

## PHYSICAL/ATHLETIC GAMES

### American Eagle 1-2-3

Line everyone up on one side of the room, and have about 2 or 3 kids and leaders in the middle of the room. The object is for everyone to run from one side of the room to the other without being caught by those in the middle. The people in the middle have to lift whoever they can off the ground and say "American eagle 1-2-3!" before they SLOWLY LOWER them back to the ground. When the person is picked up they join the middle and it keeps going until there is 1 person left running.

\*Be careful as some kids can get hurt if you don't keep the middle under control (i.e. don't drop the kids on the ground). Also, make sure participants lift each other from the waist instead of underarms to avoid inappropriate contact.

### Blindfold Marco Polo Dodgeball

Blindfold half of your staff and give them each a dodgeball. Have them stand in the middle of the play area. Assign a second staff member to each blindfolded staff to be a ball fetcher. The blindfolded staff call out "Marco" in which every kid has to respond "Polo!" The blindfolded staff try to throw the ball at the kids. If they hit one the assistant staff removes them to a designated area and then fetches the ball. Last kid remaining is the winner.

Rules:

If a student doesn't respond "Polo" he or she is automatically out.

If a student is hit or touches a ball *at all* he or she is out.

### Blob Tag

Outdoor or Indoor. This game is a normal game of tag with an added twist. When "it" tags someone, the person becomes part of "it." Then the two of them must run hand in hand and catch their next victim who will join them. Last one caught by the "Blob" is the winner!

### British Bulldog

Great game to release a lot of energy in the group. Divide into two teams and have them each get to one side of the room, divided by a line down the middle. The object of this game is for teams to try to convert members of the opposite team to their own team. How? Easy. A team member runs to the opposite team's side and tries to lift an opposite team member into the air. While lifting the opposite team member you must yell "British Bulldog!" If done successfully you both have "free walk" back to the lifter's original side, who just gained a new team member.

While on the opposite teams side, you of course can be lifted as well and converted to that

team(if not on a free walk back). Winning team is the one that gets everyone.

Note: Be careful that participants don't drop each other on the ground after lifting. Also, have participants lift each other from the waist instead of underarms to avoid inappropriate contact.

### **Can-Can**

Usually played outdoors or in a big room, but could be played in a smaller facility with smaller groups.

Imagine everyone in a circle holding hands, pulling and tugging, but not letting go . . . trying to get someone else to bump into the can-can.

Here's how it's done: You don't want your circle to start bigger than about 25 people, so if you have a large group, have several circles going at once. All you need is a trash can. The taller the can, the better. Also, plastic ones are better than metal ones, and it's always better to find a trash can that hasn't had anything put in it (a clean one).

The participants get into a circle around the trash can and hold hands. If a player touches the trash can in any way, they are out. Also, if players break their grip on one another, they are both out. Play pauses after an elimination, giving a much-needed time for players to re-firm their hand-holds.

### **Catch the Dragon's Tail**

Big room & Outdoor game; good for picnics or big gatherings. No winner or loser.

Number of players: 10-30 kids

Playing Site: Large open area

Items needed: A large scarf or handkerchief

Time: 15-45 minutes

Object of the game: The first person in the line tries to catch the last person in line.

All the players line up and put their hands on the waist of the person in front of them. The last person in line tucks one end of the scarf in his back pocket, belt, or waistband. The first person in line tries to grab the scarf.

When the "head" gets the "tail", he dons the scarf and becomes the new tail. The person second in line becomes the head.

### **Chariot Race**

If you have a large group (say, 200 people), just select a few groups of 4 kids to do this chariot race in front of everyone else. If you have a small group, you might want to let everyone do it. For example, if you only have 15 kids, use 3 teams of 5.

Each group gets a large blanket. Each team lines up at the starting line. Two of the youth on each team are holding onto front corners of the blanket. One youth is sitting on the other end of the blanket, soon to be hanging on for dear life. At the signal, the teams race around a designated course (a large oval works well), the 2 youth in front acting as horses and the blanket acting as a chariot.

The race consists of three laps. At the end of each lap, the youth rotate, so one of the people riding now pulls, and one of the pullers now rides. 3 laps allows each person to ride once and pull twice. If a rider is thrown from his chariot, the team must stop until the rider is firmly reseated. Can be played inside on carpet and outside on the grass.

### **Criss, Cross, Crash**

Divide your crowd into two teams, each team in two groups for a relay. Line the teams up in four corners of the playing field, each team diagonal with it's partner team.

Give each group a belly bumper (depending on size). The first team member of each group (4 in total) must step into the belly bumper, pick them up and run diagonal to their partner team. Of course their partner team and two opposing teams are running through the same intersection so look out! First team to switch all players across the diagonal one at a time is the winner.

### **Dodge the Rolling Balls**

This game requires a bunch of dodge balls, but it's really fun.

First, split your large group into small groups (if you have around 50, split them into 5 groups of 10).

Next make one big circle or square with all the people, and send one of the groups in the middle. The surrounding groups sit down while the group in the middle stands up.

Now the surrounding groups will roll all the dodgeballs towards the group in the middle, which will try to dodge all the balls coming at them in every direction. Once they get hit they are out. The last person standing is the winner.

After you have Group 1 go, have Group 2 take a turn, and so on. At the very end have all the winners come up to determine the super, ultra, mega winner.

### **Elbow Tag**

Everyone pairs up in a circle. Pick 2 people to start the game - one of them will be "it". "It" chases the other person around the room. They can go inside or outside of the circle but it's a good idea to try to keep them close to the circle.

The person being chased tries to hook arms with one of the people who is paired up. If they hook arms before they're tagged, then the person holding the opposite arm of the person who was being chased now becomes the one to be chased.

If the person who is it tags the person they are chasing, that person becomes it and tries to tag them back (think duck, duck goose).

This game has no winner but it's a blast and can be played on any time limit you want. Also, if you have someone who is having a hard time catching people, discreetly have a leader get tagged on purpose.

### **Elimination**

This is either played outdoors in a field or in a gym.

One person is designated as "it" and is given a dodgeball. "It" then chases the rest of the group throwing the ball at them. If someone is hit they must sit down where they are hit. Once the ball is thrown, anyone may grab it and become "it." If the ball is caught, the thrower must sit down and the person who caught the ball is now "it." I normally state that to sit down the ball must hit you in the air and headshots do not count.

The twist is that someone who is sitting down can stand up and be back in the game if the person who hit them has to sit down. Therefore, the game does not end until 1 person ends up hitting every person (or until you call an end to the game due to time).

### **Grab and Swat**

This is our youth group's aggressive version of duck duck goose.

Parts needed:

1 foam noodle cut in half (you'll use both halves).

1 5 gallon pickle bucket or trash can.

How to play: Have everyone stand in a circle but have them face towards the outside of the

circle. Choose two youth to stand inside the circle, where the bucket is located. Give them each a noodle. The object of the game is for the student to swat someone and run back to the trash can, put the noodle in the trash can, and get back to where the person they swatted was standing, before they can grab the noodle out of the trash can and swat them back. If they are able to hit the student back, before they make it back to the spot, then the one who got swatted back is now in the mush pot, which is actually outside the circle, until someone who swats a player gets swatted back. If the student is able to swat the person, get the noodle back in the bucket, and make it back to that person's place without getting swatted back, then the other person is now "it" with the noodle.

This game is great because it really wears out the students, and the noodles don't hurt the students.

### **Pull Across**

Outdoor or Indoor. Same objective as *British Bulldog*, but you can't cross the center line and you convert people to your side by reaching over the line and pulling them to your side.

Variation: Have someone sit down if they are pulled across.

### **Rip-off! (or Duct Tape Tag, aka Scalp)**

Divide into two teams. One team places a 1.5 foot long strip of duct tape horizontally on each of their backs. The other team places a 1.5 foot long strip of duct tape vertically on their back. (You can use different colored tape if you want and name the teams by the colors. i.e. Yellow vs. Black)

Have teams separate in a large playing area, preferably at night. The object is to "rip off" the tape from their backs. Once their tape is removed they are out of the game.

### **Ultimate Frisbee (Frisbee Football)**

Divide into two teams, each trying to get to the opposite end zone. One team kicks off (throws actually) and the other team receives.

When a player catches the Frisbee they can take only 3 steps then they must throw it. Team work their way down the field, passing to each other until a team scores. If the team hits the ground it's the other team's ball (Frisbee actually). If a defensive player knocks the Frisbee to the ground, possession switches as well. Defensive players must give any person already holding a Frisbee at least 3 feet clearance.

### **Push Over**

Have two people come up and face each other about 2-3 feet apart. Their feet should be even

(side by side, not in front of one another) and their hands are raised, touching each others palms (like they are playing "Patty-cake"). The object is to make the other person fall, forward or backward by pushing or releasing pressure to your hands.

Rules:

1. Can't move your feet
2. Can't move your hands other than forward or back
3. Can't grab or close your hands

### **Four Corners**

This game can be played in any size room. Choose an assistant, preferably a leader, to come up front. The assistant will turn his or her back from the group or put on a blind fold. Then explain that the entire group must choose to stand in one of the four corners of the room which are numbered from 1 to 4. The assistant will then yell out a number from 1 to 4 and everyone in that corner must have a seat. Once those people have a seat people in the remaining 3 corners are given time to switch corners to any of the 4 corners. Then another number is yelled out and those students sit down.

Keep calling out corners and having them switch around until there is only one or a few people who are the winners. It gets the whole group moving and having fun and takes no preparation to play.

### **Clothespin Mixer**

Pass out about 4-5 clothespins per kid in the room and instruct them to pin them on their own sleeves. Explain that when the music begins, the object of the game is to get all clothes pins off themselves and on to someone else. Turn off lights and turn on strobes and music. (You may want to put girls on one side of room and guys on another; guys can get a little frisky sticking clothespins on girls).

Explain that when the lights come on, one or two people should have about 100 pins on them - pull them up and parade the winner.

At the end you won't want them playing with the pins all night during the talk, so dress a tough kid or leader up front in protective gear (motorcycle helmet with face shield, chest protector or thick jacket, turtleneck, scarf, gloves, shin guards, thick pants, etc.); and put a bulls-eye on their chest. Tell everybody to grab all their clothes pins and bring in your human target and play music as they throw or pin their clothes pins at him. Kids can't believe they are doing this, and when you stop the music, all your pins are gathered up at the front.

### **Ankle Balloon Pop**

Give everyone a balloon and a piece of string or yarn. Have them blow up the balloon and tie it to their ankle. Then announce that they are to try to stomp out other people's balloons while keeping their own safe. Last person with a blown up balloon wins.

Note: Be sure to have some guideline regarding the length of the string that the balloon is attached to. You don't want the balloon so tight against someone's ankle that it doesn't touch ground, and you don't want anyone to have a four-foot string either.