

| GAME | EQUIPMENT | INSTRUCTIONS |
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| Bench Ball | balls, cones, and two logs | There are 2 teams, each of which has about 12 to 15 players. Each team stands on a log placed 20 meters from their opponents' log and throws balls at the each other. If a player is hit and does not catch the ball or loses balance and falls off the log, then that player must sit out. The game is over when all of one team's members is no longer standing on the leg. |
| Corner Ball I | ball, at least 4 cones | In a coned area no bigger than an average sized classroom, nominate two players as the attack team, the rest as runners. The attack team has one ball. Their objective is to touch one of the runners while holding the ball, but they are only allowed to pass the ball, not run with it. When touched, a runner joins the attack team. The game continues until all the runners are captured. If the ball is dropped, all the attackers have to run to the side of the box before starting again. Advice: "Force the runners into corners," "Move the ball quickly," and "Attackers anticipate the space and run into it." |
| Corner Ball II | ball, at least 4 cones, stop watch | In a coned area no bigger than an average sized classroom, nominate a player as the runner. The remaining players are the attack team. Their objective is to touch the runner while holding the ball, but they are only allowed to pass the ball, not run with it. When the runner is touched, the game is over. Allow a runner 20 seconds before switching runners. Advice: "Force the runners into corners," "Move the ball quickly," and "Attackers anticipate the space and run into it." |
| Elbow Tag | none | Everyone gets a partner and links arms. Two people are chosen to split up. One will be it and the other will be chased. Whenever the runner links with a pair of players, the person on the opposite end must break off. Now, this person will be chased. If the person gets tagged, he or she becomes it. |
| Gauntlet | cones and balls | Two lines of players face each other separating a corridor marked off with cones. Another group runs down the corridor and tries to avoid the balls thrown by the two lines of stationary players. The stationary players must throw the balls under their legs. |

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| Kaleidoscope | 3 sets of pinnies, at least 4 cones, stop watch | Players are divided into three teams, each of which is defined by a coloured pinny (red, green, yellow). The playing area is a square made by cones 50 meters apart. The coach, starting the stop watch, calls out one of the colours and the corresponding team must try to tag members from the other two teams. Players tagged must leave the playing area and remain active on the sidelines that is, jog, do sit-ups, do push-ups, etc. When all the members from the two teams have been caught, stop the clock and announce the time. Repeat the game with the other teams being “it.” Allow a team to be “it” more than once, so the team can improve upon its score. |
| Kick the Cone | 2 cones, two sets of pinnies | This game is similar to capture the flag but is different in two ways: there is no jail and there is no border between two territories. If a player is tagged by a player from the opposite team, then the tagged player must stand immobile until a player from his or her team tags him or her. Each team wears a different coloured pinnie. The 2 cones should be placed about 100 meters apart in an open area. No defender can be within 10 meters of his or her cone. |
| Mouse I | tails, at least 4 cones | Everyone puts two tails into their shorts waist band. The tails must hang below the knees and be seen from behind. A large square is delimited with cones. The runners (mice) must run from one side to the other without losing both their tails to the chaser (cat) who patrols the square. Runners can only spend 3 seconds in the safe zones before they must race across the square. Once a mouse loses both tails, he or she becomes another cat. Mice who run outside the boundaries automatically become cats. The game is over when only one mouse remains. Tell cat and mice to keep their heads up to prevent collisions. |
| Mouse II | tails, at least 4 cones | Everyone puts two tails into their shorts waist band. The tails must hang below the knees and be seen from behind. A large square is delimited with cones. Everyone is a mouse, which must keep within the square. The object of the game is to steal as many tails as possible. The game is over when everyone has lost his or her tails. Keep your heads up. |
| Nakkersoccer | 4 cones, 2 or 3 soccer balls | No out of bounds, no goalies, goals below the waist, oh and at least two balls in play. Go get that ball! |

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| Poker Relays | cards | Players are divided into teams, whose number corresponds to the number of stations. At each station, the players are expected to perform a strength or balance drill with good technique. After the drill, one member from their team can collect a single card from the head coach positioned in the middle of the circle of stations. When a circuit of stations has been completed, the team with highest poker hand wins. |
| Scarecrow Tag | | It is a variation of freeze tag. Players who are "frozen" stand like a scarecrow and can be set free when a player that isn't "it" crawls underneath their legs or runs under their arms. |
| Scoop Ball | swiss ball, two cones | Each team guards a cone and tries to knock down its opponent's cone. The swiss ball may not be kicked or carried or thrown. It may be moved only by pushing or scooping with one's hand(s). |
| Strength Baseball | | |
| Thief | cones and balls | Divide group into 5 or 6 teams. Each team should be equidistant from the middle where there is a pile of cones and balls. Each team starts at a cone, and on the whistle all players rush to the middle to retrieve one item and place at the team's cone. When all the items have been taken from the middle, all players may steal from other teams. Remember: only item per player may be stolen at a time. |
| snakes | cones and rope | Every skier has a rope. Rope must be held between thumb and forefinger. Skier runs around defined area wiggling rope on ground (Rope must be in contact with ground) while simultaneously trying to stomp on other ropes and have those ropes become removed from their team-mates hand. Skier is still in the game if he she has no rope. Win is defined by last person to have a rope and most ropes collected in a set amount of time. |