

Races Relays & Tag

by

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Races

Cartwheel races - self explanatory

Consecutive Jumps - everyone jumps in predetermined fashion.

Newspaper Race - Two newspaper sheets required per player. Each player must race to the turning point and back, stepping only on his newspapers. He steps on one, lays the other in front of him steps on it, moves the first forward, and steps on it and so on.

No hand get up - Players run to turning point, stop, lie down on their backs, fold hands across chest and get up without moving their arms, and run back to finish line.

Skip and Through - Children stand in partners in a double circle. The partners skip around the circle. On signal, inside person stops, folds arms and puts legs apart. The outside person runs around the circle, goes through partner's tunnel and sits cross-legged on the inside of the circle.

Spider Race - Team formation, Players #1 stand facing the goal. Player #2 stands beside him, with his back to the goal. The two players link elbows

and on the signal, the pair run to the goal and back. One person runs backward each time. The rest of the players repeat the same action until every person has a turn.

Toe and heel (circle) - Runner advances by placing one foot in front of the other so that the heel of the advancing foot touches the toes of the hind foot. Great for small places

Tunnel Race Two circles of equal numbers of players are formed, and one circle stands outside the other. Inside circle turns around so that they are facing the outside circle and each member of the

circles takes the person opposite them as their partner. Each pair in the circle has formed into a tunnel, IT walks through the tunnel and tags any pair, then sits in their position. The pair runs through the tunnel in opposite directions until they return to their home position. The last person to return home is IT for the next game.

Wheel Barrow Race - Partners assume the Wheel barrow and pusher position and on the signal advance to the turning point where they change positions and return to the starting line.

Relays

Animal Relay - The players form two lines with equal numbers on each team. The first animal on each team is an animal, the second a different animal. On the word "go", the first person acts like the animal they represent, run, hop or crawl to a given place and back. The next person then acts like their animals and so on until one team is finished and sitting down. Use animals such as kangaroos, bunnies, dogs, cats etc...

Bean Bag Relays - Walk/run/hop with bag on head/between knees/between feet.

Ball of String Relay- The players should be in two teams standing in two circles with a ball of string. The captain holds one end, while the ball is passed rapidly from hand to hand until it is unwound. It is then passed back and rewound.

Car Relay - Have teams line up and each person in the team has a certain action to do i.e. First person in each group is a flat tire and hops on one foot. Second person is a broken steering wheel and runs zig-zag. The third person is a rusty transmission and takes three steps forward and two backwards. Fourth person is stuck in reverse and runs

backwards. Fifth and sixth people are a car with a trailer one runs behind the other grabbing on.

Corner Spry Relay - Teams arrange themselves in lines at the four corners of the playing space. Each team has a captain. The four captains stand in the centre, facing their teams. Each team has one beanbag, ball, or even an apple. The Captain throws the bean bag to each player on his team in turn. The players toss it back. As the captain throws to the last he calls "corner spry" and runs to the head of the line. The last player in the line rushes to the centre and begins to throw the bean bag. This continues until the captain is back in the centre with the bean bag.

Jumpball Relay - Teams line up with team members behind their team captains in file formation. At a distance of about 10 yards are placed play balls. One for each one on another straight line. On the word GO, the first member of each team runs to his team's ball and places it between his ankles. The next person then runs back to the far line, places the ball between his feet and hops back. If the ball is dropped, the player must return to the line and start over. the first team finished and sitting down is the winner.

Leap Frog - Well..... You know how this works.

Obstacle Relay - Players run the course from the head of the team to the turning point and back to the head of the team performing along the course of the run three or more stunts, with or without apparatus. The use of hoops, skipping ropes, Indian clubs, mats, low vaulting boxes, basketball hoops, or what-have-you offer an almost endless selection of obstacles.

Over and Under - Team assumes astride position and all bend over and place their hands on their knees. The rear man of the team is runner No. 1. He must leap frog the first man in front of him, crawl under the legs of the second, leap the third and so on the front of the team.

Paul Revere Relay - Divide children into teams of 6 -12. Place teams in column 20 feet or more apart, the back man being the latest and the most active on the team. On the work "go" he dashes forward and jumps pick-a-back on number 2, who dashes forward to #3 and the transfer of the light rider must be made. The rider must not touch the ground. First team to have their rider reach the beginning of the line wins.

Stunt Relay - In stunt relays, the runners advance to the turning point, stop, perform a stunt and return to tag the next runner on their team. There is hardly

and end to the number of stunts which can be performed.

Tunnel Relay - All members in the team stand astride. Runners must first crawl under the legs of all players in the team, run forward to the turning point and return to tag the next man of the team who does the same.

Wiggle Worm Relay- Form relay lines. Everyone in each line puts their left hand between their legs and the person behind, then signals to grab them from behind with their right hand. Then they run at a given signal to the other end of the playing area and back. The first team to return 'intact' wins!

TAG

Arch Tag The children are in a circle. One couple forms an arch. Circle rotates through the arch. On signal, circle stops and arch traps someone. The person trapped goes in centre and waits for another person to be caught. Then they form a second arch. The last person caught is the winner.

Ball Tag (a version of brandy) Equipment: A soft ball. Like simple tag, but you run with a ball, and must throw it at the person and hit them below the

waist to tag them. If a person is hit then he becomes IT.

Catch one Catch all. One player is chosen as IT. When IT tags another player that other player also becomes IT. ITS must keep an arm raised overhead so that they may be identified.

Colour Tag. Scatter - Leader calls a colour. If you are wearing that colour you are It and proceed to tag other children. If a child is tagged he must walk in a crab like manner until a new colour is called.

Elbow Tag. Partners stand scattered over play area, inside arms linked, outside hand on hip. Runner

reaches safety by hooking on to an arm, thus securing a partner. The other partner must drop off to be chased. If caught before reaching safety, then the runner becomes IT. If the runner is constantly evading the chaser, the supervisor can call "Switch!" which means that now the runner is the chaser.

This game can also be played in a more confined circular area with a very large group. The IT is in the middle of the circle along with the person being chased. In order for the person to avoid being caught he may link elbows with someone forming the circle. The runner is now on the other side of the person with whom the old runner linked elbows.

Epidemic Tag. See "Hospital Tag"

Everyone's It. As the name implies everyone is it. On the magic starting word the game starts everyone tries to tag as many people as they can with out being tagged. If a person is tagged they squat down on the spot.

Follow Tag. Ask all players to find a partner. One person in each pair is the "leader" and the other is the "follower". The follower must follow as closely as possible (without touching) the leader. The instructor may control the form of locomotion by asking them to skip, walk, run, hop, etc. or the leader may be given the option of choosing or

changing the form of locomotion as he chooses with the follower being obligated to do the same as the leader. The leader tries to make it difficult for the follower to follow. And it's always fun to stop abruptly.

Frozen Tag. Children scatter in a designated area of the park. Two children are IT. When the others are touched by IT, they freeze. A frozen person may become unfrozen by one of the other children crawling through his legs. The object is to try to unfreeze people as fast as they are frozen. If you are frozen 3 times then you also become an IT.

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Hip. One player is IT. Any player that IT tags becomes IT's helper. The Helpers must try to catch

those not yet caught and hold them until IT can come to tag them. They signal to IT that they are holding someone by calling "HIP! HIP!"

Hospital Tag. Similar to everyone's it but when a person is tagged they have to put a hand over the place they were tagged (the hand acts as a sterile dressing). If they remove their hand to tag someone they die from the wound. They get three chances, one hand then the other the last chance is when they are running around not being able to tag anyone because both hands are being used.

Hug Tag. A player is safe from being tagged only when they are hugging another player. For more

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hugging, propose that only three children hugging are safe, then four, then five.....

Imitation Tag. Simple tag but with the manner of locomotion set by the chaser. The chaser may change his manner of running to hopping, skipping, crawling, crab walking etc. and all players must imitate his style.

Immunity Tag. There is a number of variations of this game, however the general structure is as follows: Play is the same as simple tag except that those that are being chased can make themselves immune by doing some predetermined activity which gives them immunity. Beginner gymnasts

for example may be able to make themselves immune by balancing on one foot. For more advanced gymnasts it may be doing a handstand. IT is not permitted to guard the immune person , for example waiting until the person comes down from the handstand. NB. you can only be immune 3 times then you are IT.

Jump The Shot. One person in the centre swings a long rope in a circle while holding it low, this person may vary the speed he swings it. Everyone must jump over it to stay in the game. When touched by the rope that person must drop out of the circle.

Line Tag. This is played on a gym floor or similar area on which lines are marked. The game continues as simple tag with the restriction that chaser and chased must run on the lines. To go off the line means you become an IT.

Mount Tag. A man to be safe must be mounted on the back of another player. Then both horse and rider are safe.

Partner Tag. Divide the group into pairs. Partners decide who will be it and who will be the runner. When the leader says "Go", partners begin to run around, then its trying to tag the runners. When a partner tags the other, they switch roles.

Serpent Tag. Four players link their arms together forming a chain, these people are the serpent. The serpent runs around and tries to catch as many players at one time as it can by forming a circle around them. As soon as one or more of the players is circled by the serpent, they must link arms with the others in the serpent and help capture the remaining players.

Shadow Tag. One player is chosen to be it. The object of the game is for the person who is it to try and tag another player by stepping on his or her shadow. Define boundaries. When the person who is it steps on someone's shadow, he or she shouts "Sun Tag!". The player whose shadow was tagged

becomes the next person to be IT, but that player must stand still for three counts before chasing the shadows.

Spoke Tag. A bicycle wheel picture is drawn or taped to the floor, the players are not allowed to move off of the spokes, and the IT must also move on the spokes. When a player is tagged, they become IT. There is also a ball that may be thrown around amongst the players, when a player has the ball, they are safe from IT.

Triangle Tag. The group needs to be split into groups of four. Three people hold hands. One player in the triangle is chosen to be chased. The

person who is not in the circle is "it" and chases the person. The other two people are the chased person's shield. Keep changing roles.

Piggyback Tag. Play is same as simple tag but players are in pairs with one mounted on the other's back.

Simple Tag. Players are free to run anywhere they wish. One player (or more if desired) chases the other players. If he succeeds in tagging a player the tagged player becomes the chaser and the game continues without interruption.

Rhythm Tag. While the music plays (or the leader sings), campers walk around the area. When the music stops, the players should stop moving. Without taking a step, the players must try to tag another player. Two people can not tag each other, therefore the first tag counts. All the players that were tagged must make another movement when the music starts again. (hopping, crawling etc) Each time the music stops, those previously tagged try to tag those who have not been tagged. Walkers may also try to tag each other. The winner is the last walker remaining untagged.

Toe tag Players are divided into pairs. Players face their opponent holding the shoulders of your

partner. They then try to tag the tops of each other's toes with their own. When one player scores three hits, it's time to switch to a new partner.

Walk tag. The name again give the concept away. Make the playing area really small (just big enough to fit everyone in the rectangle). Everyone find a pair. One is “A” one is “B”. When the game starts “A” points into the air and spins around three times looking at their finger. While this is going on “B” is trying to get away, but only inside the really small playing area. There is no running. Once “A” gets/tags “B” then “B” puts their finger in the air and spins around three times, while “A” tries to get away. The game continues till you call a stop to it.