

OUTDOOR GAMES

Activity: Pick-Pocket Tag

Number of Players: Minimum 4

Supplies/Set-up: Flags

Instructions

- You will need flags – this can be strips of cloth, bandanas, used grocery bags, lanyards, etc. to be used as a tail
- Players have a tail inserted into his/her belt or pocket that is hanging at their backside.
- All players chase one another trying to collect tails, while protecting his/her own tail
- Player with the most tails collected in a specified time is the winner

Activity: Balloon Tennis

Number of Players: Minimum 2

Supplies/ Set-up: paper plates, popsicle sticks, tape, markers, balloons

Instructions:

- Make “tennis rackets” using paper plate and popsicle stick. Decorate as desired
- Using a badminton net or markers on the ground, tennis rackets and balloons as the balls. Teams of two can play balloon tennis, hitting the balloon over the net/boundary, back and forth.

Activity: Octopus

Number of Players: Minimum 6

Supplies/Set-up: pool noodles (optional)

Description:

- Set up boundaries in a large rectangle.
- All players stand on one side of the play area and 1 player is selected to be the octopus and stands in the middle.
- When the Octopus yells “go!” all participants much attempt to run across the play space without getting tagged by the octopus.
- Octopus can either tag using their hand or a pool noodle. If a player is tagged, they must join hands (wear gloves or hold on to sleeve) with the octopus and help the octopus tag players in round two.
- The last player to get tagged is the winner.

Activity: Hula Hoop Lasso Challenge

Number of Players: Minimum 2

Supplies/Set-up: skip rope, tape, hula-hoop, sport balls

Instructions:

- Tie a skip rope to a hula hoop.
- Place sport balls (soccer balls, foam balls, etc.) in middle of circle, spread out. If sports balls are not available, use other lightweight miscellaneous items
- Use tape to mark where participants can stand outside of the circle.
- Players must toss their hula hoops into circle, onto equipment and try to pull in as many sports balls as possible.
- The player who pulls the most sports balls, wins.

Activity: Target Ball

Number of Players: Minimum 2

Supplies/Set-up: 1 tennis ball and 1 soccer ball for each player

Description:

- Have players stand in a circle (as spread out as possible) with a ball in front of each participant.
- Place a tennis ball in the middle of the circle
- The goal is to have players kick their ball as close to the tennis ball as possible. The participant whose ball lands the closest to the tennis ball wins the round.

Activity: Chicken Farmer

Number of Players: Minimum 4

Supplies/Set-up: one small item to be used as the egg (golf/tennis ball, a frisbee, rolled up socks, crunched-up newspaper, etc)

Instructions:

- Everyone stands in a circle and one player is chosen to be the chicken
- The chicken stands in the middle of the circle and is responsible for protecting the egg (the item) while the rest of the participants sit in a circle around the chicken. Item is placed on the ground next to the chicken (chicken can not hold or sit on the item)
- The remaining participants must try to steal the egg without getting tagged. Only one player can attempt to steal the egg at a time. If 2 players try to steal the egg at the same time, both players will be disqualified. Players can establish a signal (that the farmer doesn't know about) to signify to other players that he/she will attempt to steal the egg.
- If the "egg thief" is tagged, they rejoin the circle.
- If they successfully steal the egg, they become the new chicken.

Activity: Mini Golf

Number of Players: Minimum 2

Supplies/Set-up: golf balls, pool noodles, ropes, cones, cardboard boxes, any items that you wish to use

Instructions:

Create your very own golf course in your backyard! Use household items such as boxes, rope, plates, etc. to create the course. If golf balls and clubs are unavailable, use tennis balls and pool noodles instead.

Activity: Red light, Green light

Number of Players: Minimum 3

Supplies/ Set-up: None

Instructions

This game is a variation of the game “What time is it Mr. Wolf”

- **Select one player to be the Leader who will stand on the opposite end of the play space from the remaining players**
- **Leader selects a type of movement (running, crawling, dribbling basketballs, etc.)**
- **All player line up on start line. When the leader says “green light,” everyone goes doing the chosen movement towards the leader. When the leader says “red light,” everyone must stop.**
- **Repeat until participant’s get to the leader. The first player who gets to the leader wins and becomes the new leader.**