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Water Balloon Toss A  
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Inside                      Swap Chairs by Numbers  
France

The greatest national sporting event in France is the Tour de France bicycle race which is a grueling 1,000-mile bike race across France!

**Directions:** Everyone sits in a circle except for one person standing in the middle. The seated students count off and are responsible for remembering their number. Once all students have a number, blindfold the person

standing in the middle. Then the blindfolded student calls out two of the numbers and those students must switch seats. Be quiet though because the blindfolded student is trying to take your spot! The person left without a seat should be blindfolded and calls out 2 other numbers. Repeat until time is called.

Inside                      Maklot  
Israel

Fact: Between the border of Israel and Jordan sits the Dead Sea also the lowest point in the earth's land surface. The sea is extremely salty and almost no sea life can survive but people can easily float.

**Directions:** Position 3 sticks on the ground about 1.5 meters apart. Players make a line then the first player jumps with feet together over the first stick then second, and then third stick. If a player jumps over all three sticks without touching any of the sticks, taking more than 3 jumps, or spreading feet apart then they go to the end of the line. Any player who touches a stick, jumps more than 3 times, or spreads their is out of the

game. After each round the sticks are moved 6 inches further apart. The game continues until everyone is out and only one player is left

Inside

## **El Reloj (The Clock)**

Peru

In Peru, fishing is an important industry. Peru works to avoid over-fishing and charges fees to foreign ships for fishing in the Peruvian waters.

**Direction:** This educational jump rope games help younger students practice time. Two rope holders swing a large jump rope around in a circle, making sure the rope is slack and hitting the floor. The first person runs through the swinging rope without a jump. The second player runs in and jumps once then runs out, the group of students then says, “One o’clock. The next person runs in, jumps twice, runs out, and everyone says “Two o’clock.” Continue. If someone does the incorrect amount of jumps or touches the rope, the game starts over. Make sure to give everyone a chance, including the rope turners.

**Equipment:** 2 standards, 2 long jump ropes

Inside

## Tic Tac Toe Italy (Roman Empire)

Directions: 2 groups of 4 will play against one another. One person from each team will run down to the hula hoops arranged as a Tic Tac Toe board and place a jersey in a hula hoop and then run back and tag the next person in line. The next person may have an option of putting down another jersey in a hoop or taking 1 of their opponent's jersey out of the hula hoop to prevent their opponent from getting a Tic Tac Toe

Inside

## Hopscotch Bolivia and Britain

Fact: In the "Old World" of Bolivia, children used this game to help them learn the days of the week. During the early Roman Empire, it was used for military training exercises to improve their agility. The courts were 100 feet long.

Directions: Underhand toss the bean bag onto the hopscotch board. When hopping down the board, say the word/number you touch and make sure to hop over the space your bean bag landed.

Inside

## KinBall ( Canada)

### Modified Version

2 Seperate Games will be played at once in the back area if the gym  
Players will be divided into 3 equal groups by colored jerseys Teams will practice serving and catching the ball correctly. Teams will serve the ball clockwise direction.

#### Rules for Serving

When playing the ball, a team should have 4-5 players holding the ball, whilst the the last player runs and strikes the ball after clearly shouting "Omnikin" and the colour of the team which will be required to run and catch the ball.

#### Rules for receiving

The objective of the game is for any team when their colour is called to catch the ball with any part of their bodies before the ball touches the ground and then hit it back to another team.

Any team who fails to serve the ball correctly or who allows the ball to touch the ground will lose a point. Team with the least amount of points wins.

Inside

## **Spearing the Disk**

Ethiopia

Ethiopia is the birthplace of coffee and the leading exporter of coffee in Africa. It is in the forests of the Kaffa region that arabica coffee plants grew wild. Coffee is "Bun" or "Buna" in Ethiopia, so Coffee Bean is quite possibly an English interpretation of "Kaffa Bun".

**Directions:** Each player has an object (ball or stick) to throw. The leader has the hoops. Players form a line, shoulder to shoulder, arms-length apart, facing the path the rolling hoops will take. When the leader rolls a hoop, each player attempt to throw the object through the moving hoop as it passes. After the hoop passes everyone, players retrieve their objects. Players who fail to throw their objects through the hoop are eliminated until only one player remains.

Inside

Game: Andar/Bahar

Country: India

**Fact:** Field Hockey is the national sport of India, but cricket is the most widely played sport in India

**Directions:** The objective is for the leader to trick the participants into jumping in the opposite direction than called, in order to get them out. For the participants, the objective is to follow the directions called for as long as possible. Think “Simon Says” with only 2 words. Create 2 circles with 10 dome cones each. All participants from a TA will stand around the outside edge of the circle. The other circle is for another TA. One student is selected to be the leader and will stand outside the circle. When the leader shouts “andar,” all students will jump inside the circle, when the leader shouts “bahar”, the children all jump outside the circle. The leader shouts commands *faster and faster*. Students who do not follow the command correctly are out. When all or most of the students are “out” a new leader is selected.

**Equipment:** 20 dome cones ( 2 circles 10 cones each) and 2 posters that say Andar = IN, Bahar = Out

Inside

**Corkscrew**

England

Contrary to popular belief that Big Ben refers to the world famous clock, it is actually the name of the thirteen-ton bell. The tower itself is known as St. Stephen’s Tower.

**Direction:** Students will divide up into rows of 4-10 members each. Each student should stand on one of the numbered dots. Student number one will follow the zig-zag path to weave through the row of students. Once student number 1 has gone, student 2 will follow and so on down the line. Students cannot pass people ahead of them in the line. Once they reach the end of the line, they run all the way back, past the cone at the far end of the space, and back to their original spot.

Inside #:

### **Sheep Dog Trials** Australia

While Australia is highly industrialized, sheep remain very important to the economy. Australia produces about 35% of the world's wool. This game helps children practice about herding "sheep" into their pens!

**Directions:** There are 3 lines per group. Each person has a turn to use a pickleball paddle (sheep dog) to guide two balloons (sheep) into their pen. The first person to do this earns their team one point. Each student in the line gets at least one try as "sheep dog" herding the "sheep." Students make keep track of their team's point until time is up.

Inside

### **Bottle Relay** Uganda

Ugandan women often carry heavy items on their heads using a coiled up cloth, called a kanga cloth, to cushion the load. This next game let's experience how difficult it could be to walk while balancing something on your head.

**Directions:** Students will line up on the baseline of the court with a bottle on their head. On go, students will try to be the fastest to go to the midline of the court, turn around, and get back to the baseline. If the bottle falls off, you must **stop**, balance it on your head again, and **then** you may start to move again.

Modifications: Not enough bottles? Partner them up. More time after individual? Make them partner/group up for a relay.

Inside

Knucklebones from Eritrea

Kulit K'rang from Indonesia

**Facts:**Eritrea: The most popular sport in Eritrea is bicycle racing. The tour of Eritrea, a 700 mile race in 10 stages.

Indonesia: Boys usually play marbles & use hand-made cars. Girls typically enjoy playing jacks and hopscotch.

**Directions:** There are 2 versions we have found of this game: 1 from Eritrea and 1 from Indonesia (both similar to the game of Jacks). As the player you can pick which one to play at the beginning of the game.

General directions: Players sit in a circle ( no more than 5 people) with a pile of stones/jacks placed in the middle.

Eritrea version: A player **tosses a jack** into the air, scoops up one jacks from the pile, and catches the jack in the air before it falls to the ground.



Indonesia version: Place a small stone **on the back of his or her hand**. With a quick motion, the player tosses the pebble into the air and grabs a stone from the bowl and catches the falling pebble.

Both versions require you to catch the falling stone/jack in order to keep the stone/jack that you collected on that turn. Only collect 1 stone/jack per turn. Play continues to the right for 5 rounds (1 round = everyone has tried it one time)

The person with the most stones/jacks in his or her pile is the winner of that game. Continue while time allows.

**Equipment:** 210 stones/ objects & 6 hula hoops taped down to hold 25 stones/jacks each

### Inside Pass the Parcel

(United Kingdom)

Sitting in a circle student will pass the parcel around the circle while music is playing. When the music stops the student with the parcel will unwrap **one** layer of the parcel. The process repeats itself until the last layer of the parcel is unwrapped. The student who unwraps the last layer of the parcel gets to keep the prize.

Inside # 14

Catch the Dragon's Tail ( China)

The children all form a line with their hands on the shoulders of the child in front. The first in line is the dragon's head, the last in line is the dragon's tail.

The dragon's head then tries to catch the tail by maneuvering the line around so that he can tag the last player. All the players in the middle do their best to hinder the dragon's head. Don't let the line break!

When the head catches the tail, the tail player takes the front position and becomes the new dragon's head. All the other players move back one position.

With larger groups there can be more than one dragon- dragon heads must try to catch the tail of other dragons. If one dragon catches another they join together to form a longer dragon and continue to try and catch other dragon tails.

You may wish to give each dragon a handkerchief or bib to tuck into the back of the dragon's tail- this will make it easier to identify when a dragon has been caught.

Inside

### **Luta de Galo – Brazil**

Luta de Galo is Portuguese for “fight of the roosters.” It is played by two children, but more kids can play by taking turns. Each player will need a handkerchief or a piece of cloth tucked into a pocket or waistband with enough of it hanging out so that the other person can grab it. Both players need to cross their right arm across their chest since they are not allowed to use it. Then, hopping on one leg, each player must try to capture the

handkerchief from their opponent using his left hand. If the child puts the other leg down, or unfolds their right arm, he is disqualified.

Watch these two people demonstrate how to play [Luta de Galo](#). A variation to this game would be to have several kids play at once. The last person who still has his handkerchief is the winner.

Inside

## Spinning Tops

Fact

Spintops are among the oldest toys ever discovered by archaeologists. A clay top unearthed in Iraq was dated to 35th century BC—nearly six thousand years ago. The wooden top below was carved circa 1300BC and later discovered in the tomb of King Tut!

<https://www.artofplay.com/blogs/articles/history-of-spinning-tops>

## Take the Spin Challenge

The spin challenge takes a gentler approach to the battle concept. With this game, you simply launch your spinning tops at the same time and see which one spins the longest. You can hold spin challenges against your friends or see if you can perfectly launch two tops at the same time. Adjustments to the twirl and release techniques will need to occur as you and your friends attempt for the longest spin times. Utilize a spinning top tray to eliminate the impact of imperfections on your playing surface and simply test the power of your tops.

## Start a Battle

Many different spinning tops can hold their own in battles against other tops. You can battle to see whose top can withstand the most hits and stays spinning the longest. Consider adding a timer to the battles to encourage competitors to maximize the effectiveness of their launch and spin techniques. If competitors want an even bigger challenge, they can launch two to three spinning tops at a time for an all-out brawl.

<https://www.artofplay.com/blogs/articles/5-games-you-can-play-with-your-spinning-tops>

## Outside

### **Tinikiling:**

Philippines

**Fact:** This dance, which means “bamboo dance,” requires concentration and stamina. It is named after the tinikiling bird in the Philippines because it mimics their movement while running over tree branches and dodging bamboo traps set up by rice framers. This bird has long legs that bend backwards, like flamingos and was a menace in the rice fields in the Philippines.

**Directions:** Two students are kneeling on the ground holding the ends of the poles. Other students are standing beside the length of the poles on either side. Their right shoulder should be in towards the poles. The dance goes to the beat of the Waltz in  $\frac{3}{4}$  time. On count 1, the pole holders slide the poles inward along the wooden base until they click together. Count 2 & 3 are when the pole holders separate the poles about 15 inches and click down on the wooden bases. The people standing are the jumpers. They step/jump in place on count 1, then hop with the left foot inside the separated poles, then right foot, then hop out on the other side. Repeat the Waltz rhythm and jumping pattern until you have it. Make sure everyone has a turn.

Challenge: Create your own unique pattern of movements using the tinkling poles. Can you change directions? Spin around? Change pole holders without stopping the rhythm?

Outside

### **What's the Time Mr. Wolf?**

Australia

**Fact:**

**Directions:** Choose someone to be the “wolf.” All other students line up at the baseline and ask, “What’s the time, Mr. Wolf?” The “wolf,” who is turned backwards, calls out a time. For example, the “wolf” calls out 5 o’clock then the students take 5 steps towards the wolf. When the wolf, who is still backwards, feels like the students are close enough to them and hears, “What’s the time Mr. Wolf,” he calls out “Dinner time” and runs after the students to the baseline. The student who is tagged becomes the next wolf.

Outside

## **Potato Sack Racing**

United Kingdom

**Fact:** It was an official Olympic event in the 1904 summer games in St. Louis.

**Directions:** Students stand inside the potato sack and hold it up around their waists with their hands. On the “go” signal, students start hopping down the designated area and then back again to see who wins. Tiny walking steps are not allowed. Continue until time is called. Depending on the number of students, partners might need to wait on the other side of the field to trade the sack with for the return trip. Feel free to do a “championship” between the fastest students.

Outside

## Kubb

Country: Sweden

**Fact:** “Kubb” in Swedish means block of wood. After chopping wood, there would be left overs and a game was created to pass the time. (Other theories of the game’s origin involved the Vikings using the bones of their victims as the playing pieces!)

**Directions:** The objective of the game is to knock down all 5 of the small wooden blocks THEN the “King” block in the center with the wooden rods provided. Use all 3 rods in one turn (teammates taking turns) then the opponents will use their 3 rods. Continue until all small blocks are knocked down for your side and then aim for the “King.” Think of the “King” as the 8-ball in pool, if you knock it down before you have hit all of your other playing pieces, you lose.

Game set up:    X            X            X    X            X

KING

○   ○            ○            ○            ○

If you are aiming at the “Xs” you must stand behind the “Os” and vice versa. Play rock, paper, scissors to see who gets to go first!

Multiple games against different teams can be played if time allows.

**Equipment:** 4 sets of the game

Per game you should have: 1 king (tall block), 10 5-inch blocks (5 for each side), and 6 wooden rods (3 for each side)

Outside

Disc Golf

USA

Fact

Students will throw discs at the same time to different targets to make the disc land in the basket. Once all students have thrown they will pick up their discs and throw again.

Outside

**Styros**

Greece

**Fun Fact:** The first Olympic Games took place in 776 B.C. The first Olympic champion was a Greek cook named Coroebus who won the sprint race.<sup>1</sup>

**Directions:**

Each TA lines up at opposite sides of the playing around (marked by cones). On the whistle, students run to the middle to grab one of the three objects there. The objective is to pass the frisbee/football/gatorball down the field using your team and across the opposite endline (like an endzone in football). Passing is like Ultimate Frisbee, you cannot run with the object



in your hand and if a pass is not completed to a partner then the other team gains possession. When all objects are across a goal line, the game is reset. How many objects can your team get within the time limit?

Outside                      Rugby

Modified Version ( working on passing)

In groups( 6 total lines) of 5 players will form a line 5 feet apart from each player. Players will pass the ball down the line. The last person in each line will set the ball down in the hula hoop ending the race.

Extension:

If a group drops the ball they will start over

Pass the ball down the line and back to the beginning

X	X	X	X	X	O
X	X	X	X	X	O
X	X	X	X	X	O
X	X	X	X	X	O
X	X	X	X	X	O

How to pass the ball: Ball can not be thrown forward. Sideways or backwards only.

- Non dominant hand on top side of rugby ball: Hand guides the ball
- Dominate hand on bottom side of the ball: Hand puts power and spin on the ball
- Turn torso to the Target and throw

Outside

### **Ver Ver Aras Lama**

New Guinea

New Guinea is the world's second largest island and is covered by tropical rainforest.

**Directions:** Students are to stand in 5 hula hoops surrounding a designated area for 10 gator balls. On the "go" signal, students race to get one ball at a time and bring them back to place them in their hula hoop. (Balls may NOT be thrown.) Students are take 1 one at a time from ANYWHERE, which means you are taking them from other hula hoops so you have got to hustle. There is NO defense or tagging in this game! The

team that has 3 balls in their hoop at the same time wins that round. (Note: If there are 3 students in the hoop to begin with, make the final number be 4 balls in the hoop to win.)

Outside

### **Corn Hole**

Germany

This game can be played in singles or doubles for leisure entertainment.

**Directions:** A total of 4 people (two partner pairs) are at each set of corn hole boards. One partner will be at each end of the game to receive the other's bean bags. Now take turns tossing the 4 bean bags to the hole on the board. Once all bags are thrown, count the points.

3 points – bean bag went all the way through the hole

1 point – bean bag is on the board, not touching the ground

Cancellations: If both teams have a bag on the board, no points are awarded because you cancel each other out.

The winner is the team who has the most points when time is called.

Outside

### **Tug-a-War**

Egypt & China

**Fact:** This once royal sport was practiced in ancient Egypt and China, where the legend said that the Sun and Moon played tug-a-war over the light and darkness.

**Directions:** This is four-way tug-a-war. Divide students evenly on all 4 ends of the rope. A team wins when they knock the ball off of their designated cone.

Outside

### **Bocce Ball**

Italy

**Fact:** Throwing balls towards targets is the oldest game known to mankind dating back to 5000BC. In early times, coconuts brought back from Africa were used in this game and later balls were carved out of hard olive wood.

**Directions:** The numbers of teams and players on teams may vary depending on the number of students at the station at one time. The pallino (smaller white ball) is tossed into an open space. Then a player from each team takes turn tossing their colored large ball towards the pallino. The object is to get as close to the pallino (even touching it) as you can. Once all of the balls have been tossed, the color closest receives a point. Play to 11 points. The winner of the point gets to toss the pallino to begin another round. You can try to knock other colors out with your color if you choose.

Outside

Cricket

Fact

History of cricket. The sport of cricket has a known history beginning in the **late 16th century**. Having originated in south-east England, it became the country's national sport in the 18th century and has developed globally in the 19th and 20th centuries.

[https://en.wikipedia.org/wiki/History\\_of\\_cricket](https://en.wikipedia.org/wiki/History_of_cricket)

Directions

There will be 4 groups of wickets. 1 Player will bowl the ball by throwing it and bouncing the ball in front of the wicket. If the batter swings and misses and the ball knocks over the wicket The batter will try and hit the ball in any directions. Once a player has hit the ball another batter will bat next

Bowler-----Batter

Bowler-----Batter

Bowler-----Batter

Bowler-----Batter

## Outside

## Spikeball

- Ball – 12 inches in circumference
- Winner of rock, paper, scissors gets to pick side or serve
- Opposing players line up across from each other.
- Before the ball is served any players not receiving the serve must be 6 feet from the net. The returner can stand at whatever distance they choose.
- Once the ball is served players can move anywhere they want.
- Possession changes when the ball contacts the net.
- Each team has up to 3 hits per possession, but they do not need to use all 3 hits.

## Scoring

- Rally scoring (points can be won by the serving or receiving team)
- Games are played to 21. You must win by two points.
- Points are scored when:
  - The ball isn't hit back into the net within 3 hits
  - The ball hits the ground
  - The ball hits the rim (including clips) (Even during a serve—rim shots don't count as a "let")
- The ball does not bounce off the net in a single bounce. (It must clear the rim in order to be good)

## Dizzy Dean Bat Race (USA)

- Heats of 5 or 6 players
- Players will put their head on the end of the bat and spin around 10 times
- Player will race to a determined finish line
- Next heat will start
- Students can choose who they want to compete against.

