

Bring Back Play

Monthly Campaign Bulletin Board

Theme:

The concept for this bulletin board is to highlight some activities that students could play throughout the month and the benefits of active play.

Bulletin Board Example:



Classroom Instructions:

Ask your students what their favorite part of recess and lunch is. Do students recognize that while they spend a lot of time being sedentary in the classroom, recess and lunch provide time to play and be physically active? Ask your students what some of their favorite games to play during recess and lunch are. How many can your class come up with? Encourage students to participate in these games, as well as to invite other students that have not played these games before.

Bulletin Board Instructions:

On the bulletin board, there are four facts displayed that describe some of the benefits of active play and the Canadian physical activity guidelines. The idea is to feature four different 'play' activities that students could participate in at recess, lunch or afterschool. After choosing four activities you can describe the activity and how to play (see a few examples listed below), and take pictures of students playing these games.

Extensions and Alternatives:

- Have students write up the games (procedural writing)
- Have older students, teach younger students the games and take pictures
- Have students do a recount of one of the games they played using pictures and words
- Take pictures as you see students playing these games on the playground.

⊕ **Bring Back Play Facts**

Fact	Information
<i>Play Fact #1</i>	Active PLAY is a form of physical activity. Children and youth are not getting enough active play—less than half of Canadian kids are getting three hours or less of active play per week, including weekends.
<i>Play Fact #2</i>	Active Play for at least 60 minutes daily can help you: <ul style="list-style-type: none"> - Improve your health - Do better in school - Improve your fitness - Grow stronger - Have fun playing with friends - Feel happier
<i>Physical Activity Guideline #1</i>	For health benefits, children aged 5-11 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. This should include: <ul style="list-style-type: none"> - Vigorous activities at least 3 days per week. - Activities that strengthen muscle and bone at least 3 days per week. - More daily physical activity provides greater health benefits.
<i>Physical Activity Guideline #1</i>	Let's talk intensity! Moderate physical activities will cause you to sweat a little and to breathe harder. Activities like: <ul style="list-style-type: none"> - Bike riding - Playground activities Vigorous physical activities will cause you to sweat and be 'huffy-puffy'. Activities like: <ul style="list-style-type: none"> - Running - Swimming

Tag

Play space: Open area,

Number of players: Many

Play it with: No equipment

How to play:

- A designated area is decided upon to play.
- Everyone else spreads out over the playing field.
- One tagger tries to run and tag other players.
- If someone gets tagged, they perform an action (see ideas below).
- The game ends when everyone is tagged.

Contributed by: ParticipACTION

Find all the active games kids love to play on the Bring Back Play mobile app at

www.bringbackplay.ca

Name	Variation
Toilet Tag	When tagged put out hand, must have hand pushed down to be freed
Blob Tag	When tagged, join the tagger to become a blob
Freeze Tag	When tagged, freeze with your arms out until you are thawed by another player who goes under your arm.
Bridge Tag	When tagged must form a bridge using their hands and feet. To be released, a free player must go under the bridge
Elbow Tag	Everyone gets a partner and links arms. Two people are chosen to split up. One will be it and the other will be chased. Whenever the person links with a pair of players, the person on the opposite end must break off. They will now become chased. If the person gets tagged, they become it.

Jump-Rope

Play space: Open area, Hard surface,

Number of players: 1+

Play it with: Rope

How to play:

Number of Players: One for single jumping, three with a longer rope or for double dutch.

Equipment: One or two jump-ropes.

For a single person hold each end of the skipping rope in each hand. Turning the rope hop each time the rope hits the ground.

For three or more people, have two people hold each end of the rope. Turning the skipping rope the third person can jump each time the rope hits the ground.

For added difficulty start turning the rope faster!

Red Light Green Light

Play space: Open area

Number of players: 4+

Play it with: No equipment

Goal:

The first player to reach the Traffic Cop wins and becomes the Traffic Cop.

How to play:

1 player is the Traffic Cop. Other players line up on a starting line that is at least 25 giant steps away from the Traffic Cop.

The game begins when the Traffic Cop turns her back to the other players and calls out, "Green Light!" On this command, players try to move as quickly as possible toward the Traffic Cop.

When the Traffic Cop hears the players approaching, she calls out, "Red Light!" and quickly turns around to face the players. At this time, players must stand still.

If the Traffic Cop catches any player moving, she sends that player back to the starting line.

The Traffic Cop turns away and calls out, "Green Light!" again.

The first player to reach the Traffic Cop wins and becomes the Traffic Cop.

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<http://www.toronto.ca/health>

What Time Is It Mr. Wolf?

Play space: Open area,

Number of players: 4+

Play it with: No equipment

Goal:

If the Wolf tags a player, they become the Wolf and the game begins again.

How to play:

1 player is the Wolf and stands with their back to the other players. The other players line up on a starting line that is at least 25 giant steps away from the Wolf.

The game begins when the players' call out, "What time is it Mr. Wolf?" and the Wolf yells back a time (e.g., "10 o'clock!"). For 10 o'clock the players take 10 steps towards the Wolf, and then ask the time again. The Wolf responds with another time and the players take the corresponding number of steps.

This continues until the players get close to the Wolf.

At any time, the Wolf might answer, "Dinnertime!" and turn around and chase the players as they run back to the starting line.

If the Wolf tags a player, they become the Wolf and the game begins again.

Hopscotch

Play space: Open area, Hard surface

Number of players: 1+

Play it with: Chalk, or Masking Tape

What you need:

Chalk or masking tape, a type of marker for each person playing - pebble, bottle cap, shell, button, etc.

Activity:

Use chalk to draw a hopscotch pattern on the ground or use masking tape on the floor.

Create a diagram with eight sections and number them.

Each player has a marker such as a stone, bottlecap, shell, button, etc.

For younger children simply hopping across the single versus double squares can provide hours of fun. The first player stands behind the starting line to toss his or her marker in square one.

Hop over square one to square two and then continue hopping to square eight, turn around, and hop back again.

Pause in square two to pick up the marker, hop in square one, and out.

Then continue by tossing the stone in square two.

All hopping is done on one foot unless the hopscotch design is such that two squares are side-by-side. Then two feet can be placed down with one in each square.

A player must always hop over any square where a maker has been placed.

Contributed by: <http://www.kidspot.com.au/kids-activities-and-games/Outdoor-activities+9/Hopscotch+200.htm>

Duck, duck goose

Play space: Open area, hard surface and soft surface

Number of players: 4+

Play it with: No equipment

Activity:

In this game, kids sit down in a circle facing each other.

One person is "it" and walks around the circle. As they walk around, they tap people's heads and say whether they are a "duck" or a "goose".

Once someone is the goose they get up and try to chase "it" around the circle. The goal is for the person who is "it" to race the goose around the circle and beat them to their sitting spot. If the goose is not able to do this, they become "it" for the next round and play continues.

Contributed by: <http://www.kidspot.com.au/kids-activities-and-games/Outdoor-activities+9/Duck-duck-geese+174.htm>

Musical Chairs

Play space: Open area

Number of players: 6+

Play it with: Other stuff

Goal:

The winner is determined when the final two players compete for the remaining chair.

How to play:

Musical Chairs is a game of chance and reaction time. Chairs are assembled in a circle with seats facing out. The number of chairs must be exactly one less than the number of players.

One player sits out and controls the music player. While music is playing, the other players must move around the circle of chairs in one direction.

When the music is stopped, all moving players must find an open chair and sit down.

The player who is eliminated is now “out” and they help the player who is controlling the music. A chair is removed for each subsequent round so that there are always fewer chairs than players.

The winner is determined when the final two players compete for the remaining chair.

The winner gets to control the music in the next round.

Variations:

For large groups remove two chairs per round. Or play cooperative musical chairs where people have to share their share until everyone is on one chair.

Simon Says

Play space: Open area

Number of players: 4+

Play it with: No equipment

Goal:

To be the last person doing what "simon says".

How to play:

One person is chosen to be "Simon".

The others stand in a straight line facing Simon.

Simon then calls out an action for the players to follow in this phrase- "Simon Says, do _____" (example 10 jumping jacks, 3 funny faces, touch your toes, jump on one foot for 5 seconds, etc.)

If Simon doesn't use the "Simon says" at the beginning of their instructions, players do not do the action.

If someone does the action when Simon does not say Simon Says (for example, "do 10 jumping jacks" then they are "out" (or they take 1 step back and continue to take a step back whenever they miss the instruction).

The last person who is standing on the original line can then be the next "Simon"!

Variations:

Have Simon be specific with his commands. For example- "Simon Says, Everyone with brown eyes hop on one foot." "Everyone who has a birthday in June turn around in a circle."

Switch from normal game play to "opposite" game play. So if "Simon Says" to sit down, everyone has to stand up!

Obstacle Course

Play space: Open area

Number of players: 1+

Play it with: Other stuff

Materials:

Large room filled with obstacles such as pillows and cushions, blankets and sheets, large cardboard boxes, chairs and tables, bowls, buckets, baskets, tires, inner tubes, hoops, ropes, soft toys and blocks.

How to Play:

Collect several items for your child to move over, under, around, and through.

Set up the items along a course.

Start children at the beginning of the course, and tell them to try to make it all the way to the end.

Variations:

Have children take turns creating their own obstacle course.

Try making an obstacle course outside in a playground or backyard.