

Playtime Playbook



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Traditional Games

Duck Duck Goose

In this game, players sit down or stand in a circle facing each other. One person is "it" and walks around the outside of the circle.

As they walk around, they tap the player's heads and say whether they are a "duck" or a "goose".

Once someone is the "goose" they get up and try to chase "it" around the circle.

The goal is for the "goose" to catch "it" before they are able sit/stand in the "goose's" spot.

If the goose is not able to do this, they become "it" for the next round and play continues.

If they do catch "it", the person tagged has to sit in the centre of the circle.

Then the goose becomes "it" for the next round.

The person in the middle can't leave until another person is tagged and they are replaced



What's the Time Mr Wolf?

The child who is telling the time (the wolf) stands at one end of the playground and all of the other children stand and wait at the other end of the playground.

The children must ask the wolf "What time is it Mr Wolf?"

The wolf then says a time e.g. "It is 3 o Clock", the children take three steps towards the wolf.

The children repeat the question "What time is it Mr. Wolf?" and move forward each time.

When the wolf says "Its dinner time" the wolf tries to catch one of the children who are running back to the other end of the playground. If the wolf catches one of the children, then that child is the wolf, and the game starts again.



Hide and Seek

One player closes their eyes/faces a wall. They then count up to a specific number (eg: 20).

The seeker then opens his eyes and tries to find the hiders; the first one found is the next seeker, and the last is the winner of the round.

Challenge: The hiders try to run back to "home base" while the seeker is away looking for them; if all of the hiders return safely, the seeker repeats as seeker in the next round.



Fishes in the Sea

The children sit in a circle facing outwards. Label each child with a different fish (cod, haddock, herring and plaice).

Playing the game: The adult/child calls the name of a fish and all living fishes with that name stand up and run around the circle. (Or everyone who is still alive if the leader calls 'all the fishes in the sea'.)

When the adult/child calls 'tide turned' they must turn and run in the other direction.

When they say 'calm sea' they walk, when they say 'rough sea' they run as fast as they can.

When they say 'sharks are coming' all the children must then run back to their place and sit down (keeping in the same direction as they were already running).

The last one back is gobbled up by the shark and turns to face inwards.



Oranges and Lemons

"Oranges and lemons, say the bells of St. Clément's.
You owe me five farthings, say the bells of St. Martin's.
When will you pay me, say the bells of Old Bailey.
When I grow rich, say the bells of Shoreditch.
When will that be, say the bells of Stepney?
I'm sure I don't know, says the great bells at Bow.
Here comes a candle to light you to bed.
Here comes a chopper to chop off your head.
Chop chop chip chop the last man's head."

Have two of the children join hands, facing each other. They need to have agreed privately which is to be "Oranges" and which "Lemons." The rest of the children form a long line, standing one behind the other, and holding each other's shoulders. The first two raise their hands so as to form an arch, and the rest run through it, singing the rhyme set out above as they run.

Grab the child passing through. At the word "head" the hand archway descends and clasps the child passing through at that moment; he/she is then asked in a whisper, "Oranges or Lemons?" and if he/she chooses "oranges," he/she is told to go behind the child who has agreed to be "oranges" and clasp him/her round the waist.

Keep it quiet. The children must be careful to speak in a whisper, so that the others do not know what has been said.

Continue. The game then goes on again, in the same way, until all the children have been caught and have chosen which they will be, "oranges" or "lemons." When this happens, the two sides prepare for a tug-of-war. Each child clasps the one in front of him/her tightly and the two children pull with all their might, until one side has drawn the other across a line which has been drawn between them.

Grandmother's Footsteps

One of the children is Grandmother or Grandfather, stood with their back to the rest of the children.

Everyone else has to sneak up and try and touch them on the shoulder.

The Grandparent can turn around whenever they want. The children sneaking up need to freeze and if the grandparent catches anyone moving that person goes back to the beginning and starts sneaking up again.

The first person to touch Grandmother is the winner.



Tag

Players (two or more) decide who is going to be "it", often using a counting-out game such as eeny, meeny, miny, moe.

The player selected to be "it" then chases the others, attempting to "tag" one of them (by touching them with a hand) as the others try to avoid being tagged.

A tag makes the tagged player "it".

Hopscotch

Throw a small stone, twig, beanbag, or other marker into the first square. (If it lands on a line, or outside the square, you lose your turn. Pass the marker to the following player and wait for your next turn.)

Hop on one foot into the first empty square, and then every subsequent empty square. Be sure to skip the one your marker is on.

At the pairs (2-3, 5-6 and 8-9), jump with both feet.

At 10, hop with both feet, turn around, and head back toward the start.

When you reach the marked square again, pick up the marker still on one foot and complete the course.

If you finished without any mistakes, pass the marker to the next player. On your next turn, throw the marker to the next number.

If you fall, jump outside the lines, or miss a square or the marker, you lose your turn and must repeat the same number on your next turn. Whoever reaches 10 first, wins.



Clapping Games

A Sailor went to Sea

<https://www.youtube.com/watch?v=eTIKRaiYVxM>

A sailor went to sea, sea, sea,
To see what he could see, see, see.
But all that he could see, see, see
Was the bottom of the deep blue sea, sea, sea.

A sailor went to chop, chop, chop,
To see what he could chop, chop, chop.
But all that he could chop, chop, chop
Was the bottom of the deep blue chop, chop, chop.
Sea, sea, sea.

A sailor went to knee, knee, knee,
To see what he could knee, knee, knee,
But all that he could knee, knee, knee,
Was the bottom of the deep blue knee, knee, knee.
Chop, chop, chop.
Sea, sea, sea.

A sailor went to snap, snap, snap,
To see what he could snap, snap, snap.
But all that he could snap, snap, snap
Was the bottom of the deep blue snap, snap, snap.
Knee, knee, knee.
chop, chop, chop.
Sea, sea, sea.

A sailor went to jump, jump, jump,
To see what he could jump, jump, jump.
But all that he could jump, jump, jump
Was the bottom of the deep blue jump, jump, jump.
Snap, snap, snap.
Knee, knee, knee.
chop, chop, chop.
Sea, sea, sea.

Patta Cake

<https://youtu.be/yULp0Vnzblc>

Pat-a-cake, pat-a-cake baker's man
Bake me a cake as fast as you can
Prick it and pat it and mark it with a "b"
And put it in the oven for Billy and me

Double Double This

Double, double, this, this,
Double, double, that, that,
Double this, double that,
Double, double, this, that.

How to play: The game involves clapping and fists bumps. Sit or stand facing each other. Use both the hands in synchronization. When you say 'double,' do a fist bump. And when you say 'this,' do a clap with your palms. Similarly, when you say, 'that,' clap with the back of the hand. Once you get the flow, get going faster.

Dr Knickerbocker

<https://youtu.be/nudPpX489kc>

Dr. Knickerbocker, Knickerbocker, number nine.
Just got back, and I'm feeling fine.
Now let's get the rhythm of the hands (clap, clap)
Now let's get the rhythm of the hands (clap, clap)
Now let's get the rhythm of the feet (stomp, stomp)
Now let's get the rhythm of the feet (stomp, stomp)
Now let's get the rhythm of the eyes
Now let's get the rhythm of the eyes
Now let's get the rhythm of the hips (whoo-ee)
Now let's get the rhythm of the hips (whoo-ee)
Now let's get the rhythm of the number nine!
One, two, three, four, five, six, seven, eight, nine!

Tic Tac Toe

<https://youtu.be/JyPajoEaDQ4>

Tic Tac Toe,
Give me a high,
Give me a low,
Give me a three in a row,
Don't get hit by a UFO!

Tic tac toe, give me an X give me an O,
3 times around the world
Rock, Paper Scissors shoot,
Rock beats scissors,
Paper beats rock,
Scissors beats paper,
I win you lose,
Now you get a big fat bruise,
And give them a touch
With your pinky.

Tic Tac, Toe,
Three in a row,
Rock, Paper, scissors and shoot,
Rock, Paper, scissors and shoot,
Rock, Paper, scissors and shoot!
I win,
You lose,
Now you have
A big fat bruise!

Tic Tac Toe,
Going high,
Going low
Going criss-cross,
Lollipop, Catch a train,
Fly to Spain,
And back again,
Tic Tac Toe.

Lemonade and Crunchy Ice

Lemonade (Up Down Clap)
(Triple Clap)

Crunchy ice (Up Down Clap)
(Triple Clap)

Sip it once (Up Down Clap)
(Triple Clap)

Sip it twice (Up Down Clap)
(Triple Clap)

Lemonade (Up Down Clap)

Crunchy Ice (Up Down Clap)

Made it once (Up Down Clap)

Made it twice (Up Down Clap)

Turn around (Turn around)
Touch the ground (Touch the ground)
Push your brother out of town!
And stomp! (Jump)

Skipping songs

I like coffee, I like tea

In this rhyme, the first jumper inserts the name of a friend they want to join them in jumping. That friend "runs in," which involves joining the jumper while the rope is still turning. Then that friend inserts the name of another friend, continuing until everyone (except those turning the rope) is jumping.

I like coffee,
I like tea,
I'd like for
To come in with me.
1, 2, 3, 4, 5...

I like coffee, I like tea, I like (person's name) to jump with me. (That person joins the first person so that two are now jumping.)

One, two, three, change places, seven, eight, nine, change places, etc. (until the pair missed.

The two change from right to left each time they said "change places" and all would keep track of who got the highest number before missing.

Bumper Car

Bumper car, bumper car, number 48, went around the corner

(skipper jumps out and runs around the twirler and run back in the rope. Keep saying 'corner' until the skipper jumps back in) **and slams on the brakes** (on the word brakes, the skipper tries to land on the rope)

Birthdays: Apples, Peaches, Pears, Plums

Some children only chant the first 2 lines and then another child will answer with their birthday.

Two children hold a long jump rope and swing it around in a circle. They chant the rhyme. You jump in on your birthday month. Then the children start counting 1, 2, 3, etc. until they reach the number of the day you were born on. Then you jump out.

The other way to play the jump rope game is to skip the numbers. You still jump "in" when your birthday month is called. The other children then repeat the rhyme and you jump "out" when you hear your birthday month the second time around.

Apples, peaches, pears and plums,
Tell me when your birthday comes?

January, February, March, April,
May, June, July, August, September,
October, November, December?

Teddy Bear

While jumping to this rhyme, jumpers must mime the actions mentioned (turning around, touching the ground, and so on).

Teddy Bear, Teddy Bear, turn around,
Teddy Bear, Teddy Bear, touch the ground
Teddy Bear, Teddy Bear, show your shoe
Teddy Bear, Teddy Bear, that will do!
Teddy Bear, Teddy Bear, go upstairs
Teddy Bear, Teddy Bear, say your prayers Teddy Bear,
Teddy Bear, turn out the lights Teddy Bear,
Teddy Bear, say good-night!

2,4,6,8 Meet You at the Garden Gate...

Two, four, six, eight,
Meet me at the garden gate.
If I'm late, don't wait.
Two, four, six, eight.

I Had a Little Puppy

I had a little puppy.
His name was Tiny Tim.
I put him in the bathtub,
To see if he could swim.
He drank up all the water.
He ate a bar of soap.
The next thing you know,
He had a bubble in his throat.
In came the doctor
(person jumps in).
In came the nurse
(person jumps in).
In came the lady
With the alligator purse
(person jumps in).
Out went the doctor
(person jumps out).
Out went the nurse
(person jumps out).
Out went the lady
With the alligator purse
(person jumps out).

Ball Games

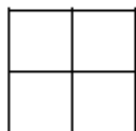
Four Square:

<https://squarefour.org/rules>

FOUR SQUARE RULES

Serving the Ball

The ball is always served from the highest ranked square to the lowest square. Squares one and four are positioned diagonally across the court. The server box has a diagonal/triangle at the corner. The server must drop the ball and serve from the bounce. The ball must be allowed to bounce once in the receiving square, then the receiving player must hit the ball into another square of his or her choice. After the receiver touches the ball, the ball is in play.



Normal Game Play and Possession

Each time the ball bounces in a square, the owner of that square must hit the ball into another square. No exceptions.

Once the ball touches down in a square, ONLY the owner of the square can touch the ball next. If she does not, then she is out. If she hits it poorly or out of bounds, she is out. If another player hits the ball before she does, at any time, the other player is out.

Elimination

Each time a player is eliminated, that player leaves the court and all players advance to the higher numbered square squares. The lowest ranked square is then filled with a new player. All eliminated players leave the court and wait for their next turn to join in the lowest square.

These situations represent all the ways in which a player may be eliminated from the court. Players are eliminated for:

- Failing to hit the ball into another square
- Allowing the ball to bounce more than once in their own square
- Hitting the ball out of bounds or onto an inside line
- Hitting the ball incorrectly, such as holding, catching or carrying
- Hitting the ball with a part of the body that are not hands
- Hitting the ball out of turn (poaching)
- Violating any number of local rules that are made up on the playground

Four square – additional challenges:

- **Double Taps:** This means any player may hit the ball two times in the air after it has bounced once in her square. Similar to a one person volleyball team, this is an effective technique for setting yourself up for a spike.
- **Body Language:** This rule allows players to use any part of their body to hit the ball. Some players like this because of the added use of feet for emergency recoveries.
- **Black Jack:** If a player catches the ball before it lands in her square, the player who hit the ball is out. It usually forces the game to be played low and fast and creates a different dynamic.
- **Underhand:** The means that all hits are with an open hand, palm up, below the waist. This brings the game down low to the ground and makes your quads ache the next day. "Underhand" is stereotypically associated with beginners, but in four square even the best players sometimes can't survive a round of underhand.
- **One Hand only** - only one hand is allowed to strike the ball (either Right or Left is called)

Keep Away:

A game for 3 children

2 players stand in predetermined areas and throw the ball back-and-forth

Player in the middle attempts to catch

If the player catches, they trade places with the thrower

Areas can be marked (eg: circles) with chalk

If there is height difference between the players, the ball needs to bounce once in the playing area after being thrown.



Say and Catch:

Before the game, decide on a category then arrange players in a circle

The ball is thrown between players in the circle; each player needs to say something from the agreed category (eg: an animal) before catching the ball

If they can't name something in time, they are out of the game

For a challenge, you can include dropping the ball meaning players are out



Buzzer beater (basketball/netball)

Play the game in teams or 1 v 1

With a stopwatch or timer, each player has an allocated amount of time to score a net/basket

The winner is the one who has scored the most points in the allocated time



Down Down

Players form a circle and throw the ball randomly amongst themselves

If the ball is missed or dropped, the player does the following in order:

- Onto one knee
- Onto both knees
- Knees and one hand behind the back
- Player is out



Around the world (basketball/netball)

Players start at an agreed point from the basketball hoop

If the ball goes into the basket, the player steps back to the next agreed point

The winner is the first to go 'around the world' to all set points

Set points can be placed in a single line or in a semi-circle

Points can be marked with cones or chalk



Touch Tennis

Touch tennis is played in a way like tennis, without racquets. The game is played on a rectangular court. This can be marked out with cones or chalk.

The goal is to hit the ball into the opposing player(s) half so that the opponent cannot return the ball.

A point is awarded every time the opponent can't return the ball into the court.

A game is played until one team reaches four points.

The players cannot catch the ball.

The players have to use a 'slapping' motion to return the ball,

The ball can only bounce once on your side of the court.

The loser of a point serves the ball. They do this by 'slapping' the ball into play from their side of the court.

If the ball is hit directly out without bouncing, the point is awarded to the opposing team.

Matches can be played 1v1 or in teams up to 4v4.



Active Games

Cross the River

How to play:

- Agree a start point (one side of a big river) and a finish point (the opposite side of the river).
- Using two objects (cushions, pillows, or other flat objects) can you cross the river without touching the floor?
- You are only allowed two objects to cross the river with.
- Can you complete the challenge and cross the river without touching the floor!



Can you work out a method for successfully crossing the river

If you fall in, can you keep trying to cross successfully?

Healthy Hearts

How to play:

- Layout 5 markers in a space around your area. These are your 5 cardio circuit activities.
- **Station 1:** Perform 10 star jumps.
- **Station 2:** Perform 10 mountain climbers.
- **Station 3:** Skip or jump for 10 seconds.
- **Station 4:** Perform 10 burpees.
- **Station 5:** Jog on the spot for 10 seconds.
- How many times can you repeat the circuit?



Can you complete the circuit with a partner, encouraging each other?

Can you keep trying even if you feel tired?

Jumping Dice

Time to Learn:

- Play with a partner, take turns to roll a dice.
- Look at the number you have rolled and then complete the correct jumping exercises:

Roll a 1 = Perform twenty star jumps

Roll a 2 = Perform twenty tuck jumps

Roll a 3 = Perform twenty pencil jumps

Roll a 4 = Perform twenty jumps with a $\frac{1}{2}$ turn

Roll a 5 = Perform twenty jumps with a full turn

Roll a 6 = Perform twenty squat jumps

- The first player to complete all of the activities listed above is the winner.



Move to the Beat

Time to Learn:

- Play some music and on the spot can you start by clapping in time to the music?
- Keep clapping but can you now move your feet in time to the music by marching on the spot?
- Now can you start to walk around the space by clapping and walking in time to the music?
- Challenge yourself to add new movements like heel flicks, side steps, knees up, spins, turns. Can you do these in time to the music?



Wacky Races

Time to Learn:

- Mark out a start and finish line using an object to mark out these points.
- Think of different ways you could move from the start to finish.
- Can you move on your hands and feet?
Can you move backwards?
- What was the quickest way of moving and what was the slowest way of moving?
- Can you race against a partner using the different ways of moving?



Parachute Games



Mushroom



This is a great starting activity to get everyone used to moving the parachute and working together.

Have everyone stand around the chute and hold onto a handle. On the count of three, everyone should raise the handle above their head. If they bring it down to the floor it makes a mushroom shape. Have them lift it up again, then quickly lower it to the ground behind them. This creates a canopy cover so they are inside the mushroom.

All Change



Looking for an icebreaker? Use this game as a "get to know everyone" activity to share common interests.

Make sure everyone holds one handle using both hands. One person calls out information and then everyone lifts the parachute. If it applies to you, you run under the parachute to switch places with someone else before it falls. Some examples include things like birthday months, favorite colors or foods, if you're wearing a specific color, if you have a sibling or pet,

Cat and Mouse



This game encourages turn-taking and physical activity. Be sure to remind the participants to play nicely.

Choose one person to be the "mouse" and another to be the "cat". Everyone else should sit on the ground holding onto the parachute. The mouse crawls under the parachute and moves around. Meanwhile, the cat crawls on top of the parachute searching for the mouse. The others wiggle and wave the parachute to hide the mouse. Switch roles when the mouse is "caught" and let other people have a turn.

Popcorn



Adapt this game to be played as a fun gross motor game for toddlers and seniors or play it as a competitive game for older children.

Put soft balls on the parachute. Everyone should stand and hold a handle. Shake the parachute and move it up and down. The balls will look like popcorn popping.

Competition

Place an even amount of two colors of balls on the parachute. For example, you could use ten soft, red balls and ten soft, blue balls. Then divide the group into two teams. The red team wants to shake the parachute while keeping the red balls on and popping the blue balls off. The blue team tries for the opposite. When all the colored balls of one team are gone, the other team has won. Switch around who is on each team and play again.

Sharks and Lifeguards



This game is active and best for children who can follow directions. Remind the "sharks" to be gentle and the other children to watch their heads and not kick.

Choose your "sharks" and "lifeguards." The amount will vary based on your group size. Everyone else should sit on the ground with their legs straight out in front of them. They will shake the parachute to create ocean waves. The children can also call out "Lifeguard save me!" when needed. The sharks go under the parachute and pull other kids under. If a child ends up under the parachute, they become a shark too. Meanwhile, the lifeguard walks around the parachute and can "save" someone by pulling them out. When most of the children are now "sharks", switch around the roles and start the game again.

Merry-Go Round



Play this game with groups of any age. You can incorporate music for additional fun.

Have everyone turn sideways and hold a handle with their left hand. They walk around in a circle to create a "merry-go-round." Change it up and have them skip, hop, or march around in a circle. If you play music, you can pause it, cueing the participants to switch directions.

Chalk Games

Avoid the Shark

Using different colours of chalk, draw 'beaches' various distances apart.

Use blue chalk to outline water.

Use another colour to draw your sharks in the water.

See if you can jump from 'beach to beach' without getting caught by the sharks!

Chalk Bullseye

Using different colours of chalk, draw circles (like a dartboard) with a 'bullseye' in the middle.

Inside each circle, write the number of points achieved (eg: 1, 3, 5, 10 points).

Use beanbags to throw from a cone towards the circle.

Count to see which player has scored the most points.



Chalk Maze

Children design their own mazes using squiggly lines, circles and shapes to create a maze.

Others need to walk/hop/jump/run through the maze to the finish.
Make the maze as colourful as you can!



Alphabet Hop

Use chalk to make 26 squares/circles with a letter of the alphabet in each one.

Children need to either hop through the alphabet from A to Z

Or

The leader calls out a word that players need to spell out by hopping.

Playground Twister

Create a small rectangular board with four different coloured shapes.

The leader of the game calls out (one player at a time) where they need to put a hand or foot (eg: red triangle).

If a player loses their balance/falls off one of the shapes, they are out of the game.

The winner is the last player remaining.



Music Games

Musical Statues

Start the music and everyone dances until the music stops playing (out of view of the children, hit the pause button), then they freeze in position. Anyone still moving when the music stops playing or who moves while the music is off is out for that round. The final person dancing is the winner.

Musical Bobs

Proceed like Musical Statues (see instructions above) except this time the children must bob down when the music stops. Last person to hit the floor is out. Last person dancing is the winner!

You've got Moves!

This is a fun dancing memory game. Children start out standing in a circle. A person is chosen to go first and they perform one cool dance move. The next person along performs the first dance move and then adds a move of their own. The game continues around the circle, with the sequence of dance moves becoming longer and harder to remember as play progresses. Any player who forgets the sequence is out of the game and sits down. The winner is the last dancer standing!

Dance Battle

We couldn't have a list of music party games without a dance battle! Have everyone stand around the designated 'dance floor.' Two guests dance into the middle of the dance floor, competing against each other by simultaneously performing their own freestyle solo dance. A winner is chosen and then the next pair competes. Continue until all pairs have competed and then have the winners dance off against each other until there are only two dancers competing for the ultimate title of Dance Battle Winner!