

# Games, Games, Games

By Tim Taggart, Nasco

## Plaque Busters



**Objective:** The purpose of this activity is to teach students the proper way to brush their teeth and increase Cardiovascular Endurance.

**Equipment:** 2-4 Foam Toothbrushes, 2-4 yellow yarn balls to represent plaque

**Class Organization:** Students will be together for demonstration on proper brushing technique. After the demonstration, students will be in the scattered formation for the game.

**Object of the game:** The object of the game is to avoid the plaque monsters. If tagged, they must wait for a dentist to come and brush the plaque away.

**Procedure:** Identify 2-4 taggers to represent Plaque Monsters (yellow yarn balls) Identify 2-4 students to represent the dentists and give them a foam toothbrush. Explain that the proper way to brush your teeth is to brush the sides, front, back, top and bottom. Remind them to brush their roof of mouth, tongue and cheeks. On the signal “Go” students (a tooth) will run around the gym avoiding the plaque monsters. If tagged, they become frozen by standing with their feet apart (roots of tooth) and hands over their head in the shape of a heart (crown of tooth). They stay there until the dentist arrives and brushes the front, back, side top and bottom of tooth. Once plaque is removed, the student returns to the game. Play for several minutes and then switch plaque monsters and dentists.

**Ground Rules:**

- Use proper tagging technique
- Run with head up, eyes open and forward
- Be aware of your surroundings

**Variations:** Read a book about Teeth, change locomotor skills, use a swim noodle as dental floss

**Super Straps**

**Zombie Run** – Each participant needs one belt and six flags.

**Court** – Create an oval track using cones down the middle and cones along the outside to create the borders.

**Game Play** – All participants walk around the track in a counter-clockwise direction and start the game with six Super Flags on their Super Straps. When the teacher yells out a color the participants whose Super Straps are of that color become “Zombies”. Zombies are allowed to move in any direction and can cross over the cones in the middle of the track. Their job is to collect as many flags as they can in 5 to 10 seconds. Then the teacher blows the whistle and everyone goes back to walking in a counter clockwise direction. The players who were just “Zombies” place the Super Flags they picked up onto their belts and play continues when the teacher yells out a different color. This is repeated for as long as the teacher wants to play this game. If a participant does not have any flags when the teacher calls out a color they are also “Zombies” even if their belt is not the color that was called.

**Capture the Flag** – Each participant needs one belt and six flags (one of each color red, blue, yellow, orange, green, and purple).

**Court** – The court should be a large square so all participants have room to run around at the same time. The court also needs to have borders to keep the players in a contained area.

**Game Play** – Each player is on his/her own team and competing against every other player. When the teacher yells out a color the players must try to get that color flag. Once they have a flag in their hand they cannot take another flag until the first flag has been put on their belt. The teacher should blow the whistle after 30 seconds and give the players a 3-5 second rest before calling out another color. The players with the most flags at the end are the winners.

**Super Tail Stomp** – Each player needs one belt. To create 4-6 tails you will need to add 2-3 belts together by overlapping the long strip of Velcro of one Super Strap with the short piece of Velcro from another Super Strap. Make sure that the Velcro is attached to the belt and not the other piece of Velcro. Otherwise the belts will fall apart easily when stomped on.

**Court** – Any square, rectangle, or circle court will do. Just adjust the size depending on the number of participants.

**Game Play** – The teacher picks 4-6 players to begin the game wearing the Super Tail. The Super Tail is made up of 2-3 Super Straps and will be attached by one end using the Velcro and letting the other end hang down to the floor. When the teacher says go or blows their whistle the players without a Super Tail have to chase the players with a Super Tail. To catch them they must stomp on the Super Tail making it pull free from the belt. Once they have accomplished this, they pick up the Super Tail and attach it to their belt and begin to run as other players should now be chasing them trying to stomp on their Super Tail.

MAC-T

**Battle of the Ships**

**Battle of the Ships** – Each team gets one set of red or blue ships. There should be five ships in each set. Each team also gets 17 knock down targets.

**Court** – Depending on age and skill level a volleyball or basketball sized court is appropriate.

**Game Play** – Each team gets to set up their ships strategically on their side of the court and the balls are placed along the center line. Before the teacher blows the whistle both teams must start at the baseline behind their ships. When the whistle is blown both teams advance to the middle of the court to pick up the balls to throw at the other teams ships. Balls can be thrown or rolled (rolled is the most effective method for success). But the throwers cannot go past the center line. Teams are not allowed to protect or defend their ships. The game is played until all the ships have been sunk by one team. A ship is considered sunk when all of its pins have been knocked down.

**Options** – Allow each team ship defenders to protect their ships. Each defender is given one rebounder that they must hold onto with two hands. Defenders are not allowed to throw balls and can only protect their ships by using the rebounders to knock away or deflect incoming balls. Each team will start with 4 defenders and must reduce the number by one each time a ship is sunk. This way, when their team is down to one ship they will have no defenders left to protect it. When a defender gives up their rebounder they can participate in throwing balls at the opponent's ships.

Other game options are to align the ships of each team within 3 feet of the center line. Students must throw the balls from behind their starting positions to sink the other team's ships. If they accidentally knock their own ships targets down they must stay down. This version of the game teaches throwing trajectory skills.

### Soccer version

Line up foam soccer balls (any ball will work) down the half court line. Players begin on their ends and when signaled to start they run up to the balls and using only soccer skills have to sink the other teams ships by kicking the balls into the knock down targets on top of each ship. The first team to successfully sink all of the other teams ships is the winner. Players are allowed to move anywhere on the court. For this version there are no sides that players must stay on. It is recommended to have enough balls to create as many 1 on 1 situations as possible. So if each team has 10 players, it is recommended to have 10 balls.

### Zoner

**Zoner** – Nasco part number PE08999E \$124.95

**Court** Use a Basketball sized court and place each Zoner Goal on the base lines under the Basketball hoop or where a Basketball hoop would be.

**Game Play** – Divide the class into two teams. Each team scores a goal by throwing the Zoner ball into the round hole of their opponent's goal. The team that was scored on removes the ball from their goal and then advances it forward and play resumes. Game is started with a "Jump Ball" at center court.

#### Options

- Scoring can be changed to allow 1 point for hitting the goal, 3 points for scoring in the hole, or if Basketball hoops are involved they get 5 points for making a basket in the hoop.
- The ball can be advanced in multiple ways. You can choose to use the "Ultimate Frisbee" method where each person who has the ball cannot run and must pass the ball to a teammate. This can be done with a "3 second" pass rule where they must make a pass in 3 seconds or less or the ball is turned over to the other team.
- Players have to make 3 passes before they shoot.
- Players have to dribble the ball to advance it. Double dribbling is ok.
- Players can run with the ball until they are tagged by an opposing player. Then they must throw the ball.
- Time limit. Each player can run with the ball, but only has 3 seconds to make a pass or the ball is turned over to the other team.

### Zone Ball

**Zone Ball** – Nasco part number PE08692E \$124.95

**Court** – Use a basketball sized court and place the Zone Ball goal in the middle of the court inside the "Jump ball" circle. Each hole on the goal should face the two baselines. Note: You can put two Zoner goals back to back to create a similar goal. There should be a border 15 feet around the Zone Ball goal in the middle. **Game Play** – Start the game by using a "Jump Ball" at either end of the court. Teams can score goals on either side of the goal. All goals must be scored from outside of the circle that goes around the goal. When a team scores a goal the other team takes the ball out and takes it back to either end and begins play by throwing the ball back into play. **Options**

- The ball can be advanced in multiple ways. You can choose to use the "Ultimate Frisbee" method where each person who has the ball cannot run and must pass the ball to a teammate.
- Players have to make 3 passes before they can shoot
- Players have to dribble the ball to advance it. Double dribbling is ok.
- Players can run with the ball until they are tagged by an opposing player. Then they must throw the ball
- Time limit. Each player can run with the ball but only has 3 seconds to make a pass or the ball is turned over to the other team.

### Cannon Launcher Games

**Cannon Launcher** – Nasco part number PE08747E \$161.50 set/6 or PE09151E \$29.95 Each (includes 6 balls)

**Court** – Similar to a baseball field, Set up 3 Cannon Launchers to create a "home plate" and place the Poly Spot or any Base where the pitcher's mound would be. Increase or decrease the distance between

the Cannon Launchers and the Poly spot depending on the age/grade level of participants. Game Play – Separate the class into two teams. Have one team go into the outfield and one team lines up as the Jumping/batting team. Each player on the Jumping/batting team takes turns jumping on the Cannon Launcher to send the foam ball into play. To score a run the jumper/batter must run to the Poly spot and back to the launchers to score one point. They can choose to stay on the Poly spot and wait for the next jumper to get them home. The team in the outfield can get the jumpers/batters out by catching the ball in the air, or making a force out by getting the ball to the base before the runner gets to the base. There is no tagging and every place must be a force out. Also, once a runner has left the Poly spot to go home they cannot turn back or they are out. This will eliminate the runner changing direction and potentially running into someone running behind them. Teams change sides when 3 outs have occurred.

**Cannon 500** – Needs six Cannon Launchers – Any large space will work. Line all six Cannon Launchers up in a row with one person behind each one. Each launcher can launch two balls at a time. Each ball needs to have a unique number on it. Examples are 25, 50, 75, 100, etc.....

Game Play – There needs to be one person behind each Cannon Launcher. This person is responsible for loading and launching the Cannon Launcher. Everyone else picks a spot 50-100 feet away in front of the Cannon Launchers. When the teacher yells “Launch” the people behind the Cannon Launchers jump on them and launch the balls towards the players in the field. The players must collect enough points to reach “500” Points. Once they have reached the point value they can replace one of the Cannon Launchers and the game continues. Options – Instead of having individuals catching balls you can create teams of six. When the team has enough points to hit 500 exactly then the team replaces the team using the Cannon Launchers. You can also add different multiplication symbols to the balls to teach addition, subtraction, multiplication, division and so on. You can also use letters to spell words, or use words to spell sentences.

**Cannon Shoot** – Needs six Cannon Launchers, 6 Hoops, 6 Hoop Holders, 30 Spots (5 of each color red, blue, orange, green, yellow, purple)

Set the Hoops up using the hoop holders in a horizontal line at one end of the Gym or playing surface. Then place the poly spots in a line every 12-15 feet away from the same colored hoop. So if the hoop is yellow, you would make a row of evenly spaced yellow spots leading away from it. Then place the yellow cannon launcher on the closest spot to the hoop facing the hoop. Each person in that line would receive a yellow cannon ball (included with the cannons). The object of the game is to shoot the cannon balls through the hoops at each poly spot. After each successful shot the cannon is picked up and moved back one spot. The first team to make a successful shot from the last spot is the winner. Each player must receive their cannon ball after they shoot it and return to the back of the line.

**Cannon Catch** – Needs six cannon launchers and 30 spots (5 of each color red, blue, orange, green, yellow, purple)

This game is just like Cannon Shoot without the foam targets. Instead of using a hoop to shoot through you have one player from each team stand 20 feet away from the closest spot. The object is to catch the ball in the air when shot by a teammate. After each successful catch the cannon is moved back one spot, the person who launched the cannon ball will change places with the person who caught the ball and the catcher goes to the back of the line of their team. The first team to make a successful catch from all 5 spots is the winning team. You can even make the teams reverse direction when they get to the back spot and have to work their way back to the first cannon again.

Objective: To be the first Dragon to get all of its eggs into a nest

### SHAPE America Standards

1. Demonstrate competency in a variety of motor skills and movement patterns
2. Applies Knowledge of concepts, principles, strategies, and tactics related to movement and performance
3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
4. Exhibits responsible personal and social behavior that respects self and others
5. Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

### Equipment

- 2 – 4 Zoneball (PE08692E) or Zoner goals (PE08999E)
- Super Straps PE08994E Medium (fits up to 34" waist) or PE09168E Large
- 36 Rhinoskin foam balls PE06784E set/6 ( Red, Blue, Yellow, Orange, Green, & Purple)
- Large ball cart/bucket
- Optional – 6 hula hoops

### Field/Court

Place the Dragon Eggs (Rhinoskin balls) in the center of the playing area. Dragon Eggs should be in a ball cart or a container large enough to hold 36 6" foam balls. You should have 6 Dragon Eggs of each color red, blue, yellow, orange, green, and purple. Place 2 goals on each end of the playing area around 30 feet away from the center. Or use four goals and place them in a square pattern 30 feet from the center of the court with the holes facing towards the middle. Optional game play: Place the goals in the middle with the holes facing outward. Using six hula hoops place them evenly spaced in a circle 30 feet away from the center and place one ball of each color in each hoop.

### How to play

Split the class up into 6 even teams. There should be one red, blue, yellow, orange, green and purple team. Each player starts with a super strap around their waist matching their teams color. If you have a class size of 30 students you will have 5 players per team. The player at the front of the team is the Dragon Head and the person at the back of the team is the Dragon Tail. The Dragon Tail should have two flags, one on each side or hip. Only the Dragon Tail has flags. Each Dragon should start at the outside of the playing area. Dragons must be connected at all times by having everyone behind the Dragon Head resting their hands on the player's shoulders in front of them. If at any time this link is broken or another Dragon Head pulls either of the flags on the Dragon Tail the Dragon must return to the side of the court where the Dragon Head chooses an exercise that everyone in that Dragon must do 5 times. Then the player who was the Dragon Head moves to the back and becomes the Dragon Tail and everyone else moves up one spot in the Dragon. The object is to get all of your Dragons Eggs into any of the Dragon Nests (goals). The first team to accomplish this is the winner.

Note: When a Dragon Tail's flag gets pulled the Dragon that pulled the flag must hand the flag back to the Dragon so they can re-attach it before they get back into the playing area after doing their exercises.

Optional game play:

Create a “no go” zone in front of each goal and make the Dragon Heads throw the Eggs into the Nest from 10 feet away.

## **Master of the Rings**

**Developed by Brad Claussen**

For All Grade Levels

### **National Standards**

- Demonstrates competency in motor skills and movement patterns to perform a variety of physical activities.
- Participates regularly in physical activity.
- Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning.
- Exhibits responsible personal and social behavior that respects self and others in physical activity.

### **Equipment Included:**

- 32 MAC-T™ Super Straps (8 each of red, orange, yellow, and purple)
- 32 MAC-T™ Super Flags (8 each of red, orange, yellow, and purple)
- 6 Foam Bases and 24 Foam Rings (6 each of red, orange, yellow, and purple)

### **Equipment Required but NOT Included:**

- 28 Cones, 12” H (7 each of red, orange, yellow, and purple)
- 14 Spot Markers or Tug-of-War Rope

### **Court**

- Requires a large open area or large gym with a minimum space of two basketball courts.
- Set up a 20-30 foot diameter circle in the middle of the court/playing area using a tug-of-war rope, spot markers, or cones.
- Use six cones to set up four 20-foot diameter circles equally spread out along the outside of the playing area — one for each team color: red, orange, yellow, and purple. Then place one matching cone in the middle of each circle.
- Each team will start with six rings made up of two colors from each opposing team. For example, if you are the red team, you would start with two orange, two yellow, and two purple rings. These rings must be placed on the cones that make up the team’s circle, not on the cone in the middle (one ring per cone).

**O Red**

**O Orange   O Safe Zone   O Yellow**

# O

## P u r p l e

### **Rules and Object of the Game**

To win the game, one team must collect all six rings that match their team color and have all the rings placed on the center cone of their team's circle.

1. Divide the class into four equal teams.
2. Each team must wear matching color Super Straps with a minimum of two flags that match the color of their cones and rings.
3. The circle in the middle is the "safe zone" and the only place where players cannot have their flags pulled.  
When a player's flag is pulled, they must retrieve their flag and then head to the safe zone, re-attach the flag, and can then re-enter the game. There is no official time limit as to how long someone can stay in the safe zone, but you can set one if players are staying there too long.
4. Players are allowed to stay in their own circles to protect their rings.
5. Players can have their flags pulled anywhere on the playing court except for the safe zone in the middle.
6. If a player's flag is pulled when they are running with a ring, they must give that ring to the person who pulled their flag.
7. Players are not allowed to throw rings to other players.