

Grade 5 to Grade 6

Developmental Characteristics to remember:

10 to 12 Years Old (Grades 5-6)

- ◆ Strong needs based on “fitting in”, belonging, and self-esteem
- ◆ Self-awareness of physical appearance and social pressures are stresses—concerned about changing body images
- ◆ Cliques with same gender and age are abundant
- ◆ Seek status through achievements, skills, and knowledge
- ◆ Want to be together in-groups, teams, and clubs
- ◆ Strongly desire new experiences
- ◆ Like to make, do and collect things
- ◆ Seek status through excellence in skills and knowledge of grown-up things
- ◆ Are fairly competitive in team and individual activities
- ◆ Enjoy being mischievous and daring
- ◆ Both genders can work and socialize in programs by sharing responsibility for planning
- ◆ Girls at upper age level develop an interest in boys
- ◆ Will imitate older campers and counselors they see as leaders
- ◆ Counselors should avoid comparing campers with each other, being careful not to embarrass
- ◆ Campers this age will respond to counselors who direct to their energy and guide them dynamically

Knowing these traits, when working with these children and planning:

- Avoid boy/girl competition
- Vary activities to account for differences in physical capabilities
- Plan time to spend with friends
- Accept that physical appearance is very important
- Avoid comparing campers to one another – instead, compare individual campers to their past performances on a task
- Form groups for activities
- Avoid putting campers “on the spot” either with praise or redirection of behavior – embarrass easily
- Give correction quietly and one-to-one
- Give specific positive feedback
- Redirect inappropriate behavior

Read more: <http://www.livestrong.com/article/211752-outside-games-for-3rd-graders/#ixzz1xcwpR8u1>

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GETTING TO KNOW EACH OTHER/ICEBREAKERS

Our campers not only need to know their counselors' names, but they should also know the names of the rest of the campers in the group. On the first day of camp, or if you have a new camper, make sure you choose one of these name games to help acquaint everyone. Make sure counselors play, too!

NAME RELATIONS GAME

Materials: None

How to play:

- Get the group into a circle.
- A counselor will begin by saying his/her name and a food that begins with the first letter of his/her name.
- Then the next person does theirs, plus the first person's name and food item. Then the third person does theirs, the second's and the first's name and food.
- It then moves on down the line, so that the last person has to do everyone with in the group. Different variations of this can be played but it is great for getting the group to know one another and the names.

PEEK-A-WHO

Materials: sheet

How to play:

- Split the group into two teams.
- Each team sits behind one side of the sheet so that they are out of the view of the other side.
- One person from each side will sit facing the sheet.
- When the sheet is lowered, the **team** that says the name of the person on the opposite side first gets that player on their team.
- The game ends when everyone is on the same side.

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NAME TOSS

Materials: Ball or something to toss to each other

How to play:

- Arrange the group in a circle.
- One person starts off by saying the name of someone else in the circle, and tossing the ball to them.
- That person then in turn says the name of a different person, and tosses the ball to someone else that has not yet received the ball.
- That continues until everyone in the circle has received the ball once.
- Generally, the objective is to pass the ball around the circle without dropping it. If the ball is dropped, the group restarts until completed without dropping.
- An added challenge at the end is to use a timer and have the children silently pass the ball to one another in the same order as they greeted. They can do this twice, trying to beat the time.

Variation: Double-Whammy Name Toss*

- Start the activity with the traditional Name Toss.
- Once the group has successfully completed the task, instruct them to pass the ball in the exact REVERSE order.
- Once the group has successfully completed that part, introduce a second ball or object of a different color/style/shape. Instruct the group that they must pass the ball in the original order and the second ball in the REVERSE order, at the same time. Eventually, the objects will cross at one person. Good times!

BED SHEET PING PONG

Materials: Bed sheet and one Ping-Pong ball

How to play:

- Form two teams.
- Each team holds an opposite end of a bed sheet. A counselor places a Ping-Pong ball in the middle of the sheet.
- The object is to get the ball to fall off of the other team's side, for a point.

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- The sheet can be raised and lowered as needed.
- Set expectations in the beginning by telling the players to be careful not to "launch" the ball as they will be very inclined to do so.

TWO TRUTHS AND A LIE

Materials: None

How to play:

- Sit in a circle.
- Each person is asked to think of two true facts about themselves and one false fact.
- One person in the group is asked to share.
- He or she might share the following. "I ate Cheerios for breakfast, I went diving in the Great Barrier Reef, and I have a dog-walking business."
- The rest of the group members listen and think. Then each person in the circle has the opportunity to guess which of the "facts" is false.
- Once everyone has guessed, or three to four people, chosen by the leader, the sharer reveals the falsehood. For example, "I did not eat Cheerios for breakfast. I ate waffles."

Note: This game can take a while so you may want to have three to four people share a day so that by the end of the week everyone has had a turn.

A WIND BLOWS

Materials: Rubber bases or Poly spots

How to play:

- Have group members sit in a circle; each person on the circle should be sitting on a rubber base.
- One group member, a counselor preferably, sits in the center to start the round. The center member makes a statement about his/herself, "A warm wind blows for people who own a dog." Or "A warm wind blows for people who have green eyes."

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- Those people on the circle who can give a positive answer to the statement will cross the circle and find a mat upon which to sit.
- Since there is one less mat than the number of total people, one person will be left in the center. This person then chooses the next topic.

Note: Children need specific expectations before the game begins.

Example, "I expect you to walk briskly without pushing each other, to find a mat. If you choose not to walk, you will be asked to sit out for two rounds." In addition, stress the goal is to find a mat.

HULA HOOP PASS

Materials: 1 or 2 hula-hoops or a loop

How to play:

- Have the group form a circle holding hands.
- Ask two people to let go of their grip long enough for them to place their hands through a hula-hoop before rejoining them.
- The team task is to pass the hula-hoop around the circle in a specified direction until it returns to the starting point without disconnecting hands.
- Another way to play is to use two hoops and have the group members pass the hoops through the circle in opposite directions.

PEOPLE TO PEOPLE TWISTER

Materials: None

How to play:

- Pair up in groups of two and stand back to back.
- Make sure participants introduce themselves to one another.
- Then the leader will say different combinations that the group has to try to get to while staying back to back (right hand to right hand, left foot to right foot, right hand to left leg, etc....).
- The pairs must maintain all called combination until they switch partner.

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- Once the leader says People to People they will then go switch partners. If you have an odd number of participants, the odd person is the leader.
- Once pairs switch, the odd person out is the new leader.

SAUSAGE

Materials: None

How to play:

- Everyone sits in a circle. The person who is "it" stands in the center of the circle.
- Each person asks the person who is "it" an appropriate question.
- The only answer to every question can be sausage.
- The first person to make the center person laugh wins a try in the middle.

Examples: What color is your hair? Sausage. What do you brush your teeth with? Sausage. (Obviously other words can be used for variety)

FACE TO FACE

Materials: None

How to play:

- The leader has the group pair up randomly. For example, ask each person to hop on either a right or left foot. Ask the hoppers to find a person hopping on the opposite foot, hop over to one another and stand face to face.
- Ask partners to shake hands, making eye contact, and introduce share their names with one another.
- The leader then gives the pair a topic to discuss for thirty seconds.
- Once the time is up, give the group members another way for finding a partner, (example: someone shorter than you) and provide them with another subject.

Topics should be fun and insightful. For example: "If you could be granted one wish, what would it be?" Or "If something other

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than rain could fall from the sky, what one item would you like to fall?"

DOWN TO ONE

Materials: 10 poly spots or bases

How to play:

- Place the poly spots in a pyramid shape.
- Choose 10 members of the group
- Each member chooses ONE poly spot upon which to stand
- Explain that the goal is to have only one person remaining on a poly spot and jumping players, similar to checkers, eliminates people.
- Have the group choose one of the 10 poly-spot standers to join them on the sidelines.
- As a group, they must decide which member to jump so that the poly-spot standers are removed so that there is only one member left standing.

HUMAN KNOT

Materials: None

How to play:

- Have the group make a large circle, or if you would like to make it a race, break the group into two to three teams, depending upon the numbers.
- Have everyone put their left hand into the middle of the circle, and instruct the members to hold hands with someone in the circle, but that person cannot be directly next to them.
- Repeat with the right hand, making sure it is not the same person with whom they are holding left hands and that person is not directly next to him/her.
- Then the group must untangle themselves into a circle again, without becoming disconnected.

*Helpful hint: Before you begin, to make sure that everyone is in the same circle, send a pulse. One person begins by gently

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squeezing their right hand. Then the person whose hand was squeezed gently squeezes an opposite hand, passing the pulse onto the other group members. Continue until the first person has his/her second hand squeezed. *

PDQ

Materials: None

How to play:

- Every one starts with their hands in the middle on top of each other. The lead (usually the person that won the last game) will give everyone a number.
- Then the leader says "PDQ" and everyone jumps back.
- Now the only person that can initiate a jump (straight up in to the air) is the person whose turn it is according to their number. So, the first person that can jump is #1.
- Once #1 has jumped then everyone else can jump if they want.

There are 4 ways to get out.

- 1) If someone lands on your feet
- 2) If the initiator fakes and you leave the ground
- 3) If you jump out of order (3 initiates before 2), and
- 4) You simply pivot and both of your feet don't leave the ground.

If you are out then you are out until the next game. If someone is out then you simply skip his or her number and go to the next number.

The winner of the game is then the leader of the next round.

WHAT DO YOU THINK?

Material: 4 bases, each base is given a name: "Don't like it," "Love it," "It's OK," "Never tried it." Make signs for each base to make it easy to remember which is which!

How to play:

- Pick someone to be "IT." "IT" stands in the middle and the players stand on any base they want.
- "IT" calls out the name of a food or beverage.

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- Players then have to run to the base that describes how they feel about that food. "IT" tries to tag a player before he or she reaches the base.
- The player who is tagged then becomes the new "It "

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GAMES TO PLAY:

Developmentally appropriate games for these campers include those listed below. Feel free to try games and activities not listed. If you are unsure as to whether they are appropriate for the age level with which you are working, seek out a senior staff member.

THREE-CORNER TAG

Materials: sticky note or paper and tape

How to play:

- Select one camper out of the group to be "it." Divide the rest of the players into teams of three.
- Have each team position themselves like a triangle, with players holding onto the right wrist of one teammate and the left wrist of the other.
- Place a sticky note on only one of the teammates per group.
- Anyone with a sticky note becomes a target. It is the job of the teams to guard their group's target from "it," while keeping their triangle formations.
- "It" has to count to 30 while the teams all head as far away from him on the playground as possible.
- "It" has to chase after the teams, tagging only the targets of each team to eliminate the groups.
- The last team standing wins the game.

FRISBEE GOLF

Materials: One Frisbee for each person or team, something or someone to mark the start and end of each hole, scorecards, pens

How to play:

- The goal of the game is to try to throw the as few times as possible to get to the goal.
- Before instructing campers, setup a field with multiple locations, each with a start and a goal. You can play 9 holes, 18 holes, or any other amount. It is usually good to have many obstacles like

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trees or hills in the way. Water and fences usually make annoying obstacles.

- Each camper/team starts at the first hole. They have to throw their Frisbee as best as they can toward the goal.
- Goals can be marked off with cones, people, or anything else.
- Wherever the lands, they pick it up there and throw it again toward the goal. Repeat until it reaches the goal (you can choose how close it has to get to the goal).
- Have them keep track of how many throws they made (score cards work nicely).

Variations: This can work spontaneously with two leaders. One marks a starting point while another marks the goal. Once they start one hole, the first leader finds a new place to mark the next goal while the other waits for them to finish the first. Keep repeating until all the holes desired are played.

ULTIMATE FRISBEE / FRISBEE FOOTBALL

Materials: A least one Frisbee, cones to mark of field and goals

How to play:

- The goal of the game is to get as many goals (touch-downs) as possible.
- Divide the group into two teams.
- Each team has one side of a field. Their goal is to have a team member catch a Frisbee in the opposing team's goal.
- Whichever team has the Frisbee, they must throw it to be caught by another team member.
- If it is caught be a team member, they have to try to throw it again until the make a goal.
- If the touches the ground, goes out of bounds, or is intercepted by the other team, the other team has position of the Frisbee at that place.
- The opposing team cannot be within arm reach of the thrower. Also, the other team cannot hand off the Frisbee; it must be thrown. Try adding more Frisbees to make it more challenging!

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CRAB SOCCER

Materials: cones, large inflated ball (beach ball)

How to play:

- Players are divided into two teams and a field is set up with cones or other similar objects to mark the goals.
- A large ball, such as a beach ball, is used.
- Players must lie on their backs and lift themselves up by their hands and feet, but may not stand upright.
- The game is played as players walk with their hands and feet with their backs parallel to the ground and attempt to kick the ball into their opponent's goal, as in soccer.

Read more: <http://www.livestrong.com/article/110447-competitive-physical-games-kids/#ixzz1yIyHkonu>

MYSTERY WINK

Materials: None

How to play:

- Campers stand with eyes closed in a circle, while a counselor taps a camper on the shoulder to indicate that he/she is "it."
- The counselor asks campers to open their eyes and play begins.
- "It" must eliminate others in the group by winking at them; once the "it" winks at a player, that person is out of the game.
- In the meantime, the other players wander around the outdoor area, watching the others, trying to determine the person who is 'it.'
- The winner is the person who correctly identifies the 'it,' or the player who eliminates all the others.

Read more: Fun Teenage Outdoor Games | eHow.com http://www.ehow.com/list_6756976_fun-teenage-outdoor-games.html#ixzz1yJ4zp5AO

KNOCKOUT

Materials: basketball hoops, two basketballs

How to play:

- Have campers line up single file at the free throw line.
- The first two players in line should have a basketball.
- The first player in line shoots the ball and tries to make a basket.

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- As soon as the ball leaves the first player's hands, the second player may shoot.
- The object of the game is for the person behind to get his ball in the hoop before the person in front of him.
- If the second person is successful, the first person is knocked out of the game.
- This continues until only one remains.

Read more: <http://www.livestrong.com/article/170750-large-group-gym-games/#ixzz1yIz6iBEJ>

DETECTIVE (Works best with a group of 10 to 50)

Materials: None

How to play:

- The group stands in a circle and everyone closes their eyes.
- A counselor chooses one camper to be the leader by tapping him/her on the shoulder while eyes are closed.
- Campers open their eyes and play begins.
- The leader leads the group by making movements, and the group of detectives copies the movements, as soon as they notice the change. Movements can be obvious like jumping jacks, or subtle like tapping toes.
- The detectives' task is to figure out who the leader is by identifying the first person that changes the group's movement.
- The leader needs to change at least every 10 seconds.
- The detective who guesses correctly becomes the leader.

http://www.ehow.com/way_5220642_fifth-grade-team_building-activities.html#ixzz1yImZm9DJ

SHIPWRECK

Materials: None

How to play:

- The goal of the game is for the group to successfully move itself through the islands and back to the house without anyone's feet touching the ground.
- Before the game starts, counselors must mark three or four "islands" and place tools such as jump rope or hula-hoops throughout within reach.

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- The campers use the available materials to build bridges between the islands.
- If one team member's feet touch the ground, the entire group must start at the first island.

Read more: <http://www.livestrong.com/article/557207-outdoor-games-to-play-with-kids-aged-8-and-up/#ixzzlyIzzumXL>

GIANT SQUID

Materials: Bouncy ball

How to play:

- One camper, the Squid, stands in the middle of a square area, while the rest of the players stand to one side of the square.
- When the Squid shouts, "Swim, fish, swim," the players all race past the Squid to the opposite side of the square.
- Meanwhile, the Squid has to try and hit as many players as possible with a bouncy ball.
- When a player gets hit, he becomes a Squid minion and has to sit down in the middle and tag players as they go by.
- After several rounds, the last player standing wins the game.

STEAL THE BACON

Materials: An object that can be grabbed (ball, shoe, etc.)

How to play:

- The mission is to steal the bacon.
- When your number is called, be the first person to grab the object in the middle and run back to your line untagged.
- Split everyone into two equal teams. Arrange the teams into two parallel lines about 15 - 20 feet from each other, facing each other.
- Place the object in the middle, between the two teams.
- Ask everyone to remember his or her numbers- Go down one line and assign each person a number (in sequence, starting from one), then go down the opposing team and assign each person a number (in sequence, starting from one). Each person should have the same number with a person on the opposing team.

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- The object of the game is to be the first person to grab the object if your number is called and bring it back to your team's line untagged.
- As soon as you touch the object, the other person has the opportunity to tag you. If the other person tags you, then no one gets the point.
- A counselor begins the game by calling a random number.
- If the person with that number brings the object back to his/her side untouched, the person gets a point for their team.
- If the person grabs the object and is tagged, neither team gets a point. The team that reaches 15 points wins the game.

Variation:

- Along with calling random numbers, you can say "all even numbers" or "all odd numbers".
- If you want to have an educational twist, you can call numbers that can be divided by the players' numbers (for example: if you call "12", the numbers 1, 2, 3, 4, 6, and 12 can try grabbing the object)
- You can change the rule of having a "tagger" earning a point for their team of he/she tags an opponent with an object, instead of neither team winning the point.

<http://www.greatgroupgames.com/steal-the-bacon>

EVERYBODY'S IT!

Materials: None

How to play:

- Ask everyone to spread out evenly on the playing area.
- Once a counselor says, "go", everyone tries to tag each other.
- If one person tags another person, the tagged person must sit down for the rest of the game.
- However, if two people tag each other at the same time, they both have to sit down.
- The game continues until all but one person is eliminated.
- The last person standing wins the game.

<http://www.greatgroupgames.com/everybodys-it>

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SPUD

Materials: ball

How to play:

- Campers form a tight circle around a player in the middle.
- She/he throws a ball into the air, prompting everyone to run away.
- As soon as she/he catches it and says "Spud," everyone has to freeze.
- The player then takes three large steps in any direction and throws the ball at someone.
- The players cannot move their feet but can dodge the ball nonetheless.
- If a player gets hit, he receives an "S." If the thrower did not hit anyone, she receives an "S" and continues in the middle.
- Once a player gets an S, P, U and D, he gets taken out of the game and the rounds continue until only one player is left.

http://www.ehow.com/info_7915910_playground-games-fifth-graders.html#ixzz1yIm2sWIJ" TAG

ELBOW TAG

Materials: None

How to play:

- Divide children into pairs leaving one child who is "It" and one child who will be the first to be chased.
- Have each partnership link elbows-- and all of the pairs form a large circle, allowing 10 feet of space between each pair.
- "It" runs after the other "not joined by the elbow" child inside the circle-----as in a traditional game of tag.
- If the child being chased needs a break--he or she can run to a pair of children and link elbows with one of them.
- The child in the pair who WAS NOT linked by the chased child --- is now "It's" new target and must break away quickly to avoid being tagged by "It."

PRISONER OF WAR

Materials: Chalk or jump rope to mark spot

How to play:

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- Children are divided into teams.
- One camper from each team becomes the prisoner of the other team and the two prisoners are placed in jail. This can be a designated area or a chalk box if playing outside.
- The teams each line up and the object of the game is to free the prisoner from the other team.
- The teams must get to the prison by going to the other team's side to free the prisoner.
- If tagged, that camper then becomes a prisoner too and must go to jail.
- If a child makes it to jail, however, he or she is safe as long as he is inside the prison.
- The rescuer can only rescue one person at a time and can choose the right time to "break for it."

BASELESS BASEBALL This is a game played much like pinball

Materials: rubber or tennis ball & targets

How to play:

- Players aim at targets & award hits (singles, doubles, triples, and home runs) for striking each one.
- Players need to decide upon a throwing line & targets----Rocks, boxes, toys, trees, piles of leaves, old sweatshirts, hula-hoops can be targets.
- When decided--for safety reasons-- mark off the playing field
- Make the scoring system equal to the task.
- Each target is worth a certain kind of hit. Easy targets are singles; harder ones are doubles and so on.
- Players take turns throwing at the targets.
- If the target is hit, the player's team gets the corresponding award (points).
- If the target is missed, the player's team is given one out. When the thrower has 3 outs, the next thrower comes to "bat".
- Play as many innings as you like, keeping score.

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- The player with the most hits (points) gets to pick the next targets.
- This can also be scored as a TEAM EFFORT.

HUMAN HURDLE (Must have at least 10 players)

Materials: None

How to play:

- Divide players into 2 teams...with each team lying in a circle. Be sure there is a wide space between each player and heads are towards the center of the circle.
- Assign each team member a number. (If there are 6 players on each team, each team player will be number 1 through 6) #1 on each team gets up and runs over the bodies in the group--until they get back to their own spot.
- #2 gets up and does the same. The first team to have all runners 'hurdle'--is the winner!

WHEELBARROW

Materials: None

How to play:

- Pair up campers
- Partners assume the wheelbarrow and pusher position
- On the signal, advance to the turning point where they change positions and return to the starting line.

SOCCER RELAY

Materials: 3 or 4 balls and cones

How to play:

- Split group into two teams and have them get in a single-file line.
- Place cones at the end of the play area.
- The first two players from each team are partners and have a soccer ball.
- On signal, they must run, PASSING THE BALL FROM ONE TO THE OTHER... up to. and around... the cone.

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- They return passing the ball the same way and give the ball to the next two in their team.
- Relay play continues in same manner.

CONTINUOUS HOOP RELAY

Materials: Need about five hoops

How to play:

- Split group into two teams and have them get in a single-file line.
- The first player in each team runs up and picks up a hoop.
- The other team members run up and go through the hoop.
- When all are through, the leader with the hoop rushes back with the hoop.
- The leader hands the hoop to the second person that runs up and everyone runs through again.
- Give everyone the chance to be the leader.

SACK RACE

Materials: Potato sacks

How to play:

- Split group into teams – two or three
- Each player steps into the team potato sack with both feet.
- Instruct campers to pull the sack high enough to hold the edges.
- Have each team member take turns practicing hopping first, until all of the players have the hang of it.
- Identify the start and finish lines.
- A counselor yells, "Go!"
- Adjust the race with obstacles for more excitement----or add sprinklers.

POP A BAG RACE

Materials: One paper bag for each camper and marker for finish line

How to play:

- Give each camper a paper bag

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- With the signal, campers race to the marker and then blow up the bags.
- Instruct the campers to pop their bags with their hands and then race back to the line.
- The first player to pop his/her bag and return to the finish line is the winner.

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CAMP CLASSICS

Here are games that campers enjoy. Yes, use them, but make sure you try your hand at new activities.

KICKBALL: (Modified from Livestrong.com)

Materials: Playground ball, bases, field

How to play:

- A regulation kickball game lasts for six full innings, but games cannot last longer than 50 minutes.
- If the score is tied after the sixth inning and time still remains, the two teams play a seventh inning.
- If no time remains in the game, then it ends with a tie.
- Pitchers slowly roll the kickball toward home plate where the kicker from the opposing team is waiting to kick the ball.
- The ball must be rolling on the ground when it passes over home plate.
- The strike zone reaches to 12 inches on the outside and inside of the plate.
- Balls rolled within the strike zone are called strikes, while any balls that pass home plate outside of the strike zone are considered balls.
- Outs occur when a kicker reaches three strikes, or an opposing player catches when a ball is kicked into the air.
- A base runner is called out if he is touched by the kickball while not standing on a base.
- Kicking the ball foul on the third strike also results in an out.
- Once a team reaches three outs, that half of the inning is over and the other team comes up to kick.
- Kickers must be standing behind home plate and can contact the ball only with their feet or legs.
- Base runners must stay within the base lines.
- According to Neighborhood Sport, runners cannot steal bases, slide into any bases or lead off from any base.
- First base is the only base that runners can overrun.

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- A runner scores a point for her team if she reaches all three bases and crosses home plate without being called out.

Read more: <http://www.livestrong.com/article/436807-kickball-rules-for-kids/#ixzz1xLogpxiu>

DODGEBALL

Materials: Soft dodge balls

How to play:

- There is a dividing line that teams can't cross.
- If a ball hits a player, he/she must immediately sit out of the game.
- You may only throw balls from the shoulders down.
- If someone is hit in the face – all playing stops.
- Players can only throw one ball at a time.
- If a player catches a ball thrown at them – they can “save” a member of their team.

RUNNING BASES

Materials: Two bases, one tennis ball

How to play:

- Set up the two bases opposite each other. The distance between them should be approximately 50 feet.
- Designate two players to be fielders. Each fielder will be assigned to a base and catch the ball from the other fielder.
- The remaining players will be runners.
- Have the runners stand in the middle of the two bases. This is their starting point.
- Once a fielder throws the ball to the other fielder, the game has begun, and the runners can choose a base to retreat to.
- The runners run back and forth between the bases until a fielder tags one. He/she cannot peg players.
- Once a runner is tagged, he is out of the game. The fielder does not have to stay on the base to catch the ball. He may go after each runner.
- The last two runners become the new fielders.

Read more: How to Play "Running Bases" | eHow.com http://www.ehow.com/how_4692449_play-running-bases.html#ixzz1xM2nmA1P

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CAPTURE THE FLAG:

Materials: A bandana or other scarf works great

How to play:

- Divide the group into two teams of three or more people.
- Set up a territory for each team and set where the borders are.
- Each team should place their flag in their own territory.
- Each team should split into attacker and defender groups. (They can switch jobs at any time as needed, but this helps establish what everyone's "job" is).
- Attackers should try to sneak into the other team's territory, find and capture the enemy flag, and then race back to their own territory before being caught.
- The first team to do this wins the game.
- The defenders are trying to defend the flag. The other team can capture players by tagging them when they are in the other team's territory.
- Captured players must go to "jail".
- To get out of "jail", a teammate will need to sneak across and tag that person.

FOUR SQUARE

Materials: 4 squares drawn on pavement by the shed, playground ball

How to play:

- Draw a 6- to 10-foot square on a paved surface.
- Divide the larger square into four smaller squares, number the squares 1 to 4, and have each child stand in a block.
- The player in square 4 serves the ball by bouncing it in his square and tapping the ball into another square.
- The player in that space must tap the ball (after one bounce) into another kid's area, and so on, until someone misses the ball, lets the ball bounce twice, or sends it out of the grid.
- The player who misses the ball steps out and the remaining players rotate up through the numbered squares. If you are

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playing with more than four players, a new player enters the game at square 1.

- The player who is out waits in line to re-enter the game once square 1 is open again. Whoever is now in square 4 serves the ball to resume play.

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WATER GAMES

These games will help campers and counselors beat the heat! We have water balloons and spouts to fill them. Please see a senior staff member and he/she will help you prepare materials, if necessary. Please avoid playing these games during pick up. All water games should end no later than 12:00, to provide campers time to dry.

DRIP, DRIP, DRENCH! (A wet version of duck-duck-goose)

Materials: cup, water

How to play:

- Have campers and counselors sit in a circle.
- One group member walks outside the circle, behind the backs of the group members, with a glass of water.
- As one would say duck-duck-goose, he/she says, "Drip-drip-drench."
- When the person says, "Drip," he/she pours a little bit of water on that person's head. Whoever gets picked as "drench," gets drenched with the water in the cup.
- Keep going till every group member is soaked.

WATER BOMB TAG

Materials: Water balloons or sponge, bucket

How to play:

- Discuss and demonstrate acceptable ways to throw the "water bomb."
- The person who is "it" throws the wet water bomb to tag other players. If hit, they are the new "thrower".
- This can also be played with many variations of the game such as Frozen Tag, etc.

LEAKING BALLOON TOSS (Version of hot potato)

Materials: Several filled water balloons, safety pin

How to play:

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- Right before the game begins, poke a hole in one water balloon with a safety pin
- Campers stand in a circle and toss the balloon around.
- The goal is to try to not be holding the balloon when it runs out of water!

WATER RELAY

Materials: One bucket filled with water per team, smaller container per team, one cup in each bucket

How to play:

- Put campers into as many teams as needed.
- Fill one bucket for each team and place them at a beginning line where game will start; place plastic glasses or cups in the buckets of water.
- On 'Go' kids scoop up a glass of water and run to a set far line where additional large containers have been placed. When the water is deposited, the child runs back to the next team member to continue play.
- The first team to fill the container with water is the winner.

POP GOES THE WATER BALLOON!

Materials: water balloons, timer

How to play:

- Place campers in a circle and set a timer (or music).
- When the timer goes off, the camper holding the water balloon 'pops it' to splash them self.
- As children 'pop and splash'--they are out.
- You can reward each child with a simple candy/sucker as they leave the game.
- The last player left is the winner. (Actually all kids win in this game!)

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DON'T GET WET!

Materials: sprinklers

How to play:

- Set up a number of sprinklers in between a starting line and a finish line.
- Have the campers try to run from one end to the other WITHOUT getting sprayed.
- Have one of the counselors control the faucet, turning it ON AND OFF AT RANDOM.

(When game is over--allow children to get wet)

OVER-UNDER OUTDOOR GAME

Materials: Buckets of water, Sponges, Pitchers

How to play:

- Divide the group into two teams.
- Have the teams form single file lines facing the person's head next to them.
- At the head of each line, put a bucket of water.
- At the other end put a plastic pitcher-- with a line drawn on it.
- Give a sponge to the person at the head of the line where the water bucket is.
- That person has to dip the sponge in the water to soak in as much water as they can.
- They have to then pass the soaking wet sponge OVER THEIR HEAD to the person behind--- who then passes the sponge to the person behind them THOUGH THEIR LEGS.
- The sponge makes its way back OVER THE HEAD of one person and BETWEEN THE LEGS of the next --_UNTIL it gets to the person standing next to the pitcher.
- That person must squeeze whatever water is left into the pitcher and run the sponge back up to the head of the line.
- When that happens, everybody moves back one position-- and the person who was at the back of the line now is at the head of the line. Continue process till the pitcher is filled to line.

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SPONGE TAG

Materials: bucket of water and large sponge

How to play:

- The player who is "It" must use the wet sponge to tag another player, who then becomes the new "It".
- There will be no doubt about who is tagged because they'll be wearing a big wet splat mark on their back.

WATER BALLOON VOLLEY

Materials: a bucket full of water balloons and a towel for each partnership

How to play:

- Divide group into two teams and pair them up.
- Each pair gets a beach towel and each child holds two corners of the towel.
- One side begins by placing a water balloon in the center of their towel.
- The object is to toss the balloon from one pair of kids to another, with the opposing side catching the balloon in their towel.

WATER LIMBO

Materials: water hose and music, if you like

How to play:

- Set up a water hose in a grassy area.
- Line campers up as in traditional limbo.
- A counselor is in charge of the water hose, shooting a powerful stream of water for the campers to limbo under.
- The counselor starts with the hose high, and then lowers the stream of water after each round. Losers, of course, get soaked!
- Don't forget the Limbo music on portable CD player!!!

GET COOL WITH A PINAQUA!

Materials: 10 gallon-trash bag, water, rope, and a tree limb or play structure, a bandanna and a broom.

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How to play:

- This is similar to a piñata, but the players cool off by taking turns hitting TRASH BAG FILLED WITH COOL WATER while blindfolded-- rather than a piñata filled with candy!
- Fill the trash bag with one or two gallons of water, using the water hose, and then knot the bag.
- Tie one end of the rope beneath the knot, toss the free end over a tree branch or structure and then tie it securely.
- TO PLAY, each camper takes a turn being blindfolded, gently spun a few times and then getting three whacks at the pinaqua with the broom.
- The winner is the one who manages to break the bag and unleash the tidal wave.
- Another idea is to bunch together a large amount of filled water balloons! Follow the above directions and 'whack away'!

RING THE TOWEL RELAY RACE Great fun with 20 or more children

Materials: 2 towels, 4 buckets and a sunny day!

How to play:

- Separate two teams evenly having campers face back to back in a straight line.
- On a signal, the first player of each team dips a towel in a bucket filled with water.
- The wet towel then passes over each head of the people in line.
- The last person in line that receives the wet towel must ring it out into a bucket.
- Then that person runs to the front of the line, dips the towel into the bucket of water and passes it over the head of his/her team.
- It continues until the first person in line is in the front.
- The team that wins--- is the one that has the most water in their bucket.
- To make it more challenging put a line on the bucket so they have a goal to reach.

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- The game goes on until the first team reaches their mark. If the towel drops it must go back to the beginning of the line. If the team members do not pass the towel over their heads it starts over also.

WATER BALLOON SQUAT

Materials: 1 bucket per team with at least 30 water balloons in each, markers to mark the start and finish line, a black bag to collect all the balloon pieces when the groups are done
This relay race needs at least 2 teams with equal players (or the other team has 1 person go twice). The start and finish lines should be about 20 feet apart.

How to play:

- Place the bucket of balloons at the start line in front of each team. When you say 'go' the first person grabs a balloon and runs to the finish line.
- When they reach the finish line then must sit on their balloon and pop it.
- The player then runs back to the start line and gives the next person in line a high five, and then they go... and so on... until the whole team is done.
- Make sure that the group picks up all the balloon pieces before moving on.

WATER BALLOON DODGE BALL

Materials: filled water balloons, two buckets

How to play:

- Divide campers into two teams on opposite sides of a line.
- Give each team a supply of water balloons in a bucket.
- On "Go," players try to hit members of the other team with water balloons.
- If someone is hit with a water balloon that person is out are out.
- Last one standing wins!