

Simple, Small Group Games For All Levels

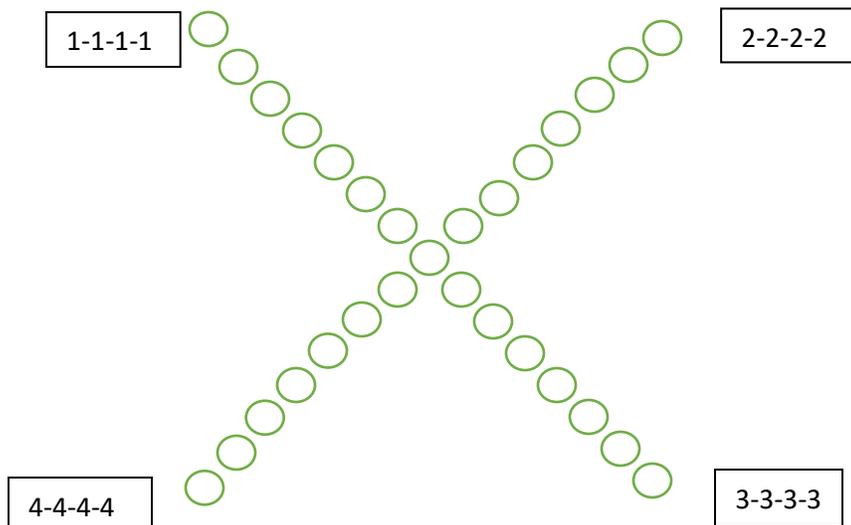
Descriptor: A variety of games/activities for any level that are designed for small team size to keep all kids engaged.

Paula Olsen, CMR HS, Great Falls (paula_olsen@gfps.k12.mt.us)

Lindsey Gustafson, CMR HS, Great Falls (lindsey_gustafson@gfps.k12.mt.us)

R-P-S Hoop Challenge

Set up hula hoops in a large “X” formation across the gym floor using about 15 hoops per strand with a team standing at each end (4 teams).



This is a great warm up activity (about 10-15 minutes).

Each team is in a line behind their starting hoop. The objective is to be the first team across to the opposite end of their hoops. But the opposite team is in their way. The teacher starts all teams at the same time. The starting player hops through the hoops (2 feet in each hoop) until they run into an opposing player. Once the opponents meet, they play R-P-S (one round). The loser immediately exits the hoop and returns to the end of his team's line. At the same time, his next teammate starts hopping. The winner proceeds as far as he can get before the next “hopper” meets him for another challenge.

Play several rounds keeping an overall score for each team.

Keep Away

Divide the court into 4 quadrants. This allows for small teams and easy rotations.

These games are great lead ups to “Ultimate”.

These games teach tracking your opponent and evading skills.

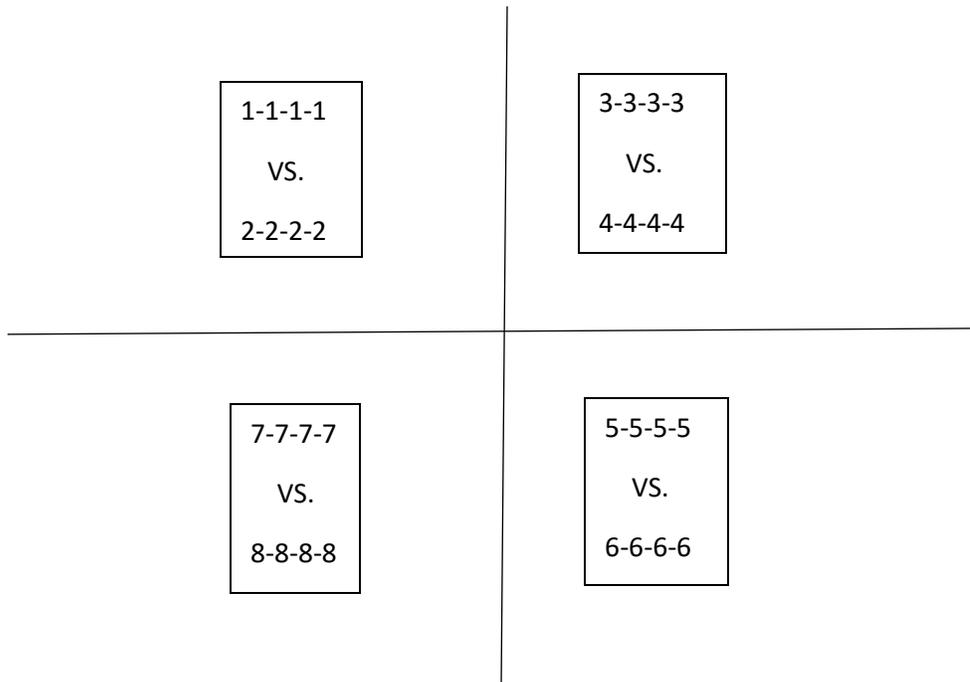
Play rounds of about 3 minutes and rotate teams frequently.

General Rules: If a player has the ball, she must have a chance to throw it., Non contact. No pass backs. MOVE!, if the ball hits the ground (for whatever reason), it is a change of possession.

#1. **Team Work**: During the 3 minute round, the objective is to get as many continuous/consecutive passes as your team can. Keep track. Another variation: your count continues when you regain possession.

#2. **5 for 1**: Every time your team completes 5 consecutive passes, it is worth 1 point AND the ball must be given back to the opponent.

#3 **Hooper**: Put 3 hoops in the playing area. The teams are playing keep away (outside/around the hoops) until the teacher blows the whistle-this signals the scoring time period. During this time, points are awarded for passes to a team mate that is inside a hoop. Make the scoring time period about 20-30 seconds. On the second whistle, it goes back to basic keep away (no scoring, no use of the hoops) until the teacher initiates another scoring round.



TOUCHDOWN

Lead up to Ultimate (same basic rules except: when the ball hits the floor any one can pick it up. The only time it must be a completed pass is on a scoring attempt)

-Divide the playing area into 2 courts, 2 games playing at a time / 4 teams

-Keep away concepts while trying to move the ball up the court to complete a pass within the touchdown area

-Start with a jump ball in the center

-You cannot run for a score, you cannot dribble, you get 3 seconds to get rid of the ball, 3 steps with the ball and you must have 3 passes before you score

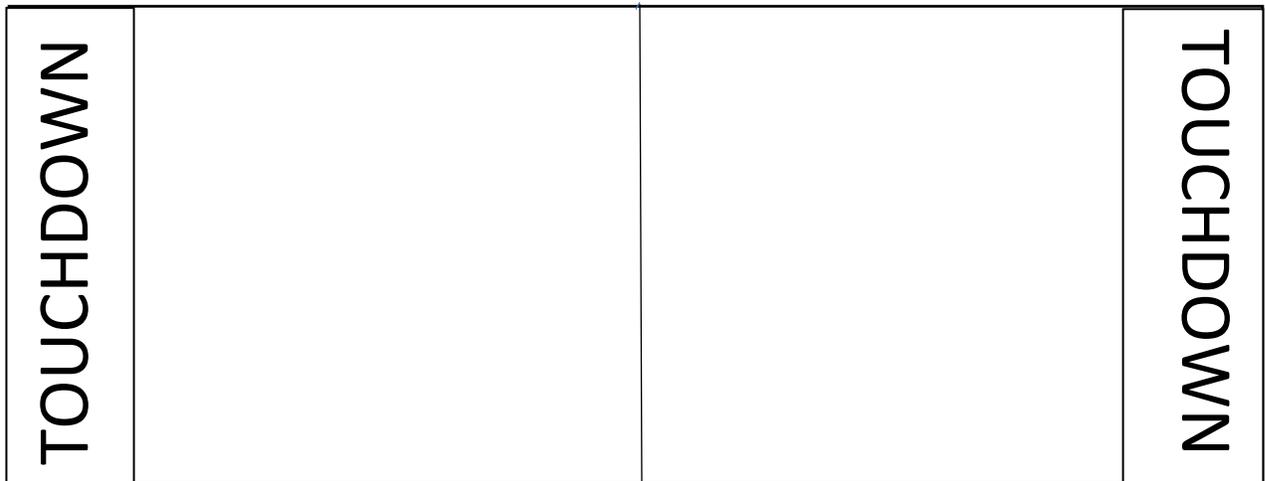
-If the ball is dropped—anyone can pick it up. If dropped in the endzone, the offensive team can pick it up, throw it back out & attempt to complete the pass again OR the defensive team gets it & starts towards their goal.

-Everyone should match up to have someone to play defense on.

-No passes are allowed that are longer than half court. A pass that is too long results in change of possession (you must be across half court to score)

-On a completed pass for a score, the scoring team sets the ball down & the opposing team starts with the ball at that end line

Variations: extra points given for pass from boy to girl or girl to boy for a score

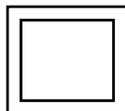
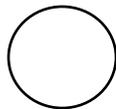


Trifle Whiffle

Equipment: 2 cones & one home base, one whiffle ball, one hoop, one tennis racket per game

Group Size: Teams of about 5 work best. (I have had 3 fields in 1 gym for a total of 6 teams at one time)

- Place the bases (cones & home base) in a triangle formation about 30 feet apart
- Place the hoop in the center of the triangle.
- The pitcher pitches from the hoop and pitches underhand.
- The batter must hit the ball forwards any direction and run to 1st base. No strike outs---everyone hits.
- The batter has the option of stopping at first or running to the next base. Only one runner per base.
- The batter/runner must be touching a cone when the pitcher (or any defensive player) has possession of the ball while standing in the hoop.
- The batter/runner is out if s/he is not touching a cone when the ball is in possession of a player standing in the hoop.
- A runner cannot be tagged or forced out (the only outfield play is a catch for an out or getting the ball to the hoop).
- Play 3 outs
- Variations: ball must be hit between the cones, use a whiffle bat, spread bases farther apart



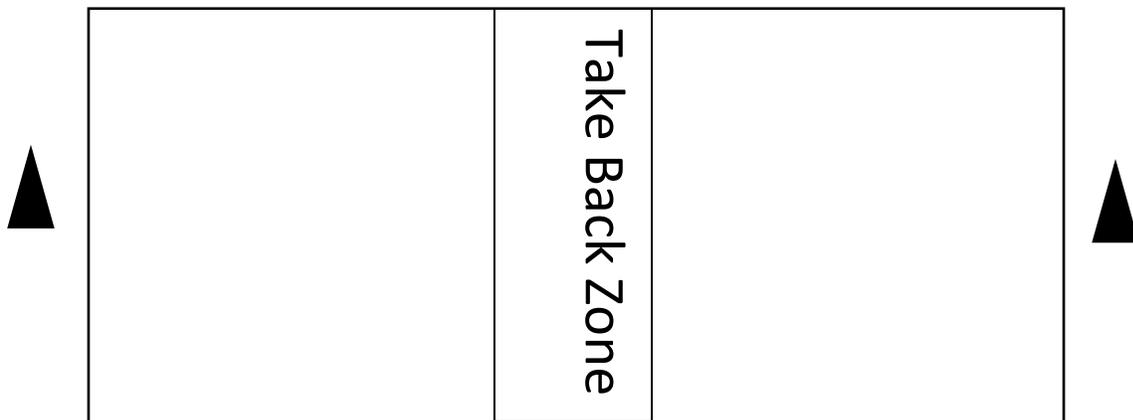
Durango

Create long, narrow courts/fields with a cone in the center of each end of the field and a center area marked off as the take-back zone (10' by 30'—I use the lane area on a bb court)

The object is to score points by hitting or knocking over the target cone.

Durango is a version of ultimate but either team can score at either end of the field.

- One group starts with the ball/disc in the center-“take-back zone”
- On every change of possession, the ball must be passed back into the take-back zone before the team attacks to score.
- The player with the ball/disc can pivot on one foot cannot run. Players should throw the disc/ball within 3 seconds
- A turnover occurs when the disc is intercepted, dropped, or touches the ground after a missed throw. At this time, the defense takes over no matter which team touched it last (same as Ultimate). The group must not get the disc/ball back to the take-back zone before taking another shot.
- 1 point if the cone is touched by a thrown ball, 3 points if the cone is knocked over by a thrown ball. On a score, the defensive team becomes offense and starts with the ball in the take-bake zone.

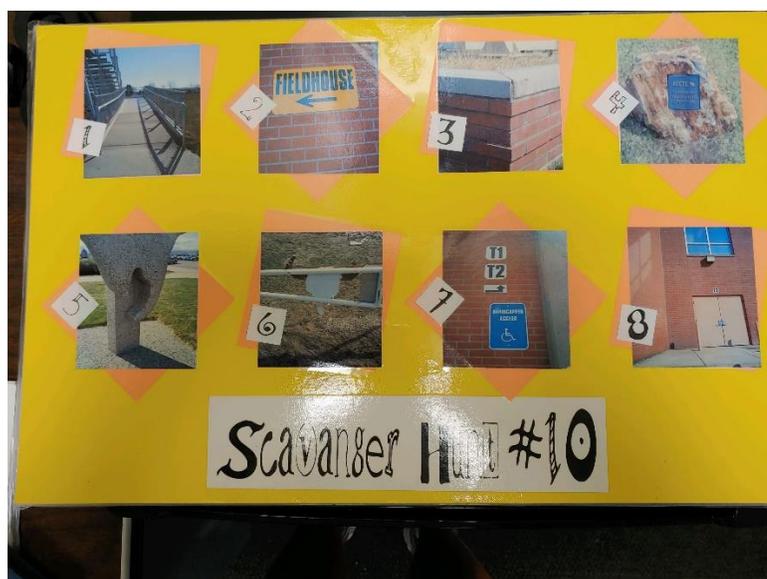


Extra Activities

Razzle-Dazzle:

- large group kickball game with a lot of action
- 2 teams, large bases (marked by cones) allowing multiple people on base at a time
- outs created by hitting a runner with the ball (direct hit) while running between the bases, 3 outs (catch is not an out)
- runners can steal at anytime
- runners can run in either direction about the bases (cannot switch mid way)—SAFETY!!, once a runner steps off a base, he/she must continue to the next base
- when a runner comes into score (home base) the next runner/kicker must take off; for every person coming home, another runner takes off

Scavenger Hunt:



Scavenger Hunt Rules:

1. Students must take the pictures in the order that they appear on the boards!
2. The group must stay together at all times.
3. You should be running from place to place.
4. The pictures must contain the group members at the designated location.
5. All pictures must be taken on the same phone.
6. Students are not allowed to enter the school...no going through the commons or breezeways.
7. If one of your pictures contains a picture of an administrator...please do not interrupt that person or knock on their window. Simply take a picture by their window and leave, unnoticed. ☺
8. Please take EXCELLENT care of the boards.
9. Students must check in with teacher at the time designated by the teacher on duty (prior to the shower bell) to return boards and show the teacher the pictures from the cell phone.