



# Sports And Fitness

## Fun Games To Play Outside!

Spring means we're all outside more! Yeah! That is a fun place to play games and enjoy the companionship of many friends and make new ones! The following are games you can play with more than one person.

### 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 she or he tags is also "it." Now, the two "its" chase the others who when tagged are "its" also, and so on, until the last person is caught. The last person caught is "it" for the next round of play. There is no real winner, just 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 the Simon simply says the action by itself... "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 becomes 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 (Molly) right over." Molly then lets go of her teammates hands and begins a headlong rush for the other line. Her goal is to break through the line by overpowering the kid's hand hold on each other. If Molly breaks through, she chooses one person from the opposing team to join her team and they both go back and join in their line. If she fails to break through, Molly 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 that, since all the players are on the winning team at the end, there really are no losers in the game. Just remember that the goal is not to hurt each other, it's to play.

### Freeze Tag

This is another version of the game of 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.