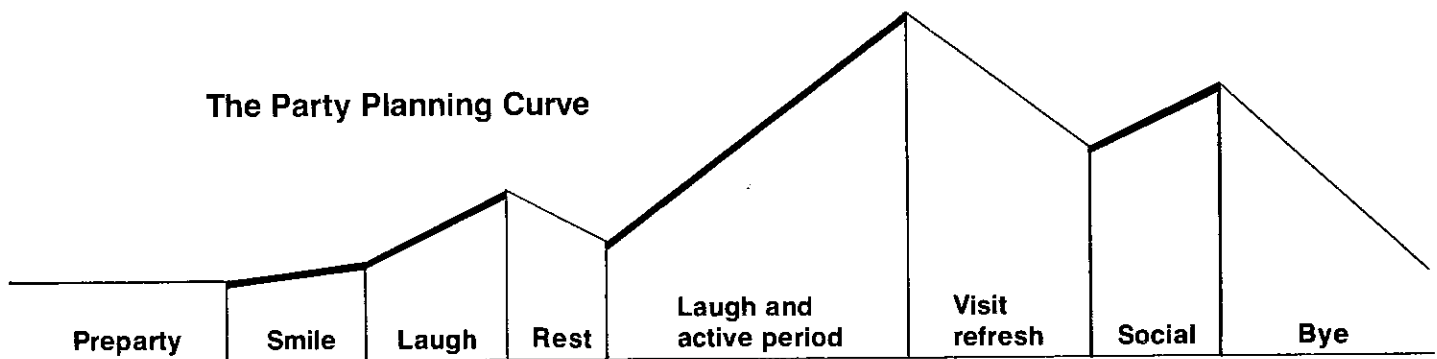




EXTENSION RECREATION PROGRAMS

Social Recreation: Active Games for All Ages

The Party Planning Curve



All people need some activity or they will deteriorate, just like a building not used or kept up. Even senior citizens enjoy active games that are adapted to their capabilities. Many times as leaders we underestimate the desire that people have to do something active.

An alert leader should always take safety factors into consideration as activities are planned. Some of the more obvious things to remember are: physical capabilities of the participants (age and condition), physical properties of the area (waxed floors, obstructions within play area, space available, uneven floors or ground). There is no room for horse play and roughneck tactics in recreation. These actions will more times than not lead to injury or complete disruption of the game.

The following activities with adaptations can be used indoors or out, with young and old. Adapt to the needs and skills of your group. In relationship to the Party Planning Curve the activities fit the smile, laugh, and laugh and active periods.

Musical Madness

Audience: Elementary—young adult

Time: 10 min.

Formation: Single file circle

Rules: All players face counter-clockwise. Then play a lively march on the piano or record player as they march around. The leader suddenly blows a certain number of blasts on a whistle, 2, 3, 8—according to his/her fancy. All players stop marching and get into circles containing the number blown by the whistle. Those left without circles or having the wrong number in the circle must stand in the middle and stay there until the game is over. (They could be allowed to play and at the end of the game give a booby prize to the person with the most times in the center of the circle.) The other players begin marching as soon as the music begins again. Of course, there is a mad scramble every time the circles are formed.

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Ames, Iowa 50011

Pm-388 | Reprinted | February 1990

Numbers Change

Audience: Any age

Equipment: Chairs

Time: 5 min.

Formation: Circle

Rules: Players are seated in a circle with IT in the center. All are numbered 1, 2, 3, or 4. IT calls out two numbers. Players whose numbers have been called must instantly jump up and exchange seats, during which IT tries to take one of the seats. Player left without a seat is IT and calls out the numbers.

Knee Ball Relay

Audience: Any age

Equipment: Balloons or balls

Time: 5-7 min.

Formation: Lines

Rules: Each team has a balloon or ball. Players line up in teams of five or more players. First player of each team places balloon or ball between knees and without dropping it walks to the finish line. With the balloon (or ball) in his/her hand, he/she runs back to the next player who in turn does the same thing. Variation—carry an unsharpened pencil between knees and pass to the next without using hands.

Balloon Football

Audience: Any age

Equipment: Chairs, balloons

Time: 5-8 min.

Formation: Lines 4 feet apart

Rules: Two teams are seated facing each other with lines about 4 feet apart. Each person places one hand on side of chair seat. Balloon is thrown in air and players attempt to bat it over the heads of the opposing team and behind them. Whenever the balloon lands on the floor behind one team, the opposing team scores. If there are more than five members on a team, use more balloons. Remember: Each player **always** has one hand on the chair.

Shoe Relay

Audience: Any age

Time: 5-8 min.

Formation: Lines

Rules: Should not be more than 12 in a line if possible. All take off their right shoes. Then pick the biggest shoe of all and give it to the front person. The first person puts shoe on foot (does not need to tie it) and runs to back of line; takes off shoe and passes it to front of line between the legs of the rest of the people in the line with each person taking hold of it. (No scooting it on the floor the full length of the line.) First line to get the leader back to the front is the winner.

Ocean Wave (Laplanders)

Audience: Any age

Equipment: Chairs

Time: 5-8 min.

Formation: Circle

Rules: The players arrange their chairs very close together in a circle. One player then goes into the center, which leaves one vacant chair. The center player calls "Shift right (or left)" and changes the call whenever he/she wishes. The players endeavor to keep the chair on the right or left oc-

cupied while shifting is directed. In the meantime, the center player tries to get a seat. Whoever is at fault in case he/she succeeds, exchanges places with him/her. (Have good strong chairs that won't collapse.)

Streets and Alleys (maze tag)

Audience: Elementary to young adults

Equipment: Whistle

Time: 8-10 min.

Formation: Lines

Rules: Form four to eight lines with six to eight people in each line. Have players stretch out their arms so they can hold hands. Then have them take a one-fourth turn and connect their hands again. This will form new lines with proper spacing. Select two players to be IT—they can be called Cop and Robber. Have all players join hands in rows—the leader will start the game by blowing a whistle (or by other means). The Cop will be at the end of a row and the Robber on the opposite end. When the whistle blows the first time, the Cop starts to chase the Robber. From then on, every time the whistle blows, participants forming the lines will take a one-fourth turn to the right and join hands forming streets in another direction. The Cop or Robber cannot go under, over, or breakthrough the line at any time. When they are caught, a new Cop and Robber are picked. The leader can manipulate the streets and alleys so the Cop can terminate the chase.

Football

Audience: Any age

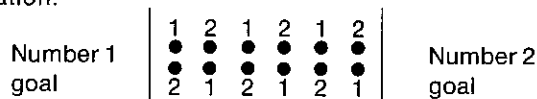
Equipment: Tennis ball, sock, string, chairs

Time: 8-10 min.

Formation: Lines

Rules: Two lines consisting of 5 to 10 couples sitting on chairs facing each other, approximately 4 feet apart. Players number off 1-2-1-2-1-2 around the ring. One end will be the goal for the ones, the opposite end will be the goal for the twos. Opposing players will be sitting alternately one each side. Equipment needed is a tennis ball tied in a sock per two lines. If there are more than four couples to a group use two "footballs." The tennis football is dropped in center of line. Players move ball using only their feet to the end or to their goal. Point is scored when goal is made. If ball is kicked outside the lines, it is dropped in where it went out. (It is best to have players remove their shoes before the game begins.)

Formation:



Over and Under Relay

Audience: Any age

Equipment: Balloon or ball

Time: 5-8 min.

Formation: Lines

Rules: There should be 8 to 16 players in two or more lines. Place the ball or balloon on the ground in front of the line. On signal, the object is passed over the head of No. 1 player and between the legs of the next, alternating until it reaches

Second side: Give us some.

First side: If you can run. . .T.F.

The first line begins to pantomime putting on coal, adjusting drafts, and doing other furnace work. As soon as the members of the second line guess the trade, they shout it out and chase the other players back to their base line, catching as many as possible. The ones who are caught join their captors. The second side then chooses a trade and the game is repeated.

Bring Me

Audience: Any age

Time: 8-10 min.

Formation: Teams

Rules: Teams for a relay are arranged, with a manager for each. The leader, standing in the center of the room, calls for articles, saying, "Bring me a buffalo nickel," or "Bring me a shoe lace." Each team helps its manager find the object so the manager can deliver it to the leader. The first to produce the called-for article gets the point. Objects requested might include a girl's picture, a bobby pin, class ring, class pin, boy's cap, driver's license, lipstick, bracelet, stick of gum, lady's slipper, necktie, bow tie, comb, etc.

Bronco Tag

Audience: Elementary—young adult

Time: 5-8 min.

Formation: Lines

Rules: One player is chosen as chaser; the other players form groups of three, each of which stands in a file three deep, numbers 2 and 3 each with an arm around the waist of the player in front, thus forming a bronco. The chaser tries to become attached similarly to the rear player of any group—that is, to become the tail of the bronco. If the chaser succeeds, the head of the bronco must become the chaser. The chief sport of the game is in the efforts of the bronco to avoid having a new tail. This is done by switching and dodging, keeping head always toward the chaser. Note—if group is large, have a number of chasers.

Japanese Tag

Audience: Elementary—high school

Time: 5-8 min.

Formation: Mass

Rules: A player who is tagged by IT, becomes IT and must hold his/her hand on the spot where tagged while attempting to tag another player.

Stealing Sticks

Audience: Elementary—high school

Equipment: Sticks

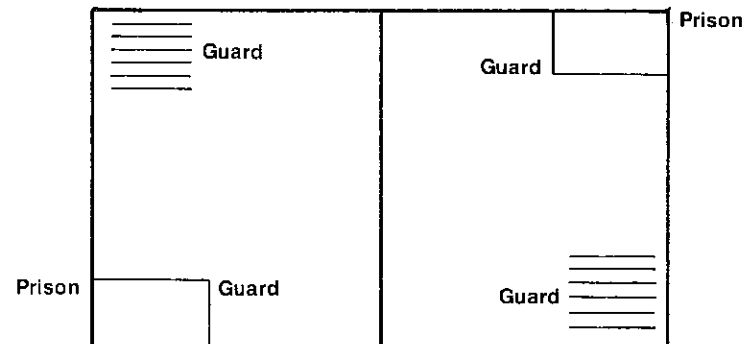
Time: 10-12 min.

Formation: Teams

Rules: The ground is divided into two equal parts, with a small area marked off at the rear of each part, in which six sticks are placed. Each player who reaches the enemy's goal safely may carry one stick back to his/her own goal, and may not be caught while carrying it back. If caught while in the enemy's territory before reaching the goal, a player must remain a prisoner in the goal until touched by a teammate; neither may be caught while returning. Any player may catch any opponent except under the rules just stated. No stick may be taken by a side while any of its team

are prisoners. The game is won by the side gaining all of the sticks.

Variation—You may want to change the rule that no sticks may be taken while someone is a prisoner. Allowing capture of sticks at any time will greatly speed up the game.



Magic Ball

Audience: Any age

Equipment: Ball

Time: 5-8 min.

Formation: Small groups

Rules: Divide group into three or four units and place them all in one group behind a line which represents one side of a river. Leader throws ball into midst of group; person who catches it may cross the river in safety; he/she then throws it across, attempting to get it to one of his/her own unit, who then crosses with the magic ball. The unit that succeeds in getting all its members across first wins the game. If ball goes out of bounds or into the river, it is recovered by the leader and put into play as at first.

Victory Ball

Audience: Junior high and older

Equipment: Softball; baseball and bat

Time: 25-30 min.

Formation: Teams

Rules: "V Ball" or Victory Ball is an ideal game which everyone can play, on all types of terrain, indoors or outdoors. This game is a variation of baseball and softball; either a softball or a baseball can be used, and play is according to the respective rules of either game.

Any number of participants can play, provided the squads are divided equally. Count off or choose sides and assign batting orders. One outstanding innovation is used. One player pitches to his/her teammates, while all members of the opposing team take places on the diamond. Only one pitch is allowed; the pitcher concentrates on allowing his/her teammate to hit the ball. If hit in fair territory, as in baseball and softball, and the ball is not caught, as in the case of a fly ball, the batter will run out the hit. If the ball is hit foul, missed, allowed to pass, or the ball hits the batter, the ball is regarded as being caught, i.e., the batter is out. All players on the ground will bat only once in the inning, and the runs for the inning are added up. Then the opponents take their turns at bat and members of the other team take their positions in the field. Play according to time or innings; the team scoring the most runs wins.

Can Ball (Spud)

Audience: Elementary—young adult

Equipment: Ball

Time: 10 min.

Formation: Circle

Rules: All the players but one form a circle. The extra player becomes IT and stands in the center of the circle with a volley, soccer, or beach ball, then tosses it high in the air, calling the name of a player. The player called must catch the ball before it bounces. If he/she does, he/she becomes IT; if not, he/she returns to the circle. Smaller children may be permitted to catch the ball on the bounce. A **variation** of this game may be played with children who can catch and throw with some skill. The ball is tossed up, a player called, and while the called player catches the ball the other players scatter. When the player catches the ball he/she becomes IT and calls, "Stop." All players must stop where they are. IT stands where the ball was caught and either throws or rolls it at some player, aiming below the waist. Players may dodge by bending the body, but must not move their feet. A hit player becomes IT. If the player is not hit, IT tosses again and calls a player's name, etc.

Stagecoach Upset

Audience: Elementary—young adult

Equipment: Chairs

Time: 5-10 min.

Formation: Scattered mass

Rules: Each player in the group is assigned some part of a stagecoach such as a wheel, window, seat, horse, and so on. The person who is IT begins to tell a tale about a stagecoach trip, mentioning various parts of the stagecoach. Whenever a part is mentioned, that person gets up, turns around, and sits down quickly so that IT won't get the seat. When IT says, "Stagecoach upset," everyone changes seats and IT tries to sit down somewhere; the one left out becomes IT and continues the story.

Capture the Shoe

Audience: Elementary—young adult

Equipment: Shoe

Time: 3-5 min.

Formation: Teams

Rules: Derived from an Afghan game known as "skhe."

The sole equipment necessary is an old shoe, which is placed at the center of the field.

The defending party is lined up about 30 feet on one side of the old shoe, and an equal number of assailants are gathered 20 feet on the other side.

At a given signal the two parties seize their left big toes (or ankles if more convenient) and hop to the onslaught. The endeavor of the attacking faction is to gain possession of the shoe. This is done by hopping to it and picking it up. The defender attempts to prevent this by bucking and blocking.

Whenever a player on either side loses grasp of the toe (or ankle), he/she is considered mortally wounded and out of the contest. Thus the defenders may win by elimination of the entire opposition. When the attackers have gained the shoe twice, the defenders take their turn as aggressors. The team which captures the shoe twice within the shortest time is declared winner.

A player may fall to the ground, but is not disabled if he/she retains grasp of the big toe (or ankle). The acrobatic feat of regaining a standing position is very amusing, for the unfortunate contestant is at the mercy of the opponents.

French Can-Can

Audience: Elementary—young adult

Equipment: 2 chairs, blindfolds, 8 cans (paper cups)

Time: 5-8 min.

Formation: Circle

Rules: Make a circle at least 25 feet long of the seated players, and at each end place an empty chair inside the circle. Blindfold each of two rivals, after placing six cans here and there around the floor and telling them that one has a goal at one end on which he/she must place three cans, one at a time; and the other has the opposite chair UNDER which he/she has the cans, also one at a time. The one to get three cans in the right place first wins. But if one of the two should find the opposite's chair during the game, he/she may take the other's cans away (but only one at a time) and to his/her own chair. This "can" be quite hilarious.

Forehead Balloon

Audience: Any age

Equipment: Balloons

Time: 3-5 min.

Formation: Lines/couples

Rules: First two players place balloon between foreheads, then sashay around a chair 20 to 30 feet in front of the line, and back to the line. Next two players stand facing each other, between first two, and place their foreheads on the balloon, then first two back off, and second two repeat the relay, and so on down the line. No hands may be used! If balloon touches the floor, the couple starts over again.

Human Croquet

Audience: Elementary—young adult

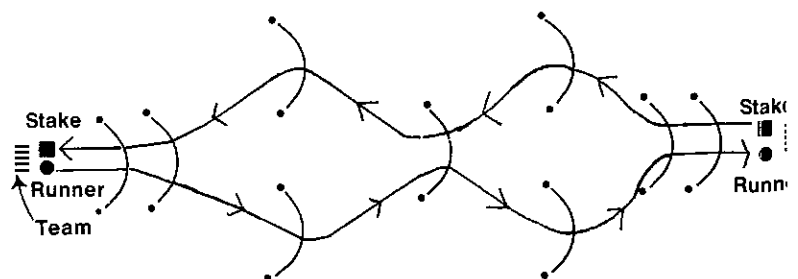
Time: 10-12 min.

Formation: Couples form human arches and place themselves in same position as in a regulation croquet game.

Rules: A team consisting of 6 to 12 people lines up behind each stake in single file. At given signal the first member of each team runs around the course. The next team member cannot start to run until the first member has completed the full round and touched the stake at the start of the court.

Caution—warn about danger of players running together as they go through the arches.

When teams finish, arches will become the runners, etc.



the last player. The end player runs to the front and starts the object over his/her head. Scoring: The first line through wins.

Caterpillar Race

Audience: Elementary—young adult

Time: 5-7 min.

Formation: Lines

Rules: Choose a level area. The finish line should be 40 feet from the starting line. The front player in each column places his/her hands on the ground. Each player back of him/her bends forward and grasps the ankles of the person in front. At the signal to start, the column moves forward in this position. When the last person in the column crosses the finish line, that team has completed the event, provided the line is still unbroken. Variation—this relay may be conducted by having the players run in pairs. In this case, each pair travels to the distant line and back, starting off the next pair. Caution: Use with boys and girls in jeans.

Car Relay

Audience: Elementary—young adult

Time: 5-7 min.

Formation: Lines

Rules: Form lines of eight players and establish a goal about 15 to 25 feet in front of line. Each player will be a car with a different type of mechanical trouble.

1. Flat tire—hops
2. Carburetor trouble—2 steps forward, 1 backward
3. Wheel off—walk on two feet and one hand
4. Battery dead—pushed by 5
5. Pushes 4
6. O.K., but old—runs on all 4's in both directions
7. Lights out—eye closed to goal, open to place
8. Good racing car

Each group starting with the No. 1 car, race (?) to the goal and back doing the action indicated behind each car. The first team to have all eight cars reach the goal and back to the starting line is the winner.

Cup and Bottle Relay

Audience: Elementary—high school

Equipment: Cup, milk bottle, water

Time: 3-5 min.

Formation: Lines

Rules: (Use outdoors or a place where floors won't suffer.) Each line passes cup of water from pail at head of line to milk bottle at the end of the line. Last one in line pours it into the bottle and runs to the head of the line. First line with **full bottle** is the winner.

Animal Hunt

Audience: Any age

Equipment: Beans, peas, etc.

Time: 5-7 min.

Formation: Teams

Rules: Divide the players into equal groups. Have 5 to 10 players in each group. Name each group for some animal: One will be cows, another sheep, another pigs, etc. Next have each group select some object such as beans, peas, etc. The field of play is sown with these objects. Each group

has the same number of objects on the field.

At the word "go" the animals hunt for their objects. When one is found, the finder gives the call of the animal represented, and the captain comes and picks it up. The animal cannot touch it.

The team whose captain gets all the objects first wins. If all are not found, time may be called and the captain having the largest number wins. Each captain can pick up only the kind of object assigned to him/her. This game may be played indoors or out.

The game can be played using peanuts only. The group having the largest number when time is called wins.

Poorhouse

Audience: Any age

Equipment: Chairs

Time: 5-8 min.

Formation: Semicircle

Rules: Couples sit in a semicircle or horseshoe formation with hands joined. Place two chairs facing each other at the open end of the horseshoe. Number off couples including the couple in the center. This couple is in the "poorhouse," a place where they don't want to be.

Two numbers are called by the couple in the poorhouse. These couples (with hands still joined) run to change places. The couple in the poorhouse tries to get into one of the places left vacant. The extra couple goes to the poorhouse. If the couple occupying the poorhouse calls "house afire," all couples have to change. Always keep original numbers.

Variation: Play the game in threes or number the chairs so players change numbers as they change chairs.

Skin the Snake

Audience: Elementary—young adult

Time: 3-5 min

Formation: Lines

Rules: Players stand in rows in stride position. Each player stoops over, puts right hand between legs, and grasps the left hand of the player behind him/her. At a given signal, the last person lies down on his/her back and puts his/her feet between the legs of the player in front of him/her. The line of players walks backward astride the bodies of those behind and lies down. Upon completing the transformation, all are lying on their backs. The last person who lies down rises and goes forward up the line, the rest following as their turns come. Do not break the grasp of hands. The team that completes this maneuver first wins. Caution: use with boys and girls in jeans.

Lemonade (Trades)

Audience: Any age

Time: 8-10 min.

Formation: Lines

Rules: Lemonade is a dramatic game in which one line of players pantomimes. Players in this line decide on their trade, for instance, "tending the furnace." They walk up to the other line and have the following conversation; the last answer ends with the initials of the trade chosen.

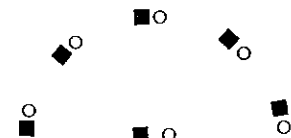
First side: Here we come.

Second side: Where from?

First side: New York

Second side: What's your trade?

First side: Lemonade.



Barnyard Mixer

Audience: Any age

Equipment: Pen, paper with animal name on it

Time: 2-3 min.

Formation: Mass

Rules: Each person is given a folded piece of paper which contains the name of a barnyard animal (cow, cat, dog, donkey, sheep or pig). On signal everyone will begin making the noise of the animal listed on the paper. When he/she hears another making the same noise, they join hands. This continues until all people are in the barnyard groups.

Irish Washwoman Relay

Audience: Any age

Equipment: Chair, sacks, clothes

Time: 5 min.

Formation: Lines/couples

Rules: An old hat, coat, and skirt or pants are placed in a paper sack. Players are divided into couples in lines facing a chair. On signal the first couple in line removes the clothes from the paper sack. One will put on the clothes and then take them off. The other partner places the clothes back in the sack. They then return to their group and the second couple removes the clothes from the sack, puts them on, takes them off, and puts them back in the sack.

Over the Log, Around the Tree, Under the Bridge Relay

Audience: Elementary—high school

Equipment: Sheet of paper

Time: 3-5 min.

Formation: Lines

Rules: An article representing a log (sheet of paper) is placed on the floor. A volunteer with raised hands representing a tree is placed in line and a volunteer bending over with hands on the back of a chair represents the bridge. Contestant No. 1 must jump over the log, run around the tree, go under the bridge, back around the tree and over the log. No. 2 repeats, etc.

Find Your Partner Stoop

Audience: Elementary—young adult

Time: 5-8 min.

Formation: Double circle

Rules: Partners march in a double circle. The leader of the game blows a whistle, which is a signal for the inside circle to reverse and march in the opposite direction. The whistle is blown a second time and all players in the inside circle make a dash to join their partners. The ones on the outside kneel on one knee so that as partners return they may sit on his/her knee. Whichever couple is the last one seated, is named the first word of a three-part comical phrase. (If the phrase were "icky, sticky, nasty aark," the couple would be named "icky.") The leader and other other couples then repeat the phrase a few times emphasizing "icky." The "icky" couple rejoins the two circles and the first procedure is repeated. The second time a couple is last they add the second word in the phrase to their name, e.g. "icky, sticky." The first couple to be last three times becomes a full-fledged "icky sticky nasty aark" and the game ends.

Family Relay

Audience: Elementary—young adult

Time: 3-5 min.

Formation: Lines

Rules: Players are divided into equal groups. The tallest boy is placed first (father), tallest girl (mother) next, and on down the line according to height with the shortest at the end (baby). On signal, father runs forward, around a chair, comes back, and takes mother along. All hold hands as they progress down the lines. When baby's turn comes, father carries baby around the chair with the family trailing behind. First team to complete is declared winner.

Give and Take

Audience: Any age

Equipment: Chair, paper bat

Time: 5 min.

Formation: Circle

Rules: Players are seated on chairs in a circle with a box or a stool in the center. On this stool is placed a "beater." The player who is IT stands in the center, takes the beater, hits any person in the circle on the knee, and places the beater back on the stool. The player hit recovers the beater and tries to hit IT before the latter can sit in the vacant seat. If he/she succeeds, he/she places the beater on the stool and sits down before IT can hit him/her again. If he/she does not succeed, he/she becomes IT.

Stomp the Balloon

Audience: Any age

Equipment: String, balloons

Time: 3-5 min.

Formation: Mass

Rules: Give each participant a blown-up balloon attached to a string. Have each person tie the string around his/her ankle so that the balloon rests on the outside of the leg. At the count of three everyone tries to break the others' balloons by stomping on them. The last one or two people with their balloons still in one piece win. Caution: You may want to have players remove their shoes before starting.

Move Left

Audience: Any age

Equipment: Chairs

Time: 5 min.

Formation: Circle

Rules: The object of the game is to move around the circle (to the left), one chair at a time to point of beginning.

The leader calls out orders such as: Everyone with brown shoes move one chair left; those wearing glasses; those with a wrist watch; all under 30 move one left, etc. The list can be endless. Move only one chair at a time. If chair is occupied, sit on person's lap. Several players may be sitting on each other's laps on the same chair. Players move only when leader gives directions.

Leader should try to mix up and keep giving directions so game will not lag. Also allow for laughs.

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Cooperative Extension Service, Iowa State University of Science and Technology and the United States Department of Agriculture cooperating. Elizabeth A. Elliott, interim director, Ames, Iowa. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

 and justice for all

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Team