

Green Valley Recess Games and Rules

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The Purpose of Recess is:

1. Have fun
2. Play with your friends
3. Get exercise
4. Good Sportsmanship is important in all games

Good Sporting Behavior

1. Good sporting behavior is respectful, responsible, and kind. Teasing, laughing, making fun, chanting does not display good sporting behavior
2. If you are called out in a game, it is important to display good sporting behavior. No kicking or throwing the balls away, arguing with the judge, or being a poor sport.
3. If you win, it is important to display good sporting behavior

Rules of Hopscotch

- 1) Start with shooter (bean bag, rock, piece of tan bark)
- 2) 1st player to finish going through all 8 squares wins.
- 3) 1st player tosses the shooter into square 1 and hops over square 1 and through the course landing 1 foot in the single squares and 2 feet side by side at the same time going down and back.
- 4) When you reach the end box where your shooter is, you have to bend down balancing on 1 foot (if you are in a single square), pick it up and hop over the box without your feet touching the line.
- 5) If you touch the line or fall you go to the end of the line, and the next time it is your turn you have to re-do that #
- 6) If you don't touch the line or fall the next time it is your turn you get to go on to the next #, and repeat like you did before if the shooter lands in the box.
- 7) If you miss a square that you are aiming for with the shooter then you go to the end of line and wait your turn to re-try again the next time.

Rules of 4 square tag

- 1) One person is “it” in the middle and the other 4-5 people stand on the 4 corners of the square.
- 2) Person who is it in the middle says, “Ready, set, go” and begins chasing the others. Everyone **MUST** stay on the lines.
- 3) Cannot jump from line to line, cannot pass another person who is in front of you or push anyone out of the way.
- 4) By following the lines you have to run away from the person who is it.
- 5) If 2 fingers tag you lightly on the back or shoulders by the tagger then you are it, and everyone else goes to a corner and the game starts over.
- 6) What is so cool about 4 square tag is that you can play on any lines on the blacktop like the basketball courts or even the chalked lines on the grass!

4 SQUARE RULES

- 1) Person with ball is in the “A” square, King/queen square
- 2) Idea is to work your way to the “A” square if you are in B, C, or D square.
- 3) King serves ball by bouncing it once in his/her square and hits ball with a closed fist into anyone of the 3 other squares
- 4) If ball lands in your square, must let it bounce once into your square, then you can hit it to another square
- 5) Play continues until:
 - A) Player hits the ball or is hit by ball before it bounces once in their square
 - B) A player does not hit ball before it bounces twice or does not hit it at all
 - C) A player hits the ball out of bounds (if ball lands on the line it is considered out)
 - D) King/queen wins 3 times in a row is out and goes to the end of the line to wait for your next turn
 - E) Once player is out, other players move up to fill empty spots

SPIDER TAG

- 1) 1 person is it in the middle
- 2) 4 people on each corner.
- 3) Goal of the game is for the players on the corners to switch places with one another without the person in the middle getting to that corner first.
- 4) If player in the middle gets to the corner first, then player who they beat goes to the out line, and new player comes onto the court and is it.

- 5) The “it” player can run on the black cement to cut across the lines, players switching spot have to stay on the white lines as they trade spots.

WALLBALL RULES

- A) Game starts by 1st person in line serving the ball by 1st bouncing it on the blacktop then hitting wall.
- B) After that each person takes turns hitting ball
- C) Must hit with a closed fist.
- D) 3 wins go to the end of the line
- E) Players are out if:
 - 1) Ball hits blacktop twice before other player has a chance to hit the ball
 - 2) When player hits ball and it does not reach wall
 - 3) If ball misses wall by going out of bounds on the side or back on 1st bounce it makes
 - 4) If player cannot reach ball due to interference by kids in line or opposing player. Re-do.
 - 5) NO babies, butt cracks, bullets, waterfalls, body blocks, rainbows, skimmies, ghosties, open window’s, kickies, headies, stickies, fencies, doubles on a serve, or trickies (bubbles)
 - 6) You get a 1st serve and if you mess up you get a 2nd serve
 - 7) King/queen of the court if you beat everyone in line twice through

Four SQUARE TAG

- 1) One person is “it” in the middle and the other 4-5 people stand on the 4 corners of the square.
- 2) Person who is it in the middle says, “Ready, set, go” and begins chasing the others. Everyone **MUST** stay on the lines.
- 3) Cannot jump from line to line, cannot pass another person who is in front of you or push anyone out of the way.
- 4) By following the lines you have to run away from the person who is it.
- 5) If 2 fingers tag you lightly on the back or shoulders by the tagger then you are it, and everyone else goes to a corner and the game starts over.
- 6) What is so cool about 4 square tag is that you can play on any lines on the blacktop like the basketball courts or even the chalked lines on the grass!

Knock-Out (Basketball Game)

1. TWO balls only. Period.
2. No 'after-bumps' of any kind. Period.
3. 'Bumps' must be TOWARD the basket (not to the side or backwards).
4. You may not bump the ball out of a players hands
5. The pass back to the next person in line must be a 'catchable pass.'
6. If the pass back to the line is errant, good sportsmanship is to pause until the first person has possession of the ball before continuing the game.
7. No friendlies (dribbling slowly before passing it to the first person in line, to allow 'your friend' more time to make their basket).
8. The first shot, must be an attempt at a basket.
9. If you win the game, you are FIRST the next game.
10. If you are out, you must stand to the side, not underneath the basket.
11. You may not interfere with the game in any way.
12. If you kick the ball, you are out.
13. If you are out, you may not throw or kick the ball 'away', if you do, you are out of the game.
14. The judge is the 3rd person in line.
15. There are two ways to play bump: ultimate and regular. Either game is ok, but players must agree before the game starts.

Regular is you are out until the next game starts.

Ultimate is when you get back into the game when the person who got you out, gets out.

Gaga Ball

Object of GaGa Ball:

- To be the last player in the [GaGa Pit](#).
- To keep the ball in play and moving (if you make this an emphasis it helps players to see the game as a constant flow, instead of aiming to catch the ball)
- Aim for players' feet.

To start play:

- All participants enter the pit and touch a wall with both hands, waiting for the ball to enter play.
- Someone outside the pit/play space throws the ball in the air so it bounces close to the center.

- The ball is to bounce three times with the crowd chanting “Ga Ga Go” as it bounces. *Some people play with 2 bounces “Ga” “Ga”.
- Keep hands on the wall until the 3rd bounce.
- Once everyone can release from the wall, they can go for the ball or pick a defensive strategy.

How to play:

- In order to move the ball, players hit the ball with their hands only, and may not carry or throw the ball – it should be hit with an open hand. The key here is to keep the ball low.
 - * A big variation to this is to allow punching of the ball in addition to open hand hit.
 Here are some reasons we do not play that way at our school:
 - Players can miss the ball and punch the ground which will increase their injury.
 - Changing rules between younger players and older players can get confusing when creating a game for many ages, so we keep it simple – open hand hits only.
- If you hit the ball and it touches someone from their foot to their knee, they’re out.
- If you hit the ball and it touches someone between their knee and shoulders, play continues and both players stay in the game.
 - * A variation to this is to allow catching the ball (similar to dodgeball) where the player that last hit the ball would be out if another player catches it. The main reasons we do not play this way:
 - It breaks continuous flow of the game. Currently if someone catches the ball it is considered an above the knee hit and play continues.
- If you hit the ball and it hits someone above their shoulders, you (the person who hit the ball) is out.
- If the ball goes out of the pit, the person who last struck the ball is out. (unless you have included catching the ball, then the last player that the ball touched is out because they were unable to catch it)
- To restart the ball when it goes out of the pit, bring players back to the wall where they have to start with two hands and the bounces. (see how to start play above)
- Once the player hits the ball, he or she must wait until the ball touches someone else before hitting it again (no double touches). If there are only

two players remaining, a player may hit the ball up to 3 times in a row. The ball is “reset” by contact with the wall, and the hit count resets. It’s that simple. Many times the ball is just rolling on the ground being passed around and jumped over by players.

***No jumping over wall ball rails and you can incorporate a countdown when 2-3 players are left.