



PLAY BREAKS



Quick outdoor activities to incorporate healthy movement
into Club programming for members 6-18

Created by:



**BOYS & GIRLS CLUBS
OF AMERICA**

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INTRODUCTION

As a youth development professional in a Boys & Girls Club or Youth Center, you deserve a pat on the back for helping young people get outside, get active and get on a path to long-term healthy lifestyles.

Boys & Girls Clubs of America is excited to partner with Claritin to provide Clubs with this Play Breaks activity guide. This resource is full of quick, easy ideas for getting Club members up and moving. That is more important than ever, and here's why:

- **Americans spend, on average, 95 percent of our time indoors – equivalent to nearly 346 days a year inside and a mere ten outside!**
- **We spend four times more time watching TV than enjoying the great outdoors.**
- **Despite the sunny weather, even people in Los Angeles spend an average of 94 percent of their time indoors.**

Meanwhile, studies suggest spending time outdoors in nature is associated with health benefits such as feelings of reduced stress, improved mood and increased energy. The Centers for Disease Control recommends that young people engage in at least 60 minutes of physical activity each day. Club youth are already more likely than their non-Club peers to achieve this recommendation, thanks to you and Club staff like you. The short bursts of activity – or play breaks – in this guide will make it even easier for more kids to get the recommended level of exercise, as these activities – along with sports, dancing, games and active play – all count toward 60 minutes.

Thank you for the work you do every day to create a safe, fun environment where young people can pursue healthy lifestyles.

PLAY BREAKS AND THE CLUB EXPERIENCE

For more than a century, Boys & Girls Clubs have delivered life-changing services to the youth we serve. We know that a high-quality Club Experience and supportive relationships with caring adult professionals connect youth to the Club, and help ensure that members participate frequently and stay engaged through high school. Recent research from BGCA's National Youth Outcomes Initiative (NYOI) strongly demonstrates that, by implementing an optimal Club Experience, Boys & Girls Clubs can increase their positive impact on young people.

A central way that Club staff enhance the quality of the Club Experience is by incorporating the Five Key Elements for Positive Youth Development:

- 1. Safe, Positive Environment**
- 2. Fun**
- 3. Supportive Relationships**
- 4. Opportunities and Expectations**
- 5. Recognition**

In short, positive youth development practices are essential to members' Club Experience. Play breaks are a great tool for integrating short bursts of physical activity into your program day. Not only do play breaks increase members' sense of fun, they can also serve as simple transition activities to move youth more smoothly from one part of the Club or program to the next in a safe, positive environment. These fun and easy games can be done without a wealth of time, resources or athletic skill.

You may use this guide for programming outside, making transitions to or from outdoor programming areas, or to encourage members to enjoy the outdoors and get moving. It all counts, toward the 60-minutes of recommended daily exercise for youth, and toward encouraging a lifelong commitment to health and wellness.

PLAY BREAKS ACTIVITIES

DANCE MOVE

GROUP SIZE: 10-30

AGES: 6-9, 10-12, 13+

EQUIPMENT NEEDED: None

HOW TO PLAY

1. All members should be standing in a circle.
2. Explain ground rules: don't touch anyone, don't fall down and keep it appropriate.
3. While members clap and chant, have one member in the center of the circle do a dance – within the previously stated rules – to the following song: *“Let me see your dance move/Your dance move/Your dance move/Let me see your dance move/Your dance move at this Club.”*

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4. Immediately afterward, everyone joins in and does the same dance that the member in the middle did while chanting: *“We can do it too, And too, And too/ We can do it too/We can do your dance move!”*
5. The group chants both parts, and the member in the middle closes their eyes and spins around.
6. Have the group count to 10, and on 10 the member in the middle freezes and randomly points to another member.
7. Whomever they point to is the next person in the middle.
8. If the person chosen doesn't want to go in the middle, they have the right to pass.
9. If they pass, the player in the center points to the next person in the circle until a member agrees to volunteer.

VARIATIONS

Instead of chanting, play a short clip of music that the members agree on.



TRIANGLE TAG

GROUP SIZE: 4+

AGES: 6-9, 10-12, 13-15, 16-18

EQUIPMENT NEEDED: None

HOW TO PLAY

- 1.** Divide players into groups of four with three of the four holding hands in a circle, and one of the four outside the circle.
- 2.** The member outside of the circle is the “tagger.”
- 3.** Members pick one of the three players holding hands to be the “runner.” This person runs from the “tagger”, but stays within the circle.
- 4.** The other two players holding hands in the circle will help to protect the designated runner by moving the circle in different directions.
- 5.** The tagger may not go inside the circle or lean on the arms of the two members holding hands.
- 6.** Once the tagger has tagged the runner, the positions change.

TIP: Keep an eye on the play and make sure groups are changing positions.

WHAT ARE YOU DOING?

GROUP SIZE: 10-20

AGES: 10-12, 13-15

EQUIPMENT NEEDED: None

HOW TO PLAY

- 1.** Members get in line and the first two members face each other.
- 2.** One member is member A and one member is member B.
- 3.** Member A does a charade, and then member B asks, *“What are you doing?”*
- 4.** Member A must name a motion that doesn’t match the motion they are doing.
- 5.** Member B turns to face member C, and does the motion that member A named.
- 6.** Member C then asks, *“What are you doing?”*
- 7.** The game continues down the line until one of the members either describes their own action correctly or performs an incorrect action, (i.e., not the action described by the previous player).
- 8.** When this happens, the member goes to the end of the line and the next member steps up.

The goal of the game is for members to get to all the way through the line without making errors.

VARIATIONS

1. Ask players to form more than one line to allow more members to participate at the same time.
2. When a player makes an error, have them switch directions instead of going to the end of the line.
3. Play the game with members in a circle rather than a line to make the game endless. See how many times the group can make it around the circle without making any errors.



COUNT-OFF

GROUP SIZE: 5-20

AGES: All

EQUIPMENT NEEDED: None

HOW TO PLAY

- 1.** The group attempts to call out all numbers from 1 to 20 with individual players randomly saying one number at a time.
- 2.** The members have to do this consecutively without establishing a pattern or speaking over another person.
- 3.** A person can only call out one number at a time (and may not call out two numbers in succession), but can call a different number on a subsequent turn.
- 4.** If more than one person calls out the same number at the same time, the count goes back to zero.
- 5.** No one may gesture or motion to another person; the sequence of calls must be purely chance.

VARIATIONS

- 1.** Increase the number the group has to count up to, especially if the group is larger so that everyone has the opportunity to speak up at least once. Stand in a circle, facing outward.
- 2.** Ask members to close their eyes or stand on one leg.

COUNT TO 100

GROUP SIZE: Any

AGES: All

EQUIPMENT NEEDED: None

HOW TO PLAY

Count up to 100 quietly as you do each activity:

- **Arm circles forward**
- **Arm circles backward**
- **Jumping jacks**
- **Hop on right foot**
- **Hop on left foot**
- **March**
- **Toe touches**
- **Jump on two feet**
- **Windmills**
- **Run in place as fast as possible**

VARIATIONS

Have members choose different activities to do and ask them to do each activity 10 times.



WRITING IN AIR

GROUP SIZE: Any

AGES: All

EQUIPMENT NEEDED: None

HOW TO PLAY

- 1.** Have each member turn sideways with their right hand on their right shoulder. (Left-handed members should put their left hand on their left shoulder.)
- 2.** Ask them to write words or numbers in the air using their right (or left) elbow. Say, *“Write (or print) your name,”* *“Write the name of your favorite food,”* *“Write your address,”* etc.
- 3.** Then have them turn and put their non-dominant hand on their non-dominant shoulder and continue the activity.

VARIATIONS

- 1.** Ask the members to call out ideas of what to write or assign one or more members to lead the activity.
- 2.** Members can also practice writing with their toes.



BODY SHAPES

GROUP SIZE: Any

AGES: All

EQUIPMENT NEEDED: None

HOW TO PLAY

1. As members are standing in line, have them make shapes with their bodies: letters, numbers, etc.
2. It works well to finish with the number “1” or the letter “I” – participants will be standing straight with their arms at their sides, ready to head to their next destination in an orderly line.

VARIATIONS

1. Allow members to partner up to form letters using both of their bodies.
2. Have the group work together to spell out a word.



STRIKE A POSE

GROUP SIZE: Any

AGES: 6-9, 10-12

EQUIPMENT NEEDED: None

HOW TO PLAY

1. With members in a line, pick one member to be “it.” This member says, “1, 2, 3 ... *strike a pose.*”
2. The rest of the group makes a silly pose.
3. “It” chooses the player with the best pose; this player gets to be “it” next.



UP/DOWN/STOP/GO

GROUP SIZE: 10-30

AGES: 6-9, 10-12, 13-15, 16-18

EQUIPMENT NEEDED: None

HOW TO PLAY

1. Have members spread out in the play area.
2. Let them know they are to do the opposite action of the command that you call. Then demonstrate the appropriate actions for “up,” “down,” “stop,” or “go.”
 - On “up,” members should squat down.
 - On “down,” members should jump, or stretch up as high as they can
 - On “stop,” members should run in place
 - On “go,” members should freeze
3. When a member does not do the correct movement, that member can complete a task (jumping jacks, give the facilitator a high five, etc.) and then return to the game.
4. Do a practice round first so that all members understand the commands and movements that go with them, and understand what to do if they get the movements mixed up.
5. Call out the commands “up,” “down,” “stop,” or “go” one at a time.
6. Watch the group for the first few minutes and stop them when they do the wrong movement. Prompt those members to complete the correct command (up, down, etc.).

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7. After the first few minutes, call out the commands without stopping for those who make a mistake and had to complete the task to return to the game.

VARIATIONS

1. For younger members, use literal commands (“up” means “up,” “down” means “down,” etc.). Start out just doing “up” and “down.” Then do “stop” and “go.” Then mix up all four commands.
2. If there is space, have members move around the play area in a specific movement, (e.g., walking, jogging, running, skipping, hopping, etc.) for the “stop” command.



SHAKE DOWN

GROUP SIZE: Any

AGES: All

EQUIPMENT NEEDED: None

HOW TO PLAY

- 1.** Have members raise their hands in the air.
- 2.** Ask them to begin by shaking their right hand 10 times.
- 3.** Next, they should shake their left hand 10 times, their right foot 10 times, and their left foot 10 times.
- 4.** Instruct them to count out loud as they do it.
- 5.** Repeat this cycle for nine shakes, eight shakes, etc., counting down to zero with each hand and foot.

VARIATIONS

This can be done sitting or standing. Speed up the counting as the numbers go down.



DAILY CHALLENGES DYNAMICS

GROUP SIZE: Any

AGES: All

EQUIPMENT NEEDED: None

HOW TO PLAY

Choose a locomotor movement to get from one area of the Club to the next. Examples include:

- **Mini-skip**
- **Side shuffle**
- **Grapevine**
- **Fast backward mini-steps**
- **High knees**
- **Bottom kicks**
- **Right to lefts (skater steps)**
- **One-footed hops**



ZIP ZAP POP

GROUP SIZE: 10-20

AGES: 6-9, 10-12, 13-15, 16-18

EQUIPMENT NEEDED: None

HOW TO PLAY

- 1.** Have the group stand in a circle.
- 2.** The goal is to pass Zip, Zap and Pop around the circle.
- 3.** Explain the three different actions: Zip, Zap and Pop.
- 4.** A pass is done when a person claps their hands together and points toward someone in the group.
- 5.** After Zip is passed to someone, the person receiving it says Zap and passes it to someone else in the group.
- 6.** The receiver of Zap passes it to another person in the circle by clapping and saying Pop.
- 7.** Make sure members make eye contact with the person receiving the Zip, Zap or Pop.
- 8.** The actions must always come in the same order: Zip, Zap, then Pop.
- 9.** Once everyone is familiar with the words and movements, begin the game.
- 10.** The leader starts with a Zip and passes it to the person on their left or right.
- 11.** The person who receives it decides which direction to pass it, and they do a Zap.

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- 12.** The next person must Pop it by sending it to someone across the circle.
- 13.** Zip and Zap can be sent in either direction.
- 14.** If a person hesitates, they are out.
- 15.** When a member is out, they must run around the outside of the circle and then rejoin the group.



TURTLE GAME

GROUP SIZE: Any

AGES: 6-9

EQUIPMENT NEEDED: None

HOW TO PLAY

1. Start a conversation about turtles. Ask, “*Are they fast or slow? Are they brave or scared?*”
2. Have each member crouch very small, like a turtle inside its shell.
3. While you clap softly, each member will sneak a part of their body – head, arm, elbow, foot or knee – out of their shell, and slowly explore the space around them by stretching out farther and farther.
4. At the sound of a loud clap, the exposed body part goes back into their “shell” very quickly.
5. Repeat with another body part.
6. Finally, let members stretch their body parts all the way out so they can explore their space with the most “open” body posture possible.

VARIATIONS

As you make different sounds, members will move a different part of the body:

- **When you clap, members move their arms**
- **When you stomp, the members move their heads**
- **When you snap, the members move their legs**

THIS IS MY NOSE

GROUP SIZE: 10-30

AGES: 6-9, 10-12

EQUIPMENT NEEDED: None

HOW TO PLAY

1. The group forms a circle, standing shoulder to shoulder.
2. Pick a leader to start in the center.
3. The leader starts in the center, walks up to a player in the circle, points to their own elbow and says, *"This is my nose."*
4. The player must point to their own nose and say, *"This is my elbow."*
5. The leader goes up to another player, points to another body part and misnames it.
6. When a player in the circle says or points to the wrong body part, they replace the player in the center, and the player in the center joins the circle.



PARTNER TO PARTNER

GROUP SIZE: 10-20

AGES: 6-9, 10-12, 13-15, 16-18

EQUIPMENT NEEDED: None

TIP: This game requires an odd number of players. In groups with an even number of players, the facilitator can join the game to create an odd number of players.

HOW TO PLAY

1. Chose one member to be the leader.
2. All other members should find a partner and stand by their partner in a circle.
3. The leader stands in the center of the circle.
4. The leader calls out commands such as “*elbow to elbow*,” “*back to back*,” “*knee to knee*.”
5. Players take these positions accordingly.
6. When the person in the middle calls “*partner to partner*,” all the players have to find a new partner, while the person in the middle tries to get a partner.
7. The player left without a partner becomes the new leader. They go into the middle of the circle and give commands.

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VARIATIONS

1. Instead of having members just switch body parts, have them keep everything connected. For example, if you say, “hand to hand,” and then “toe to toe,” they would keep their hands connected while they connect their toes. If you then added “elbow to elbow,” they’d have all three body parts connected.
2. Turn this game into a tag game by calling out a body part, (e.g., shoulder, elbow, toe, knee, etc.) and have the members tag their partner on that body part before their partner tags them. (Be sure to review safe tagging!) The first person to be tagged must perform a task, (e.g., jumping jacks, push-ups, etc.) to get back in the game.



CONCENTRATION CRUNCH

GROUP SIZE: 10-20

AGES: 6-9, 10-12, 13-15, 16-18

EQUIPMENT NEEDED: None

HOW TO PLAY

1. Form a circle or spread out in a grassy area.
2. Review the correct way of performing a sit up – members cross their hands over their chest, keep their neck neutral, touch the top of the knees with their elbows and lower back down to the ground slowly.
3. Practice a few reps of abdominal crunches.
4. Instruct them to count off around the circle starting with the number one, and tell them they **MUST** remember their numbers.
5. The game begins with one member who is chosen by the leader to call out a random number.
6. The person whose number is called must immediately call out another number and do a sit-up. If the member hesitates significantly, they must perform five sit-ups.
7. The member then calls out a new number and the game continues.

TIP: End the game at the height of excitement.

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VARIATIONS

1. Increase reps for older members.
2. Do a different exercise such as push-ups, jumping jacks or tuck jumps.



BENCH ACTION

GROUP SIZE: Any

AGES: 6-9

EQUIPMENT NEEDED: None

HOW TO PLAY

1. Have the members sit on the edge of a bench while keeping their backs straight.
2. Play music with a strong beat and have the members do the following actions as the leader calls them out:

Hiking: Members swing their arms and reach left and right while tapping their toes and lifting their knees.

Swimming: Members move their arms as if doing the front or back crawl and kick their legs in a flutter kick.

Cycling: Members hold on to the seat of the bench and pedal their legs as if riding a bike.

Paddling: Members use an imaginary paddle to paddle a canoe (both sides).

VARIATIONS

Have the players take turns calling out commands.

AH-SOH-GO

GROUP SIZE: 10-20

AGES: 6-9, 10-12, 13-15, 16-18

EQUIPMENT NEEDED: None

HOW TO PLAY

- 1.** Have the group stand in a circle.
- 2.** Explain the three different actions: “Ah,” “Soh,” and “Go.”
- 3.** Pick a player to go first. The player who goes first must raise their hand and salute to the person on their right or to the left, and then say “Ah.” The person they salute goes next.
- 4.** The person who receives the salute must bring either hand to their chin in a salute motion and say “Soh.” The direction of their fingers designates the next player.
- 5.** The next player claps their hands together and points both of them toward the next player and says “Go.”
- 6.** The actions must always come in the same order: Ah-Soh-Go.
- 7.** Once everyone is familiar with the words and movements, begin the game.
- 8.** The game continues at a quick pace repeating the Ah-Soh-Go pattern.
- 9.** When a player misses their turn or throws the wrong signal, they must run around the circle once, then sit down in the circle.
- 10.** The last player standing is the winner.

MIME YOURSELF

GROUP SIZE: Any

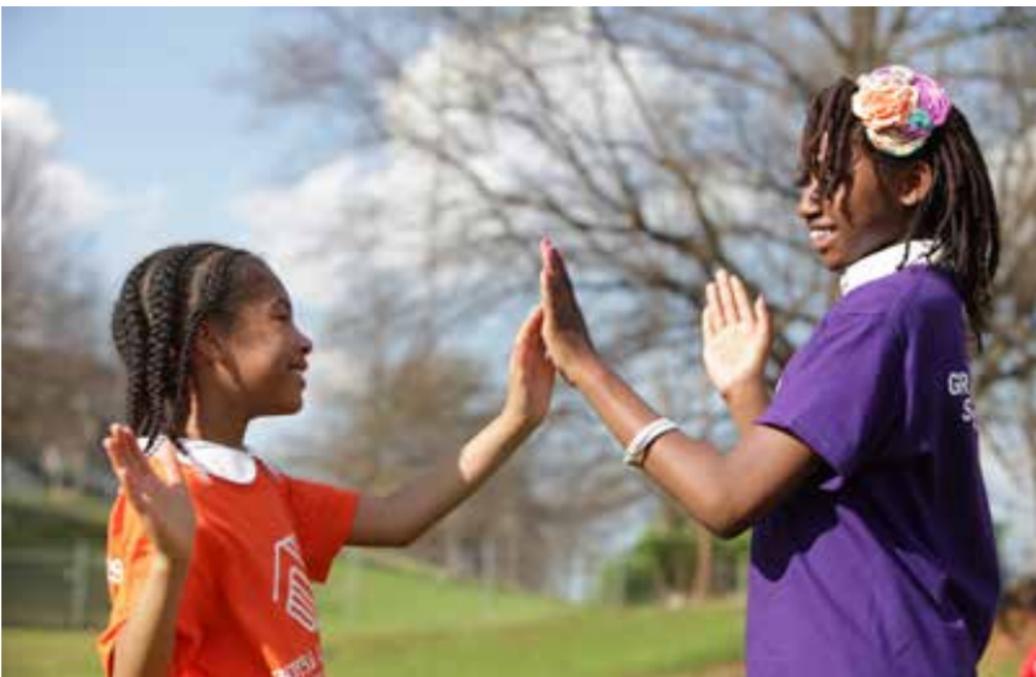
AGES: 6-9, 10-12, 13-15, 16-18

EQUIPMENT NEEDED: None

HOW TO PLAY

- 1.** Have members get into pairs and mirror each other's actions without talking.
- 2.** Specify who will be the leader to start, and tell members that without talking they should switch back and forth as to who has the lead.
- 3.** This activity should be done in short intervals, (e.g., one minute).
- 4.** Members can then switch partners.

TIP: End the game at the height of excitement.



ROSHAMBO SUPER BOWL

GROUP SIZE: Any

AGES: 6-9, 10-12, 13-15, 16-18

EQUIPMENT NEEDED: None

HOW TO PLAY

- 1.** Put members into pairs.
- 2.** Partners compete in one round of rock, paper, scissors.
- 3.** Repeat the round if there is a tie.
- 4.** The winner from each pair moves on and finds another winning member to play.
- 5.** The member who did not win cheers on the member who beat them for the remainder of the competition.
- 6.** The winner of each round continues to advance and the members who did not win follow the winner to cheer for them.
- 7.** The game continues until there are only two winners left.
- 8.** Announce that this is the Super Bowl and that this final round determines the overall champion.

VARIATIONS

Have each pair complete three rounds; the participant who wins two out three rounds is the winner.

HIGHER OR LOWER

GROUP SIZE: 10-30

AGES: 6-9, 10-12, 13-15, 16-18

EQUIPMENT NEEDED: None

HOW TO PLAY

- 1.** One member comes to the front of the group and stands with their back to the group.
- 2.** Write a three-digit number on a piece of paper and tape it to the back of the member who is in front of the group so they can't see the number.
- 3.** The member starts marching in place and tries to guess the number on their back out loud.
- 4.** The remainder of the members march in place until the number is called out.
- 5.** If the number is too high, the group squats to prompt the member in the front to guess lower.
- 6.** If the number is too low, the group jumps up and down to prompt the member to guess higher.
- 7.** When the correct number is guessed, select a different member and place a different three-digit number on their back.

VARIATIONS

Have members come up with different indicators to prompt the member with the number on their back to guess higher and lower, (e.g., move to left for higher, move to the right for lower; do a tuck jump for higher, burpee for lower; run faster for higher, run slower for lower, etc.).

SPORTS ON THE MOVE

GROUP SIZE: Any

AGES: All

EQUIPMENT NEEDED: None

HOW TO PLAY

1. Name a specific sport and a movement from that sport.
2. Ask members to repeat that movement for about 30 seconds until you name a new movement.
3. Examples are:

Basketball: Dribble with fingertips; dribble through legs; dribble around back; jump shot and follow through; bounce pass; chest pass; overhead pass; defensive slide to front and back to start position.

Soccer: Shot on goal (practice with both feet); inside of foot pass; outside of foot pass; long banana kick; juggle imaginary soccer ball; trap ball with thigh; trap ball with feet.

Baseball or softball: Swing a bat; windup and pitch; field a ground ball; catch a fly ball; play imaginary catch.

Tennis: Forehand; backhand; serve; volley.

Volleyball: Serve, set, dig, spike.

Football: Quarterback long pass; short pass; catch imaginary ball; kick field goal; punt; catch a punt; and block.

Golf: Swing, putt, chip.

Lacrosse: Throw with lacrosse stick.

Tae Kwon Do/Karate: Punch, kick.

VARIATIONS

1. Have older members choose a movement, and then pick another member to call out the next movement.
2. Tie in the sport or movement with programs that are currently being run at the Club.
3. Pick sports that are not currently being run to encourage participation among members who are not interested in the current programs.
4. Have members pick a dance move instead of a sport.



HOT TAMALE

GROUP SIZE: Any

AGES: 10-12, 13-15, 16-18

EQUIPMENT NEEDED: A small ball of wadded up paper

HOW TO PLAY

- 1.** One member (the leader) faces away from all the other members.
- 2.** The rest of members watch the leader hide the hot tamale (can be any object) somewhere.
- 3.** The leader turns around.
- 4.** The rest of the members are not allowed to talk but they try to guide the other member to the hot tamale by performing various physical activities, (e.g. move backward with swimming motion, move forward by marching in place, moving side to side by doing a side stretch, pretend they are stepping on hot coals when the member is within one foot of the hot tamale, etc.).
- 5.** Once the leader locates the hidden hot tamale, another member is selected to try to find the hot tamale.
- 6.** The hot tamale is hidden in another location so that the game can be repeated.

VARIATIONS

Have the group decide what movements they want to do for each direction.

HAVE A BALL

GROUP SIZE: Any

AGES: 10-12, 13-15, 16-18

EQUIPMENT NEEDED: Each member should have a scrap piece of paper to make a ball

HOW TO PLAY

1. Each member should stand up with their paper ball.
2. Members will use a ball for a variety of activities requiring coordination including:
 - **While members are seated, have them place the ball on their feet with their feet together. Members should repeatedly toss the ball up and catch it with the top of the feet (like hacky sack).**
 - **Members should hold their arm up parallel to the floor and set the ball on their elbow. Flip the ball into the air and catch it with the hand on the same side.**
 - **Members should put their feet together and lift them off the floor. Rotate the ball over and under their legs using their hands.**
 - **Toss the ball overhead and catch it behind their back.**
 - **With feet slightly apart, weave the ball between the left and right leg (such as a figure eight).**
 - **Toss the ball from behind the back and catch it in front.**
 - **Circle waist while standing.**

VARIATIONS

Allow each member to shoot the ball into the trashcan at the end.

DAILY CHALLENGES ACCELERATIONS

GROUP SIZE: Any

AGES: 6-9, 10-12, 13-15, 16-18

EQUIPMENT NEEDED: None

HOW TO PLAY

1. Determine the number of reps you will do – two of each exercise for ages 6-9, three of each exercise for ages 10-12, and five of each exercise for ages 13 and up.
2. Do the determined number of tuck jumps, push-ups and burpees, then sprint in place as fast as possible for 10 seconds.



MORPH

GROUP SIZE: 10+

AGES: 6-9, 10-12, 13-15, 16-18

EQUIPMENT NEEDED: None

HOW TO PLAY

- 1.** Explain that the evolution of life for this game is in the following order: First the egg, then the chicken, dinosaur, rock star and superhero.
- 2.** Each stage of evolution has a corresponding action.
- 3.** An egg is represented when members get low to the ground with their hands over their head.
- 4.** A chicken is represented when members walk like a chicken and cluck.
- 5.** A dinosaur is represented when members have their arms outstretched like big jaws.
- 6.** A rock star is represented when members dance.
- 7.** A superhero is represented when members “fly” around with their arms extended in front of them.
- 8.** Everyone starts as an egg.
- 9.** Members pair up and play rock, paper, scissors. The person who wins evolves to the next stage of evolution, which is a chicken. The chicken winners become dinosaurs; the dinosaur winners become rock stars; and the rock star winners become super heroes.
- 10.** The member who did not win goes down a stage in the evolution of life. If the player is already an egg, they remain an egg.

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- 11.** Players pair up again, only with someone who is in the same stage of evolution.
- 12.** When a player evolves all the way to a superhero by playing rock, paper, scissors they are finished and can fly around the area.
- 13.** The game ends when all the players are superheroes or when the time limit is up.

VARIATIONS

Allow players who lose rock, paper, scissors to remain at their current stage of evolution instead of going back a stage so that the game goes faster.



DAILY CHALLENGES

MINI CORE

GROUP SIZE: Any

AGES: 6-9, 10-12, 13-15, 16-18

EQUIPMENT NEEDED: None

HOW TO PLAY

Do a mini core workout, holding each of the following positions for 5-10 seconds.

Basic plank:

- 1.** Start in a push up position, kneeling on the floor with hands directly below your shoulders.
- 2.** Lift your knees until you are supporting your weight on just your toes and hands.

Side plank:

- 1.** Start in a standard plank position and lower yourself until you're resting on your forearms.
- 2.** Keep forearms parallel to each other with hands flat on the ground.
- 3.** Lean to your left while lifting your right arm up toward the ceiling until you are balanced on one hand.

Single-arm plank:

- 1.** Start in standard plank position.
- 2.** Slowly lift your right arm, extending it out in front of you.

OVER/UNDER RELAY

GROUP SIZE: 10+

AGES: 6-9, 10-12, 13-15, 16-18

EQUIPMENT NEEDED: Soft ball, beanbag or ball of paper

HOW TO PLAY

- 1.** The goal is for the ball to be passed by alternating methods down a line. For example, the first person in the line passes over their head, the second person passes under their legs, the third person passes over their head and so on.
- 2.** Have players line up behind each other in lines of 6-10.
- 3.** Have them spread out arm's distance apart.
- 4.** Demonstrate how to pass the ball over someone's head, then under someone's legs.
- 5.** When the last person in line gets the ball, they run/skip/jump/etc. to the front of the line and start passing the ball back again.
- 6.** Give the person in the front of the line a ball.
- 7.** Play until everyone has been to the front of the line to pass the ball.

VARIATIONS

- 1.** Have players close their eyes.
- 2.** Have players use only one hand.
- 3.** Have players hold the ball between their forearms, without using their hands.

TRASH CAN B-BALL

GROUP SIZE: 2-20

AGES: 6-9, 10-12, 13-15, 16-18

EQUIPMENT NEEDED: Cone or other equipment to be used as a marker, an empty trashcan or container; and a soft ball, beanbag or wadded up piece of paper

HOW TO PLAY

1. Separate members into teams of six to eight and have them line up behind the cones.
2. Set up one empty container, two to three cones to mark where members will stand in line, and three other markers of varying distances from the container.
3. Ask a question related to something the members are learning, (e.g., math problem, spelling word, etc.).
4. Only the members at the front of each line can answer.
5. If someone from the back of the line answers, that line is disqualified for that round.
6. Whoever answers the question first wins the right to shoot the “ball” into the container. They have three choices:
 - **Shoot from the closest spot (slam dunk) for one point**
 - **Shoot from the halfway spot for two points**
 - **Shoot from the farthest spot for three points**
7. After each round, the members return to end of the line.

Continued on next page

VARIATIONS

1. If the shooter misses, the other members at the front of the line get a chance to shoot, which gives everyone more chances to be involved.
2. Give the shooters only one designated spot to shoot from, which speeds up the game.
3. Let all members shoot regardless of whether the question was answered correctly, which is good for younger members.



MAGIC BALL

GROUP SIZE: 5-30

AGES: 6-9

EQUIPMENT NEEDED: One ball

HOW TO PLAY

- 1.** Have members stand in a circle and think of three magic words to use to turn the ordinary recess ball into a magic ball.
- 2.** For example, *“Now you’re sticky!”*
- 3.** Repeat and practice the magic words a few times.
- 4.** After you’ve picked and practiced the three magic words, pick up the ball and pass it in a sticky motion, as you pretend your hands are sticking to the sides of the ball.
- 5.** Have each member take a turn with the magic ball.
- 6.** Once the ball gets back to you, place it back in the center of the circle and ask members to come up with a new magic ball, (e.g., a heavy ball, an apple, a slippery ball, etc.).

VARIATIONS

- 1.** Make the circle bigger or smaller.
- 2.** Pass different ways, (e.g., bounce pass, chest pass, rolling, etc.).

BALL TOSS RACE

GROUP SIZE: 10-25

AGES: 6-9, 10-12, 13+15

EQUIPMENT NEEDED: Ball

HOW TO PLAY

- 1.** Organize the group into a circle and pick a leader.
- 2.** Have everyone say their name so others can hear.
- 3.** The leader begins by throwing, rolling or bouncing a ball (depending on the age and skill level) to another player while saying the other person's name loudly. It is important to remember who the ball was passed to.
- 4.** Keep passing the ball around the circle so that everyone has received the ball one time.
- 5.** When the last person gets the ball, have them pass it back to the leader.
- 6.** Now in the same order, have each player say out loud who they will pass the ball to before the ball is passed.
- 7.** Once everyone remembers who to pass to, try again with the ball and see how fast they can go.

VARIATIONS

- 1.** Introduce more balls or balls of different sizes.
- 2.** When the player catches the ball, everyone calls out their name.

FEEL THE BEAT

GROUP SIZE: Any

AGES: 6-9, 10-12, 13-15, 16-18

EQUIPMENT NEEDED: One small item for each pair of members (hacky-sac, beanbag, small ball, balled up paper, cup)

HOW TO PLAY

1. Every member gets a partner and sits cross-legged on the floor facing their partner who is two to three feet away.
2. Place an object between each set of partners, (e.g., hacky-sac).
3. Turn on some music and have members perform the following actions to the beat of the music:
 - Tap knees
 - Tap shoulders
 - Clap their partner's hands like patty-cake
4. When the music stops, members try to be the first to grab the hacky-sac.

VARIATIONS

1. Change the number of times each action is performed before going to the next one. For example, one of each, or three (three knee taps, then three shoulder taps, etc.).
2. For larger groups, divide into groups of three or four.

DECK OF CARDS

GROUP SIZE: Any

AGES: All

EQUIPMENT NEEDED: Deck of cards

HOW TO PLAY

1. Have members stand in a circle.
2. Using a standard card deck, assign an activity to each of the four suits.
 - **Running in place**
 - **Sit-ups**
 - **Squats**
 - **Jumping in place**
3. Pass out a card to each member and ask them to do the activity for that suite for 20 seconds.
4. Have members pass their cards to either their neighbor on their right or left and have them do the activity.

VARIATIONS

1. Have members decide which activity to perform for each suite.
2. Have members perform the activity the number of times designated on the card.

I'M A CLUB KID, AND YOU'RE A CLUB KID, TOO!

GROUP SIZE: Any

AGES: 6-9, 10-12, 13-15, 16-18

EQUIPMENT NEEDED: Small item, (e.g., hacky-sac, bean bag, small ball, balled-up paper)

HOW TO PLAY

1. Have members stand in a circle.
2. Select a member to begin the game by either pointing to or tossing a small ball to the member.
3. Have the member fill in the following statement with a characteristic they have that other members may have also: *"I'm a member and you're a member too if..."*
4. Example: *"I'm a member and you're a member too if you have on tennis shoes"* or *"I'm a member and you're a member too if you like to play basketball."*
5. All members who share this trait perform an activity such as jumping into the air three times, or doing five jumping jacks while the rest of the circle continues to run or march.
6. The member then tosses the ball to another member to continue the game.

RED LIGHT, GREEN LIGHT

GROUP SIZE: 6+

AGES: 6-9

EQUIPMENT NEEDED: None

HOW TO PLAY

- 1.** Pick one participant to act as the “stoplight,” while the rest of the members listen to instructions to try to get close enough to touch him.
- 2.** To start, have the members form a line about 30 feet away from the stoplight.
- 3.** The stoplight faces away from the line of members and says, “*green light.*”
- 4.** At this point, the members are allowed to move toward the stoplight.
- 5.** At any point, the stoplight may say, “*red light,*” and turn around.
- 6.** If the stoplight turns around and catches any of the members moving, the members who moved return to the starting point 30 feet away and start over from there.
- 7.** Resume play when the stoplight turns back around and calls, “*green light.*”
- 8.** The stoplight wins if all the members have been back to the starting point at least once. Otherwise, the first player to touch the stoplight wins the game and earns the right to be the stoplight for the next game.

RELAY RUNS

GROUP SIZE: Any

AGES: 6-9

EQUIPMENT NEEDED: None

HOW TO PLAY

- 1.** Break the youth up into groups of four and line them up at one end of the playing area.
- 2.** On your command, the first Club member in each group runs the length of the playing area and when he reaches the end, he turns around and comes back.
- 3.** When he comes back, he touches the next member of his group, and that member backpedals down the floor and back.
- 4.** Upon reaching the group, he touches hands with the next Club member who skips down the floor and back, tags the fourth member who then hops down the floor and back.

VARIATIONS

Conduct the race so that each Club member gets to perform all four movements before declaring a winner.



TAG THE COACH

GROUP SIZE: Any

AGES: 6-9

EQUIPMENT NEEDED: Four balls, (e.g., volleyballs, dodge balls, etc.)

HOW TO PLAY

- 1.** Break up members into four equal groups and have them stand together at one end of the playing area.
- 2.** You begin with four balls in your possession and throw them in random areas around the playing area.
- 3.** On your command, each team must retrieve one ball.
- 4.** Once each team finds a ball and comes back together, players must pass the ball around so that each team member has a chance to touch it.
- 5.** Once all members of the team have handled the ball, the last member holding the ball chases the other team members, trying to hit them with the ball.
- 6.** When they miss the Club member, it's up to the other team members to chase down the loose ball.
- 7.** Anytime a team misses the target, they must pass the ball around to each player again, and a different individual takes the next shot.

TIP: End the game at the height of excitement.

MOTHER MAY I?

GROUP SIZE: Any

AGES: 6-9

EQUIPMENT NEEDED: None

HOW TO PLAY

- 1.** Pick one participant to be the “mother.” This member will stand facing away from the remaining members, who will stand in a line about 30-40 feet behind the mother.
- 2.** You will choose a participant, at random or in order, and the mother will say, “(NAME), you may take (NUMBER 1-10) giant/baby/regular steps forward.”
- 3.** The participant will respond by saying, “Mother may I?” and the mother will say, “Yes, you may.”
- 4.** If the member forgets to ask, “Mother may I,” then they will have to take the same number of steps back.
- 5.** The first one to reach the mother wins.

VARIATIONS

To switch this activity up, members can skip or jump instead of taking steps.



RELAY FRENZY

GROUP SIZE: 7

AGES: 6-9

EQUIPMENT NEEDED: Balls and timer

HOW TO PLAY

1. Start by getting members together in a line, with a couple of feet in between each of them.
2. Give the two members at each end of the line a ball. These can be basketballs, footballs, baseballs, softballs or any combination.
3. On the leader's command, Club members begin passing the balls down the line in both directions.
4. The goal of the activity is for them to pass the balls all the way down the line, and then all the way back.
5. Time the group, and then see if they can beat their best time. If no timer is available, form two lines so the lines can race against each other.

TIP: Be sure to rotate members around in the line so each gets a chance to be in the middle. It's the trickiest spot – and also the most fun – because they will be handling balls coming from both directions at the same time.

BREAKING A SWEAT

GROUP SIZE: Any

AGES: 10-12

EQUIPMENT NEEDED: Timer

HOW TO PLAY

1. Create a physical fitness challenge that features a station for sit-ups, push-ups, jumping jacks and jumping rope.
2. The members begin at the jumping jack station and on your command they perform as many reps as they can in 30 seconds.
3. As soon as 30 seconds expires, blow the whistle and ask members to sit down and do as many sit-ups as they can in 30 seconds.
4. After that, members have 30 seconds to perform as many push-ups as they can and then they conclude with how many times they can jump rope in 30-seconds.

TIP: Recommend that members do sit-ups and push-ups at home during commercials while they are watching television.



SOCCER TAG

GROUP SIZE: 16+

AGES: 10-12

EQUIPMENT NEEDED: Several soccer balls (one per 8-10 Club members), duct or masking tape

HOW TO PLAY

- 1.** To start, divide the members into groups of 8-10 and give each group a soccer ball.
- 2.** This game will be played in a large outside area.
- 3.** Set up one goal and put a long piece of tape down on the ground horizontal to the goal at a distance that will be challenging, but feasible for members to kick from.
- 4.** Each group will line up about 20 feet behind the line. Designate the first participant in line as the leader, and the last member as the kicker.
- 5.** The group must follow the leader as the leader runs, skips, gallops, etc., around the gym or field.
- 6.** The kicker has the soccer ball and must chase the line of members while dribbling the ball until the kicker is directly behind the line of members and in a position to kick the ball through the legs of their team members.
- 7.** When the kicker gets directly behind the line, they yell, "Freeze!" and the other members in the line must stop what they are doing and stand with their legs spread apart.
- 8.** The kicker then attempts to kick the ball through all the group members' legs.

9. After the ball is kicked, the leader must then chase after the ball, gain control of it, then dribble to the taped line in front of the goal and try to score.
10. The leader retrieves the ball from the goal and then becomes the kicker.
11. The participant who was in line behind the leader becomes the new leader and leads the line of members.
12. The activity should continue until every member has had the chance to be the kicker and leader.



BLINDFOLD BONDING

GROUP SIZE: 10+

AGES: 10-12

EQUIPMENT NEEDED: Blindfolds

HOW TO PLAY

1. Break the Club members into groups of five.
2. Choose one Club member from each group to be blindfolded, and one to serve as the team voice.
3. Scatter the other three members from the groups randomly around the playing area.
4. The Club member who was chosen to be the team voice must shout out instructions to his blindfolded teammate on how to reach each of his three teammates.
5. The first group to successfully guide their blindfolded member around the room to touch their three teammates, wins.

TIP: Run through this activity enough times so that each Club member gets the opportunity to give directions, listen to directions as the blindfolded one, and also enjoy being out in the playing area watching their teammate try to figure out where they are.

ODD-MAN-OUT TAG

GROUP SIZE: 15+

AGES: 10-12

EQUIPMENT NEEDED: None

HOW TO PLAY

1. Break members into groups of five.
2. Designate one person from each group as the “odd man out” (tagger), and have remaining group members hold hands.
3. Designate one of those members as the target.
4. On a given signal, the group members will remain holding hands and will work together to avoid allowing the tagger to tag the target.
5. When a target is tagged, designate someone else as the tagger and target, and repeat the activity.



WATER BALLOON RELAY

GROUP SIZE: Any

AGES: 10-12

EQUIPMENT NEEDED: Water balloons, markers/cones

HOW TO PLAY

- 1.** To conduct this activity, fill water balloons with eight ounces of water.
- 2.** Break the members into pairs.
- 3.** Give one member in each pair a water balloon.
- 4.** On your cue, the members with the balloons run a designated length and when they reach the end, they turn around and run back toward their partner.
- 5.** When a runner gets within five feet of their partner (mark distance with a cone/marker), they toss the water balloon to the partner.
- 6.** If their partner catches it, the partner then runs the length of the course and returns. If a balloon is dropped, the player who tossed it must grab another water balloon and run the course again before they can attempt another toss to their partner.
- 7.** Again, when this member gets within five feet of their partner, they toss the balloon back.
- 8.** The pair that completes both tosses the fastest wins.

MY NAME IS...

GROUP SIZE: 6+

AGES: 13-15

EQUIPMENT NEEDED: One long jump rope

HOW TO PLAY

1. Two members will need to volunteer to hold either end of a jump rope while the other members jump. (Rotate volunteers after five Club members have had the chance to jump; rotate again after another five jumpers, and so on, so that all members get a chance to jump.)
2. Have members form a line.
3. Each will jump into the rope and will have to keep jumping until they complete this phrase: *“My name is ____ and I’m ____, it’s true, but here comes (next youth in line) because she’s/he’s ____ too!”*
4. The member jumping must come up with a positive character trait before they can stop jumping.
5. The next person in line will jump in, and must think of a different character trait.

TIP: Explain that members may use any trait, as long as it is not negative.



TACKLING TASKS

GROUP SIZE: 10+

AGES: 13-15

EQUIPMENT NEEDED: None

HOW TO PLAY

- 1.** To begin, divide Club members into several groups of five.
- 2.** One person will start by performing a “task.” For example, clap hands twice, snap fingers three times.
- 3.** The next Club member repeats the previous member’s task, then performs a totally new one on their own.
- 4.** This continues around the group.
- 5.** Members who cannot complete the sequence correctly are out.
- 6.** Repeat until only one member of the group remains. This is the winner.



TEAM-BASED JUMP ROPE

GROUP SIZE: 10+

AGES: 16-18

EQUIPMENT NEEDED: Long jump rope

HOW TO PLAY

- 1.** To start, pick two members to hold and swing the jump rope.
- 2.** The remaining members will form a line and each will jump one time as the rope is swinging, then run out.
- 3.** Keep going until everyone is successful, sending any unsuccessful jumpers to the end of the line to wait another turn.
- 4.** When everyone is successful, pair the Club members up.
- 5.** Each pair must jump one time together while the rope is swinging, then run out, sending unsuccessful jumpers to the end of the line to try again.

VARIATIONS

- 1.** Repeat this with groups of up to four.
- 2.** When groups of four are jumping, the team that misses the least amount of jumps in a row, wins.



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