THEME

Contributing and Influencing

SUB THEMES

*Planning to Lead
Leading in Action*

Old School Games

Knowledge and skills

Knowledge of context and content for leading two or more activities, leadership style and roles, planning and organising leadership methods, goal-setting and implementation, applying strategies, reflecting and evaluating.

Resources

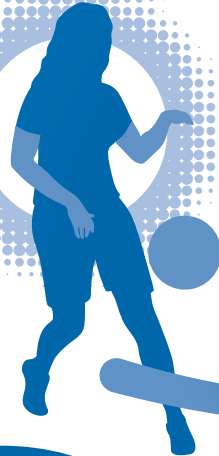- Leader Journal template
- Equipment for each game

Overview

In this activity Participants:

- *Explore old school games*

- *Plan to lead a single game with a specific group*

- *Lead a single game with a specific group.*

Facilitators introduce old school games to Participants, provide a resource of games and rules, and facilitate Participants to lead a game to others.

A sample of old school games is included. Other games could be selected from a range of sources, for example:

- *KiwiDex, Developing Fundamental Movement Skills, ideas from Get Started in the Active School toolkit, or the Push Play Action Packs from SPARC (www.sparc.org.nz)*

- *Participants may come up with their own ideas.*

FOUR SQUARE

Equipment

A chalk or painted 'Four Square' court.

Tennis ball or another small ball.

Rules

To start the game, the King serves the ball by bouncing it in their square once then hitting it towards one of the other squares. Typical rules set by the King include:

- **Return serves: When the King serves to you, you must hit it back**
- **No return serves: When the King serves to you, you cannot hit it back to them**
- **No back-stops: A back-stop happens when you touch the ball before it bounces in your square, letting it bounce once, then hitting it. A back-stop is a move used to gain control of the ball when it is hit to you**
- **No double-back-stops: A double-back-stop is like a back-stop, except the ball bounces once, you touch it, it bounces again, then you hit it**
- **No one-handed shots: Players must use two hands when touching the ball**
- **Players can also get 'out' when:**
  - » **They hit the ball into another square before it bounces once in their square**
  - » **They don't hit the ball before it bounces twice**
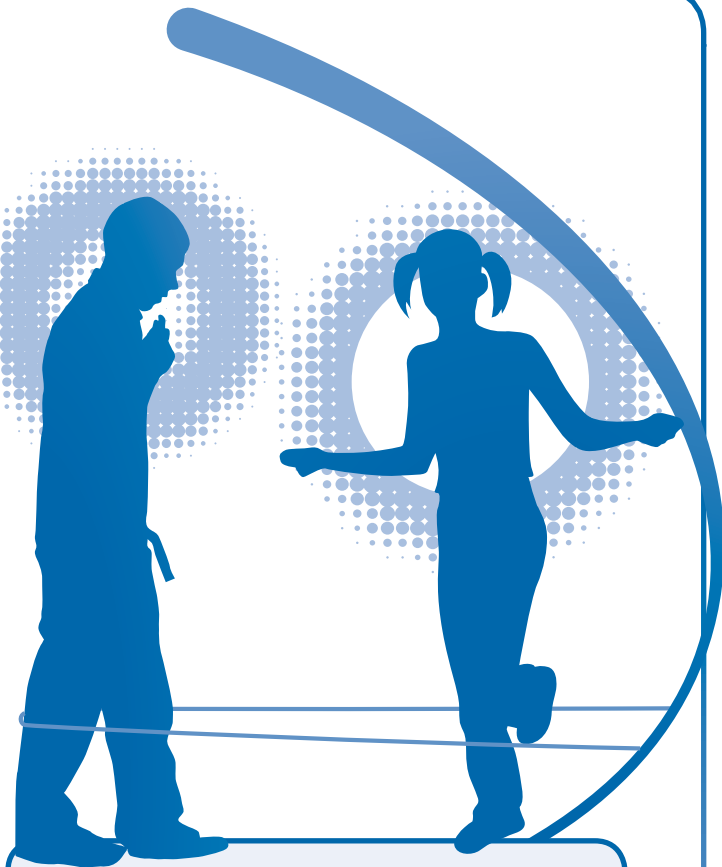 - » **They hit the ball out of bounds (it must land in someone's square first).**

Once a player is out, they move back to the lowest ranking square. The other players then move up to fill the vacancies.

Alternatives

Add two more squares, making a total of six (or four more, totalling eight).

Play 'one-handed'.

Play in partners.

ELASTICS

Equipment

One set of elastics per 3 people

Stockings tied together can substitute

Rules

One at a time, players perform a series of jumping movements. After each movement, their feet are required to be in one of the following positions in relation to the gaps of elastic between each player:

- **Both feet between the elastic**
- **Both feet outside the elastic**
- **One between, one outside**
- **One between, one outside, swap feet before moving to the next stretch of elastic.**

After a round of all the jump types above has been completed successfully, the height of the elastic is raised (knees, hips, waist, under arms).

If a player does not complete the sequence correctly, their turn is over and they swap with another player.

Various songs can be sung with the movements.

Alternative

Incorporate current classroom topics, asking students to design songs or phrases to go with movements.

Equipment

Chalk to outline start point (can use the lines on courts to distinguish area).

Rules

One player is the wolf, who stands with their back turned to the rest of the group.

The group calls out, "What's the time Mr Wolf?"

The wolf responds by turning to face the others and shouting out a time, e.g. 7 o'clock. The group then takes seven steps toward the wolf (players take the same amount of steps forward as the time called e.g. 3 o'clock = three steps, 10 o'clock = 10 steps).

The wolf then turns his back to the group again and they call, "What's the time…". (The wolf only looks at the group when he shouts the time.) As the group gets closer, the wolf says, "DINNER TIME!".

When this is called, the wolf chases players who are running back to the start line. A player the wolf tags becomes the next wolf.

Alternatives

Use different terminology – 'red light, green light, orange light'.

Incorporate equipment – players aim to grab the tail of the wolf (coloured band/foxtail) or the wolf chases player with a blow-up bopper/pool noodle.

Players have to follow a certain path to get to the wolf (going around cones/through hoops etc).

Equipment

A selection of marbles.

Chalk/Paint to draw a circle on the concrete.

Rules

Each player has a selection of marbles.

All players stand or kneel in a designated area and roll their marbles inside a circle.

Players can place at least one marble each inside the circle.

The objective is to roll a marble to either try to hit a target marble inside the circle or hit the other players' marbles.

Players take turns to roll or flick a marble (called a shooter) into the circle, trying to hit the marbles out of it.

Alternatives

Each player should put an agreed number of marbles in the circle and stand behind a line.

The aim is to hit the marbles out of the circle.

Points can be given for hitting designated marbles.

GUTTER-BOARD

EQUIPMENT

Gutter-board (2 pieces of wood, 15-20 cm in width, nailed together to make 2 sides of a triangle).

Tennis ball, or another small bouncy ball.

Ground markings at 1-metre intervals on either side of the gutter-board.

RULES

Players can play in pairs, with one person positioned either side of the gutter-board (starting approx. 2 metres away).

The objective is to bounce a ball at the gutter-board and either catch it or bounce it over the top of the board to the opposite player.

Players can work together to achieve a set targeted number of catches.

Alternatively, players can compete individually to gain more catches in a row than the other player.

ALTERNATIVES

Players can move closer to or further away from the board to decrease or increase the level of challenge.

Four players could be involved (partnering up either side of the gutter-board).

The whole class could be involved, rotating through after one throw and catch (both sides of the board).

Cones would need to be set out for players to run around.

HOPSCOTCH

EQUIPMENT

Paint or draw a hopscotch court in chalk.

Bean bag, hackysack or similar item that will stay where it lands.

RULES

Taking turns, players throw a bean bag into the first square.

They hop on one foot over the square with the bean bag in it. On the double squares players land one foot in each square.

If a player can successfully hop on all of the squares, they can then have another throw.

On the second turn, the player throws the bean bag into the second square, and so on.

The player continues until:

- They land on two feet
- They stand on a line
- Their bean bag lands outside the designated square.

ALTERNATIVES

Jump backwards (players need to be very aware of foot placement).

Add more squares.

More than one player on the court at once.

Old School Games

1. What is your favourite old school game?

Why?

2. What are new ideas or changes you would make to this game to make it more fun?

3. Design a new game or change an old game that you will lead.

Name

Equipment

Rules

Alternatives

4. When you ran this game what was successful?

5. What did the other children say about the game?

6. What suggestions did they have about changing the game next time it is played?

7. What would you change about the way you led the game if you led it again?