

# Outdoor Equipment Activities

## Table of Contents

▪ <a href="#">Clothespin Tag</a> .....	2
▪ <a href="#">Scarf Tag</a> .....	2
▪ <a href="#">Jump Rope Relay</a> .....	2
▪ <a href="#">Obstacle Race</a> .....	3
▪ <a href="#">Driver's Relay</a> .....	3
▪ <a href="#">How do you like your Neighbours?</a> .....	4
▪ <a href="#">Crossing the Stream</a> .....	4
▪ <a href="#">Scarf Scoff</a> .....	4
▪ <a href="#">Chicken Discuss Throw</a> .....	5
▪ <a href="#">Chicken Catch-A-Tori</a> .....	5
▪ <a href="#">Chicken-A-La-King</a> .....	5
▪ <a href="#">Cluck and Field Relay</a> .....	6
▪ <a href="#">Catch-A-Cluck Tag</a> .....	6
▪ <a href="#">Whirly Birds Catch the Worms Tag</a> .....	6
▪ <a href="#">Beanbag Robots</a> .....	7
▪ <a href="#">Beanbag Bonanza</a> .....	7
▪ <a href="#">Target Beanbag</a> .....	7
▪ <a href="#">Tunnel</a> .....	8
▪ <a href="#">Partner Ball Activities</a> .....	8
▪ <a href="#">Ring Call Ball</a> .....	8
▪ <a href="#">Racing Cars</a> .....	9
▪ <a href="#">Speed Bumps</a> .....	9
▪ <a href="#">Math Tag</a> .....	9
▪ <a href="#">Rhythm Tag</a> .....	10
▪ <a href="#">Capture-the-flag</a> .....	10
▪ <a href="#">Blind Man's Bluff</a> .....	11
▪ <a href="#">Punch Ball</a> .....	11
▪ <a href="#">Walking Activities</a> .....	12

## Clothespin Tag

**Equipment:** 5 clothespins for each player

**Rules/Directions:**

1. Players hook 5 clothes pins to the back of their shirts.
2. The object of the game is to pull off as many clothes pins from other people without losing your own.
3. You can only pull off the clothes pins, without pulling clothes or pushing. (Violators forfeit a clothes pin to the victim).
4. Once a player loses all of their pins, they are out of the game.
5. Play continues until only one player remains.

## Scarf Tag

**Equipment:** Scarves

**Learning Outcomes:** Mobility, creativity, team work skills

**Rules/Directions:**

1. Everyone except the person who is "It" has a scarf tucked in at the waist.
2. As the scarves are taken, those without scarves assist in taking the scarves until only one person has a scarf.

## Jump Rope Relay

**Equipment:** Skipping Rope

**Rules/Directions:**

1. Each file is lined up in two, with a space in the middle.
2. The Guides run 2 by 2, each holding an end of a rope.
3. They run up to the goal and come back passing on either side of the file and making all the Guides jump over the rope.
4. They come back to the head of the file, through the space in the middle, and hand over the rope to the next two Guides.

## Obstacle Race

**Equipment:** Anything that the students could go over, under, around, etc.

**Rules/Directions:**

1. The object is to go through a set course containing various obstacles.
2. These may be physical obstacles (jump over chair) or they may be technical points (dexterity, questions, things to do).
3. The players go over the course individually or in groups.

**Examples:** Race with a theme: A trip

**Station 1:** At the station: Read the time-table

**Station 2:** Baggage: Empty out your suitcase and refill it.

**Station 3:** En route: Send a post card etc.

**Suggestions:**

- a) When held indoors, clues are placed here and there
- b) Obstacles: sort certain objects, catch with your teeth and eat something hung up with a string
- c) Suggestions of themes for obstacle races: The World Sports, Alice in Wonderland, etc.

## Driver's Relay

**Equipment:** Paper plate or something round to use as a steering wheel

**Rules/Directions:**

1. Divide students into teams.
2. Use a plastic/paper plate drawn to look like a steering wheel.
3. Write on name of car - Porsche, Cadillac, Chev... whatever.
4. Each student needs to know what number in the team he/she is as each number does a different action.
  - #1 Nervous Driver - Three steps forward, 1 step back
  - #2 Broken steering wheel - zigzags
  - #3 Dead Battery - gets pushed by #4
  - #4 Tow truck - pushes #3
  - #5 Flat tire - runs dragging one leg
  - #6 Reverse - runs backwards
  - #7 Teenage driver - runs up and back as fast as possible.
5. This is a normal relay type game. The Students run one at a time handing over the steering wheel to the next girl in line. You can add or delete "actions" depending on the number of students in your group.

## How do you like your Neighbours?

**Formation:** Sitting in a circle with the leader in the middle of the circle

**Equipment:** Pieces of paper number 1 through (however many students you have) - one number on each piece (optional)

**Rules/Directions:**

1. Players sit in a circle.
2. The leader is in the center.
3. Everyone is given a number.
4. The leader asks a player, "How do you like your neighbours?"
5. The player can offer one of two replies. If the player says, "Very well," then all the players jump to their feet and change seats. If the player says, "I'd like new neighbours," the leader then asks, "Who would you like for new neighbours?" The player answers with two numbers (for example, "5 and 12"). The players with these numbers then change places with the players seated to the left and right of the player who called the numbers.
6. Each time players change seats, the leader also tries to sit in one of the vacant seats.
7. The person left standing becomes the new leader.

## Crossing the Stream

**Equipment:** Chalk

**Rules/Directions:**

1. Use chalk to draw two lines to represent a stream.
2. Vary the width, with banks nearly touching in some places, widening to no more than 4 feet.
3. Mark the spots where children demonstrate the ability to jump across.
4. Try running leaps.
5. Try jumping with feet together.
6. Have students yell something fun when they jump, such as, "Geronimo!"

## Scarf Scoff

**Equipment:** Scarves

**Learning Outcomes:** Mobility, concentration

**Rules/Directions:**

1. This is done in partners.
2. Tuck one end of the scarf into your waist at the side. It must hang down at least to your knees.

3. Protect your own scarf while trying to grab your partner's scarf. Return the scarf and do it again.

## Chicken Discuss Throw

**Equipment:** Rubber Chicken (or bean bag if not enough chickens)

**Rules/Directions:**

1. Twirl and release.
2. Officials mark the farthest throw.
3. Each athlete has three tries.

## Chicken Catch-A-Tori

**Equipment:** Rubber Chicken (or a beanbag if rubber chicken is not available)

**Learning Outcomes:** Mobility, speed, creativity

**Rules/Directions:**

1. This is an updated version of the old game of "Touch & Go".
2. You are "it" if you have a chicken.
3. To get rid of the chicken, you must tag a person with your free hand (not with the chicken).
4. When you tag someone, they are "it" and you drop the chicken and go.

## Chicken-A-La-King

**Equipment:** Rubber Chicken (or a beanbag if rubber chicken is not available)

**Learning Outcomes:** Mobility, speed, creativity

**Rules/Directions:**

1. Designate 4-6 students as "chicken-hawks."
2. Another 4-6 students will carry chickens - these are the "rulers" of the barnyard.
3. The rest of the students are "little clucks".
4. The chicken-hawks tag the little clucks.
5. When tagged, the little clucks have to freeze in a dead chicken position.
6. Everyone's idea of what a dead chicken looks like is different, so encourage students to be creative.
7. The rulers of the barnyard can give the frozen little clucks a chicken to free them, and then they become a ruler and the former rulers become a little chick.
8. The rulers then can try to save other frozen clucks.

## Cluck and Field Relay

**Equipment:** Rubber Chicken (or a beanbag if rubber chicken is not available)

**Learning Outcomes:** Mobility, balance, coordination, concentration, teamwork skills

**Rules/Directions:**

1. Divide the group into teams of four or five, one bird per team.
2. The object is to get the chicken around the track, carrying the chicken between your knees.
3. No hands allowed.
4. When one player has passed the bird, run ahead of the team and prepare for another hand-off.

## Catch-A-Cluck Tag

**Equipment:** Rubber chicken

**Learning Outcomes:** Mobility, speed

**Rules/Directions:**

1. All of the "not its" carry a chicken and the "its" (three to four students) have none.
2. The object is to catch-a-cluck (tag a "not it") and have a cluck to call their own.

## Whirly Birds Catch the Worms Tag

**Equipment:** Rubber Chicken

**Learning Outcomes:** Mobility, speed, concentration

**Rules/Directions:**

1. Two "its", each with a chicken in hand, whirl their rubber chickens into the air overhead and proclaim "Whirly-birds catch the worms" loudly.
2. When the "its" say the word "worms", that's the signal for all "speedy worms" (students on an end line) to run, skip, hop, gallop, or any designated movement, to safety to the end line.
3. If tagged, the worm instantly becomes a whirlybird assistant at the place on the floor where they were tagged.
4. Assistants should spread their wings and reach to tag the speedy worms, but must keep their feet in place.

## Beanbag Robots

**Equipment:** Beanbags

**Learning Outcomes:** Mobility, creativity, team work skills

**Rules/Directions:**

1. Students move around acting like robots, with a beanbag on their head representing "power packs".
2. If their beanbag falls off, students lose their power and must freeze in place.
3. Designate one or two students to be "robot mechanics". These students do not carry a power pack on their head.
4. The "robot mechanics" move around as quickly as possible and help robots that are frozen by replacing their power packs.
5. Give several students an opportunity to be a "robot mechanic."

## Beanbag Bonanza

**Equipment:** Beanbags

**Learning Outcomes:** Mobility, creativity, balance

**Rules/Directions:**

1. All students stand with a beanbag on top of their head.
2. Choose two students to be "Its".
3. The "Its" must tag other students.
4. When tagged, students must freeze and fold their arms in front.
5. To be freed, free players must exchange their beanbag with that of a frozen person. Change "Its" often.

## Target Beanbag

**Equipment:** Beanbags

**Learning Outcomes:** Mobility, speed, coordination

**Rules/Directions:**

1. Students pick a line and attempt to slide their beanbag towards the target using an underhand throwing technique.  
\*Remind students to be aware of others and to keep the beanbag in their own space.

## Tunnel

**Equipment:** Sponge balls, object for target

**Learning Outcomes:** Speed, coordination, team work skills

**Rules/Directions:**

1. Students work in groups of 5-6 with one ball per group.
2. Students make "tunnels" with their legs by standing one behind the other.
3. One student tries to roll a ball through the tunnel without touching the legs.
4. After releasing the ball, the student runs to the end of the tunnel to catch the ball at the other end.
5. Then, the student rolls the ball back through the tunnel.
6. Rotate so that each student gets a turn.

## Partner Ball Activities

**Equipment:** Sponge ball

**Rules/Directions:**

1. Toss underhand, overhand.
2. Throw under your leg to your partner.
3. Toss to your partner while facing backwards.
4. Each partner tosses to the other simultaneously.
5. One partner tosses, other partner claps, turns around and back, before catching it.

## Ring Call Ball

**Equipment:** Sponge Ball

**Learning Outcomes:** Mobility, coordination, concentration

**Rules/Directions:**

1. Facing the center, all students but one form a circle.
2. One student stands in the middle of the circle holding a ball.
3. That student is considered to be "it".
4. The one who is "it" calls the name of another student and tosses the ball into the air above their head.
5. They must call the student's name as they toss.
6. The student whose name is called runs forward and attempts to catch the ball.
7. If that student misses, they return to the circle and call the name of another student.
8. If they succeed in catching the ball, they become the new "it".

## Racing Cars

**Formation:** Sitting in a circle

**Equipment:** Different colour pieces of paper or crayons

**Learning outcomes:** Endurance, spatial awareness

**Rules/Directions:**

1. Students sit in a circle. Assign each of them a car colour (e.g. red car, blue car etc.)
2. Give them a coloured piece of paper or a crayon to help them remember their colour.
3. Call out a colour car (e.g. "red cars")
4. The red cars will then get up and run clockwise around the circle and back to their place.
5. Caution students to watch where they are going as they are driving and to look both ways before "parking".
6. Continue calling out colours.

## Speed Bumps

**Formation:** Standing

**Equipment:** Beanbags

**Learning Outcomes:** Stability, body awareness, movement

**Rules/Directions:**

1. Scatter beanbags around.
2. Students will move around the beanbags using various methods of motion; (e.g., walking, marching, galloping, running or hopping. See appendix A for more types of movement).
3. Call out the signal "speed bumps" and students jump over the beanbags, landing on two feet in a stable position.
4. On a second signal, students continue moving around the beanbags.

## Math Tag

**Formation:** Standing and spread around open area

**Equipment:** Cones or something to mark off a safe playing area

**Learning Outcomes:** To have students work on solving arithmetic problems and to develop locomotor skills.

**Rules/Directions:**

1. Identify 2/3 chasers by having them hold a ball. Have the rest of the students find a good self space in general space.
2. On the teachers signal have the chasers walk (you can try quicker movements such as skipping, walking fast, and galloping as soon as students are successful with walking) and try to tag as many of the other students as possible.
3. Upon being tagged, children freeze and raise their hand and say the words "I need a math problem".
4. Another student approaches and gives the student a math problem. The person frozen must answer the problem correctly before he/she is unfrozen.
5. Only one person can give a frozen child a math problem and the person who is giving the problem is not eligible to be tagged.

**Suggestions:**

1. It is good to know what kind of math problems students have been working on.
2. May want to have students use more than just two numbers - this makes the student think a little bit more.

## Rhythm Tag

**Formation:** Class is scattered formation.

**Equipment:** CD and CD player, or musical instrument.

**Learning Outcomes:** Listening, hopping, walking and skipping.

**Rules/Directions:**

1. While the music plays, players walk around the area. When the music stops everyone must stop moving.
2. Without taking a step each player must try to tag another who is in reach. Two people may not tag each other, therefore the first tagged counts.
3. All those tagged must make another movement when the music starts (hopping, skipping, etc.)
4. Each time the music stops, those previously tagged try to tag those who have not been tagged.
5. Walkers may also try to tag each other. The winner is the last walker remaining untagged.

## Capture-the-flag

**Formation:** Two teams of at least five players each

**Equipment:** 2 items to mark where jail is located, two flags

**Learning Outcomes:** Movement, Teamwork

**Rules/Directions:**

1. Students are taken to a field and divided into two equal groups.

2. The field is divided into two and each team stands on their side.
3. Place an item on each side of the field to show where the jail is located for each team.
4. Give each team a flag and they have to go off and place the flag somewhere on their side of the field.
5. The object of the game is for each team to try and capture the other team's flag.
6. Once the flags have been planted, they cannot be moved.
7. Players are considered to be in enemy territory if they step on the opposing team's side of the field.
8. If a player is tagged by a player on the opposing team, they are taken directly to jail. They can only be freed from jail if one of their teammates can safely tag them. Only one person can be freed from jail at a time by a single person. Once freed both teammates have to return to their side of the field before attempting to capture the flag again.

### **Suggestions**

1. If your field has trees, hills, etc then have the teams hide the flag. It is not necessary to hide the flag but it can make the game more challenging.

## **Blind Man's Bluff**

**Formation:** Standing on an open area.

**Equipment:** Blindfold

**Learning Outcomes:** Movement

### **Rules/Directions:**

1. Have students all together on a field.
2. Choose one student to be the "Blind man". This student is blindfolded.
3. The remaining students have to go around the "Blind man" clapping their hands or making a sound while the "Blind man" tries to tag them.
4. Once the "Blind man" tags a person, that person becomes the new "Blind man".

## **Punch Ball**

**Formation:** Divide students into teams.

**Equipment:** Spongy ball, bases

**Learning Outcomes:** Coordination, throwing skills, movement

### **Rules/Directions:**

1. This is a variation of baseball and so the same rules apply.
2. Students are divided into teams.

3. One team bats first while another team is out in the field.
4. Set up the bases in a diamond, the same you would for a baseball game.
5. If you have more than two teams have the remaining teams stand on the sidelines cheering their classmates on.
6. The first person in the batting line goes up to the batting plate with the spongy ball.
7. Instead of a pitcher, this player throws the ball up in the air and punches the ball with the palm of their hand.
8. He/she then runs to the first base before the team in the field retrieves the ball and gets to the base first.
9. If the batter makes it to the base first, they are safe and remains there. If the team in the field gets the ball to the base first, then the batter is out.

## Walking Activities

### **Walking:**

- It is simple! It is easy! We'll make it fun too!
- You do not need anything, just get out and start walking!
- Walking is one of the easiest physical activities that can be performed anywhere and anytime. It is a moderate intensity activity, and it will greatly benefit children's overall well-being.
- Walking can be done inside the school, in the hallways, in the gym, outside, or children can march in one spot in the classroom.

### **Here are some activity ideas and tips for walking:**

- Stretch before walking!
- Treat the walk as an exploration or adventure.
- Always wear comfortable shoes and keep hydrated.
- Head for some landmark that will appeal to the children, or determine a destination.
- Walk with the principal! - Let the principal lead the way!
- Discovery field trips could be incorporated into academics. Discovery walks can include field trips around the school, neighbourhood, to a local site or to a library
- Walk in the morning before classes, at noon, immediately after lunch, in the afternoon after school.
- Walk 10 - 15 minutes at an opportune time to relive stress, boredom, "oxygenate" the brain
- Plan a school-wide walk of a longer distance/duration, e.g., one hour to one hour 45 minutes. Invite parents to walk.
- Plan a theme walk
- Periodically present award, e.g., laces, stickers, etc.
- Teacher can establish with the students their weekly, monthly or annual walking goals.
- If indoors, use music to motivate students to walk in time to the music and to keep going!

- Have students walk in a counter-clockwise (CCW) direction for half of the time; and clockwise (CW) for the other half.
- Have students walk beside a partner.
- Rainy day Walks - Have students walk the school corridors. Remind them to keep to the right.
- Power-Walk Relay - Divide students into teams of four. Ensure that each student is spaced equally. The first walker passes a baton to the second walker, who then passes it to the third, who then passes it to the fourth walker, who walks it across the finish line. Gradually increase the walking distance.
- For all variations, maintain good posture, looking straight ahead with the chin up. The arms should move in a natural rhythm, either swinging at your sides or bent at angles up to 90 degrees.

**Other Suggestions:**

Try walking:

- forwards/backwards/sideways
- fast/slow
- on toes/heels
- touching ground markings with the hand
- to a beat or rhythm
- freely/in a circle/zigzag/on a line
- between obstacles/ around buildings
- like mother/father/the dog
- as if in rain/a wind/the dark
- with small and large steps
- varying speed
- while clapping
- like a machine
- in funny ways – see who is the funniest? Can you copy them?
- walk tall, walk relaxed
- opposite arm and leg action
- Have a great time!