



A.P.E.

GAMES + ACTIVITIES RESOURCE

GAMES

ELEPHANT BALL

Equipment:	Playing Area	Number of people:	Age:
Ball	Small - Open Area	5+	5+
How to Play:			
<ol style="list-style-type: none"> 1. Have players stand in a circle, facing inward. 2. Next, have them stand with their legs a little more than shoulder-width apart. Their feet should be resting against those of the players to either side. Creating a “Net” with their legs. 3. Have players clasp their hands together to form an elephant’s trunk. 4. Introduce a ball into the circle. Players may hit the ball with both hands clasped with the goal of knocking it through the legs of another player and trying to prevent it from going through their own legs. They can only use their hands to hit or block the ball. Their feet are “stuck” in place as the “net posts” * Players are not allowed to crouch. 5. If the ball passes through the legs of a player, they lose an arm (they put their arm behind their back) and they now hit the ball with one arm. 6. If the ball passes through the legs of a player who has one arm, they turn around and face backwards. They get to use both arms again. If the ball passes through the legs again, they lose one arm and if it happens again, they are out. 			

ANIMAL TAG

Equipment:	Playing Area	Number of people:	Age:
Boundary Markers	Large - Open Area	5+	4+
How to Play:			
<ol style="list-style-type: none"> 1. Set up a large play area with clear boundaries and enough room for players to run around safely. 2. Put players into 2 or 3 groups. Assign each group to be an animal 3. Have groups practice making the sound of their animal 4. The goal is to turn everyone into the same animal as your group. 5. Once the game begins, all students should be making animal noises and trying to safely tag each other. Once a player is tagged, s/he becomes the animal of the person that tagged them. The game continues until all students are the same animal <p><i>Variation(s):</i></p> <ul style="list-style-type: none"> ● Create more animal groups ● Choose 1-3 players to be “Spirit Animals” that cannot be changed from their original animal (to keep the game going continuously) 			

FOX AND THE RABBIT

Equipment:	Playing Area	Number of people:	Age:
Ball x 2 Different colour or size	Small - Open Area	8+	5+
How to Play:			
<ol style="list-style-type: none"> 1. Have players form a circle = facing inward 2. Hand the balls out to two players on opposite sides of the circle. 3. Designate which ball is the fox and which is the rabbit. 4. Explain that each ball is like a hot potato and should not be held for more than one second. 5. The object of the game is for the fox to catch the rabbit. <ul style="list-style-type: none"> • Both the fox and the rabbit move by being passed (not thrown) around the circle in any direction. • If a student is holding the fox they should pass the ball to the person next to them, whomever is closer to the rabbit. Those players holding the rabbit should pass to someone farther away from the fox. • When the fox catches the rabbit start a new round • For younger groups start, with a Hot Potato warm up, giving them the basic idea of how to receive the ball and get rid of it quickly. If the group can't catch the rabbit, add an extra fox to the game. 			

SWITCH

Equipment:	Playing Area	Number of people:	Age:
Boundary Markers	Open Space or 4 square grid	5+	5+
How to Play:			
<ol style="list-style-type: none"> 1. Use a four-square court or four cones forming a square with one additional cone in the middle. Have 5 players join the playing area with each player occupying a corner spot and one person in the middle. The remaining players make a line outside of the playing area. 2. Play begins when the person in the middle (the caller) says "Switch". 3. All players must find a new corner/cone to occupy. No player can go to the center cone or the corner they were already on. 4. If two players arrive at the corner at the same time a quick rock-paper-scissors is played, the winner stays. 5. The player who does not find a new corner joins the end of the line and the next person in line becomes the caller in the middle and begins the next round by saying "switch". <p>Variations: Use different shapes Add more areas the players can run to Use different ways of moving to the other cones that the caller gets to decide</p>			

ONE. TWO. THREE.

Equipment:	Playing Area	Number of people:	Age:
None	Small - Open Area	2+	6+
How to Play:			
<ol style="list-style-type: none"> 1. Have players pair up and then face each other about 1 metre apart. 2. Each pair will aim to count out loud the numbers “1, 2, 3” taking turns - player 1 says “one” player 2 says “two” player 1 says “three” and then player 2 says “one” ect. 3. Pairs continue repeating this pattern of numbers as fast and accurately as possible. 4. After a short practice, explain that you want each pair to repeat the pattern but instead of saying “1”, the person will clap once over their head (eg: sounds like clap,two, three). 5. Then, after several rounds, repeat the pattern but instead of calling of “2”, the person does one hop on the spot (eg: sounds like clap, jump, three). 6. Finally, repeat the pattern, but replace “3” with the sound of a cat’s meow (eg: sounds like clap, jump, meow). 7. Encourage each pair to complete the exercise as quickly, accurately and for as long as possible. 8. If a mistake is made, the pair should enjoy a good laugh and then start over. 			

ROCK PAPER SCISSORS TAG

Equipment:	Playing Area	Number of people:	Age:
Boundary Markers	Large - Open Area	10+	5+
How to Play:			
<ol style="list-style-type: none"> 1. Make a play area with cones. Mark one corner as the jail or ‘waiting room’. (make a square with cones big enough for about 6 children to stand) 2. Choose 1 or 2 players to be “it”. 3. When someone gets tagged, they go to the ‘waiting area’. 4. When another person gets tagged and goes to the waiting area, they will play rock paper scissors. The winner gets to go back into the game. 5. The loser plays whoever shows up in the waiting room next. 			

CAPTAINS COMING

Equipment:	Playing Area	Number of people:	Age:
Boundary Markers	Large - Open Area	2+	4+
How to Play:			

How To Play:

1. Show everyone where the boundaries are.
2. Make sure everyone knows the commands you will be using. Start with a few and increase the number of commands you use as the players are able to remember them.
3. The leader explains that the captain of the ship and is going give commands to the players/crew to perform a specific movement or sound.
4. Explain that the crew is sailing treacherous seas and they need to work together and follow the captain's commands to survive.
5. If crew members do not follow the commands correctly or are the last to follow the command, they must go to the "brig" or break-room.
6. Explain the playing area and designate which end is the "bow" of the ship and which end is the "stern." The goal is to be the last crew member standing.

Commands:

- Captains Coming: the crew must line up at the midline of the playing area, feet together, toes on the line, salute and say "aye-aye captain!" The crew may not lower their salute until the captain salutes and says "at ease."
- Crow's nest: players act as if they're climbing up a ladder to the crow's nest, the top of the main mast, an area at the highest point of the ship to lookout.
- Swab the deck: players act like they're mopping the deck.
- Shark attack: the captain becomes a shark and tries to tag the crew. Those tagged go to the "brig" to dance or perform an exercise.
- Break time: active crew members can run to the "brig" and tag as many people as possible. Those that are tagged can come back in and play again. Make sure everyone gets let out of the "brig" during break time.
- Drop anchor: crew lies on their backs with legs up and acts like an anchor.
- Pirates: crew closes one eye, puts up a hook finger, hobbles around like they have a pegleg and say "Aaargh!"
- Row to Shore: crew gets in lines of 2-4; players act as if they are rowing to safety, while singing "Row, Row, Row Your Boat"

TRIANGLE TAG

Equipment:	Playing Area	Number of people:	Age:
none	Small - Open Area	2+	4+
How to Play:			
<ol style="list-style-type: none"> 1. Form groups of four people. 2. Ask three of the four to form a triangle by holding hands. 3. Designate one of these three people to be the initial target 4. When ready, the fourth person aims to move on the outside of the triangle to tag the target. 5. While the triangle trio is trying to move to protect the target from getting tagged. 6. All moves & tags must be made outside of the triangle. 7. Once a tag is made, or 30 seconds has elapsed, invite everyone to swap roles. 			

WALK AND STOP

Equipment:	Playing Area	Number of people:	Age:
none	Large - Open Area	2+	4+
How to Play:			
<ol style="list-style-type: none"> 1. Have the players spread out in a large open space. 2. Instruct your group to walk when you say "WALK" and to stop walking when you say "STOP." Make sure they walk in several different directions. 3. Give these two commands several times, in any order, for 20 to 30 seconds to help your group practice responding. 4. When ready, announce that you will now swap the meaning of these commands, so "WALK" means stop walking and "STOP" means to walk. 5. Challenge your group and each individual to continue to be as accurate and as fast as possible responding to each command. 6. When ready, announce two new commands: <ul style="list-style-type: none"> - "NAME" invites everyone to say their own name out loud; and - "CLAP" invites your group to perform one clap all at the same time. 7. Practice these two new commands together with "WALK" and "STOP." 8. Finally, announce that you will swap the meaning of the last two commands, e.g. when you call "NAME" everyone claps and vice versa. 9. Variations: Add two more commands: "Hop on the spot" and "Pat your head" 			

TIP TOE TAG

Equipment:	Playing Area	Number of people:	Age:
none	Large - Open Area	2+	4+
How to Play:			
<ol style="list-style-type: none"> 1. Set up two boundary lines for the playing area 2. Pair up all participants and have one partner stand on one boundary line and the other partner stand on the other boundary line. 3. Group A turns their back so they are facing away from Group B - Group B is facing Group A 4. The partner in Group B is "Tip Toeing" to their partner in Group A to Tag them. Once Partner "A" is tagged they run back to their line. Partner "B" once they feel the tag on their back turn and chase Partner "A" and try to tag them before partner "A" gets back to their line. 5. Once the round is complete partners switch positions and play again. So partner "A" will now be tip toeing to partner "B" 			

KNEE TAG

Equipment:	Playing Area	Number of people:	Age:
none	Small - Open Area	2+	4+
How to Play:			
<ol style="list-style-type: none"> 1. Have players form into pairs and find a small open area. 2. Standing with their feet about shoulder-width apart, each person faces their partner and places their hands on their own knees. Their feet are now "stuck" to the ground. 3. Each player attempts to touch the knees of their partner as often as possible to score a point. 4. After 20 seconds, the person with the most points wins. 5. Start a new round, swap partners, or try a variation. <p><u>Variations</u></p> <p><u>Foot Shuffle:</u> Keeping with this same partner, allow individuals to move from their fixed lead footed position, perhaps to escape their opponent's reach.</p> <p><u>Everyone Is It:</u> Introduce the ability for people to tag any undefended knees, ie those belonging to people moving about them. Remember, all moves (ie your feet are moving) must be made with interlocked fingers.</p> <p><u>Hands-Up:</u> Call "HANDS UP" to cause everyone to hold their hands above their heads and not ever defend their knees. They may, of course, choose to lower a hand to make a committed tag of any exposed knees. Shortly after, call "HANDS DOWN" to allow people once again guard their knees, until the next "HANDS UP" and so on.</p>			

BONK

Equipment:	Playing Area	Number of people:	Age:
Ball + Boundary Markers + Cone	Open Area	6 +	7+
How to Play:			
<ol style="list-style-type: none"> 1. Set up a circle of cones creating the playing area - big enough for the defensive team to play in. 2. Place one cone in the middle of the circle - An empty water bottle or Bowling pin will also work. 3. Make two teams - One team starts as the offensive team, the other team starts as defensive 4. Offensive team spreads out around the outside of the circle - They are trying to knock the cone over with the ball by throwing the ball at the cone 5. Defensive team spreads out on the inside of the circle - They are trying to defend the cone by blocking the ball with their hands/bodies 6. Play stops and the two teams quickly switch roles if: (Offensive team becomes defensive and defensive becomes offensive) <ul style="list-style-type: none"> • The defensive team catches the ball. • The offensive team knocks over the cone with the ball • The defensive team knocks over the cone accidentally 			

HEAD + SHOULDERS + KNEES + CONE

Equipment:	Playing Area	Number of people:	Age:
Cones	Small - Open Area	2+	5+
How to Play:			
<ol style="list-style-type: none"> 1. Have players form into pairs and give each pair one cone 2. Have players face each other and have the cone on the ground between them 3. The leader gives commands - Head OR Shoulders OR Toes OR Cone (or other body parts too) 4. Players place their hands on the command said by the leader - when the leader says "cone", players are trying to be the first person to grab the cone 			

NAME TAG			
Equipment:	Playing Area	Number of people:	Age:
Boundary Markers	Small - Open Area	4+	6+
How to Play:			
<ol style="list-style-type: none"> 1. Set up a playing area 2. Everyone is it 3. To tag someone - players tag each other with their hand and say "got you ____" (saying the tagged player's name). If the player doing the tagging doesn't say the name of the person they are tagging, the tag does not count. 4. If you are tagged - squat or sit down 5. To join back into the game - find someone else who was "tagged" and move to them in a low way (crab walk, crawl, bear walk, etc.), introduce yourselves to each other by shaking each others hands and saying - "Hi, I'm ____" - then stand back up and keep playing 			

LOOSE CABOOSE			
Equipment:	Playing Area	Number of people:	Age:
Boundary Markers	Small - Open Area	8 +	5+
How to Play:			
<ol style="list-style-type: none"> 1. Divide the players into groups of 3 - 4 2. Also select 1- 3 players to be the "Loose Caboose" - these players will be playing solo to start the game 3. The groups of 3-4 will now form a train by standing in a line and place their hands on the shoulders of the player in front of them. You should now have several 3-4 player trains. 4. The "Loose Caboose" runs around trying to attach to the back of the trains by putting their hands on the shoulder of the person at the back. If a "Loose Caboose" is successful in attaching onto a train, the engine (front player) must leave the train and now becomes the new "Loose Caboose" looking to attach to a new train. 			

JOKES:

Q: What did one wall say to the other wall?

A: I'll meet you at the corner!

Q: What do you call a bear with no teeth?

A gummy bear!

Q: What do you call cheese that isn't yours?

Nacho cheese!

Q: What did the mushroom say to the bored cloud?

A: Stick with me, I'm a fungi

Q: Why can't you tell jokes on the ice?

A: Because it will crack it up

Q: What do you call a cow with two legs?

A: Lean meat!

Q: What do you call a pig that knows karate?

A pork chop!

Q: Why are ghosts bad liars?

A: Because you can see right through them!

Q: What animal needs to wear a wig?

A: bald eagle!

Q: Why can't you give Elsa a balloon?

A: Because she will let it go!

Q: What has four wheels and flies?

A: A garbage truck!

Q: Why did the man run around his bed?

A: Because he was trying to catch up on his sleep!

Q: Why did the math book look so sad?

A: Because it had so many problems!

Q: What do you call a sleeping bull?

A: A bulldozer!

Q: Where do fish keep their money?

A: In the river bank!

Q: Where do snowman keep their money?

A: In a snow bank!

Q: Why did the picture go to jail?

A: It was framed!

Q: What has hands but can't clap?

A: A clock!

Q: What do you call a dog that can tell time?

A: A watch dog!

Q: What falls in winter but never gets hurt?

A: The snow!

Q: Why did the teacher put on sunglasses?

A: Because her students were so bright!

Q: where do boats go when they're sick

A: to the Dock-tor

Q: What does it sound like when a nut sneezes

A: Casheewww

Q: what did one lighting bolt say to the other ?

A: you're shocking

Q: where do books sleep ?

A: under their covers

Q: what is a spiders favourite hobby?

A: fly fishing

Q: what did the mom pasta say to baby pasta

A: it's Pasta your bedtime

Q: where does a sheep go to her a hair cut

A: the Baa-Baa shop

Q: when does a doctor get mad?

A: when it runs out of patients

Q: what did the traffic light say to the car?

A: don't look I'm about to change

Q: what do you call strawberries playing guitar ?

A: a jam session

Q: why don't fish play basketball

A: they're afraid of the nets

Q: where do rabbits go after they're married ?

A: on a Bunny-moon

Q: what is a boxers favourite drink?

A: fruit punch

Q: what do you give a sick bird ?

A: a Tweetment

Q: what part of the car is laziest ?

A: the wheels they're always tired

Q: what's an aliens favourite coffee shop?

A: Starbucks

Q: what did the one plate say to the other ?

A: dinners on me

Q: where do Mermaids watch movies ?

A: at the Dive-in

Q: why did the banana fail it's drivers test?

A: because it peeled out

Q: what should runners eat before a race ?

A: Fast Food

Q: where do cats learn to swim ?

A: the Kitty pool

ACTIVITES

NATURE HUNT

- | | |
|--|--|
| <input type="checkbox"/> SOMETHING SMOOTH | <input type="checkbox"/> SOMETHING SOFT |
| <input type="checkbox"/> SOMETHING ROUND | <input type="checkbox"/> SOMETHING COLOURFUL |
| <input type="checkbox"/> SOMETHING BUMPY | <input type="checkbox"/> GRASS |
| <input type="checkbox"/> 3 DIFFERENT KINDS OF STICKS | <input type="checkbox"/> A WEED |
| <input type="checkbox"/> A PINECONE | <input type="checkbox"/> A CLOVER |
| <input type="checkbox"/> 3 DIFFERENT KINDS OF LEAVES | <input type="checkbox"/> A FLOWER |
| | <input type="checkbox"/> A FLAT ROCK |

ITEM HIDE + SEEK

Using an item (toy, ball, hat) one player hides the item while the other players close their eyes. Once the hider returns from hiding the item, the finder's go and seek the item. Once the item is found allow a new player to hide the item.

Variation:

HOT AND COLD - Hide the item and tell the group that they are getting hotter or colder to the item as they move around.

QUICK IDEAS

- | | | |
|---------------------------|------------------------|-----------------------------|
| Follow the leader | Rock or stick stacking | Listen for different sounds |
| Play Tag | Build Fairy Homes | Make shapes with shadows |
| Running Races | Create Art with Nature | Play Catch |
| Nature Collection | I Spy | Play on the playground |
| Find shapes in the clouds | Red Light Green Light | Nature X's & O's |
| Bug Hunting | Simon Says | Garbage pick up |