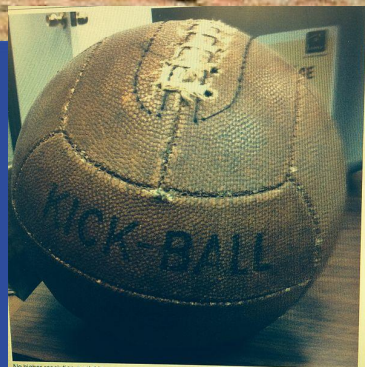
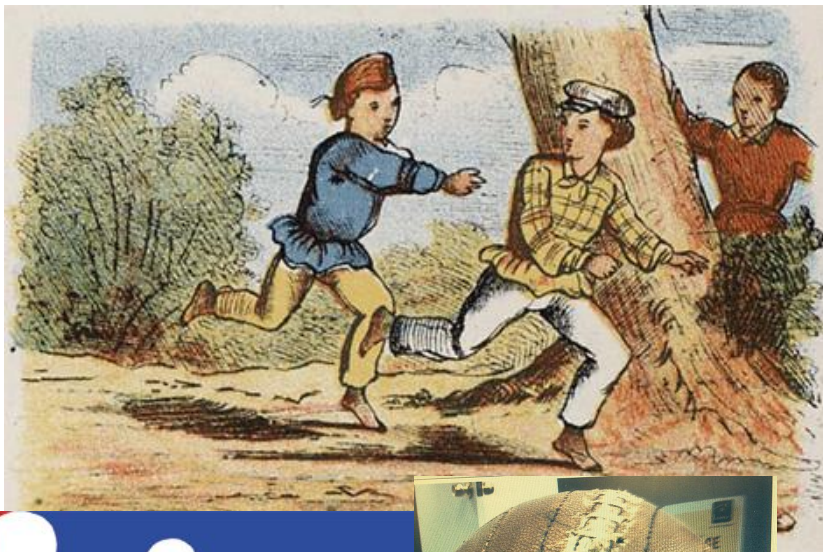




Sports & Recreation

Playground Games

Dodgeball, Tag, Capture the Flag, and Kickball



Reason For Class

Reason:

This class serves as a physical education class and is designed to allow for facilitators and kids to try out different games and rule variants

Grant Outcome:

Academic Success:

Students will in work in teams to strategize and execute plans, And will think critically about game variations and new rule systems

Improved Non-Cognitive Skills:

Participation in physical education results in skill development and improved judgment skills as well as increased self-confidence and self-esteem

Supplies

- Foam Dodgeballs
- Rubber Kickballs
- Cones or Markers for boundaries and bases
- Goals
- Jerseys
- Flags
- Frisbees
- Frisbee golf Disc

Pro-Tips

- Teach this class based on resources and student interest

Class Structure

Week #1:

- Tag
 - Everyman For Himself

Week #2:

- Tag
 - Team Variants

Week #3:

- Dodgeball
 - Everyman For Himself

Week #4:

- Dodgeball
 - Team Variants
- Capture the Flag

Week #5:

- Frisbee
 - Freestyle
- Ultimate Frisbee

Week #6:

- Greatest Hits
- Field Trip

Field Trip Ideas

- Trampoline Park
(dodgeball)
- Laser Tag
- Disc Golf Course

Tag

Tag is a playground game that involves one or more players chasing other players in an attempt to "tag" or touch them, usually with their hands. There are many variations; most forms have no teams, scores, or equipment. Usually when a person is tagged, the tagger says, "Tag, you're it".



Tag EMFHS Variations

British bulldogs The game "British bulldogs" (sometimes also called Bullrush, Cat and Mouse, Cats and Mice, Sharks and Minnows, or Spiders and Flies) is mainly played in the United Kingdom, Australia, New Zealand, Canada, and other Commonwealth countries. It is banned from many schools. One or two players start as the "bulldogs", who stand in the middle of the play area, while the other players stand at one end of the area. The aim is to run from one end of the area to the other without being caught by the bulldogs. When a player is caught, they become a bulldog themselves. The winner is the last player "free".

Chain tag This is a variant of Build Ups in which each person to be caught joins hands with "it," and the chain thus formed must chase the others as a pair. As more people are caught they too join hands with the "it" players, forming a lengthening chain. This variation is also called Blob. Only those at the ends of the chain are able to catch someone, as they are the only ones with a free hand. A variant has chains of four splitting in two.

Freeze tag Also known as Stuck in the Mud, Scarecrow, Sticky-Glue, Zombie Tag, Ice-and-Water (in Asia) or Ice-and-Fire (in Malaysia), players who are tagged are "stuck in the mud" or "frozen" and must stand in place with their arms stretched out until they are unfrozen. An unstuck player can perform an action to unfreeze them, such as tagging them, crawling between their legs,^[22] or "flushing" them by hitting their outstretched hand. the last person standing, for most games, is usually the next person who will be it. ("Toilet tag").

Tag EMFHS Variations Cont.

Octopus tag Octopus tag is a mix between Red Rover and tag.^[26] "It," or "octopus," attempts to tag the other players. The playing field is known as the ocean. The players, or "fish," line up along one side of the ocean. When the Octopus calls out, "Come fishies come!", they try to run to the other side without getting tagged. In a variation, once the fish run to the other side without getting tagged, the game pauses until the octopus starts it again. Upon getting tagged the fish become "seaweed" and must freeze or sit where they were tagged, but they can wave their arms around and assist the Octopus in tagging other fish within their reach. The last fish to be tagged becomes the next Octopus. This game can also be played in the water and then it is called Sharks and Minnows.

Shipwrecked Also known as budge, one player is it and tries to tag the other players. There are safe zones, such as circles, but their number is one fewer than the number of the other players. A player is not allowed to enter an occupied safe zone. If a player is tagged, that player becomes "it".

Tag Team Variations

Cops and Robbers Cops and Robbers, sometimes called "Jail", "Jail tag", "Team tag", "Chase", "Police and Thief", "Prisoner's Base", "Jailbreak", "Release" (in South Philly), "Releaseo" or "Manhunt", has players split into two teams: Cops and Robbers. A. M. Burrage calls this version of the game "Smee" in his 1931 ghost story of the same name. The cops, who are in pursuit of robbers (the team being chased), arrest the robbers by tagging and putting them in jail. Robbers can stage a jailbreak by tagging one of the prisoners without getting tagged themselves. The game ends if all the robbers are in jail. In a variant, the robbers have five minutes to hide before being hunted, and only one jailbreak may be allowed per robber.

Zombie tag Humans vs. Zombies is a survival game of tag, where "human" players fight off increasingly large numbers of "zombies"; if a human is "turned" (i.e. tagged), then that player becomes a zombie in turn. At the game's beginning, there are only one or two zombies; the zombies multiply by tagging humans, turning them into zombies after a period of one hour. Humans can defend themselves from zombies by using socks, marshmallows, Nerf Blasters or any other toys deemed safe and appropriate; if a zombie is hit by one of these methods of defense, they are stunned (not allowed to interact with the game in any way) for 15 seconds. The goal of the zombies is to turn all the humans; the humans, meanwhile, must outlast all the zombies.

Manhunt Manhunt is a mixture of hide and seek and tag, often played during the night. One person is it, while the other players have to hide. Then, the person who is it tries to find and tag them. The game is over when all players are out. Manhunt is sometimes played with teams. In one variant there is a home base in which a player is safe. That version ends when all players who are not safe are out.

Team Tag Variations Cont.

Prisoner's Base In Prisoner's Base, each team starts in a chain, holding hands, with one end of the chain touching the base. The end two players on each team break from the chain and try to tag each other, taking them to their base if they do. The end pair progressively break from the chain and join the tagging. As with Cops and Robbers, prisoners can be freed by tagging them in the base. The game is thought to date back to the Renaissance period, and may be inspired by the act of bride kidnapping. A game of Prisoner's Base was played by members of Lewis & Clark's Corps of Discovery against a group of Nez Perce.

What's the time, Mr Wolf? One player is chosen to be Mr Wolf and stands facing away from the other players at the opposite end of the playing field. All players except Mr Wolf chant in unison "What's the time, Mr Wolf?", and Mr Wolf will answer in one of two ways: Mr Wolf may call a time - usually an hour ending in "o'clock". The other players take that many steps towards Mr Wolf. They then ask the question again. Alternatively Mr Wolf may call "Dinner time!", and turn and chase the other players back to their starting point. If Mr Wolf tags a player, that player becomes Mr Wolf for the next round.

Ringolevio In Ringolevio, there are two teams. In one version, one team goes off and hides. The other team counts to a number such as 30 and then goes looking for them. In another version, each team has its own "jail", a park bench or other defensible area. The game goes on until all of one team is in jail. In many ways, Ringolevio is similar to Prisoner's Base.

Dodgeball

The rules of dodgeball vary by geography and tradition. These traditions are typically borne of familial legacies and gym teacher monarchies influencing popular regulations. Objectives typically include some variations of hurling a spherical ball towards opponents or teams of opponents in efforts to remove them from the game. Adult or child players attempt to avoid or dodge the balls, thus giving the sport its name. The game is won by eliminating all members of the opposing team. If a ball is caught in the air, even after striking a player, the player who threw the ball is out. Some rules allow players to block incoming balls with a ball they are currently holding, a temporary strategic advantage circumstantially mitigated by the reduction in opportunities to eliminate opposing players. Balls are generally made of foam or rubber.



General Rules

- No Head Shots
- Check Your anger at the door
- Have fun



Every Man For Himself Variations

EMFHS

Every man for himself (also known as **elimination** or **scatterball**) is a simple variation in which a circular enclosure (or at least one with some type of boundaries) is used. One or two balls are usually used in this free-for-all variation. This variation can consist of anywhere from four to tens of players. At the beginning of the game, one or two players, depending on the number of balls in use, respectively, are to kick or throw the ball into the air. Players will then pick up the balls; however, they are only permitted to walk one to five steps from the spot they picked up the ball. Players without the ball are permitted to run as they please. If a player is hit (excluding in the head), they will immediately be sent out of the game until the game's end. Once the players of the game are reduced to a low number, the organizer of the game/referee may permit the players to run with the ball. The game does not end until there is one person left standing.

A simpler version is called **mash** (German name: **Zombieball**). The gameplay remains entirely the same with the only exception being that a player is allowed to return to the game from his or her state of penalty if the person who removed him or her from play is removed his or herself. The game ends when one last person is standing. The amount of steps a player may take with the ball varies by instructor. A game is usually played with more than ten players and may last anywhere between ten minutes and an hour, depending on the skill levels of the players.

EMFHS Variations cont.

Continuous dodgeball (also known as **bus stop**) is a version is best played in a wide open field, generally a soccer field or half a soccer field will do. You can have as many players or as many balls as your want. The more the merrier. Players run around in the open space trying to get other players out. If player X is hit by player Y then player X goes and sits on the sidelines. The only way that player X can return to the game is if some other player knocks out player Y. This version gets interesting because teams or alliances can form (although this is not a requirement).

No Friends is a variation where every man is for himself and there is only one ball. The holder of the ball can only take 2 steps before throwing it or bouncing it off the wall for another 2 steps. Commonly alliances are made between players where they act as a team and pass the ball to each other by bouncing it on the floor. A player can betray his/her ally or allies at any time.

Pokémon Dodgeball recently conceived and inspired by Pokémon GO! The game starts as every person for themselves. When a player is hit they become the Pokémon of the thrower who is then referred to as a Trainer. The Pokémon(s) of the Trainer assume tactical positions as dictated by the Trainer. They operate as one team. If a Trainer's Pokémon is struck it "faints" and must wait 30 seconds to rejoin the field. It rejoins as a free agent, with the ability to become a Trainer or join another Trainer's team. If the Trainer is hit then all their Pokémon go to the Trainer who has struck them. The Trainer who was struck is dead. Out of the game. Whomever catches all the Pokémon wins the game.

EMFHS Variations cont.

Killerball ([Swedish](#): *Killerboll*) is a non-team variant, played especially in [Sweden](#) among children, such as in [physical education](#) classes. In the game, one must throw a soft, rubber ball at other players to "kill" them with a legal hit, sending them out of the game (often only temporarily). The game is won by being the only remaining player that has not been "killed", or by "killing" the most other players before time runs out, if the game is timed.

All players are spread out in a gymnasium or other playing area. A ball is thrown into the air, and is taken up for throwing, after hitting the floor or a wall, by whoever gets to it first. It is then thrown at another player, and may be caught or picked up by any other player for successive throwing. A thrower must remain stationary after obtaining the ball, until the ball is thrown. A variation is to use more than one ball.^[4]

A player is "killed" by being struck by a ball, without catching it. Usually, a throw is "killing" only if a ball hits a player without hitting the floor or a wall first, but this rule is sometimes dropped. Head shots are discouraged for safety reasons, and thus a hit on the head is not considered "killing". One may also catch a thrown ball with one's hands, and then one "kills" the thrower. In some rule variants, the hands are also considered shields, such that a hit on one or both hands, without a catch, does not "kill" the player who was hit. A doubles variant using this rule, instead of catching, is to pair players up such that they must hold hands, each using their free hand to block throws, and to pick up and throw; the team of two is considered "killed" if either of them is "killed", or if they drop their mutual hand-hold.^[4]

"Killed" players are benched, waiting outside of the playing area (e.g., on an actual bench or a mat) until their "killer" has been "killed" in turn, at which point all players previously "killed" by that newly benched player may re-enter the game. There are several variations that require score-keeping of "kills": Each "killed" player is permitted back into the game after some amount of time has passed. Or all "killed" players can be periodically re-admitted at once, to keep the game going. Or positions on the bench may be limited, with the player benched the longest returning to the game when a newly "killed" player is benched; there might be four bench spots, or even just one. Yet another variation is that a "killed" player sits down in the game area exactly where they were hit, and remains seated, acting as an obstacle, until they can get hold of a ball passing nearby, which frees them to stand and resume play.^[4]

The game continues until only one player remains, having "killed" all others, and thus requiring no score-keeping. Or, for many of these variations, the game may be time-limited, and then the winner is the one who has "killed" the most players when the time is up; this requires score-keeping.^[4]

Dodgeball Team Variations

Bombardment is a game played with two teams and five balls on an inside gym (usually a basketball or netball court) divided into three roughly equal zones. Each team can roam freely in their own zone, or in the central no-man's land that divides their zones. If you are hit with a ball on the full, you are out, if you catch a ball on the full, the teammate who has been out longest returns to the game (in some versions of bombardment, you can bring back more players). Deflecting a ball with a ball that a player is holding is allowed.

Bombardment is played with two teams each with three pins and five dodgeballs. The objective is to knock over all the opposing team's pins or eliminate all the players on the other team. Players can get out by getting hit, however it must be below the neck. Also if a ball is thrown and a player catches it on the full, the player who threw it is out and the teammate who has been out longest returns to the game (in some versions of bombardment, you can choose who to bring back). There are several variations such as if the game is played in a gym. If a player hits the basketball hoop's backboard then that team frees all eliminated players. The game is also sometimes played with three pins per team and variations of this game are also known as **Pin Guard** or **Battle Ball**. Another variation changes the purpose of the pins, in this variation it restores all the members of the opposing team.

Four quadrants is a type of dodgeball game that is played on a court divided into four equal zones (quadrants). It is played in an indoor gymnasium with four equally sized teams. The object of the game is to eliminate everybody in another quadrant so that the team can take over the quadrant. It follows the same rules as normal dodgeball. When people get out, they go against a wall sitting down. When there is only one or two quadrants left and two or three quadrants are taken by another team, they can shoot for baskets so their entire team can be back in the game. There has to be equal teams.

Dodgeball Team Variations Cont.

Doctor dodgeball **Doctor dodgeball** (a.k.a. **dr. dodgeball**, **doctor dodge**, **doctor-doctor**, **hospital**, or **medic**) involves a leader in each team who tries to avoid getting hit. When players are hit, they fall on the ground and wait for their team's doctor to come and save them. When the doctor saves the fallen players, they can get up and play again. The game ends when one team is entirely eliminated, which would happen a lot quicker if a team loses their "doctor". Another variation of the game ends as soon as the doctor is hit. Therefore, it is key for a team to pay attention in order to figure out who the enemy doctor is. Some teams employ a "fake doctor" strategy to throw the opposing team off-guard as to who the doctor actually is, but in some games the doctor is known to both teams beforehand.

One variant's rules are altered so that when the doctor is killed, a new player becomes the doctor. A similar variation is **king's court**, which also involves a leader. If the leader is hit, the game is over. Sometimes used in conjunction with pins.^{[1][3]} Another variant uses a "hospital" in which "injured" players who are on the ground are dragged by players of either side back to the hospital which is at the rear of each team's playing area. A patient brought back to the hospital is revitalized and allowed to continue playing, though if they are brought to the opposing team's hospital they are now playing for the other team.

Dodgeball Team Variations Cont.

Gauntlet (also known as **pony express**) is played with two teams and is usually played on a small to medium-sized arena (like a basketball court) and between one and ten balls are used. There is a fielding team and a running team. The fielding team stands on either side of the arena (on the court sidelines), forming a channel in the middle for the running team to run through while the running team stands on one of the ends. The other end is left blank – the runners are supposed to run there and back. There is a central dividing line. The fielding team is armed with the balls and has to get the runner out but they must be behind the throwing line to eliminate players. A member of the running team has to carry an object (usually a ball the size of a tennis ball) to one end of the arena and back before giving it to another member of the team to run with it. (In some versions, you have to run to one side, get a ball, run back to the other side and drop the ball in a bucket and another teammate gets sent over to get one). Either one or two people get sent at a time to run. If one of the players gets hit, they have to sit down and if they are carrying a ball, they have to hold it up in the air and wait for another teammate to retrieve it. If a runner gets eliminated on the half nearest to their team, the next runner can simply carry the ball back to their end without needing to go the rest of the journey. The eliminated player can defend the runner by blocking or thrown balls but they must remain seated or kneeling on the ground. Throwing team members cannot interfere with the runners in any way. Once a whole team gets eliminated, the teams swap roles. The winning team is the team that makes the most runs.

CEF style is a version that was created at a summer camp in Connecticut. Played on a tennis court with one team on each side of the net. There are two balls put into play. Normal rules generally apply, but when a player from team 1 is knocked out of the game that player goes to the other side of the net. The player stands in the out of bounds area of the court. At that point, team 1 can pass the ball to their own player on team 2's side and use him/her to try to get more players out. The game ends when one team no longer has anyone left in the inbounds section of their own side. This is an excellent version because it allows everyone to still be in the game, even though they are "out."

Capture the Flag

Capture the flag, commonly abbreviated as CTF, is a traditional outdoor game where two teams each have a flag (or other marker) and the objective is to capture the other team's flag, located at the team's "base," and bring it safely back to their own base. Enemy players can be "tagged" by players in their home territory; these players are then, depending on the agreed rules, out of the game, members of the opposite team, sent back to their own territory, frozen in place until freed by a member of their own team, or "in jail."



Capture The Flag

Traditional Rules

In case you forget how to play Capture the Flag, here's review of the traditional rules of the game.

The game can be played in a field, schoolyard, or even a large gym. Each team has its own territory in which they are safe, but in which opponents can be tagged. The two territories are separated by a boundary line and the teams plant their flag within site of the line.

The purpose of the game is to capture the opponent's flag and carry it back to your own territory. Players tagged within their opponent's territory are sent to the opponent's jailhouse - designated by a tree, pylon or other feature. Home players can guard their flag but must stay at least 50 feet away.

Teammates can free players from the opposing jailhouse by touching them. Only one jailed teammate can be rescued at a time and if tagged before getting back to their territory, they go back to jail.

If the player carrying an opponent's flag is tagged before getting back to home territory, the flag's new location is the spot on which the opponent was tagged.

Play continues until a flag is captured, or for predetermined time period (i.e. 30 minutes). If no capture occurs in that time, the team that has jailed the most opponents wins.

Capture the Flag Variations

Add additional flags. This variation keeps one flag as the ultimate flag, but adds several additional flags that are worth various points as well. This way, several different campers have the chance to add points to their team. It also allows camps to end the game based on time allowances, rather than having to wait for one team to capture the other's flag. If the ultimate flag isn't captured by the end of the planned time, whichever side has the most points from other flags is the winning team.

Have ways to get out of jail. Some camps have obstacle courses to go through, others have activities to complete, some have staff members randomly asking campers to do obscure actions before they can leave (singing children's songs, reciting movie quotes, etc.). Any number of different options exist, but the point of this variation is to allow campers the opportunity to get back into the game and have more fun.

Have multiple objects acting as flags. Add a giant ball that is worth points, or is the flag. Maybe a hula hoop, a greased watermelon, a pool noodle, or even a piece of fruit (it'll get squishy and gross as the game goes on). This adds a silly element to the game so that people don't take it as seriously, and you will likely see a lot more laughs, even when people fail.

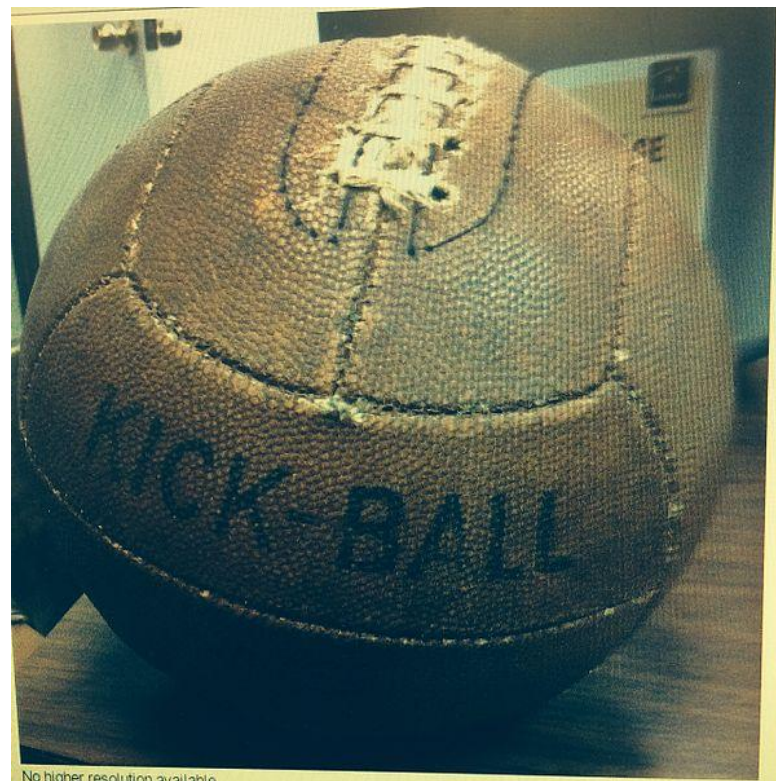
Create additional teams. Instead of sticking with the two-team tradition, have four or more teams battling to win. Maybe you even have cabins or cabin groups as individual teams. In this variation, multiple teams have the opportunity to feel like winners and you lose some of the bitterness that can come with being the losing half. It also adds much more confusion to the game, which can be more exciting for your campers.

KickBall

Kickball is a game and league game, similar to baseball, invented in the United States. As in baseball, one team tries to score by having its players return a ball from home base to the field and then circle the bases; while the other team tries to stop them by tagging them "out" with the ball before they can return to the home base. Instead of hitting a small, hard ball with a bat, players kick an inflated rubber ball; this makes it more accessible to young children. As in baseball, teams alternate half-innings. The team with the most runs after a predefined number of innings wins.

Kickball is a popular playground game and is typically played among young, school-age children. The lack of both specialized equipment and highly skill-based positions (like pitcher) makes the game an accessible introduction to other sports. It is just as popular among adults, who are more commonly known to play similar games like softball and baseball.

"The game seems to afford equal enjoyment to the children and it gives a better understanding of the national game (Baseball), and at the same time affords them an exercise that is not too violent and is full of fun.



Frisbee

A **frisbee** (sometimes called a **flying disc**) is a disc-shaped gliding toy or sporting item that is generally plastic and roughly 20 to 25 centimetres (8 to 10 in) in diameter with a lip, used recreationally and competitively for throwing and catching, for example, in flying disc games. The shape of the disc, an airfoil in cross-section, allows it to fly by generating lift as it moves through the air while spinning.

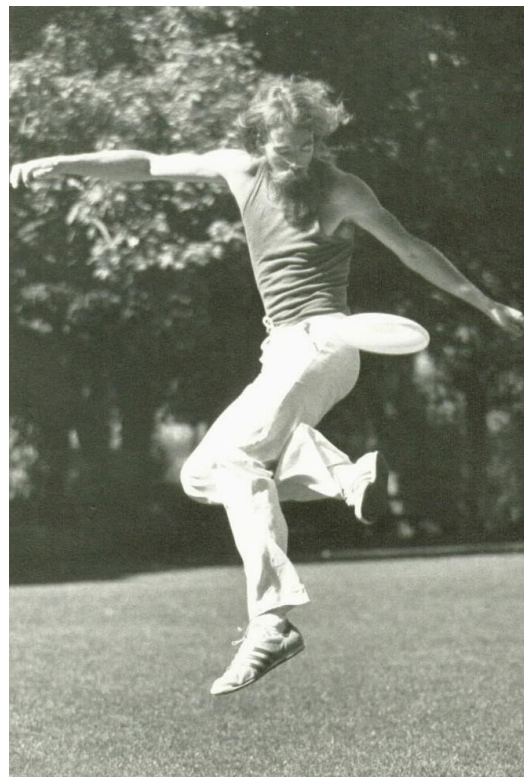
Flying discs are thrown and caught for free-form (freestyle) recreation and as part of many flying disc games. A wide range of flying disc variants are available commercially. Disc golf discs are usually smaller but denser and tailored for particular flight profiles to increase/decrease stability and distance. The longest recorded disc throw is by Simon Lizotte with a distance of 263.2 meter



FreeStyle Frisbee

Disc freestyle, also known as freestyle Frisbee in reference to the trademarked brand name, is a sport and performing art characterized by creative, acrobatic, and athletic maneuvers with a flying disc. Freestyle is performed individually or more commonly in groups, both competitively and recreationally. Freestyle, in the early 1970s, before the invention of the "nail-delay", catching possibilities would depend on the throw you were given, it was always spontaneous and unpredictable. Play of this type of freestyle was performed with two players standing 30-40 yards apart, the throws were fast and varied and the catches were right off the throw, except for the occasional kick or slap-up and rarely a pause between the catch and the throw back. At advanced levels, the throws and catches would become a flow that was created once you mastered the basics. It was fast and fluid and visibly would resemble martial arts and dance.^[12] Most competitive freestyle today centers around the nail-delay with many players using what are called delay-aids (plastic nails and silicone sprays).

Many players of other disc sports will often use a throw and catch (no plastic nails or sprays) version of freestyle, to warm up for their disc games. Ultimate disc players often use freestyle to improve their throwing and catching skills as well as a good way to add focus and flexibility to their game.

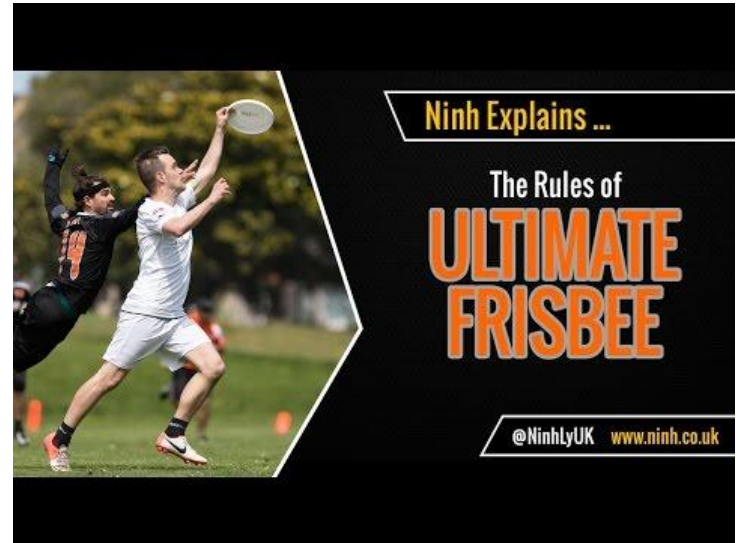


How it's Done



Ultimate Frisbee

Ultimate (also called Ultimate Frisbee) is a competitive non-contact [team sport](#). The object of the game is to score points by passing the disc to a team member in the opposing teams end zone. Players may not run while holding the disc. Catching is done with one hand or both hands on the rim or hands simultaneously on the top and bottom sometimes referred to as a clap-catch. When one-hand catching on the rim, care must always be taken in hand placement and making sure to catch on the correct side of the disc, according to which way the disc is spinning. One side will tend to spin out of your hand, while the other side will spin into your hand, making for a more secure catch. Many players avoid this problem by always catching with both hands when possible. The most popular throws used in a game of ultimate are [backhand](#), [sidearm/forehand](#), [hammer](#) and [scoober](#). Being a deep threat with multiple throwing techniques and the ability to pass the disc before the defense has had a chance to re-set, is always optimal.



Disc Golf and Urban Disc Golf

Disc golf is a game based on the rules of golf (referred to by disc golfers as "ball and stick golf"). It uses discs smaller and denser than an ultimate disc. The discs are thrown towards a target, which serves as the "hole". The official targets are metal baskets with hanging chains to catch the discs

Before there were standardized targets called pole holes, disc golf used to be played in parks and urban settings using natural objects as targets. In some cases courses were created by the players themselves as they played, with each player taking turns determining targets and throwing designations (mandatories and out of bounds)

