



ROCK EAGLE 4-H CENTER

NEW GAMES

(Independent)

TRIP PLANNER DESCRIPTION: This class provides an excellent recreational outlet for energy while at Rock Eagle. New Games allows students to interact with one another while enjoying non-competitive physical activities.

Grade Level: adaptable

Subject Areas: Recreation, Social Skills

Objectives:

- Allow students to experience some non-traditional group activities
- Provide opportunities for physical activity

Journal Questions

1. Did you ever feel that you were in competition with the rest of your classmates?
2. Did you have fun playing these games?
3. What did you learn from playing these games?
4. Can you use what you learned today in school or at home?

Outline:

Class Length: Variable - individual activities typically last from 5 to 30 minutes.

Plan to warm up with low level activities, peak with high energy activities, and wind down with low level activities.

Background:

Methods of teaching New Games vary with the type of game played, available space, equipment used, size of group, and age of group. This handout contains numerous New Games - pick the activities that seem most appropriate for your particular group.

Preparation

1. Know the game thoroughly.
2. Have all equipment ready.
3. Get extra help if working with a large group.

Steps in Teaching New Games

1. Give the name of the game.
2. Explain and demonstrate how the game is to be played.
3. Allow the group to ask questions about the game.



ROCK EAGLE 4-H CENTER

4. Play the game.
5. Give further details, explanations, rules, and coaching points when necessary.

Props Provided by Rock Eagle

1. 1 Foam Ball
2. 1 Foam Noodle
3. 1 Stuffed Animal
4. 4 Cones

Make an attempt to end each activity before students get tired of that activity. Be enthusiastic!

1-2-3-LOOK

Environment: Indoors or outside

Materials: None

Everyone closes their eyes and lowers their heads, the leader calls out 1-2-3-Look! As the leader calls "look," the campers look at one specific person. Make sure you instruct them that they cannot change who they look at, because if you and the other person happen to be looking at each other then you are both out. Continue moving in closer and closer, and eventually you'll be left with one person. It's not a game of skill, it's just fun! (Just remember that if 2 people are looking at each other, they are both out!)

ABC GAME

Environment: Indoors or outside

Materials: None

Group members can sit in any formation (preferably a circle). The first person starts by making up a name for him/her and their husband/wife/partner that begins with the letter "A." Then the person must make up a place for where he/she lives that begins with the letter "A." Lastly, the person makes up something he/she would like to sell, that begins with the letter "A." The second person does the same with the letter "B." The game continues in the same pattern. Game is completed at the end of the alphabet. NOTE: A variation would be to make it a memorization game where the second person would have to repeat what the first person said, and then add their own, and so on...



ROCK EAGLE 4-H CENTER

AMOEBA RACE

Environment: Outside

Materials: None

To form an amoeba, you need a strong cell wall. This is formed by a group of people who link elbows and form a circle facing outward. Next, you need protoplasm. This is formed by several people who stand inside the cell wall. Finally, you need a nucleus. The nucleus rides piggyback on one of the protoplasm's. Now, have the amoeba run down the field without breaking apart. If two amoebas are formed, you can set up a race between the two cells.

BANANA RELAY

Environment: Indoors or outside

Materials: Pool noodle

The chosen object is placed between the knees of the first person, and it must be placed between the next person's knees - without using any hands. If the object drops, it starts with the first person in line. First team to finish successfully wins.

BEAT THE BUNNY

Environment: Indoors or outside

Materials: 1 stuffed animal and 1 ball

The bunny (stuffed animal) is started first and is passed from person to person around the circle. When the bunny is about half way around, the farmer (ball) is started in the same direction. The farmer can change directions to try and catch the bunny, but the bunny can only go one way, until the farmer changes direction.

BIRD HUNTER

Environment: Outside

Materials: A soft ball

One player is the "hunter" and the others are "birds." The hunter throws a ball at the birds, who may run freely about within the boundaries determined by the players before the start of the game. When the birds are hit with the ball, they become dogs and help the hunter by recovering and throwing the ball to him. The hunter is the only one that may hit the birds. The last bird to be hit becomes the hunter for the next game. Hint: To distinguish between dogs and birds, have dogs get down on all fours and crawl; make birds flap wings.



ROCK EAGLE 4-H CENTER

DEAD FISH

Environment: Indoors or outside

Materials: None

The group starts by getting into a comfortable position that can be sustained for a long period of time. Once everybody has established a position, the leader will count down from ten to zero. At zero, the game will begin. Once the game has begun, nobody is allowed to talk or move, with the exception of the eyes and chest for breathing. If the leader and only the leader should notice anyone talk or move, they will verbally remove the person from the game. Anyone removed from playing may persuade others to talk or move, but they may not physically touch those players still in the game. The winner is the last person remaining, and they become the leader of the next game. NOTE: This is a great game for those low key early mornings, but a group activity is still necessary.

FIRE ON THE MOUNTAIN

Environment: Outside or indoors

Materials: None

Have the group lay flat on their backs. When you say "fire on the mountain" the group is to stand up as fast as possible. The last one up has to then sit out until the end, or do ten jumping jacks, push-ups, sit-ups etc... When the group is on their back they are to lie perfectly still. If you say something other than mountain (Mickey mouse, Montana, Mazda etc...) and they flinch or begin get up then the sit out or they do the jumping jacks.

GHOST IN THE GRAVEYARD

Environment: Outside

Materials: None, flashlights optional.

Gather everyone at the home base. You'll need a large outdoor play area for this game. Tell everyone the boundaries of play and make sure everyone knows not to go past these boundaries. To begin, choose a volunteer to be the "ghost." This person leaves the base and hides somewhere within the boundaries while everyone else closes their eyes. After a minute or two, the rest of the group counts aloud: "One o'clock, two o'clock, three o'clock..." until they reach midnight. At this point, everyone leaves the base and searches for the ghost. The first person to spot the ghost yells "Ghost in the graveyard!" and all the seekers rush back as fast as they can to base. The ghost chases after everyone and whoever is tagged becomes next ghost. This game is best to play when it is early evening or dark, but be sure to take measures to keep everyone safe, as running in areas with low light can lead to possible injury. Keep safe and have fun!



ROCK EAGLE 4-H CENTER

HAGOO

Environment: Indoors or outside

Materials: None

Separate the group into two even groups and have them stand in two separate lines (shoulder to shoulder) facing the opposite group. The two groups should be about three or four feet apart. The players at the opposite ends of each line are opponents. They will step out of the lines, so they are facing each other and looking down the middle of the two rows (like an old cowboy shoot-off). They will both say, "Hagoo," start to walk down the row toward each other. They must not break eye contact and the object is to get to the opposite end of the line without laughing or smiling. When the players pass each other, they must continue to maintain eye contact. If a person does break eye contact, laughs, or smiles, they then must join the end of the line of the opposing team. The teams can do or say any silly things to make the opposing player crack up, but they must be careful not to make their own player lose concentration. The teams may NOT touch another player. This process will continue until everyone has had a turn. The team with the most players at the conclusion of the game wins.

JOLLY GREEN GIANT

Environment: Outside

Materials: None

Two lines need to be established about forty yards apart. Everyone starts from behind one of the lines. Two group members are chosen to be giants. The giants stand between the lines. When the giants say, "Jolly Green Giant," the rest of the group runs to the other line trying to avoid being tagged. If a group member gets tagged, they become sprouts. Sprouts go down on their knees, and they can tag others with their hands, but they cannot move from their permanent position. The giants continue repeating "Jolly Green Giant," until the remaining are at the appropriate end. The last two to avoid being tagged become the giants in the next game.

LEMONADE

Environment: Indoors or Outside

Materials: None

Divide the players into two teams. Have the teams line up at opposite sides of a playing area, which is clearly defined before play begins. One team is selected to go first. The members huddle and secretly choose two things: a place to be from (any city, state, or country) and some action to perform (washing dishes, playing basketball, painting a picture, etc.). The "acting" team moves to the center of the playing area, saying, "Here we come!" The other



ROCK EAGLE 4-H CENTER

team asks, "Where from?" The first team replies with the place they have chosen. The second team then asks, "What's your trade?" and the first team replies, "Lemonade!" After the first team says, "Lemonade," they begin to perform the action chosen earlier. The other team tries to identify the activity, yelling out its guesses. When someone on the second team calls out a correct guess, a game of TAG begins, the first team turns and runs back to their starting line as the second team tries to catch them. After both sides have had the chance to act out their trade, the team that has tagged the most players can be declared the winning team.

LOOSE CABOOSE

Environment: Outside

Materials: None

Assign 3 students to be a train and depending on the size of your group you can have 3 to 4 trains. The rest of the students will be loose cabooses. The object of the game is for the loose cabooses to try and grab on to the trains. The trains try to avoid being caught by making sharp turns to get away. If a caboose hooks on to the end of a train and can't be shaken off, the first player in the train then becomes a loose caboose.

MONARCH

Environment: Indoors or outside

Materials: A beach ball or nerf ball

Set up square or rectangular boundaries and select one person as the "Monarch." The other players are "Caterpillars." The monarch is armed with a ball and has the power to transform others into monarchs simply by hitting them with the ball. The monarchs are stationary. The caterpillars are free to roam about (inside the boundaries). Once a caterpillar is hit by the ball, he/she becomes a monarch. The monarchs have the option of trying to hit a caterpillar with the ball, or passing the ball to other monarchs who might be in a better position to capture a caterpillar. By keeping the ball moving, the monarchs should be able to increase their chances of hitting caterpillars. If a ball is thrown out of the monarch's reach, the caterpillars must return the ball to them. The last caterpillar left becomes the next monarch.

PIRATES' GOLD

Environment: Indoors or outside

Materials: Any small object

Split the group in half and make one team the "Pirates" and the other "Coast Guards." One person within the Pirates has the jewelry, and the object is to get that Pirate across the floor to the other side without getting caught by the Coast Guard. The Coast Guard has to run into the



ROCK EAGLE 4-H CENTER

oncoming Pirates and ask them to show what they have in their hands. The Pirates have to show the Coast Guard what they have in their hands. If the Pirate that has the jewelry gets across the floor without getting caught, the Pirate gets one point. If the Coast Guard finds the Pirate with the jewelry, then they get the point. After they go through the game once, both teams switch roles and continue the game.

RAIN/THUNDER

Environment: Indoors or outside

Materials: None

This is a game of "follow the leader." Closed eyes create the rainstorm effect. Participants sit in a circle with eyes closed. The leader begins by very quickly rubbing his/her hands together. As the person to the left hears this, he/she begins rubbing his/her hands together until this contagiously goes around the circle (can also be done going side to side with large group). As soon as this sound reaches the leader again, he/she begins to snap his/her fingers as does the person to the left until eventually, the entire circle gives the illusionary sound of a rainstorm. When this sound reaches the leader, he/she begins clapping his/her thighs until the entire circle follows suit. The final circle of sound is created by stomping feet. All of these sounds give the feeling of a thunderstorm rising to a climax. At this point, the leader reverses the motions (foot stomping, thigh slapping, fingers snapping, and hands rubbing together) until the sounds of the storm have fully subsided.

SARDINES (REVERSE HIDE AND SEEK) GAME

Environment: Indoors with ample space, but not open space.

Materials: None

One person is picked to be "it". This person is given some time to hide while everyone else sits in a neutral spot with their eyes closed for a specified amount of time. When the time is up, everyone searches for the person who is "It". When this person is found, instead of ending the game, one tries not to let other people know where the person is; instead, he or she joins the person at their hiding spot. The object is to not be the last one left. The first person that found "It" gets to be "It" the next time. Be sure to have proper guidelines in place for appropriate boundaries and hiding spots. Safety always comes first.



ROCK EAGLE 4-H CENTER

SEWING UP THE GAP

Environment: Outside

Materials: None

The object of this game is to tag the chase before he/she can “sew up the gap.” (All of the gaps between players.) The group stands in circle leaving room in between each other. The chase sews up the gaps by weaving in and out among players. When the chase (“it”) sews up a gap, those two players join hands and “it” no longer can run through it. The chase wants to sew up all of the gaps, before getting tagged, with him/her on the inside of the circle, and the chaser on the outside. If the chaser tags the chase, the roles are reversed.

SPUD

Environment: Outside

Materials: A soft ball

To set up the Spud Game, have each player count off and remember their number. After everyone is assigned a number, have each player group together in a bunch. One person starts with the ball in the center of the bunch. At the beginning of each round, the person with the ball throws the ball upwards to the sky while yelling a number. Everyone disperses and runs in all different directions away from the bunch except for the person whose number was called. The person whose number was called catches the ball and then yells “Spud!” When he or she yells this, everyone must freeze. The person with the ball then is allowed to take three giant steps toward any player. He or she throws the ball and tries to hit someone. To dodge, players are allowed any body part except for their feet. If a player is hit the first time, he or she earns the letter “S”, eventually spelling the word S-P-U-D. The person who was hit becomes the new thrower; otherwise, the thrower who missed earns a letter. Whoever spells the letter S-P-U-D is out of the game.

THINK FAST

Environment: Indoors or Outside

Materials: Any small object

Have group stand and form a circle. When the group is in position, the leader explains that they will be playing a game that requires them to think quickly. A volunteer is asked to stand in the middle of the circle. The volunteer is to close his/her eyes and keep them closed throughout their entire time in the center. A person standing in the circle is then given a small object. When the center person says, “Start!”, the object is to be passed around the circle counterclockwise from one participant to the next. The center person can call out “Stop!” at any time. The center person then quickly says a letter of the alphabet and the person holding



ROCK EAGLE 4-H CENTER

the object must QUICKLY say three nouns that begin with the specified letter. If the participant says three words within five seconds, the game continues with the same leader. If the person cannot think of three nouns in that amount of time, he/she becomes the leader. Game continues until peak fun is reached.

WHAT TIME IS IT MR. FOX?

Environment: Indoors or outside

Materials: None

Mr. Fox starts out at one end of a field, room, or designated area with his back to the group. The group at the other end then yells out "What time is it Mr. Fox?" Mr. Fox then calls out a time that is on the even hour (1 o'clock - 12 o'clock). The group then takes that many steps. When the group gets to where the fox is, but not past him, and asks the time, the fox can yell "Midnight!" They then turn and chase the group. Those that he catches are to sit out. The last one left becomes the fox. A variation is to allow each child who is tagged to become an honorary fox and help catch people.