



WALL TO WALL

Find a space to run across from wall to wall or wall to fence. Start with a counting-go game, yelling the loudest "Go!" you can muster, where upon the children run from one wall and stop at the other. Run with different children each time. Count up to different numbers. Count down. Then challenge different ways to run. Tip toes? Knees high? Arms high? Circling? Swinging? Twisting? Zig-zag? Backwards? Jumping?

RUN, RUN CHICKEN GO HOME

Like wall to wall, the children run from one safe zone to the next, but in the middle is the catcher, who calls, "Run, run chicken go home" to signal the others to run across the mid space. Anyone tagged becomes part of the catchers for the next run, proceeding until all are caught and the game begins anew.

HOOPERS

On the ground, place 1/2 as many hoops as the number of children. Children stand outside the hoops. On the command "Run" the children run around the area without touching anyone or the hoops. On the command "Hoopers" each child must find the nearest hoop to jump inside. Vary the actions outside the hoops, e.g., gallop, turn, jump, skip. Combine with Wall to Wall.

SAFE TAG

In this tag game, the group establishes a specific safe object (tree or climber) or difficult body position (standing on one leg or standing back to back with another child). Change the safe object or pose. Change the number of ITs.

CRAZY LEGS

Children stand in a big circle an arm's length from each other. One child is chosen to be Crazy Legs, who kicks a ball around the outside of the circle. At some point Crazy Legs kicks the ball through the ring into the circle and touches someone who becomes Speedy. Crazy Legs tries to run around the ring and back to the empty spot before Speedy catches him or her. Meanwhile the circle children kick the ball back and forth, trying to keep it moving. Add a second ball and a second Crazy Legs.

BLEACH BOTTLE CATCH

Ask an adult to cut off the bottom portion of an empty, clean gallon bleach bottle to use as a catcher or thrower of Koosh© balls, bean bags, or Nerf© balls.

PAPER RACE

Give each child an ordinary piece of paper. The teacher shows the children how to run with the paper, first by holding it on her chest, then, after picking up speed, letting go so the air pressure holds it in place. It is relatively easy to keep it in place running in a straight line. The challenge is to run in circles.

HUCKLE BUCKLE BEANSTALK

Select an object to hide and designate a home base where all of the children can gather at once. A player is designated to hide the object without the others peeking. Then everyone searches. When anyone finds it, they run to home base shouting, "Huckle buckle beanstalk!" They continue until everyone has found it.

ALL HANDS ON DECK

Establish three areas: one side of the play space is a ship; the opposite side is the shore; in between is a marked area called the deck. One person is the Captain who barks the orders. "All hands on deck!" means all must run to the deck and sit down. "Attention!" means all must stand in military style. "Salute!" means all salute in unison. "All hands on ship!"-all run to the ship side. "All hands ashore!"-all run to the shore side.

DARUMASAN GA CORONDA

A Japanese game. First an "Oni," or "It" person, is chosen. Everyone stands as far from "Oni" as possible in a line. To start all the players say, "Hajimeno itsupo" (one step of the beginning).and take one step forward. The "Oni" turns his or her back to the group and begins counting VERY loudly to ten or says each syllable of the name of the game, "Da - Ru - Ma - Sa - N - Ga - Co - Ro - N - Da" in Japanese. The players run towards the "Oni" as fast as they can during the counting but have to freeze on "Ten" or "Da". If a person is caught moving, he or she becomes a hostage and must wait to be rescued by the touch of a player.

