



Play!

LINES

Remove lines from games by changing the rules. For example, in kickball, have the kicking team link arms to run the bases together. In the outfield, have the players run to the child who fielded the ball, line up behind him/her, and pass the ball through the legs or over the head. The first team that finishes their task scores.

ELIMINATION

Eliminating elimination from games will get all children more active. In dodgeball, if a player's ball is caught or a child is tagged with a ball, they join the other team - we call this game Mirror Dodgeball. When playing dodge-ball, you should always have another non-human target physical activity for children to play. In tag games, instead of being out when tagged, players become another tagger.

TEAM SIZE

When teams are too big, many children get left out of the games because those who are highly skilled and athletic tend to dominate. To maximize activity during team games, reduce the size of each team. We recommend no more than 5 vs. 5. With smaller team sizes, everyone gets an opportunity to be in the action!

UNINVOLVED STAFF AND KIDS

One of the easiest ways to get children active is for you, the staff, to be active! Get in the game and play! You can be the quarterback in flag football, you can play defense for both teams, or you can simply have the kids chase you in a game of tag. The bonus is you get to be active too! Any time you see children standing on the sidelines or not involved in the game - STOP and THINK! What ways can you modify the game to get everyone involved? Have them be the tagger, have them be the next QB, or simply divide the game into smaller teams.

SPACE, EQUIPMENT & RULES

Be CREATIVE! Think about the space you have to play. Can it be divided into smaller game spaces? For example try 2 small games of soccer instead of one large game. Do you have enough equipment or the right equipment? Do the games' rules limit opportunities for players to be active, such as involving lines or elimination. Simply thinking about the games you play and modifying them can lead to more activity for everyone!

How to use LET US Play in common games

1. TAG

- a. Eliminated children re-enter the game quickly by becoming an additional tagger OR
- b. Eliminated children perform a physical activity task (e.g., 20 jumping jacks) and then come back in the game
- c. Staff are involved in the game

3. CAPTURE THE FLAG

- a. Tagged children perform a physical activity to get back into the game
- b. Increase the number of flags per team
- c. Remove guards
- d. Staff are involved in the game

4. DODGEBALL

- a. Children who are tagged switch to the other team who tagged them
- b. Split one large game into two smaller games
- c. Staff are involved in the game

5. DUCK DUCK GOOSE

- a. All children walk around in a circle opposite of the tagger
- b. When a child is tagged, they perform a physical activity
- c. Staff are involved in the game

6. FLAG FOOTBALL

- a. Play two hand touch or use bandanas as flags
- b. Staff member plays quarterback
- c. Apply a 5 second restart rule
- d. Split one large game into multiple smaller games

7. RELAY RACES

- a. Modify rules to remove lines
- b. Decrease team size
- c. Increase number of teams
- d. Staff are involved in the game

8. CROSS THE OCEAN

- a. All children cross the ocean as a group
- b. Children who are tagged become additional taggers
- c. Staff are involved in the game

9. SIMON SAYS

- a. Remove elimination by modifying the rules
- b. Incorporate active movements
- c. Simon performs actions as well
- d. Staff are involved in the game

11. KICKBALL

- a. Kicking team runs the bases together
- b. Fielding team performs a task as a group then yells "STOP" when done to indicate the kicking team stops running
- c. Switch sides after 3 kickers
- d. Staff are involved in the game

12. SOCCER

- a. Split one large game into two smaller games
- b. Increase the amount of equipment used
- c. Remove the goalies
- d. Play different variations
- e. Staff are involved in the game