

Pocket Craze of the Week Games

volume 1

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including

Conkers

Hopscotch

Noughts and Crosses

Circle Tag

and more!



Positive Press

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Introduction

Traditional playground games provide the ideal opportunity to engage children in enjoyable activities together, promoting positive relationships between the children themselves and the children and adults.

The games encourage valuable social skills such as:

- Turn-taking
- Developing speaking and listening skills
- Developing a positive attitude to participation
- Learning to abide by rules
- Interacting with others
- Co-operating
- Having fun

Playground games also encourage physical exercise, an important aspect that is often neglected in today's hi-tech society and that is an essential part of physical well-being.

The traditional games included in this booklet are set out in a clear, accessible style with easy-to-follow instructions. Playground games provide an ideal occupation for free time that can motivate all children to be part of a group.

They will enhance playground experiences for the children involved, creating a positive dynamic and generating much fun and enjoyment for all.

French Skipping

Number of players: 3+

What you need: A piece of elastic - about 3 metres in length, with the two ends knotted together to make a loop.

What you are learning:
balance and co-ordination.

How to play:

Two children stand facing each other, with the elastic around their ankles. They stand with their legs apart and away from each other so the elastic is just stretched.

The other players practise jumping and hopping, normally with a rhyme.

A classic rhyme goes like this:

England (jump in the centre of the elastic)

Ireland (jump to the left, outside the elastic)

Scotland (jump back to the centre of the elastic)

Wales (jump to the right, outside the elastic)

Inside (jump to the centre of the elastic)

Outside (jump so your legs are outside the elastic on either side)

Jump on scales! (Attempt to jump ON the pieces of elastic)

Once you have managed to complete the rhyme, players should switch places and two different players should now hold up the elastic.

To make the jumping harder, the elastic can be raised to knee height and even higher!

French skipping ropes can be found at:

www.birchwoodcrafts.co.uk (in full catalogue listing)

www.edventure.co.uk

Stuck in the Mud

Number of players: 6+

What you need: Nothing but yourselves.

What you are really learning: Speed, agility and teamwork.

How to play:

Firstly, an area is chosen in which the game is played, such as a netball court or, if there are lots of people, a football pitch. To begin the game one player must choose to be the catcher or there could be two catchers if there are plenty of people playing.

All the players run around trying to keep away from the catchers. If a player is tagged by a catcher they must immediately stop and stand with their legs apart and their arms out.

The aim of the catcher is to tag all the players. A player who is 'stuck' can be freed to run again if a player who hasn't been caught crawls through their out-stretched legs.

The aim of the game for the players is to make sure no other runners are stuck. The catcher can surrender if they can't get everybody stuck. In these instances the catcher may choose another player to join their team

