



# Sports And Fitness

## Outside Games!

Now that the weather is warmer, we're outside more! That means you can enjoy the companionship of many friends or make new ones. Plus you can get plenty of exercise when your out running around! The following are some group games you can play.

### Catch One, Catch All!

Catch One, Catch All is usually played in a large field or yard with at least 10 participants. One person in the group is "it". The first person he or she tags is also "it". Now, the two "its" chase the others who when tagged are "its" also and so on. This goes on until the last person is caught. The last person caught is "it" for the next round of play. There is no real winners, just the pride in being the last one caught.

### Simon Says

One person is chosen to be "Simon" and the rest stand in a straight line. The "Simon" begins by calling out an action for the rest to follow. It can be anything like "Simon says to touch your toes" or "Simon says to jump 10 times on 1 foot." Everyone must follow that instruction. But when "Simon" simply says the action by itself - such as "Touch your ears" or "Clap your hands" then whoever does that action - is out and has to sit down. You can use different actions according to the age group of children you are playing with. The last person who is standing can then be the next "Simon".

### Red Rover, Red Rover

This game is when the kids form two opposing lines and attempt to "break through" the opposing team's line. At first, two



teams are chosen of equal size, and they form two lines, facing each other and holding hands. One side starts by picking a person on the opposing team and saying "Red Rover, Red Rover, send (Tom) right over!" Tom then lets go of his teammate's hands and begins a headlong rush for the other line. His goal is to break through the line by overpowering the kid's hold on each other. If Tom breaks through, he chooses one person from that opposing team to join his original team. They both then go back and join in their line. If he fails to break through, Tom becomes part of the other team. Each team alternates calling people over until one team has all the people and is pronounced the winner. The best part is, since all the players are on the winning team at the end, there are not losers in this game.

### Freeze Tag

This is another version of the game Tag. One person is still "it", but when they touch someone, that person is "frozen" in place. They cannot move and must stand with their feet apart. The only way they can become unfrozen is if a person crawls under their legs. Play continues until all the players are frozen. Then the last person to be frozen is "it" for the next game.

COLOR ME!

