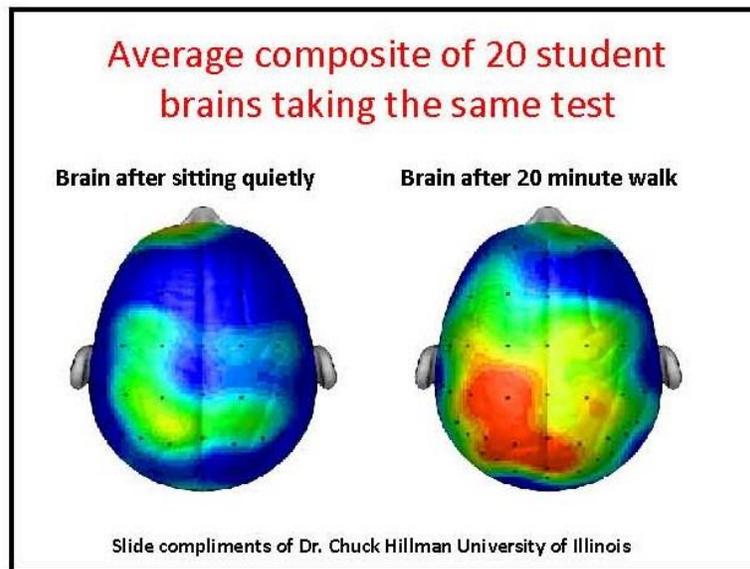


Painted Play Spaces



The body learns ten times faster than the brain and forgets ten times slower. If you want to change the brain, change the body.

Teachers play a key support role with promoting children's active play during recess. In addition to directly facilitating children's engagement in learning activities using playground markings, teachers can actively support and promote a child's physical activity engagement using positive verbal cues and reinforcement.

The Benefits of Recess for the Whole Child

Recess is at the heart of a vigorous debate over the role of schools in promoting the optimal development of the whole child. A growing trend toward reallocating time in school to accentuate the more academic subjects has put this important facet of a child's school day at risk. Recess serves as a necessary break from the rigors of concentrated, academic challenges in the classroom. But equally important is the fact that safe and well-supervised recess offers cognitive, social, emotional, and physical benefits that may not be fully appreciated when a decision is made to diminish it. Recess is unique from, and a complement to, physical education—not a substitute for it. The American Academy of Pediatrics believes that recess is a crucial and necessary component of a child's development and, as such, it should not be withheld for punitive or academic reasons.

—American Academy of Pediatrics

Painted Play Spaces

Mirror Me

Fun variation of Simon Says and memory games. The goal of the game is to mirror the person across from you by repeating the pattern of steps they take on the various colored circles. After each turn the pattern increases by one until the opposing player cannot mirror the pattern.



How Many Can Play:

- 2 at a time

Rules:

- Mirror the person across from you by repeating the pattern of steps they take on the various colored circles
- Start with one step and increase the pattern by one step after each turn

How to Win/Goal:

- Play until the opposing player misses a step
- Until opposing player forgets the rest of the pattern

Teaching Hints:

- Start off slow with one repeating pattern and add one new element at a time
- Encourage the child to say/repeat the pattern verbally

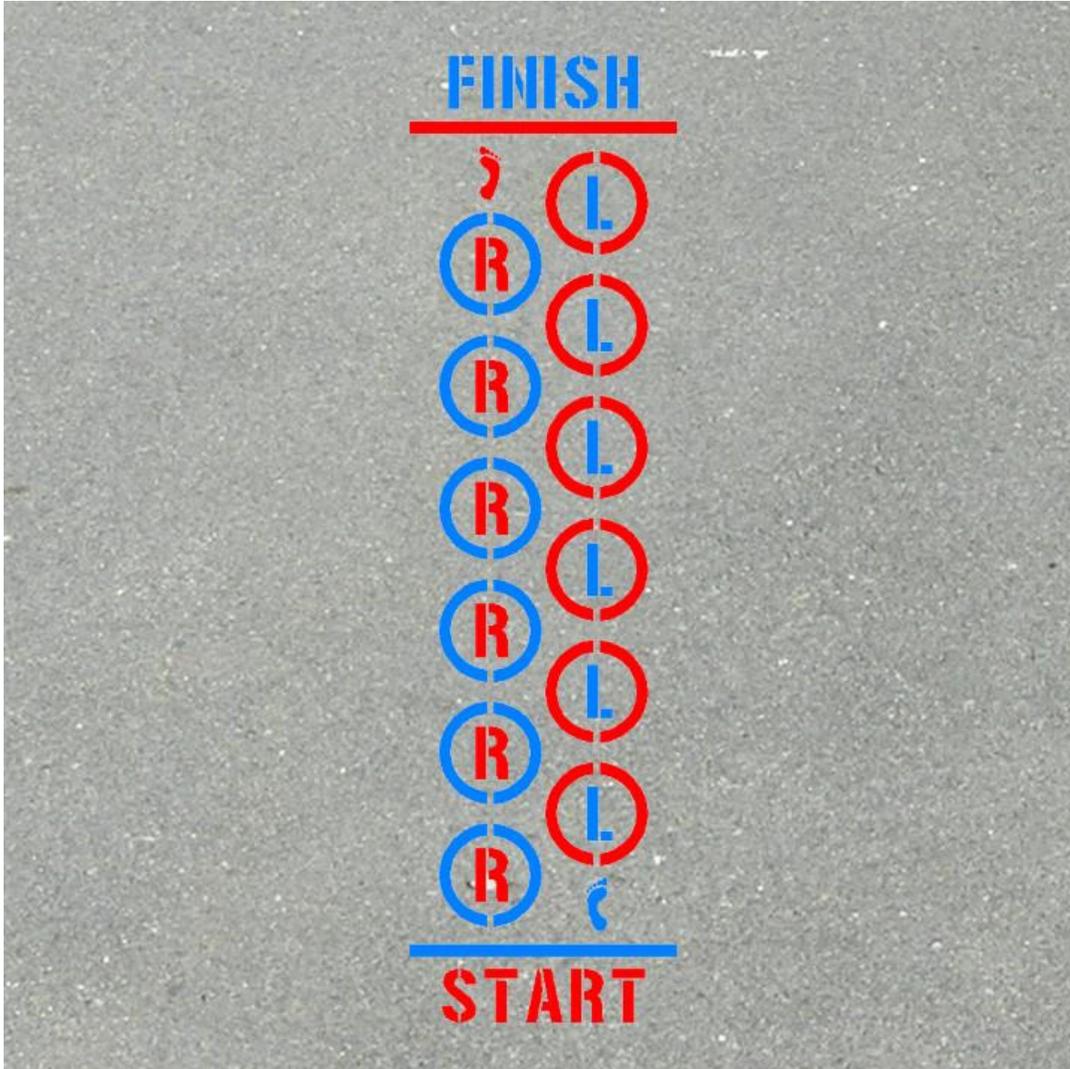
Variation:

- Create a "spinner" with the dot colors and play the familiar game of "twister".

Painted Play Spaces

Left Right Out

Children must be able to hop from left to right with their right foot landing on the left side and their left foot landing on the right side of the game.



How Many Can Play:

- 1 at a time

Rules:

- A player must hop from left to right with their right foot landing on the left side and their left foot landing on the right side of the game.

How to Win/Goal:

- Complete the game by landing on the opposing hopping foot from start to finish

Painted Play Spaces

Playground Pond

This is a game of imagination and activity, at each stage of the game the children can pretend to be the animal performing the actions laid out in the pond.



How Many Can Play:

- 1 at a time
- Unlimited if taking turns

Rules:

- Follow directions by acting out the words laid out by animals' path
 - Walk like a duck, crawl like a turtle, hop like a frog, etc.

How to Win/Goal:

- Enjoy; game of imagination and activity
- Helps with coordination, agility, and word recognition

Painted Play Spaces

Four Square

A basic layout of a simple large square divided into four smaller squares provides for a game that is endless in variation depending on the skills of the participants playing the game.

Indicated by the name of the game, this game involves four players, one for each square. The purpose of this game is to displace the player who plays from square 1 or the "King/Queen" position. This player who plays from square 1 is the one who begins the game by serving the ball from his or her own square. This player has the choice of serving the ball into any of the other 3 squares, choosing to allow it to bounce or not to bounce in any square before the opposing participant hits the ball into another of participants' squares.

The nature of the game allows for many people to be able to play the game within a short period of time due to "misses" that may occur. "Misses" can occur when a player does not successfully hit the ball into one of their opponents' squares, if they hit the ball out bounds, meaning out of the large square itself, or if they cause the ball to land on a line except on a serve. The person, who is responsible for the "miss", must exit the game and retreat to the waiting line, allowing the next player to enter the game.



Painted Play Spaces

How Many Can Play:

- 4 at one time; other players line up to wait for a turn

Rules:

- Each player starts in 1 of the 4 squares.
- Player in square 1 serves the ball by bouncing it in their square once and then hitting it towards one of the other squares.
- The receiving player then hits the ball to any other player in another square
- When a player fails to hit a ball out of their own square before the second bounce, hits the ball out of bounds (the large square itself), or the player causes the ball to land on a line (except during serves), this is considered a "miss" and they are "out"
- When a player is "out", they must exit the game and go to the back of the challenge line
- The remaining players move up to take their place and a new player from the challenge line enters square 1

How to Win/Goal:

- Try to eliminate whoever is in position 4 so that you become "King"

Teaching Hints:

- Have the server say "ready?" before the serve and the other squares reply "serve"
- Allow children multiple opportunities to practice to "drop and hit" the ball to each other
- Remind the students to "drop" the ball before striking and hit the ball down (otherwise the ball will bounce over their head)
- Fingers should point down with striking the ball below the waist
- Fingers point up when the ball is above their waist
- Younger children can catch the ball then "drop hit" to the next person

Painted Play Spaces

HOPSCOTCH

Hopscotch is an excellent beginner game for young children as it allows them to learn how to hop on one foot, gain their balance and recognize the order of elementary numbers. Aside from the traditional version, there are several variations. Hopscotch is a game about throwing, hopping, jumping and maintaining balance!



Basic Rules

- Players take turns, standing in a line at the start/finish line.
- Toss a stone in square one. Hop over the stone on the way out and pick it up on the way back.
- If the player misses the toss, pass the stone to the next player in line and return to the back of the line.
- Hop in the first empty hopscotch square. Balance on one foot in single squares and both feet in side-by-side squares.
- If the player, does not maintain his/her balance or steps on a line, s/he returns to the waiting line.
- On the way back to the start/finish line, pause at the square before the stone. Bend over and pick up the stone without moving feet.
- Once the player's turn is complete, s/he passes the stone to the next player in line and goes to the end of the line.
- After each player successfully completes a turn with the stone in square one, their next turn s/he tosses the stone in square two and so on until the player has completed all ten squares.

Painted Play Spaces

Snail Hopscotch - Escargot



How Many Can Play:

- Unlimited taking turns

Rules:

- First player hops (one foot) from box 1 through 10 on either their right or left foot and then returns backwards on their opposite foot
- After successfully completing snail, the player writes their initials in a square of their choice
- No one else can step into that square when they take their turn
- Each time a player hops through the course, they must avoid a space with their opponents' initials in them and only hop in squares with no initials.
- In a space with a player's own initials, they may jump into their space with two feet and rest
- If a player steps on a line or jumps in a space that doesn't have their initials in it, they lose a turn.

How to Win/Goal:

- When there are no more spaces left to claim with initials, the person who has the most spaces claimed, wins!

Teaching Hints:

- Remind the students to go slow
- Use their arms to balance
- Call out the numbers as they jump on them

Variations:

- Younger children may jump (both feet together) through the pattern and focus on jumping in each square.

Painted Play Spaces

Texas Turnaround Hopscotch



How Many Can Play:

- 1 at a time
- Unlimited taking turns

Rules:

- Use a bean bag/object as marker and throw into square 1
- Player must jump over marked square and hop on one foot through each numbered square
- Once they reach the end, turn around and hop back the numbered course
- Once completing the course with your marker in square 1, throw bean bag object into square 2
- Repeat previous step, but skip over square two, where marker is.
- Continue skipping consecutive numbers until player reaches the end or until this player misses the appropriate square with the marker their foot touches a line.
- If any of above happens, the player loses their turn and the next player gets to go.

*Remember when there are two numbers side by side, you can put both feet down at the same time! The first player to have successfully hopped all the way through the course is the winner

How to Win/Goal:

- The first player to have successfully hopped all the way through the course is the winner
-

Painted Play Spaces

Sunflower Hopscotch



How Many Can Play:

- 1 at a time
- Unlimited taking turns

Rules:

- Use a pebble/object as marker and throw into circle (leaf) 1
- Player must jump over marked circle and hop on one foot through each numbered circle
- Once they reach the end, turn around and hop back the numbered course
- upon completing the course with your marker in circle 1, throw pebble/object into circle 2
- Repeat previous step, but skip over square two, where marker is.
- Continue skipping consecutive numbers until player reaches the end, until the player misses the appropriate square with the marker, or their foot touches a line, or they have lost their balance.
- If any of above happens, the player loses their turn and it is the next players turn.

How to Win/Goal:

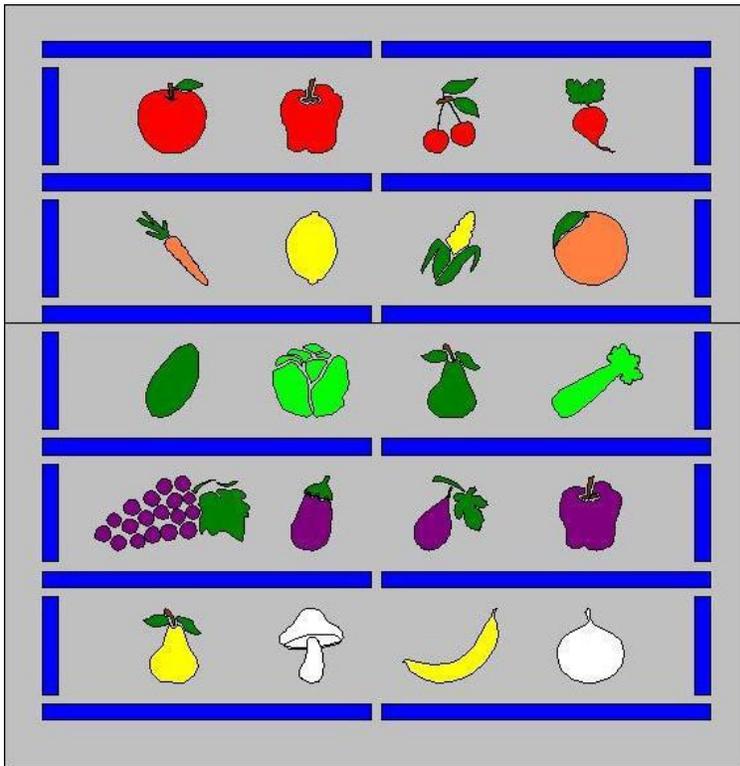
- The first player to successfully hop all the way through the course (number 1-10) wins!

Teaching Hints:

- Encourage the children to call out the number as they jump or hop on each leaf
- Allow younger children to jump (both feet together) on each leaf instead of hopping (one foot)

Painted Play Spaces

Five a Day Fruits and Vegetables



How Many Can Play:

- Unlimited taking turns

Rules:

- Use a bean bag/object as marker and throw onto the first fruit or vegetable
- Player must jump over marked produce while hopping on one foot
- Once the end is reached, turn around and hop back the pictured course
- Upon completing the course with the marker on the first piece of produce, throw bean bag/object into the second one
- Repeat previous step, but skip over the second picture, where marker is.
- Continue skipping the following fruit or vegetable until a player reaches the end, misses the appropriate square with the marker, or their foot touches a line.
- If any of above happens, the player loses their turn and the next player gets to go.

How to Win/Goal:

- The first player to successfully hop all the way through the course wins!

Painted Play Spaces

Alligator Hopscotch



This game is a variation of the traditional hopscotch that everyone can enjoy. It is an excellent beginner game for young children as it allows them to learn how to jump on one foot, gain their balance and recognize the order of elementary numbers. This is one of the many designs that can be used for hopscotch and it comes along with some variation in game play. Hopscotch is a game about throwing, hopping and not falling over!

Teaching Hints:

- Remind the students to go slow
- Use their arms to balance
- Call out the numbers as they jump on them

Variations:

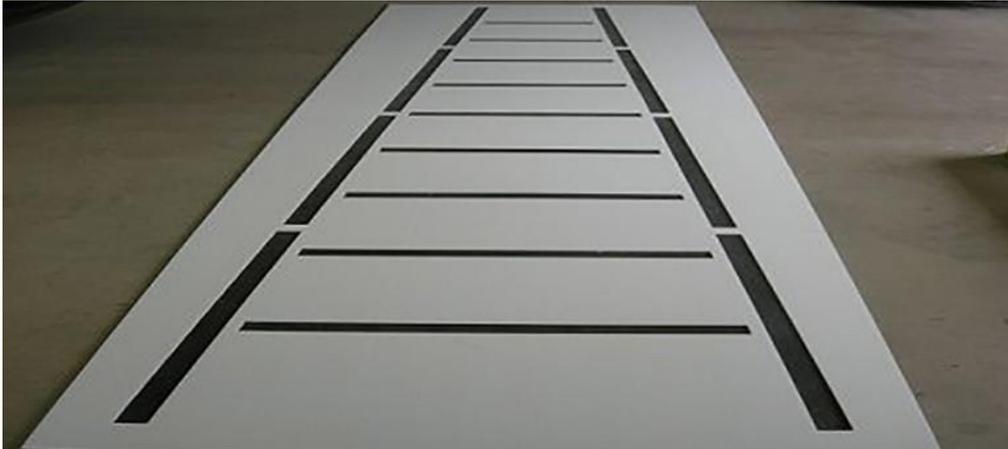
- Younger children may jump (both feet together) through the pattern and focus on jumping in each square.

Painted Play Spaces

Agility Ladder

The agility ladder is an excellent beginner activity for young children as it allows them to learn how to stay within the line and to maintain their balance as they run, jump, skip or hop through the ladder. As their skills improve they are able to move through the ladder with greater ease and at a faster pace.

To improve agility, sequencing, cardio respiratory endurance and cooperation.



Ladder Activities:

1. Run through with high knees-1 foot in each rung
2. Run through with high knees-both feet in each rung
3. Sideways run-both feet in each rung – (Defensive slide)
4. Karaoke step (grapevine front and back)
5. Skip with high knee action or low quick knee action
6. Gallop with the same lead leg.
7. One-foot hops, 2-foot jumps, forward and sideways.
8. Ski Jumps- in, out to one side, in, out to the other side (2 feet and 1 foot)
10. Straddle Jumps - feet to either side, jump into the middle, out and up to the next rung, then back to the middle
11. Straddle one side; jump up and sideways to straddle the side of the next room.

Teaching Hints:

- Start off slow and under control
- Initially allow them to look down to see where they are stepping use simple patterns
- Allow adequate space between each student as they work through the ladder patterns
- Push off from the balls of your feet
- Keep your elbows at 90 degrees always
- Keep your arms, shoulders and hands relaxed
- Pump your hands from cheek to cheek
- Try to keep your head still as much as possible

Painted Play Spaces

Agility Dot Drill - Mutant Hopscotch

X Drill – UP & Back. Start with feet split, one foot on dot 1 and one on dot 2. Jump to dot 3 with both feet, then to dots 4 and 5 with feet split. Repeat the steps jumping backward.

X Drill – Up & Back 2. Hopscotch. Start with feet split, one foot on dot 1 and one on dot 2. Jump to dot 3 with ONE foot, then split feet to dots 4 and 5. Repeat jumping backward with same or alternate foot landing in the middle.

X Drill with Turn Around. This is the same as the X Drill or X Drill Hopscotch except that when you get to the top or bottom, you turn your body around to go in the other direction.

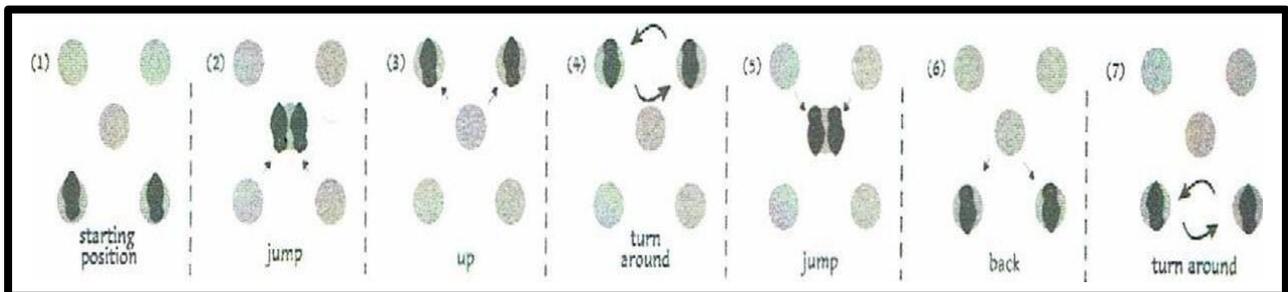
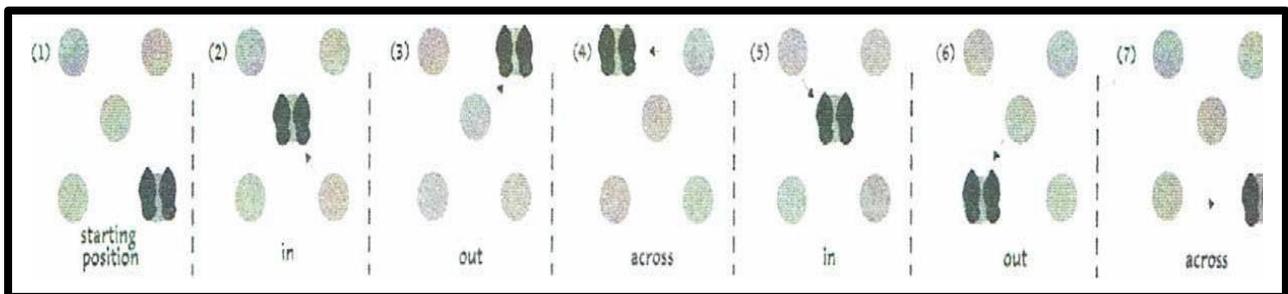
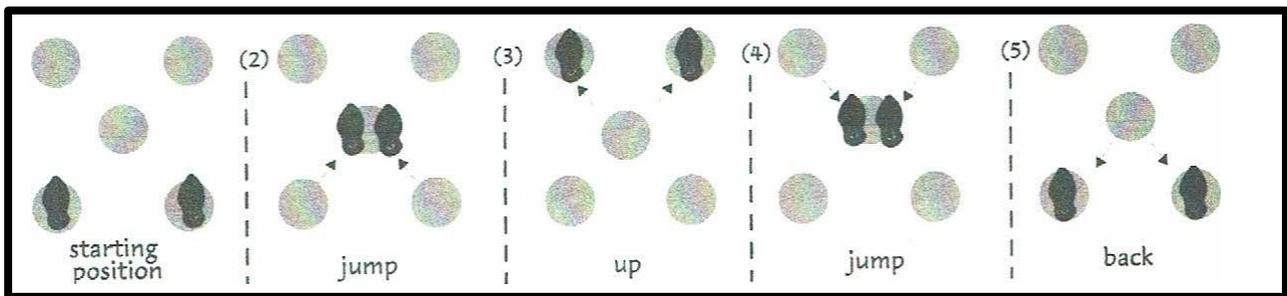
Z Drill. Form a Z pattern (4-5-3-1-2) using one leg or both feet together.

M Drill. Form an M pattern (4-5-3-2-1) using one leg or both feet together.

Figure 8 Drill. Form a figure eight (4-5-3-1-2-3-4) down and back, keeping feet together or on one foot only.

Box Drill. Keep feet together and hop the perimeter of the square (1-4-5-2-1), facing the same direction at all times.

Single-leg Triangle. Hop on your left leg to form a triangle in a counterclockwise direction (2-3-1-2). Make five triangles then switch legs and make five triangles. Repeat the drill moving in a clockwise direction (1-3-2-1).



Painted Play Spaces

1. How many *Up and Backs* can you accurately perform in a set amount of time?
2. How many *Both Feet* can you accurately perform in a set amount of time?
3. How many "*Turn Arouds*" can you accurately perform in a set amount of time? Allow students opportunities to create their own pattern.

Teaching Hints:

- Encourage them to go slow to correctly do the pattern
- Allow them time to practice
- Cut out the patterns and tape to construction paper for each pattern to use as a reference
- Create blank forms for students to create their own pattern

Spiders and Flies

This is played on the four-square court

A fun way to work on anaerobic system. Also helps develop agility and quick-thinking skills.

One student is the spider and stands in the middle of the four square. The other four students stand on the corner of the 4-square. The goal for the spider in the middle is to catch another student off their corner of the square by placing their foot on the corner of the square before they do. The goal of the flies is to try and change places with each other without the spider getting into their corner. If a fly is beaten to the corner spot by the spider, the roles are switched. The goal is for the flies to make 10 changes without getting caught. If this happens, the spider in the middle owes the flies 10 movement exercises and a new spider is chosen.

Rules: The flies must try to trade places every 10 seconds. If this doesn't occur in 10 seconds, you automatically become the spider. If the flies can go directly across the square they earn 2 changes toward the 10.