



**P.L.A.Y.**

*Parents Leading Active Youth*

**Recess Guide**

# Blacktop Basics

## **Greet by name**

*make sure every child feels that it is important they came to play*

## **No nicknames**

*you never know whether a child likes or dislikes a nickname*

## **Mistakes are to be encouraged**

*mistakes = practice = learning*

## **Never use exercise as punishment**

*we want children to embrace physical activity for a lifetime*

## **Don't allow kids to pick teams in public**

## **Always end as a group**

*solidify the sense of community*

# Give Kids a Slice of PIE

**P**raise... desirable behaviors.

Praise must be specific and authentic.

**I**nstruct... when introducing a new skill. Remember to leave time for exploration.

**E**ncourage... player following a mistake. Create a supportive environment.



# Ice Breakers

## **Ice Breaker – Knuckles and After School**

Have players go up to another player they do not know, knock knuckles three times and introduce themselves by telling them their name and their favorite thing to do after school.

## **Ice Breaker – Name and Favorite Animal**

Have players go up to another player they do not know, shake hands, introduce themselves by telling them their name and favorite animal.

## **Ice Breaker – Name, School and Favorite Athlete**

Have players go up to another player they do not know, shake hands, introduce themselves by telling them their name, school, and favorite athlete.

# K-2nd Grade

## Numbers Game

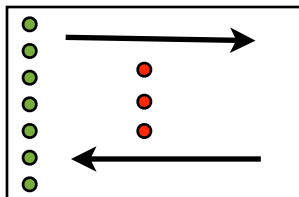
Have players move around a 20 x 20 yard grid (skipping, jogging, side-shuffling, etc.). Call out a number and the players need to group together in that number. The last number should be the total number of kids participating.

## Ameeba Weava

Moving randomly in a given area, perform a series of motor skills (jog, skip, carioka, side shuffle, high knees, but kickers, bear crawl, etc.). Give two commands - a number and description. For example, "3", "hair color". This means everyone must get in groups of three with the same hair color. Continue with different commands - birth month, favorite athlete, color shorts/pants, first letter of their name, etc.

## Octopus Tag

Similar to Tag. Select 3 or 4 participants to be "IT". When you get tagged you drop to your knees and become an octopus (waving your arms left to right). You can be tagged by those who are IT as well as the octopi. By until there is only one person left... Continue.

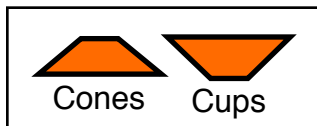


## Simon Says

Play a regular game of Simon Says but with a CATZ twist using exercises. Example – Simon says get in a push-up position. Simon shand. Simon says pick up your left foot. Do a push up.

## Cups & Cones

Place disks scattered across the area. On your command, time how long it takes everyone to turn all of the Cones to Cups (or vise versa). Can also divide into teams and compete for the fastest score.



## Spiders and Islands

Similar to tag. Place cones or pinnies in a circle scattered across the area. These are the Islands or safe zones. Try to move from Island to Island with getting tagged by the Spiders. Choose three or four Spiders to start the game. To get unfrozen, teammates must crawl under your legs.

## Hunters and Hunted

Place a pile of pinnies on the ground and ask each player to take one and tuck it in the back of their shorts/pants like a tail. Pick who will be it - they are the Hunter. Choose 3:1 hunted:hunter ratio. The object is for the Hunter(s) to pull everyone's flag. When the coach says "GO" everyone runs around inside the grid to avoid the Hunter(s). Once your tail is pulled, you become a Hunter. Whoever is the last one left with his/her tail wins. That person becomes the Hunter for the next round. Can also be played Teams with the ratio of 1:1 hunted:hunter. Time how long it takes for each team with the lowest time wins.

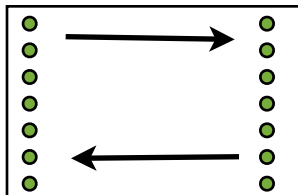
## Move the Mountain

Divide group into equal teams and line up on the end line. Place a pile of objects (one object per team member) at the opposite end of each team. One at a time, each team member must run to the pile and bring back one object. Then the next person in line goes, and so on. Once all of the pieces have been moved, the next person repeats it by bringing them back to the original location.

# 3rd-5th Grade

## General Warm-Up - Exchange

Divide group into lines approx. 20 yd apart facing each other. Have each group run past each other to the opposite line performing a different motor skill (jog, skip, carioka, side shuffle, high knees, but kickers, bear crawl, etc.). They must avoid each other in the center while still performing the skill.



## Rock, Paper, Scissors

Moving randomly in a given area, perform a series of motor skills (jog, skip, carioka, side shuffle, high knees, but kickers, bear crawl, etc.). On your command each person finds a partner and plays rock, paper, scissors (2 out of 3). The loser forms a train behind the winner - repeat. On your command the group finds another group and the first person in line plays rock, paper, scissors with another group. The losing group adds to the until there is only one group remaining.



## Ameeba Weava

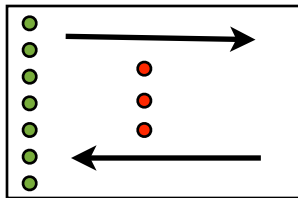
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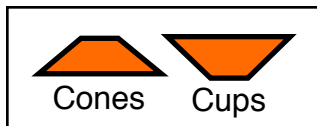
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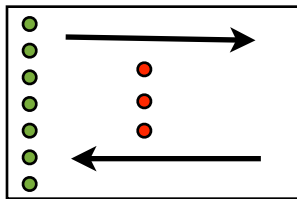


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## The Gauntlet

Choose three players to be IT and stand in the middle of the grid. Everyone lines up on one end of the grid and places a pinney in the back of their pants to look like a tail. The object is to run from one end of the grid to the other without having your tail pulled. The last person left wins.



## Look Up - Look Down

Start players moving with a motor skill (jog, backpedal, skip, etc...). When coach says “go”, all players come to middle and stand shoulder to shoulder. Coach says “Look Up” and then “Look Down”. Players look in any direction, up or down. If players make eye contact, they leave the circle and continue motor skill. Play continues until one or two players are left.

## Name, Catch, and Throw

Create a grid with four cones. Give one player a ball and have all the players jog around the area. The player with the ball tosses it to another player while yelling out his/her first name. The next player does the same. After all players have received the ball, repeat with players calling out something else about themselves (ie; school, favorite athlete, favorite food, etc...)

## **Catch Series - Locomotion - Keep Away**

Create a 20 x 20 yard grid with four cones. Split the players up into two teams. The goal is for a team to make 10 passes without losing the ball or dropping it. If accomplished, the team gets a point. Players cannot run with the ball and need to make a pass within three seconds.

## **Magic Cone**

Divide team into five or more rows (never more than 3 or 4 athletes per row). Coach stands about 20 yards away and holds a cone. When coach elevates the cone first group runs forward. When coach lowers the cone, the group runs backwards. When coach twirls cone around, the players do a 360. Continue until players run through and start the next row.

## **Simon Says**

Play a regular game of Simon Says but with a CATZ twist using exercises. Example – Simon says get in a push-up position. Simon says pick up your right hand. Simon says pick up your left foot. Do a push up.

# Big Finishes

## Big Finish: Push-Ups

Split the team into two even groups and have them create two lines facing each other in a push-up position. Have everyone do two push ups and then get up and jump up and give the person across from them a two handed high-five. Get back down in the push up position and do four push-ups and then two jumps. Keep this pattern until the peak is reached and then count back down to two and one.

## Cheer

Bring players together and create a cheer.

## Get up and Jump

Pair up players as partners and have them get in a pushup position facing each other. Have them lift their right hands and tap their partners right hand 10 time. The then should get up and jump up giving three “high-fives” to their partner.

Then back down and do another type of tap (left hand, foot raised, etc.). Repeat the jump and high fives.

## Hot Potato

Have players sit down in a circle with their feet together. Give every other player a soccer or medicine ball. Everybody sits down together and passes the ball when they sit up.

## **Partner Sit-ups**

Sit down across from a partner. Both partners sit back and sit up together. When they come up, they clap hands before sitting back again.

# **CATZ P.L.A.Y.**

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