

# **TWILIGHT SCHOOL WITH A TWIST**

# **FAMILY GAMES BOOKLET**

**CAMPTOVILLE COMMUNITY PARTNERSHIP  
WITH FUNDING FROM SIERRA HEALTH FOUNDATION**

<b><u>TABLE OF CONTENTS</u></b>	<b>PAGE</b>
INTRODUCTION	3
STATIONS	4
HOW TO PICK TEAMS	4
ROCK PAPER SCISSORS	5
COLOR TIC TACK TOE	6
TICK-TACK-TOO	7
KICKBALL	8
SPOT DODGE BALL	9
BOWLING	10
FLOOP	10
STOP AND GO	11
BEAN BAG GAMES!	12-14

## **INTRODUCTION**

I have been spending time putting together a booklet of whole group games that are easy to set up and teach. This booklet shows different ways to organize teams, group activities and indoor and outdoor games. I realize that for our *Twilight School with a Twist* (TSWT) project we were lucky enough to have the use of the school gym, playground and equipment. Each session you give should be introduced with an explanation of what games are offered. This may vary with the size of the group so it can be challenging to be able to change your game plan, but it can be done!

The games are designed to help you move well and stay healthy. Some of the games are old time favorites, some have been revised to fit our needs, and some of the games have been found in old P.E. books, which we revised. We encourage you to use different sources to find new games.

In dealing with family groups you will have other adults involved. It maybe challenging, but be firm. You are the adult in charge and will field any problems that arise. This will lesson the confusion for everyone. I always make sure to remind everyone that this time together is to work out, to be fit and have a good time. Put downs are not allowed, but put ups are great. Give examples before you start, Good job!... That was great! I really liked how you shared the ball!

Be sure to encourage people to drink water, and if you can, have healthy snacks available. It can be as simple as apple slices. Celery sticks with humus or home popped popcorn (without butter). Also be sure to check for food allergies.

And remember, have fun!

Here's to your health,

Jeanne Black

Camptonville Community Partnership Outreach Team/

Camptonville Elementary School PE instructor

## **STATIONS**

Stations are a great way to do many activities with a large group in a small area.

Here's a sample. You can split a gym or play ground.

Have each person number off 1,2,3,4; 1,2,3,4 (etc) to define four groups.

Bowling Pin Knock Down	Jump Ropes
Hula Hoop Contest	Bean Bag Toss

Timing: (stop watch timing)

5 Minutes to explain each station

10 minutes each group sets up their own station

After 12 minutes groups switch to new station by rotating clockwise.

---

## **HOW TO PICK TEAMS**

Number off, remember to have them put their hand in front of them with that number of fingers held up. (1, one finger)

Color, pick 2, 3 or 4 colors and cut into small squares, put in a hat or can and don't let them peek.

---

# ROCK PAPER SCISSORS

## DIRECTIONS

1. Divide the group into two teams. Designate a free zone at each end of the playground.
2. Gather the two teams in the center of the field and explain the rules. Players must remember three symbols—a fist is Rock, a flat hand is Paper, two fingers (held open to resemble the blades) are Scissors. Depending on the combination, one will be the winner. Paper covers Rock, Rock breaks Scissors, and Scissors cut Paper. For example, if one team has Rock and the other has Paper, Paper wins.
3. Each team forms a huddle in its free zone and agrees upon a symbol. This is chancy because nobody knows what the other team will pick. Teams meet back in the center with symbols in mind:
4. Both teams chant together, "Rock, Paper, Scissors..." and then all players of each team show their symbol. In a split second, teams decide • who's the winner and who's the loser. Losers run back to their free zone • with the winners in pursuit. Those tagged by the winners become members of their team.

If both teams show the same symbol, teams rehuddle and play again.

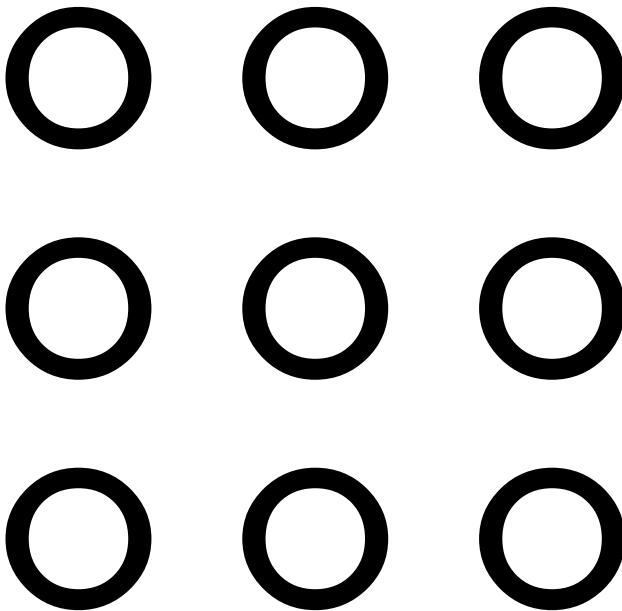
Players play for a predetermined number of rounds. The team with the most players is the winner.

## COLOR TIC TACK TOE

What you will need:

9 Large rings

2 sets of different color bean bags



Place the rings on the floor evenly spaced. Play tic tac toe by tossing bags. First player to get three across, up, down or diagonally, wins!

You can put a cone or a piece of tape to denote starting line. Use your judgement for the distance depending on the ages of the players. (JB usually has youth start about 3 feet away.)

# TICK-TACK-TOO

Here's an example of how a small game can have a big effect. The rules are the same as in the small version, but the change in scale provides some *new* "cross-examinations."

EQUIPMENT: Several pieces of chalk

SITUATION: Open pavement

TIME: 25 minutes

## DIRECTIONS

1. Draw an expanded tick-tack-toe grid with 16 or 25 spaces on the pavement with squares the size of a hopscotch board. The players are divided into two teams—the o team and the X team.
  2. The rules are the same as traditional tick-tack-toe. The first team to complete a line horizontally, vertically, or diagonally across the playing field using team members scores a point.
  3. After both teams have agreed on which team will go first, the first team collects in a huddle to decide in which square a team member should stand. The players standing in the squares hold their arms over their heads in an X or an o to indicate the team.
  4. Teams alternate turns until one team has won. Then Players standing grid go back to their respective teams for round two.
-

# KICKBALL: ONE OF THE BEST OUTDOOR

## KICKBALL

Introduction: Kickball has been the game of choice for neighborhood play for many years. Baseball may be the American pastime, but play it in the backyard and you risk broken windows and jammed fingers. Kickball is a safer and easier alternative.

Ages: Kickball is appropriate for school age children and above.

### Equipment Needed:

For kickball, use a playground ball, around 8 to 10" in diameter. Choose a lightweight one for small children and a heavier one for bigger kids. You'll also need something to serve as bases.

### Where to Play:

A large yard or park area is perfect for kickball. The ball will roll better for the kicker on a hard surface, but grass is more kid-friendly. If played on a hard surface, you can draw in the bases using chalk.

### How to Play:

Kickball uses the basic rules of softball and baseball: four bases to run, three chances to kick the ball and three outs to an inning. Almost anything can be used for bases; old throw pillows or pieces of shingle will serve well. The pitcher rolls the ball to the kicker. Bouncing, other than the little bounces that you get when the ball rolls over grass, is not allowed. If the ball rolls over home plate and is not kicked, that is a strike. If the ball is kicked but goes foul, that is a strike.

The fielder can catch the ball and tag the runner, or step on the base, or throw the ball at the runner to make the out. The ball should not be thrown at the runner's head. If the ball is thrown at the runner and misses, the runner may advance only one additional base. A kicked ball that is caught in the air is an out.

The team that is in the field should space themselves out according to the numbers of players. They will, of course, move in for the smaller players and out for the stronger players.

Other rules can be agreed upon before play begins. Since you won't have a standard "batting order," you may want to kick in order of ages, or in alphabetical order. You may have to have special rules for balls that go over fences, into the street or into a ditch. Agreeing upon special rules is part of the fun!

Variations: You may want to play shorter games than the standard nine innings.



---

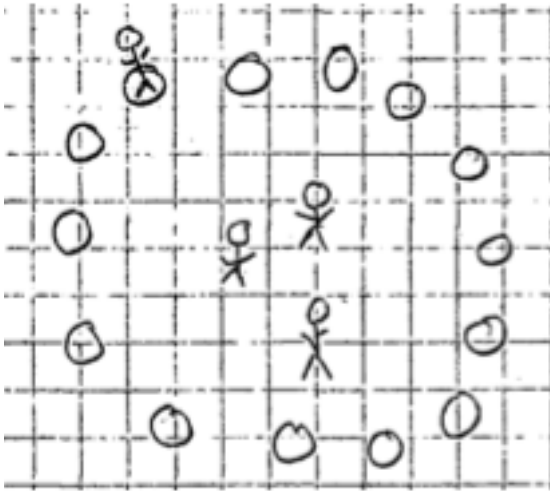
## SPOT DODGE BALL

What you will need:

10-14 Spots (use rubber or make your own)

2-3 Balls

Stopwatch set for 10 minutes



Pick 2 or 3 people to be in the middle of a circle (or it can be one team vs. another)

### Rules

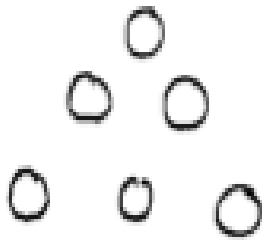
1. Outside players try to tag the players in the circle.
2. Inside players can only dodge the ball.
3. Outside players can't leave their spot to get the ball. Only the Ball Saver can.
4. One person on the outside circle is designated the **Ball Saver**, who retrieves the ball if it goes beyond the circle. Then the ball saver gives the ball to the closest person. (Otherwise they may give it to the best player all the time.) Play then resumes.
5. Once you get hit you leave the inner circle and find a spot.
6. Play continues until there are no players left in circle or time runs out.

## **BOWLING**

What you will need:

Pins

Ball



This is easy for kids to set up. Or use the tradition 10-pin  
figuration. Every one gets 2 turns to knock the pins down.

- You may fill plastic water or soda jugs with 1- $\frac{1}{2}$  inches of sand or beans to make your own pins.

---

## **FLOOP**

Balloons

Fun!

Equipment: Balloons and bare feet.

The instruction reader instructs the group to make a circle and to remove their shoes, lie down with their feet in the circle on their backs: The instruction reader explains the activity is for participants to work together to keep the balloon aloft and in reach of all the participants feet for as long as possible.

When the instruction reader feels they are ready to go the balloon is inflated and timing begins. Note: This is fun with four or more people or to form teams of people and see who can keep the balloon aloft the

longest. For a real challenge a second balloon may be added.

---

## **STOP AND GO**

Stop and Go is an outdoor ball game for everyone that resembles Ultimate Frisbee (which in turn is a takeoff on American football). Each team tries to get the ball to their goal line while also preventing the opposing team from doing the same.

### What You Need:

- Large, flat playing area
- Ball (playground ball, football, or basketball)

Difficulty: Average

Time Required: 20-30 minutes

### Here's How:

Divide players into two teams. Designate a playing area with an end zone or goal line on each end.

To play, each team tries to advance the ball down the field toward the goal line.

Players cannot travel with the ball in their hands. They must throw it to a teammate in order to move it downfield.

Players from the opposing team try to intercept the ball as it's tossed, then move the ball toward their own goal line.

To score a goal, a player from the winning team must be in the end zone to receive the ball from a teammate.

### Tips:

For smaller children, use a lighter weight ball and allow bounce passes.

To stretch out the game and add physical activity, require a certain number of passes before a goal can be scored.

## BEAN BAG GAMES!

### Release It 'n Catch It



- #1. Hold the beanbag up as high as you can reach. Release it and catch it below your knees.
- #2. Hold the beanbag up with your other hand. Release it and catch it below your knees.
- #3. Hold your beanbag up. Release it and catch it below your knees with your opposite hand.

### High Toss 'n Catch



Toss the beanbag up as high as the room ceiling. Catch it with both hands. Catch it with one hand. Catch it with your other hand.

### Jump Up - Time It - Catch It !



Toss the beanbag high into the air. Jump completely off the ground and catch it at the highest point. Time it so that both feet are off the ground when you catch the beanbag.

### Swing 'n Catch

Place the beanbag on your best foot. Swing your foot upward and catch the beanbag with your opposite hand. Place the beanbag on your other foot and do the same.





## Reach Under and Catch It

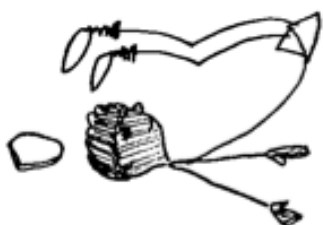
Toss the beanbag straight up so it will fall straight down close to one side of you. Use the hand on that side of your body to toss it up. Bend down and reach between your legs with the other hand and catch the beanbag just outside of your leg. Do this on both sides of your body.



## High Toss, Spin and Catch

### Bean Bag

Toss your beanbag up, spin 360° and catch the beanbag behind your back. You may have to spin 360°+ some in order to catch the beanbag.



## Bean Bag Return

Lay down with your legs straight. Place the beanbag behind your head. Sit up, rock back and pick up the beanbag with your feet and return to a sitting position.



## Toss 'n Change Positions

- #1 Toss the beanbag ten feet into the air. Sit down and catch it.
- #2 Sit down, toss the beanbag as high as you can. Stand up and catch it.



## Fancy Catch

- #1 Toss your beanbag above your head. Catch it on top of your head.
- #2 Toss your beanbag above your head. Catch it with your hands behind your back.



## Jump, Toss 'n Catch a Bean Bag

Place your beanbag between your feet. Jump up and toss the beanbag into your hands. Try to catch the beanbag three straight times.



## Tilt 'n Catch a Beanbag

Place your beanbag on top of your head. Tilt your head forward and catch the beanbag between your knees.



## Toss, Spin 'n Catch a Beanbag

Toss your beanbag into the air. Spin your body all the way around and catch the beanbag.