



WEEKLY GAME CHALLENGE

Learn and play a new game each day!

Week of May 11, 2020

Each game requires minimal equipment and only a small number of people to play. Modifications for social distancing, age-appropriateness, and at-home accommodations are included. Videos will also be provided when possible. Click the title of the game in the list below to take you straight to the instructions!

MONDAY	<u>Push-Catch</u> Simple game working on hand-eye coordination and listening!
TUESDAY	<u>Booty Ball</u> A fun indoor variation on volleyball adaptable for various spaces and equipment.
WEDNESDAY	<u>Tic Tac Toe Race/Relay</u> The classic game with an active twist!
THURSDAY	<u>Two Square</u> It's like four square, but for two people!
FRIDAY	<u>Knock Down</u> A fun game working on throwing accuracy and strategy.



WEEKLY GAME CHALLENGE

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Monday: Push-Catch

of people to play: 2+

Best for ages: PreK-5th grade

Equipment needed: 1 soft or bouncy ball **Setup/Teaching Time:** 5-10 minutes

Before You Start

- Model for players how to pass a ball gently to others. Have players practice.
- Model and practice how to hit the ball back to the middle player, by bouncing it (if possible).
- Remind players that they will be performing the **OPPOSITE** action of what is said (if applicable).

Set Up

- Have players form a large circle, so that all players have elbow-length space between each other
- Select 1 player to stand in the middle of the circle and hand them the ball

How to Play

- The player in the middle starts by gently tossing the ball to each person in the circle, saying either “Push” or “Catch”
 - **(For Prek-1st grades):** Have the student who is tossed the ball, return it based on the command given by the player in the middle (Ex: If told to “push”, then the player on the edge of the circle will push it back to the player.)
 - **(For 2nd-5th grades):** Have the student who is passed the ball, return it doing the OPPOSITE of the command given by the player in the middle (Ex: If told to “push”, the player on the edge of the circle will catch the ball and then return it to the middle player.)
- If players complete the correct action, they stay in the game. If players do the wrong action, they sit in their place until the beginning of the next round.
- A new round begins when there is only 1 person left standing on the edge of the circle. This person becomes the middle player for the new round.



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At-Home Accommodations

- Instead of a ball, use a rolled up sock or crinkled up paper/newspaper.
- If you only have two players, have one player be the “tossler” and see how many times in a row the other player can be successful. Then switch roles!

Modifications for Social Distancing

- Play with a soccer ball and have the middle player kick the ball to each player on the circle’s edge and have players either “Block” or “Kick” the ball.
- Players stand 2 arms-lengths apart from each other on the circle’s edge.

Challenge ideas

- Players on the edge of the circle can play while standing with their backs to the middle player so they have to “catch” or “push” with their arms extended behind them.
- Players on the edge of the circle can lie on their backs and use their feet to “kick” or “catch” the ball back to the middle player.

Game Variations

- The middle player (thrower) does not have to pass the ball in order, but can toss to players at random and also try to fake them out.
- Instead of players getting out when they do the wrong action, they can perform a set task before returning to the game (Ex: 5 Jumping Jacks, 10 Wall Push-ups, etc.)
- Instead of players getting out when they do the wrong action, they can switch places with the middle player.
- Players can kneel instead of stand.



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Tuesday: Booty Ball

of people to play: 2+

Best for ages: 5+

Equipment needed: Small Ball

Setup/Teaching Time: 2 minutes

Before You Start

- Set up a rectangular area divided into two areas, each large enough for half of the group to comfortably sit with space for each player.
- Set up chairs facing outward to the enclosed playing area and act as the “net”.

Set Up

- Designate your playing area with chairs serving as the “net”
- One team sits on each side of the “net”

How to Play

- Divide the group into two teams.
- Everyone sit on their team’s side, spaced out evenly on the floor
- Drop the ball into play in one of the team areas.
- Players attempt to hit the ball to the other team, over the chairs which are dividing the court.
- Players may hit the ball with arms, legs, or any body part, but may not lift their bottom off of the ground.
- There are only three hits allowed per side so help the students count aloud.
- Players try to keep the ball volleying back and forth as long as possible.

At-Home Accommodations

- Play the game with balled up socks!
- Can use a coffee table or couch instead of chairs!

Modifications for Social Distancing

- Stand farther apart
- Make sure you wash the equipment before and after use and wash your hands



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Challenge ideas

- Add the serving component like in volleyball and award points following regulation rules.



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Wednesday: Tic Tac Toe Race/Relay

of people to play: 2+

Best for ages: +6

Equipment needed: two sets of three objects of the same color or type that can be used as play pieces (ex. 3 red cones and 3 blue cones)

Setup/Teaching Time: 2 minutes

Before You Start

- Mark a large (3ft x 3ft) tic tac toe board on the ground using chalk, cones, tape, sticks, etc.
- Mark two starting lines next to each other that are a few yards away from the tic tac toe board.

Set Up

- Divide all players into two teams, and have each team line up behind one of the starting lines. If you only have two people, that's OK! You'll just be playing against the other person.
- Place one set of play pieces on the ground in front of each team.

How to Play

- A leader or a chosen player closes their eyes and counts down "3,2,1, GO!"
- The first player in each line picks up one of their team's play pieces and runs out to place it in a square on the board. Then they run back and high five their next teammate in line. (If only one player per team, that player runs back and grabs the next game piece and continues to play!)
- When they've been high-fived, the next player picks up a game piece and runs out to place it on the board, then runs back to high five their next teammate.
- Once all three game pieces have been played players run out and use their turn to move one of their team's pieces to a new square on the board.
- Play continues until one team wins by getting 3-in-a-row on the board.

At-Home Accommodations

- If playing inside, come up with fun ways to move instead of running. For example walk heel-to-toe, bear crawl etc.
- Use existing lines on the ground (like a tiled floor) for your tic tac toe board.
- Use any small household objects for game pieces (ex. 3 black socks and 3 white socks)



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Modifications for Social Distancing

- Instead of high fiving the next person in line, wait for them to cross the starting line, or have them clap their hands when they are done before the next person takes their turn.
- Start the game with each team standing in a semi circle on opposite sides of the board so that players can stand 6 feet apart

Challenge ideas

- Move the starting lines further away from or closer to the board change the pace and challenge level of the game.
- Set up 2 boards and starting lines, after taking a turn on the one board get in line for the same team on the other board and see if you can keep 2 games going at once!

Game Variations

- Play “soccer style” by dribbling a ball with your feet out to the board. Stop the ball with your foot at the board, make your move, and then dribble the ball back and pass it to your teammate.
- Play “basketball style” by dribbling a basketball with your hands out to the board. Make your move, then dribble the ball back and pass it to your teammate.



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Thursday: Two Square

of people to play: Any Size

Best for ages: 6-10

Equipment needed: Ball

Setup/Teaching Time: 10 min

Before You Start

- Set up a rectangle and split into two boxes

Set Up

- Set up a rectangle and split in half to create two boxes (1 and 2)
- Use half of a 4 square court

How to Play

- Player in square 1 serves the ball to player in square 2
- Ball must bounce 1 time before it is returned
- Players get out if:
 - Ball is hit outside the square
 - Ball bounces twice before it is returned
 - Ball does not bounce at all before it is returned
 - Ball hits a line
 - Ball is carried or held
- If there are only two players, the server is the player who stopped the play
- If more there is a line, player who caused the play goes to end of line and new player enters

At-Home Accommodations

- Use balled up socks and play hot potato style
- Use a table and small bouncy ball and play handball style!

Modifications for Social Distancing

- Wipe down equipment and area before playing

Challenge ideas

- Work on math by counting by 2's or 3's ect. When you hit the ball
- Use non dominant hand only to hit the ball



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- Stand on one leg at all times

Game Variations

- Have two people in each square to work as a team to hit the ball!
- Let players add new rules like double hits or blackjack to keep the game interesting!
- Instead of playing to win, play to see how many times you can pass between the two of you! Challenge your friends in other places to see if they can beat your score!



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Friday: Knock Down

of people to play: 2+

Best for ages: 4+

Equipment needed: Four to ten cones and a variety of dodgeballs (see at-home modifications for alternative equipment!)

Setup/Teaching Time: 5 minutes

Before You Start

- Split players into even teams; make sure each team knows which is their side
- Review boundary lines and remind them that there is no crossing of the center line.

Set Up

- Create a large rectangular playing space with a center line using a painted line, chalk or half cones.
- About five feet behind two opposite outside boundary lines, place a row of cones evenly spaced apart.

How to Play

- The object of the game is to knock down all the opponents' cones before they do the same to your cones.
- Players may not cross the center line while throwing or to retrieve a ball.
- Each team is allowed to have one person in front of each cone to protect it. They must, however, stay five feet away from the cone.
- If someone accidentally knocks over their own cone, it remains down.
- Once all cones are knocked down on one side, the game is over.

At-Home Accommodations

- Ball up a sock to use as a soft throwable object
- Use empty water bottles, shampoo/body wash bottles, paper towel rolls, etc. (whatever you have that will stand freely and can be knocked over) as a substitute for cones
- Use tape or other objects to mark center line
- Play sitting down or on knees if indoors and space is limited



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Modifications for Social Distancing

- Each player may only throw his/her own balls/socks and must cross the center line to retrieve after throwing. Players may not throw retrieved ball/sock until they have returned to their side of the center line.

Challenge ideas

- Throw with non-dominant hand only
- Players must hop on one foot

Game Variations

- Can be played in teams, one-on-one, or tournament style one-on-one where the winner of each round remains in the game for the next challenger while others cheer both players on