeat until only one person is left.

GAMES FOR KIDS AGES 9-13

Four Square

WHAT YOU NEED:

1 ball per 4 kids, 4 square labeled boxes or chalk to label each square

HOW TO PLAY:

Serve diagonally, hit ball into opposing square, elimination= ball hits inside your square and then out of bounds before you touch it, or bounces 2 times in your square.

GAMES FOR KIDS AGES 9-13

Mini Kicks

WHAT YOU NEED:

1 soccer ball per player

HOW TO PLAY:

Kick ball into air gently, continue to keep ball in air, count how many times you can hit it in the air before the ball hits the ground.

GAMES FOR KIDS AGES 9-13

King of the Court

WHAT YOU NEED:

Two tennis racquets, one tennis ball and pavement surface

HOW TO PLAY:

Two players face each other about 50 feet apart. Players continue to hit the ball toward each other until one player fails to hit the ball back and is eliminated. The winning player is named King of the Court.

GAMES FOR KIDS AGES 9-13

Target

WHAT YOU NEED:

Soccer ball and fence or wall and a piece of chalk

HOW TO PLAY:

Draw a circle on a large sheet of poster paper or use chalk to draw on outdoor wall. Draw another, smaller circle inside the first one. Write "5 points" on the large circle and "10 points" on the small circle. Designate a point on ground to kick from. Player tries to kick the ball and hit the 5 and 10 point targets. Keep track of the points he scores. If more than one player, give each player five turns. Player with most points wins at the end of each round.

100

WHAT YOU NEED:

One tennis racquet and one tennis ball and an open area or gym type space

HOW TO PLAY:

When the players are all set, hit a ball high into the air and yell out a number; that is the number of points the ball is worth. The player who catches the ball wins the points. If player fumbles the ball and fails to catch it, he loses that many points. Play continues until a player has accumulated 100 points.

GAMES FOR KIDS AGES 9-13

Shark

WHAT YOU NEED:

2 soccer balls per three players, 4 cones or boundary markers

HOW TO PLAY:

Players line-up on start line. Players choose a "shark" tries to steal ball while others dribble to the far finish line. Players must stay within boundaries. Once dribbler loses ball and becomes shark.

GAMES FOR KIDS AGES 9-13

Dribble Tag

WHAT YOU NEED:

1 basketball or playground ball per student, 4 cones, 2-4 scarves designate "Its"

HOW TO PLAY:

Players select an "It." The "It" dribbles around tagging others who are dribbling, once tagged you become "It."

Ladder Bean Bag Toss

GAMES FOR KIDS AGES 9-13

WHAT YOU NEED:

One step ladder, and five balls or bean bags, five paper signs marked 5, 10, 25, 50, 100

HOW TO PLAY:

Create a throw line that matches the age and ability levels of players. Each player tosses the five bean bags or balls trying to make it within the designed point level area of the ladder. After three rounds the player with the most points wins.

Big Base

WHAT YOU NEED:

1 playground ball and boundary markers (cones, polyspots or bases)

HOW TO PLAY:

Use chalk or small orange cones to delineate your big bases (about 4 feet by 4 feet). Play is similar to regular kickball, except runners can cluster on the big bases. If it isn't safe for them to advance, they can stay put. You can require runners to circle the bases twice before scoring, either two laps around or one lap counterclockwise and one clockwise.

GAMES FOR KIDS AGES 9-13

Break It Up

WHAT YOU NEED:

1 basketball or playground ball per group (3-5 students in a group), 1 basketball hoop for 1-2 groups

HOW TO PLAY:

Shoot from free throw line. If missed, go to end of line; if made, kids behind the shooter runs and touches end line 2 times before shooter can shoot and make next shot. Switch.

GAMES FOR ALL AGES

Tennis Ball Relay Race

WHAT YOU NEED:

Tennis balls (one per person), three or more people on each team

HOW TO PLAY:

Four cones are set up with tennis balls at the end cones, players must zig zag through the cones and retrieve each tennis ball, one by one until everyone goes. Fastest group wins the relay.

GAMES FOR ALL AGES

Bean Bag Toss

WHAT YOU NEED:

Several bean bags, two boards adjacent to each other with holes to toss the bag in

HOW TO PLAY:

Teams of two.Each team will have 30 seconds to get bean bags into the holes. Each hole will have a designated amount of points. At the end of the 30 seconds, the team with the most points wins.

GAMES FOR ALL AGES

Kick The Bottle

WHAT YOU NEED:

One bottle, field

HOW TO PLAY:

One person is “it”, other players hide. The goal is to kick the bottle over, while not being tagged. If you are tagged, you are it, and the round starts over.

GAMES FOR ALL AGES

Hide and Go Seek

WHAT YOU NEED:

Hiding spots,
best with 8-12 players

HOW TO PLAY:

One person is "it" and counts to 30 at a designated "home." Other players have 30 seconds to hide. "It" then tries to find the other players, and the other players try to run home without being tagged. Once somebody is tagged that person now becomes "it."

500

WHAT YOU NEED:

A ball of any kind (preferably a football)

HOW TO PLAY:

One "thrower" throws the ball into the air and calls out a number from 100-500, the person who catches the ball receives those points. The first person to 500 is the new thrower.

GAMES FOR ALL AGES

Kickball

WHAT YOU NEED:

A ball of some size, four bases

HOW TO PLAY:

One pitcher rolls the ball, kicker kicks it into play and tries to run to first base. Player is out if opposing player throws the ball to the base before they get there, or tags the player as they're running. Players score by running around all four bases and successfully touching home base. After three outs, the teams switch roles.

GAMES FOR ALL AGES

Flag Football

WHAT YOU NEED:

A football, flags, a flag football belt for each player, two teams of 6-8 players on each team

HOW TO PLAY:

Offensive team tries to get in the end zone; defensive team attempts to take their flags off the belt.

GAMES FOR ALL AGES

Capture The Flag

WHAT YOU NEED:

Cones, two hula hoops, flags of some sort, sticks or jump rope to divide the field in two halves

HOW TO PLAY:

2-4 teams. Each team starts in their half and places a flag in the back of their half of the field. Players must try to retrieve the flag from the other team's half without getting tagged.
If tagged in that process, that player is in "jail" (inside the hula hoop or another designated area) and the only way to get out is if a teammate tags you out. Once a player successfully gets the flag and crosses back into their half of the field, that team wins.

SPUD

WHAT YOU NEED:

Playground ball

HOW TO PLAY:

One player assigns a number to each player. Any player throws ball up in the air and calls a number. All players run except for player with that number. When the player with that number has possession of the ball, they call out "SPUD" and all other players freeze. Player with ball then yells out "S-P-U-D" taking one step for each letter (four steps total) toward one player. From that point, they must try to "tag" the other player with the ball by throwing it. If they are successful, the other player gets an "S"; if they miss or if the other player catches the ball, the player who threw it gets an "S." Once a player gets to "SPUD" they are out.

GAMES FOR ALL AGES

Human Knot

What you need:

Three or more players.

How to play:

All players stand close together. Every player must hold hands with two different people. The goal is to unscramble all players by stepping over and under arms without letting go of any hands and end up standing in a circle.

READY SET GO!

Hula Hoop Contest

WHAT YOU NEED:

A hula hoop

HOW TO PLAY:

You and partner both see who can Hula Hoop for the longest amount of time.

READY SET GO!

Crab Walk Race

WHAT YOU NEED:

Nothing

HOW TO PLAY:

Walk on hands and feet; with your back facing the ground. Set a start and end point, whoever crosses finish line first wins.

READY SET GO!

Jump Rope Backwards

WHAT YOU NEED:

A jump rope

HOW TO PLAY:

Jump rope but rather jumping rope from front of your body; jump rope from behind your body. See how many consecutive jumps you can do.

READY SET GO!

Hoop Jump

WHAT YOU NEED:

A hula hoop

HOW TO PLAY:

Use the hula hoop as a jump rope. Jump through the hole as your feet goes through it. How many jumps can you can do in 60 seconds.

READY SET GO!

Skipping Race

WHAT YOU NEED:

Nothing!

HOW TO PLAY:

Have a foot race, but skip instead of run. Change each race to a different motor skill (gallop, hop, etc.)

READY SET GO!

Arm Switch

WHAT YOU NEED:

A hula hoop

HOW TO PLAY:

Spin hula hoop around one arm. Then switch arms. How many can you do in 60 seconds?

READY SET GO!

Jogging Relay Race

WHAT YOU NEED:

A team that has all different ages participating

HOW TO PLAY:

Jog to a specified point, once there jog back to the starting point but facing backwards. When jogger running backwards reaches starting point, the next jogger does the same until the whole group has done this. First team to have all joggers complete wins.

READY SET GO!

Hoop Original

WHAT YOU NEED:

A hula hoop

HOW TO PLAY:

Make up a trick of your own, or try one you've seen done before.

Puppy Run

WHAT YOU NEED:

Nothing

HOW TO PLAY:

Run on all fours (hands and feet on ground). Who wins? Now make it a relay.

READY SET GO!

Do Your Own Trick!

WHAT YOU NEED:

A Jump Rope

HOW TO PLAY:

Make up your own jump rope trick, or try one you've seen done before. Next, teach it to the group.