

SWITCH

Before You Start:

Make sure everyone knows the four areas to run to.
Review how to play [rock-paper-scissor](#).
Play a practice round.

Set Up:

A four-square court or four cones forming a square and one additional cone in the middle.

How to Play:

Five players at a time. Each player occupies a corner or the middle.
Play begins when the person in the middle says "Switch".
All players must find a new corner/cone to occupy. No player can go to the center cone.
If two players arrive at the corner at the same time a quick rock-paper-scissors is played, winner stays.
The next person in line, become the person in the middle and begins the next round.

Variations:

Use different shapes
Add more areas to which the players can run
Use four differently-colored hula hoops. Have the player in the middle call out a color that signals the players to run/switch. The caller runs to the color which s/he called aloud. All other players have to switch hula hoops but may not run to the color that was called out.

Watch how to play [here](#)

MAGIC TAG

Before You Start:

Demonstrate safe tagging:

Light touch, like a butterfly wings, on the shoulder

Unsafe tags: hard contact that might cause the person being tagged to fall

Demonstrate that when you get tagged you turn into a magic wand.

Demonstrate how you turn the magic wand back into a person.

Designate 3 magicians to start the game.

Review the boundaries and the consequence for going outside them, you automatically become a magic wand

Set Up:

Designate a large play area with clear boundaries which has room for players to run

How to Play:

The object of the game is to avoid being tagged by the magicians who are trying to turn everyone into magic wands.

If you get tagged by the magician you turn into a magic wand and freeze.

You stay a magic wand until two people join hands creating a circle around you and say "Abracadabra!" to undo the spell.

If you are not tagged you are avoiding the magicians and undoing the spell for the magic wands.

Rotate the magicians so that everyone has a chance to be the magician.

Variations:

You can make undoing the magic wand sillier with a dance and a song.

Pre-K: Instead of joining hands to create a circle around a magic wand, two players must simply shake hands and say the magic word, abracadabra, to undo the spell.

Watch how to play [here](#)

GAT AND MOUSE

Before You Start:

- Review how to safely jump into a spinning jump rope.
- Review how to tag softly--like a butterfly--on the shoulders, upper arms or back.
- Pick two players to turn the rope.
- Pick one person to begin as the cat and one person to begin as the mouse. Everyone else remains in line and waits for their turn.
- Review how players will rotate roles. A person may rotate roles in the following order: cat, mouse, rope turner, roper turner, in line.
- Demonstrated how to play.

Set Up:

- Pick a space that will allow a large jump rope to spin safely, room for players to run around the rope and a nearby line.

How to Play:

- Players will travel in a figure eight, jumping into the rope one time, then around the turner, back into the rope one time and around the other turner.
- The mouse begins.
- Once the mouse has jumped out of the rope around the first turner, the cat may jump.
- The object of the game is for the mouse to not be tagged and for the cat to tag the mouse.
- If the cat tags the mouse, everybody rotates.
- If the mouse misses a jump, everybody rotates.
- If the cat misses a jump, everybody rotates.

Variations:

- Allow the cat and mouse to run through the rope instead of jumping once.
- Require the cat and mouse to jump two times (or more) before running out of the rope.

Watch how to play [here](#)