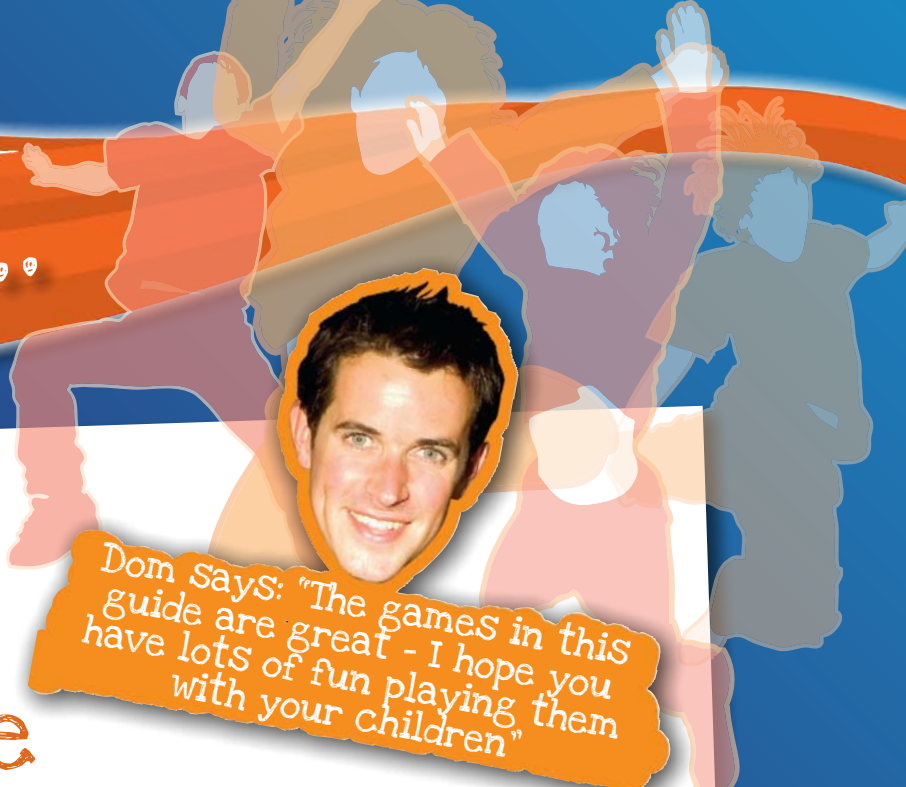
The cover features a vibrant blue background with stylized, semi-transparent silhouettes of people in various poses, some appearing to be dancing or playing. Two large, colorful rainbows with thick, wavy bands of red, orange, yellow, green, and blue are positioned diagonally across the top and bottom of the page. The text is centered and reads: 

the  
**Capri-Sun**  
Games  
Guide

# Welcome...



## ...to the Capri-Sun Games Guide

Dom says: "The games in this guide are great - I hope you have lots of fun playing them with your children"

- Welcome to the Capri-Sun games guide, designed to encourage children to get as much as possible out of their playtime – whether it's at school, home, on holiday, outside or inside... Capri-Sun has been enjoyed in the playground for many years, so we've created this fun guide for parents to explain the rules of some of the favourite games played by children today. We just want to remind you what great games are out there to be enjoyed, whatever the occasion.
- Jenny Mosley, a leading authority on childhood play has helped us to create this guide to ensure that the games we've included are those that are actually played everyday in playgrounds across the country. Dominic Wood from the BBC's Dick and Dom is also supporting the project and provides some comments throughout the Guide.
- This guide will introduce you to a varied and exciting range of games that both younger and older children will enjoy. Some games are traditional - you may have played them yourselves - others may be new to you so we have written out a 'how to play' guide for each suggested game.
- Playground games have been enjoyed by children for generations. All the games in this guide will not only help children to have fun with others, but also develop particular learning skills, gain confidence and become more active. Many games will also help children to work well in a team and enjoy each other's company.
- There are loads of games here to choose from – so there's bound to be a game here perfect for your kids to enjoy. You might even want to join in yourself!
- The games are divided into different types, with each offering different benefits:
  - **Chasing games**  
Designed to get the pulses racing. Children can practice running fast, dodging and skipping aside as well as having plenty of fun with their friends.
  - **Fun outside games** (non-chasing).  
Skipping, clapping and throwing games are great for giving the brain and body a work out. Many of these games involve complex movements stimulating the whole brain- both sides of the brain have to work together which helps the brain to work better. These games are also very sociable and help to build friendships.
  - **Indoor or less active games**  
There are always times for quieter and less active games. These games mostly involve children thinking more deeply and working well with other children, as well as being fun and keeping children engaged in a positive pastime while they are indoors.
  - **Imagination games**  
These games help children to be creative in their thinking. As well as being fun, these games help children to think in different directions, which can help with their learning in many ways.

We hope you and your children enjoy playing these games!

# The Games

## Chasing Games

Lurgy (also known as 'touch', 'catch' or 'it')

Dodge ball

Cops and Robbers

Spies

What's The Time, Mr Wolf?

## Fun outside games non chasing

Piggy in the Middle (or Piggy in the circle)

Hopscotch

## Indoor or less active

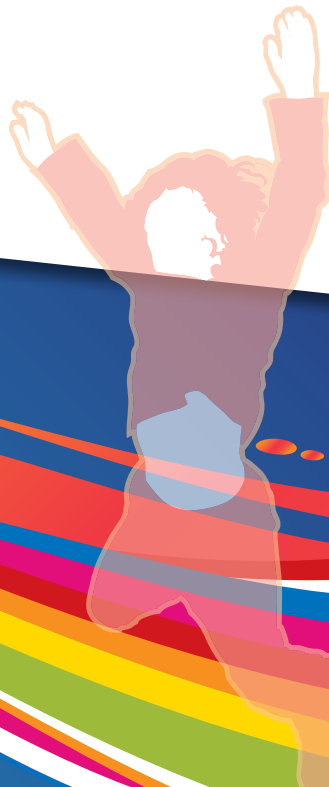
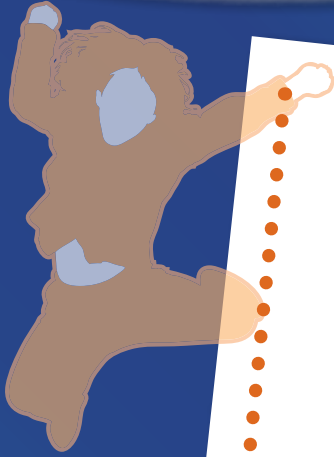
Killer Fish

Simon Says

Rock, Paper, Scissors

## Imagination

Pop idol





# Chasing Games

## Lurgy

(also known as 'touch', 'catch' or 'it')

- **Number of players:** Small or larger groups.
- **What you need:** Space to run around.
- **How to play:**
  1. The person who is 'it' has to run after the other players and try and touch them.
  2. When someone is touched by 'it', they themselves become chaser.
  3. The chaser must not run after the same person all the time.
- **Tip:** One sensible rule is that when someone is caught by the chaser, they cannot try to catch the person who caught them straight away; this person has the opportunity to run to the other side of the playground/room.
- **What children are really learning:** Players need to concentrate, and think about their tactics of where to run and how to stay 'safe'.
- **Extra tip for Mum:** Suggest that whoever is 'it' gets to wear a special hat so the hat must be passed to the new person. This may also help younger children to identify with who is 'it' as it is a fast-moving game

## Dodgeball

- Dodge ball is a bit like a chase game, where you are not 'caught' but are 'hit' by a ball that is thrown by the chaser.
- **Number of players:** Small groups or large groups.
- **What you need:** A soft ball.
- **How to play:**
  1. Someone is chosen to be "it" and they have the ball. Everyone else runs around, and 'it' has to chase everyone and try to throw the ball to touch them.
  2. "It" is not allowed to run with the ball but once they have managed to throw the ball at someone and touch them with it, two things can happen:
  3. Either the one who has been hit is 'out' and is out of the game. Or they both become "it" and they can pass the ball between them and both try to get other people. This makes the game faster.
  4. The people running around have to try to dodge the ball so that it does not hit them. They are not allowed to catch or throw the ball.
- **Tip:** You can have a rule that says you must touch the person with the ball below the knee to get them out which makes the game safer. The players can knock the ball out the way with their arm if the ball comes at them but they still cannot catch and throw it.
- **What children are really learning:** Co-ordination, aim and speed for dodging.

# Chasing Games cont...



Dom says: "This one is and is great for a backyard or a playground where there are lots of things to hide in."

## Cops and Robbers

- This is a hide and seek game with 'goodies' and 'baddies'!
- **Number of players:** Six or more children, preferably an even number.
- **What you need:** Space to run around with hiding places, preferably outdoors.
- **How to play:**
  1. All the players agree on a 'home base' somewhere they can run back to, which is the 'jail'.
  2. The players are divided into two teams – the cops and the robbers; the cops stay around the jail, close their eyes and count to a set number – usually fifty or one hundred.
  3. During this time, the robbers run away and hide. The cops' job is then to arrest the robbers by finding and tagging any robbers they can.
  4. When a robber is caught, they are brought back to the jail where they wait.
  5. The only way they can get out of jail is if another robber who has not been caught manages to get up to the jail and tags one of the caught robbers without being caught themselves. If this happens, all the robbers can escape from jail and run away and hide again.
- **Tip:** It is helpful to define the area where they are allowed to play so that no robbers run away too far to hide. After a while, the cops and robbers can swap roles.
- **What children are really learning:** Patience, team work, speed and being agile.

## Spies

- Children are 'tagged' in this chasing game but they can be saved by the spymaster.
- **Number of players:** Eight or more.
- **What you need:** Nothing.
- **How to play:** One child is chosen to be the 'Mark' and they wander around the playground. All the other children are spies. One of these children is chosen to be the 'Spy Master'.
  1. The Spy Master leads the other spies around the playground and keeps an eye on the Mark. At any time, without warning, the Mark can snap into action and try to grab one of the spies.
  2. The Spy Master needs to respond quickly and shout, 'down'. All the spies then crouch down. The Mark cannot tag any spy who is crouching down and but tries to tag a spy who remains standing (or running).
  3. Any spy who is caught must sit out of the game until all the spies are caught or the Mark call, 'all change'.
  4. Then another Mark is chosen and the game can begin again.
- **Tip:** The children can be ducks with one as mother duck. Then the Mark becomes a fox and the game is played as above.
- **What children are really learning:** how to stay calm and alert.



# Chasing Games cont...

## What's The Time, Mr Wolf?

- This is a well-known game which can go on for a long time
- **Number of players:** Larger groups of children.
- **What you need:** Nothing.
- **How to play:** Someone is chosen to stand with their back to everyone else and this is Mr Wolf.
- 1. Everyone else stands well back from the wolf in a line. Everyone calls out together, "What's The Time, Mr Wolf?" and the wolf, still with their back to everyone answers with a time – for instance "It's four o'clock".
- 2. When they hear that, everyone can take four steps forward towards Mr Wolf, and then they ask again, "What's The Time, Mr Wolf?" This time the wolf will say a different time such as "It's two o'clock", and then everyone take two steps forward, and so on.
- 3. Everyone is trying to reach Mr Wolf without him catching them. When Mr Wolf thinks that somebody is getting near, instead of calling out a time, he can call out "It's Dinner Time!", then he turns around quickly and chases everyone back to the starting line.
- 4. The wolf tries to catch someone before they get back to the starting line before starting again.
- 5. Next time, someone else is chosen to be the wolf.
- **Tip:** Make sure it's a safe place to run because the chasing is exciting and everyone runs fast.
- **What children are really learning:** Familiarity with times of the day and working out a strategy – taking big steps or small steps.
- **Extra tip for Mum:** Mum can take part in this game by playing the wolf





# Fun Outside Games Non Chasing

## Piggy in the middle (or piggy in the circle)

- This is a popular ball game where you do not need much space.
- **Number of players:** Five or more people.
- **What you need:** A ball.
- **How to play:**
  1. Everyone stands in a circle and one player is chosen to stand in the middle and they are the 'piggy'.
  2. The players throw the ball to anyone else across the circle and piggy tries to catch it.
  3. When piggy catches the ball, the person who threw it becomes the piggy.
- **Tip:** This game can be played with just three people – two throwers and one piggy.
- **What children really learn:** how to be alert and take turns.

## Hopscotch

- This is a game that needs to be played on a flat piece of ground.
- **Number of players:** Three or more people.
- **What you need:** Chalk and small markers:- bottle tops, pebbles or discs for throwing.
- **How to play:** A hopscotch grid is drawn on the ground. This needs to be series of boxes that are numbered like this:

	1	
2		3
	4	
5		6
	7	
8		9
- The first player stands behind the starting line to toss his/her marker in square 1. They hop over square 1 to square 2 and then continue hopping to square 9, turn around, and hop back again.
- On the way back, the player pauses in square 2 to pick up the marker, hop in square 1, and out.
- The player then throws their marker into square 2 and so on until they have tossed her marker into each of the 9 squares.
- All hopping is done on one foot unless the hopscotch design is such that two squares are side-by-side. Then two feet can be placed down with one in each square. A player must always hop over any square where a marker has been placed.
- **A player is out if:**
  - The marker fails to land in the proper square
  - The hopper steps on a line
  - The hopper loses balance when bending over to pick up the marker and puts a second hand or foot down
  - The hopper goes into a square where a marker is
  - A player puts two feet down in single box
- The player puts the marker in the square where he or she will resume playing on the next turn, and the next player begins.
- **What children are really learning:** to take turns and concentrate.

# Indoor or Less Active

## Killer Fish

- This circle game is a bit like 'wink murder'.
- **Number of players:** Eight or more.
- **What you need:** Nothing.
- **How to play:**
  1. Everyone sits or stands in a circle and one person is chosen to be the fisherman. They leave the group and stand somewhere they cannot see or hear what is going on.
  2. Someone else is chosen to walk round the outside of the circle and quietly tap someone on the back. This child is now the Big Fish. At this point in the game, no one else in the game knows who the Big Fish is.
  3. The fisherman is then called in to come back to the group. The fisherman stands in the middle of the circle. The Big Fish makes a big fishy mouth at anyone in the circle trying not to be noticed by the fisherman.
  4. When a child is looked at by the Big Fish, they must flap their fins and flop to the ground.
  5. The fisherman tries to catch the Big Fish and has three goes at spotting the right person. If they succeed, a new fisherman is chosen. If they do not succeed, the game starts again with the same fisherman.
- **Tip:** This game can be played with a frog who sticks out his tongue or a murderer who winks.
- **What children are really learning:** how to keep trying when things get difficult.

## Simon Says

- This is a great 'wake-up' game for players of all ages.
- **Number of players:** Four or more.
- **What you need:** Nothing.
- **How to play:** Everyone splits into two groups and each group chooses someone to be 'Simon'. Each Simon gives instructions to their group. The rules are:
  1. If the instruction begins with the words, 'Simon Says', then the group must respond.
  2. If the instruction is given without these words, then the group must stand motionless.
- **Like this:** 'Simon says, hop on one foot.' (group responds)  
'Jump up and down.' (group should not respond)
- 3. If someone gets it wrong, they are out of their game.
- **Tip:** This game can be more of a competition if the game ends when a particular group is reduced to only 5 children.
- **What children are really learning:** how to concentrate and listen to instructions.





Dom says: "You can't beat a good game of Rock, paper, Scissors, I even occasionally play it now for a bit of fun with my friends. The great thing about is it can be played anywhere and is a good suggestion for a rainy day or on a long car journey"

## Rock, Paper, Scissors

• This is an old game that can be played in different ways.

• **Number of players:** Two (three including the referee)

• **What you need:** Nothing.

• **How to play:**

• This game is played in teams of three people.

• Two players are chosen to play against each other.

• The third player calls: One, two, three

• The two chosen players hold their hands behind their back and make a shape with one of their hands. On the count of three the players make their reveal:

• Paper – make the hand flat like a piece of paper

• Stone – make the hand into a fist

• Scissors – make the hand into a fist with the index and second finger held out like a pair of scissors

• The winner of each call is chosen in the following way:

• Paper/stone – paper wins because it can wrap around stone.

• Paper/scissors – scissors wins because it can cut paper.

• Paper/paper – a draw and the heat is replayed.

• Stone/scissors – stone wins because stone makes scissors blunt.

• Stone/stone – a draw and the hear is replayed

• Scissors/scissors – a draw and the heat is replayed.

• The winner of the first game then plays the third member of the group.

• Each player keeps a note of how many games they have won and the real winner is the first one to win six games.

• **Tip:** The winners from each group can then play against one another until one child is declared champion.

• **What children really learn:** stop and think before acting.

• **Extra tip for Mum:** If you have more space to play, ask everyone to act out rock, paper and scissors rather than just using their hands:

• Paper - stand up straight with hands stretched above the head.

• Stone - arms crossed around the body almost meeting at the back.

• Scissors - arms and legs out to the sides in a star shape.



# Imagination Games

## Pop idol

• This is a modern take on an old game.

• **Number of players:** Four or more people.

• **What you need:** Nothing.

• **How to play:**

• 1. Everyone stands in a circle and one person is chosen to be the leader of the band.

• 2. Everyone sings:

• The singer's on the stage.

• The singer's on the stage.

• Doo wah diddy oh.

• The singer's on the stage.

• The singer needs a band.

• The singer needs a band.

• Doo wah diddy oh.

• The singer needs a band.

• 3. The singer then chooses one person to be in his band and gives them a task – e.g. lead guitar.

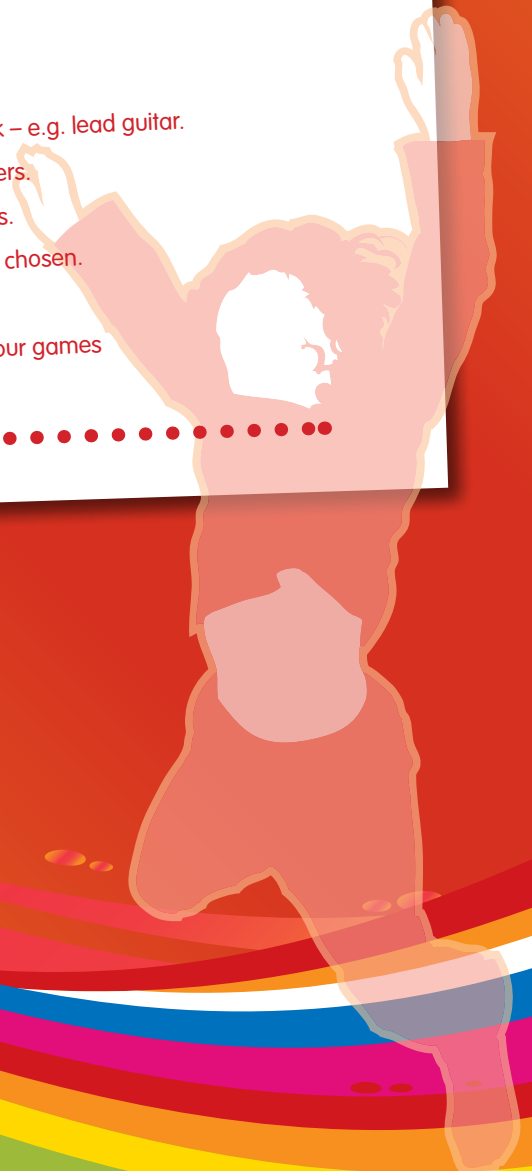
• 4. The second verse is then repeated until the singer has enough band members.

• 5. The band must then perform a popular song whilst miming their instruments.

• 6. When this song has been sung, everyone claps and another band leader is chosen.

• **Tip:** Everyone can choose a tune to sing to.

• **What children are really learning:** how to take turns so that our games and work are fair for everyone.



# Hints & Tips



- **Supervision** – do make sure responsible adults supervise children. They should be able to keep children safe from dangers and strangers while playing.
- **Safety** – do talk about possible dangers with children before playing. Dangers could include playing on slippery or cluttered ground or using equipment like hoops, skipping ropes and elastics. Sometimes you need to make up some rules, like “please stay away from the bins” or “don’t go as far as the trees”.
- **Choosing teams** – do help children choose teams fairly. Stand players in a circle or line, giving each a fruity name – for two teams: “apple, orange, apple, orange..etc” and for three teams use three fruits. Call all the apples for one team, oranges for another etc. Or call everyone with birthdays in certain months for one team, or those with names in the first half of the alphabet etc.
- **Clothing** – do check on the weather. For very cold, hot, wet or sunny weather advise children what to wear. Layers of clothing are best and beware of sunburn.
- **Shoes** – do insist on well-fastened shoes with good grip for running, chasing, skipping or jumping games.
- **Weather** – do have a back-up plan for very hot, sunny, cold or wet weather. Many games can be played in a hall, although you may have to alter the rules. Try having a standby indoor play box ready - full of crayons, scrap paper, crafts, noughts and crosses, board games, word searches and anything else.
- **Different abilities** – do help children to remember that everyone has different strengths and that they need to play gently, kindly and fairly with each other.
- **Winning and losing** – do remind children it is not about winning or losing. Playground games are for fun, friendships and staying healthy.



# About

Jenny Mosley is a children's games expert who consults to schools across the U.K. and abroad on how to create positive learning environments in the classroom and playground. She is author of several books on her pioneering work in playgrounds. Her work regarding games and friendship stops was featured on the BBC's 'Just One Chance' which received enormous interest from schools and parents. Her commitment to purposeful play meant that she was invited onto the QCA's Steering Committee for P.E.S.S. (Physical Education and School Sports) [www.circle-time.co.uk](http://www.circle-time.co.uk)

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