Our Mission
To provide essential services and leadership, in partnership with families, schools and communities, that improve the learning outcomes and well being of all children and youth.
Recess Activities and Games

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Recess Strategies

• Add structure to the recess – designate areas for riding toys, throwing areas (keep balls in a container), creative play areas, etc. Use a timer and have everyone change activities to work on transitions and increase their recess options. Use picture cues for choices. Have a designated “clean up” time.

• Pre-teach recess skills such as what to do on the climbing apparatus, how to play with the trucks, what to do with the balls, how to throw balls into the hoop, where to trike/bike and use other riding toys, when to use a helmet.

• How are the helmets being cleaned or does each child have their own helmet?

• Play “Follow the Leader,” and move through different parts of the playground in different movement patterns.

• Set up obstacle courses on the playground, and use prepositional words like over, under, around and behind while the students move through the space.

• If enough help is available, have an adult lead an activity that students can play if they choose – bowling, Hot Potato, jump rope (move over a low or snaked rope), beanbag target activity, etc.

• Paint or use chalk to make circles or shapes on the playground. Use the shapes as targets/areas to move to, locations to jump or perform other locomotor movements or areas to gather students.

• Begin or end with one of the transitional activities such as a timer, marching or line up song, picture of lining up or cue from the classroom teacher.
Ball Activities

- Move the ball around your body.
- Start at your head and move the ball around your body from your head to your toes.
- Push the ball as far as you can.
- Roll the ball back and forth to someone.
- Drop and catch the ball to yourself.
- Toss and catch the ball to yourself.
- Bounce and catch the ball as many times as you can standing in one spot.
- Dribble the ball in one spot.
- Bounce the ball as high and then as low as you can.
- Sit down and bounce and catch the ball.
- On your knees, bounce and catch the ball.
- Toss the ball high and catch it low.
- Toss the ball, clap and catch it.
- Dribble the ball down a line with one hand and then back with the other.
- Dribble the ball and switch hands as you move.
- Dribble the ball either around people or objects.
- Toss and catch a ball off a wall.
- Hit the ball against the wall as many times as you can.
• Shoot the ball at a basket.
• Stand in different spots around the basket and shoot the ball.
• Create other tricks you can do with the ball.
• **HORSE** – for every basket you make you get a letter. You want to make five baskets to spell HORSE – or spell other words such as your name or your school name.

**Four Square Activities**

• Stand in one square and practice any of the above skills.
• Have someone else stand in another square and bounce/catch the ball back and forth.
• Push the ball back and forth to someone in another square.
• Hold your hands so your palms face the sky, and push the ball to someone in another square. If that player misses the ball have everyone move one square clockwise.
Balloon Activities

- Tap the balloon with your hand five times.
- Tap the balloon with one hand and then the other 10 times.
- Tap the balloon with a different body part and then with your hand.
- Tap the balloon with as many different body parts as you can.
- Hit the balloon with a body part and then catch it.
- Count how many times in a row you can hit the balloon.
- Hit the balloon using two body parts and catch it (Ex. elbow, head, catch).
- Count how many different body parts you can hit the balloon with and still catch it.
- Toss the balloon in the air, kick it up with your foot and catch it.
- Kneel down and hit the balloon with your hands.
- Kneel down and tap the balloon from your head to your hand.
- Lie on the floor, tap the balloon with your hands and kick it back with your feet.
- Lie on the floor, tap the balloon up in the air by using different body parts.
- Tap the balloon in the air as high as you can.
- Tap the balloon high and then tap it low to the ground.
- See how high and how low you can tap the balloon.
Beanbag Activities

• Balance a beanbag on different body parts.

• Balance a beanbag on a body part and move from one spot to another.

• Sit on the ground, toss and catch the beanbag.

• On your knees, toss and catch the beanbag.

• Standing, toss and catch the beanbag.

• Toss, clap and catch the beanbag.

• Put the beanbag on your foot, toss it in the air and catch it.

• With a partner, toss and catch the beanbag – call your partner’s name before you throw the beanbag.

• **Bean Bag Bocce** – each player needs two beanbags of the same color and a target beanbag or small object. The target object is tossed away from you. Take turns throwing your beanbags at the target. The player who hits the target scores one point, and the player closest to the target also scores one point.

• **Hopscotch** – use the beanbag as your marker. Remember that you can either hop or jump to each square.
Dice Activities

• Using homemade dice put a different movement on each side (run, jump, gallop, hop, march, tiptoe walk, bear walk, move backwards, sideways, etc.). One person rolls the dice and everyone does that movement.

• You can use a second die with numbers on it, and that will tell how many times you do the above movement.

How to Make the Dice
Materials: Two clean milk cartons, scissors, newspaper, “noisemaker” (popcorn, rice or buttons), colored paper, movement pictures and tape

Step 1. Cut the tops off each milk carton.

Step 2. Put one carton inside the other. Stuff a piece of newspaper inside the inner carton and add the “noisemaker.”

Step 3. Tape the carton closed.

Step 4. Cover the carton with colored paper. Add movement pictures on each side of the dice.
Hula Hoop Activities

Put the hoop on the ground:

- Put one body part inside the hoop and move around – then move backwards.
- Move in and out of the hoop.
- Jump in and out of the hoop.
- Do the following around the hoop: walk (forward and back), gallop, march, hop, skip and tiptoe.
- Move in a pattern: step in with one foot, in with the other, out with one foot, out with the other (in, in, out, out) – do this to the left and to the right.
- Set up hopscotch patterns and jump or hop from hoop to hoop.
- Toss objects into the hoop, and take a step back every time the object lands in the hoop.
- Use the hoop as a giant ring toss over a cone.
- **Musical Hoops** – don’t eliminate anyone, share hoops instead. You will end up with everyone sharing the last hoop.

Holding the hoop:

- Put your hand on top of the hoop and “Walk the Dog” – keep pushing the hoop while you walk beside it.
- Roll the hoop.
- Roll the hoop and try to catch it as it moves.
- Spin the hoop.
• Flick the hoop out and have it come back like a Boomerang.
• Put the hoop over your head and let it drop to the ground.
• Move the hoop around different body parts (arm, leg, neck, waist).
• Get in a group, hold hands and make a circle. Pass the hoop around the circle without letting go of hands.
• Suspend the hoop from the basketball hoop and use it like a target.
Jump Rope Activities

With the Jump Rope on the ground:

- Step over the jump rope.
- Crawl over the jump rope.
- Start at one end of the jump rope and walk with one foot on either side of the jump rope.
- Start at one end, crawl with the jump rope between your hands and legs.
- Start at one end and step over and back across the jump rope.
- Make different letters with the jump rope.
- Make different shapes with the jump rope – jump in and out of the shapes.
- Sit down and snake the jump rope.
- Snake the jump rope fast and slow – have someone jump over it.
- Swing the jump rope back and forth and have someone jump over it.

Standing with the Jump Rope:

- Hold both handles of the jump rope in one hand and make large circles in the air.
- Hold both handles of the jump rope in one hand, make large circles with your arms and jump when the rope touches the ground.
- Hold one handle in each hand. Bring the jump rope overhead and step over it as it reaches the ground in front of you – try this moving the jump rope backwards.
- Turn the jump rope and jump over it without stopping.
• Count how many times in a row you can jump.

• Create other tricks you can do with the jump rope.

**Long Jump Rope Activities**

• Turn the jump rope back and forth and have someone step over it – keep it low to the ground.

• Turn the jump rope back and forth and jump over it.

• Turn the jump rope and have someone run through it. Count how many people can run through it without stopping the jump rope.

• Either start in the middle of the long jump rope or run in and begin jumping. Have everyone jump one time and run out. For the second turn, run in and jump twice and then run out. Continue this up to 10 and then back down to just run through and not jump (similar to playing jacks but with a jump rope).

• **Limbo** – start with the jump rope at shoulder height and move under the rope. Move the rope lower after everyone has gone under it. Remember that you can’t touch the rope.
Can Jam

This is a fun game that is played with a trashcan, Frisbee and some friends!

Object
The object of the game is to throw the Frisbee and score the points. The thrower can score points with a direct hit to the goal or rely on his/her partner to deflect the Frisbee toward or into the goal. The deflector can redirect or tip the Frisbee to hit or enter the goal and score points. Deflectors cannot double hit, catch or carry the Frisbee. Deflectors can move anywhere within the playing area to redirect the Frisbee, but throwers must be behind the goal area to throw.

Game Play
- Make two teams of two.
- One partner stands in front of the can, the other stands about 20 feet apart (adjust this distance to meet your needs).
- One partner throws the Frisbee and the other partner redirects it toward or into the goal.
- After both partners complete one throw each, the Frisbee is passed to the opposing team. The game continues alternating team turns until an exact score of 21 is reached or there is an instant win scored.

Rules
- Players must remain behind the goal when throwing. No points are given if the player crosses the line.
- There are no points given when a throw hits the ground before striking the goal.
- There is no score if the deflector double hits, catches or carries the Frisbee.
• Three points will be given if an opponent interferes with play or defends the goal. If the score is 19 or 20, 1 or 2 points are awarded.
• A team must reach an exact score of 21 points to win. If a given throw results in points that raise a team’s total score above 21, the points from that play are deducted from their current score and play continues. For example, if a team has 20 points and scores a “Bucket” (3 points), their score is reduced to 17.
• Teams must complete an equal number of turns before the game is over. If an “instant win” is made, the game is over.
• In the event of a tie game, the winner is decided in a tiebreaker. Each team completes one round of throws and the team with the most point’s wins.

Scoring
• **Dinger (1 point):** Redirected Hit – Deflector redirects thrown Frisbee and hits any side of the goal.
• **Deuce (2 points):** Direct Hit – Thrower hits the side of the goal, unassisted by partner.
• **Bucket (3 points):** Slam Dunk – Deflector redirects the thrown Frisbee and it lands inside the goal. The Frisbee can enter through the slot opening on the side or through the top of the goal.
• **Instant Win:** Direct Entry – Thrower lands the Frisbee inside the goal unassisted by partner. The Frisbee can enter through the slot opening on the side or through the top of the goal. When an “Instant Win” occurs, the throwing team is declared the winner and the opposing team does not receive a “last toss” option.

How to Make the Can
Use a large, clean trashcan. Cut a rectangle, 8” from the top. It should be 4” wide and 13” long. Use colored tape or duct tape to outline the cut rectangle. This will also cover any sharp edges.
Octopus Arm
When you play tag, the tagger can use the Octopus Arm to gently touch everyone.

Variations to tag:

- Instead of running, have everyone walk, jump, crawl, gallop or skip.
- You cannot tag the same person that you’ve previously tagged.
- Remember to touch gently and not push anyone.

How to Make the Octopus Arm
Attach a glove to a fun noodle or insulation pipe with a rubber band.
Other Recess Activities

- Beanbag target games
- Bocce – can be played with beanbags
- Bubbles – pop with different body parts, try to catch them, step on them to pop, clap them to pop
- Bowling – use small cones or fewer pins if several students are playing
- Catapult (tabletop) – throw the balls at a Velcro target – a peer catches the ball
- Chalk drawing – have students draw on the school building or make a chalk extension (tape chalk to the end of a dowel rod or ¼” PVC pipe)
- Cheer contest – practice school cheers or chants
- Follow the Leader – encourage the leader to change the movements but not too quickly
- Hopscotch – try various patterns
- Horseshoes – plastic or foam
- Limbo – use a fun noodle or jump rope as the limbo stick
- Obstacle Course – have students move over, under and around objects. Different movement patterns can also be used (run to the cone, jump to the wall, etc.)
- Ring toss – use small cones and rings that can be made out of rope, purchase a set or use hula hoops and large pylons
- Scratch Mitt – throw to a partner, you can use a smaller, lighter ball instead of the tennis ball
- Scoops – used to practice catching; can be purchased commercially or use a milk jug with the bottom cut off, tie a string to the ball and scoop to begin with and as the student advances in skill, remove the string; can also be done with a partner
- Table games – chalk, tic tac toe, checkers, memory card games, Legos, etc.
Suggested Equipment
You may check with the physical education teacher and borrow some equipment. Recess equipment should be in a location that is easily accessible. You do not need all the following equipment to develop a recess program; these are suggestions.

- Balls – beach balls, Nerf balls, playground balls, Slo-Mo balls, mini-basketballs, whiffle ball, balloons
- Beanbags and targets
- Bowling pins and ball
- Bubbles
- Catapult
- Chalk
- Checkers
- Dice – milk carton or commercially purchased
- Frisbees – foam or regular
- Jump ropes – long and short
- Horseshoes
- Hula hoops
- Octopus Arm – fun noodle/ pipe insulation and glove
- Ring Toss
- Scratch Mitts
- Scoops
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