

Live 5-2-1-0

Outdoor Games Booklet



supporting the
Live 5-2-1-0
campaign by **SCOPE**
www.live5210.ca

Live 5-2-1-0 Outdoor Games Booklet

This booklet contains twenty game ideas to help motivate children and families to get outside and be active together. For each game there are instructions, a list of materials required, and a recommended age range for participants. Many also have suggested coaching cues for parents to help them guide kids through the different movements. These games could be used in tandem with a Live 5-2-1-0 Playbox, or just on their own!

Background

What are SCOPE and Live 5-2-1-0?

SCOPE is an initiative of BC Children's Hospital that partners with communities across BC and uses Live 5-2-1-0 to promote healthy behaviours among children.

Live 5-2-1-0 is an evidence-based message promoting four simple guidelines for raising healthy children. Through the Live 5-2-1-0 message, SCOPE supports communities as they take action across all sectors to build healthy environments for children.



To learn more about Live 5-2-1-0, and see examples of how BC communities are sharing and supporting this message, visit our website (live5210.ca). We also have over 30 other ready-made Live 5-2-1-0 tools and resources that you can download, adapt, and use for free!

Acknowledgements

Our partners in the community of Hope (at the department of Recreation, Culture & Airpark Services - Fraser Valley Regional District) created the original version of this games booklet. We have added additional game ideas that were provided by another Live 5-2-1-0 community partner, Healthy Abbotsford (City of Abbotsford). Thank you both for helping to create such a fun resource, and allowing us to share this with other communities!

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Minnows and Sharks

AGES:

6 to 9 years old

OBJECTIVE:

To keep the soccer ball away from the sharks

INSTRUCTIONS:

- Determine the playing area/field and setup cones or pylons for the boundaries at the corners
- Designate some participants to be minnows and some to be sharks
- Give the minnows the soccer ball(s) at the end of the field on the line
- The sharks will position themselves half way down the field and yell “go”
- The minnows then leave the end zone and try to dribble the ball to the other side of the field/gym, if they lose their balls they become a shark

COACHING CUES FOR PARENTS:

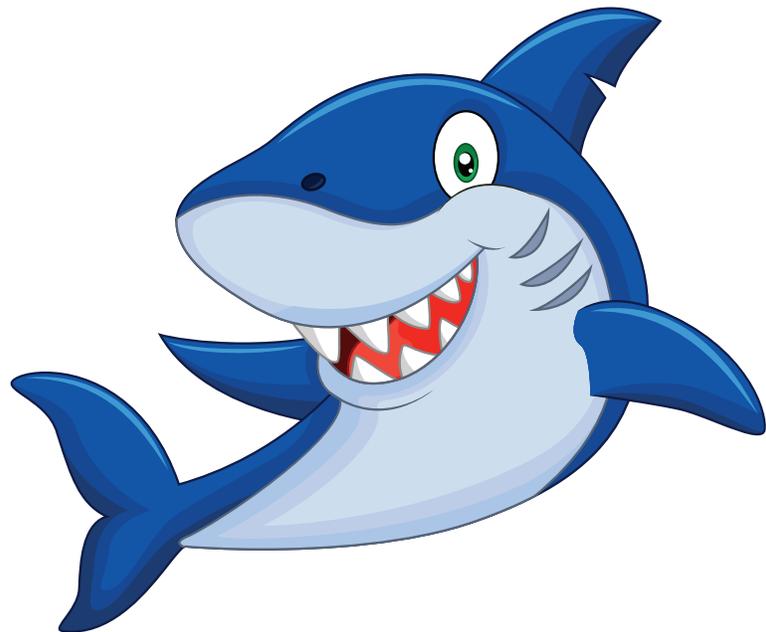
- Kicking – bend knee / pull your hip and knee back as far as possible when kicking / follow-through in the direction you want the ball to go
- Running – pump your arms forward and back / run with bigger steps

MATERIALS REQUIRED:

Cones or pylons, soccer or playground balls

VARIATIONS:

Have the minnows work in pairs, they have to pass the soccer ball back and forth to their partner to keep it away from the sharks.



Kick the Can

AGES:

All ages

OBJECTIVE:

The person who is "it" defends the can while trying to tag the others. Those who are not "it" try to kick the can to get "home".

INSTRUCTIONS:

- Designate a location to place the can or object to be kicked
- Ask for a volunteer to defend the can
- Designate an area of play (where those trying to kick the can are permitted to play)
- The "it" person counts while the other players hide or run while trying to kick the can to get "home"
- If a player is tagged in play they are out

COACHING CUES FOR PARENTS:

- Running - pump your arms forward and back / run with bigger steps
- Jumping - push hard / lean forward / swing arms / explode with legs
- Kicking - bend knee / pull your hip and knee back as far as possible when kicking / follow-through in the direction you want the ball to go

MATERIALS REQUIRED:

Can, cones

VARIATIONS:

- The person who is "it" can call out the name of the person they see rather than having to tag them (great for when in the forest). This is a hide game rather than a run game in this instance.
- Have more than one person be "it" and guard the can. In this instance one person can guard the can while the other goes to seek out players who are hiding/running.
- When the person who is "it" sees or finds a person hiding, the "it" person must run back to the can and place one foot on the can while saying the found person is in the can (e.g. "Tim is in the can") before the found person is able to reach the can and tip it. Thus, once a person is found or seen by the "it" person, the game becomes a race to the can between the found person and the "it" person. If the found person makes it to the can before the "it" person they are home safe.
- Create a "jail". The "jail" will be the place for those who have been tagged out to go. In order for someone to be caught and put in "jail", the "it" person must have beat the found person to the can and pronounced that person "in the can". The "it" person also could say "1-2-3 on" whoever they found, while touching the can. Once in the "jail" players can only be freed if another player gets to the can without being tagged to free them. The "it" person then has to start all over again (fun when you have a few people be "it").



- You could also add more than one can (or milk carton—easier on bare feet when tipping them over). The cans or cartons are scattered at the beginning of the game when everyone runs to hide. The “it” person must gather them and stack them so they don’t fall over. Then, when the “it” person spots someone hiding, he/she must run back and touch the tower of cartons without knocking them down. If they fall, the “caught” hider can run away and hide again. If they remain standing, the hider goes to “jail” or is out. While the “it” person is searching for others, someone not yet caught can sneak in and tip over the cartons, freeing those in “jail.”



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Sardines

AGES:

All ages

OBJECTIVE:

To end with all of the players hiding in one spot and being found by the last seeker

INSTRUCTIONS:

- One “sardine” is selected to hide from the rest of the group
- The group then gives the “sardine” 1-5 minutes head start to hide
- The remaining “seekers” must then find the “sardine” and hide with them until every seeker has found and hid with the “sardine”

COACHING CUES FOR PARENTS:

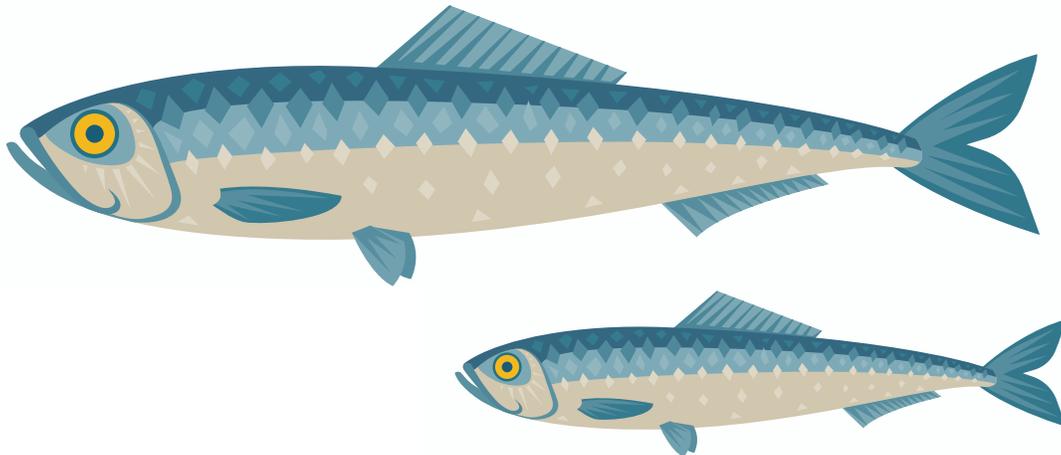
- Running - lift knees / pump arms forward and back / lean forward / push off with strong foot

MATERIALS REQUIRED:

None

VARIATIONS:

- Have multiple “sardines” hiding in separate areas.
- Advise the players that no talking is allowed.



Captain's Daughter

AGES:

All ages

OBJECTIVE:

To complete the different actions in the game

INSTRUCTIONS:

- Have participants imagine that the playing field is a Pirate Ship
- Designate a leader to pretend that they are the "Captain" of the Ship
- The participants will pretend that they are "Sailors" on the Ship
- The "Captain" will then call out the following actions for the "Sailors" to act out
- A Starboard (right), Port (left), Bow (front) and Stern (rear) of the Ship must be designated in the play area for participants to run to/between
- The "Captain" should call out the actions slowly at first but then keep increasing the speed until the participants cannot do it any faster
- The "Captain" will call out any of the following actions:
 - » *Port* – Run to the left
 - » *Starboard* – Run to the right
 - » *Bow* – Run to the front
 - » *Stern* – Run to the back
 - » *Captain's Coming* – Salute the leader and shout, "Aye Aye, Captain!"
 - » *Row the Boat* – Each player finds a partner, sits face to face, holds hands, and pretends to row a boat. Players who can't find partners or who are too slow are eliminated.
 - » *Scrub the Deck* – Get down on hands and knees, pretend to scrub the floor
 - » *Walk the Plank* - Walk heel to toe, and then jump
 - » *Lifejackets* - Find a partner and hook elbows behind your back and sit down together.
 - » *Crow's Nest* – Run to the middle of the gym/play area standing on one leg, and pretend to look through a periscope
 - » *Hit the Deck* – Lay face down on the ground
 - » *Shark Attack* – Leader chases participants around, and tries to tag as many as possible
 - » *Submarine Periscope* – Students lie on their backs and put one leg up in the air

COACHING CUES FOR PARENTS:

Jumping - push with both legs / lean forward to take off / swings arms back then forward and up / explode with the legs

MATERIALS REQUIRED:

None



Screaming Banshees

AGES:

10 years and under

OBJECTIVE:

To run as far as you can while screaming

INSTRUCTIONS:

- Have all participants line up shoulder to shoulder on the short end of a rectangular playing space
- Explain that they will have only one breath to scream as long as they can and run as far as they can
- You can send the whole group at once or to make it easier send them one at a time or two at a time so that you can hear if they're doing it right
- On "go" the person takes a big breath and runs while screaming. When the player runs out of sound/air, he or she sits down in that space and stays there to show how far they went

COACHING CUES FOR PARENTS:

- Running - lift knees / pump arms forward and back / lean forward / push off with strong foot

MATERIALS REQUIRED:

None



Mantracker

AGES:

All ages

OBJECTIVE:

To get to the finish line safely without getting tagged

INSTRUCTIONS:

- A designated area of play needs to be set with pylons/cones
- Two people need to be designated to be "it". These people are then the "Trackers"
- The remainder of participants will be the "Prey" and will need to try and avoid getting tagged by the "Trackers"
- The "Prey" line up on an end line of the play area and the "Trackers" yell "go!"
- The "Prey" then try to run to the other end line of the play area
- The "Trackers" wait 10 or 20 seconds on the same end line that the "Prey" began on and try to tag them
- If the "Prey" is tagged they are then out

COACHING CUES FOR PARENTS:

- Running - lift knees / pump arms / lean forward / pushing off with strong foot

MATERIALS REQUIRED:

Pylons or cones

VARIATIONS:

- You can modify the game by creating imaginary obstacles or tasks that the "Prey" must complete in order to progress. This can include walking a tight rope, climbing an obstacle, finding a "key", etc.
- One of the "Prey" could be designated as a secret "Tracker"
- "Prey" can become "Trackers" once caught



Catch Don't Catch

AGES:

All ages

OBJECTIVE:

Complete the command given by the person in the middle of the circle (to either catch or don't catch)

INSTRUCTIONS:

- Designate a person in the middle of the circle to throw a ball underhand to anyone in the circle and tell them to "catch" or "don't catch" the ball
- If the wrong action is completed the person must sit down to show that they are out of that round
- Once caught / not caught the ball is tossed back to the middle

COACHING CUES FOR PARENTS:

- Catching - use both hands to catch the ball / keep elbows in close to the body with the palms turned up / reach out to the ball and move the hands with the ball as it approaches
- Throwing - take the hand/arm back behind the head / use your shoulders, elbows and wrist / step and lean forward as you throw

MATERIALS REQUIRED:

Ball or beanbag

VARIATIONS:

- Add in more than one ball
- Add in a cue to pass to the player left or right once caught - the player left or right must then catch the ball



Octopus Tag

AGES:

All ages

OBJECTIVE:

To run past the octopus without getting tagged

INSTRUCTIONS:

- A designated area of play needs to be set with pylons/cones, typically the size of a gymnasium
- A participant must be designated as the "Octopus" and stand in the middle of the play area
- The remaining players become the "Fish" and line up on an end line
- The "Octopus" then yells "go!"
- The "Fish" then try to run or sneak across the Ocean (field/gym – to other end line) as the "Octopus" tries to tag them
- If tagged, the "Fish" become "Seaweed" and remain in the area that they were tagged in
- As "Seaweed" they try to reach out with their seaweed like arms/legs and try to tag the remaining "Fish" running to the opposite end line
- The "Seaweed" must keep one foot planted at all times, those tagged by "Seaweed" become "Seaweed"

MATERIALS REQUIRED:

Pylons or cones

VARIATIONS:

"Seaweeds" get to get up and return to the game if they catch a "Fish". The runner is then "Seaweed"



Eagle's Eye

AGES:

6 to 12 years old

OBJECTIVE:

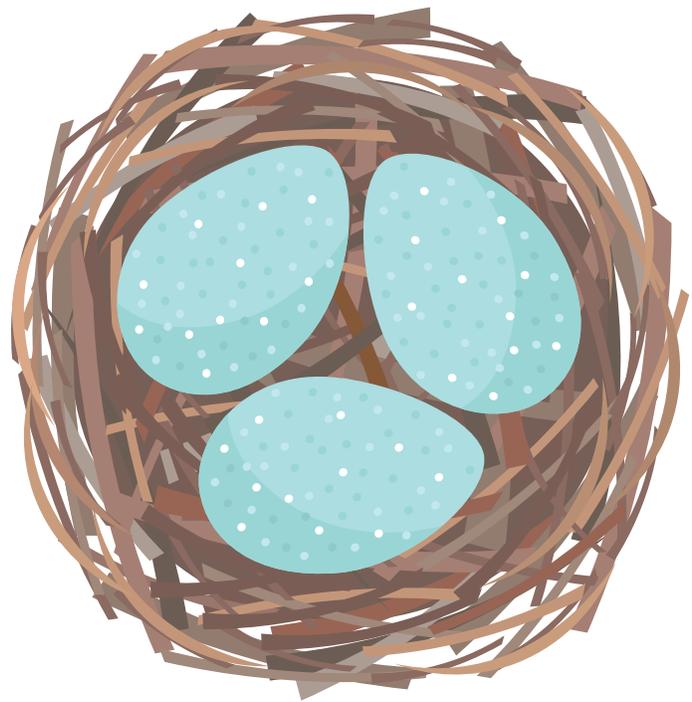
To steal the Eagle's egg

INSTRUCTIONS:

- Designate the boundaries and a starting area for players (can be played on playground)
- One "Eagle" has to be chosen to stand in the middle of the playing area
- All other participants spread out around the boundaries
- It is very important, especially if playing in an open field, that players spread out all around the playing area
- When the game starts the players try to walk, run or sneak up to the "Eagle" to steal its "egg"
- If the "Eagle" sees them moving the players have to return to the boundary line and start again, the idea is to advance when the "Eagle" is looking the other way, and freeze quickly when the "Eagle" turns to look
- The "Eagle" may not move or even touch the "egg"
- It typically works best to have a leader/parent be the "Eagle", as children might think they saw people move, when they really didn't
- The person who steals the "egg" is the "Eagle" in the next round

MATERIALS REQUIRED:

Something to be used as the "Egg" (ball, bean bag, pylon, etc.)



Giants, Wizards, and Elves

AGES:

All Ages

OBJECTIVE:

To get the most people onto your team

INSTRUCTIONS:

- Designate a large playing area with boundaries, mark the boundaries with pylons/cones if necessary
- Split the group into two equal teams
- Each team then huddles at their end of the playing area (their end zone) to decide as a team (quietly so the other team cannot hear) if they want to be “Giants”, “Wizards” or “Elves”
- Each team then walks up to the middle of the play area shoulder to shoulder with their teammates
- They face the other team across the middle/center line, this works best if you have two lines 2 meters apart as a buffer zone
- The action for “Giants” is standing on toes reaching up high, the action for “Wizards” is a karate-stance with wiggling fingers, and the action for “Elves” is crouching down and making pointy ears with pointer fingers
- Both teams then chant and do the accompanying actions: “Giants, Wizards, Elves.... Giants, Wizards, Elves.... Giants, Wizards, Elves....” and then chant the name and action of what they chose as a team at their end zone
- Then the team with the more powerful creature chases the other team and tries to tag them before they get back to their end line
 - » “Giants” beat “Wizards” (squash them)
 - » “Wizards” beat “Elves” (dazes them)
 - » “Elves” beat “Giants” (trip them)
 - » If both teams are the same they each run back to their own end zone and select a new creature
 - » Anyone who gets tagged has to join the other team



MATERIALS REQUIRED:

None

VARIATIONS:

In the case of a tie, it's a good idea to have a back-up planned with your group. Both teams chant and action “Giants, Wizards, Elves....” just once and then do their back-up choice. However, sometimes kids will forget the 2nd choice and that creates chaos. It helps if each team has a leader and in the case of a tie, you quickly huddle on the line, pick a new action, and go back to the line.

Stealing Coconuts

AGES:

4 years and older

OBJECTIVE:

To get as many coconuts under your team's tree as possible

INSTRUCTIONS:

- Place the four hula hoops (trees) in each corner of the play area
- Put the same amount of balls in each hoop and split the group into four teams (one for each hula hoop)
- When the leader says "go", all the children run to another team's hula hoop and can steal one ball (a coconut), to bring back to their team's hula hoop
- All participants keep going to other team's hula hoops and steal one ball to bring back to their own hula hoop until the leader says "stop"
- Each team counts the number of balls they have in their hula hoop – the team with the most balls is the winning team

COACHING CUES FOR PARENTS:

Running - encourage the children to run sideways and backwards / lift one knee high in the air and push off hard with strong leg / pump arms vigorously / bend knees when grabbing coconuts

MATERIALS REQUIRED:

Coconut-like objects (bean bags, balls, pine cones etc.), 4 hula hoops

VARIATIONS:

- Set-up like Stealing Coconuts, but only have the balls in two of the hula hoops, and there are only two teams.
- Each team starts at their hula hoop and they designate one of their teammates to be the only one that is able to use their hands (if there are a lot of participants tell the teams to designate two or three).
- The child who can use their hands cannot pass the middle of the play area that is marked off.
- The goal of the game is to get all the balls from their starting hula hoop to the other hula hoop on the other side of the play space with only the designated children able to use their hands.
- The teams are not allowed to use their feet to kick the balls to the other side.
- At first let the children decide how to best do this. If they are younger, give suggestions like – getting the child who can use their hands to place the small balls in their chin to carry it, or if it's a large ball put it between the child's knees.
- The team that completes the task first wins.



Don't Throw Your Junk in my Yard

AGES:

5 years and older

OBJECTIVE:

Each team tries to get as many balls on the other team's side before time runs out

INSTRUCTIONS:

- Break the group into two teams
- Divide the play space into two halves, the line in the middle cannot be crossed by the teams
- Spread out the equipment evenly on both sides of the play space
- When the leader says "go" the teams have to try and get the equipment (junk) to the other team's space (backyard)
- When the leader says "stop" each team counts the number of equipment pieces they have on their side
- The team with the least amount of equipment is the winner

COACHING CUES FOR PARENTS:

Throwing - Pull the throwing arm back behind your head / step and lean into the throw / step forward with the foot opposite your throwing arm / bring your body weight forward when throwing

MATERIALS REQUIRED:

All different types of soft balls or any equipment that would not hurt if thrown



Shark Attack

AGES:

All ages

OBJECTIVE:

To try and get back to the "Island" before being tagged

INSTRUCTIONS:

- Set-up a square in the middle of the play space (the "island")
- Have all the children start on the "island", except for one child who is the "Shark"
- When the leader says "go" all the children on the island have to touch all four walls (or pylons set-up as outside markers) and get back to the "island"
- While the children are doing this, the leader counts to 10 and then says "shark attack!"
- The "Shark" then tries to tag the others who haven't gotten back to the "island"
- When a participant gets tagged they are a "shark" on the next round
- Repeat until there is only one person left on the "island", they are the winner

MATERIALS REQUIRED:

Four or eight pylons or cones



Bocce Frisbee

AGES:

10 years and older

OBJECTIVE:

To get your Frisbee closest to the target without actually touching it

INSTRUCTIONS:

- Find a tree, lamp post, or anything tall that you can throw a Frisbee at and not harm it
- Each player stands about 15 feet away from the target (or further) and one at a time throws the Frisbee towards the target
- Each player stands in the same location as the first player when it is their turn
- The player whose Frisbee came closest to the target without actually hitting it, wins

COACHING CUES FOR PARENTS:

Throwing Frisbee – Stand sideways to the direction you want the Frisbee to go / move your arm forward quickly and snap your wrist with a spring-like motion

MATERIALS REQUIRED:

One Frisbee per player (and a baseball or tennis ball if using the variation method)

VARIATIONS:

Have all the kids form a line and have the first player roll a baseball or tennis ball forward as far as he/she wants. Then each player takes a turn tossing the Frisbee, trying to make it land on the ball or as close to it as possible. The player who is closest to the ball wins the round and receives one point. The first player to accumulate ten points wins the game.



What Time is it Mr. Wolf?

AGES:

5 to 12 years old

OBJECTIVE:

To make it to the other end without being tagged by the "Wolf"

INSTRUCTIONS:

- Designate one player to be the "Wolf" and have him/her stand with their back to the other players. Have all of the remaining players in one line about 25 meters away from the "Wolf"
- The players call out, "What time is it Mr. Wolf?"
- The "Wolf" will respond with a time (e.g. "It is 10 o'clock"). The other players then take as many steps as the number called out – 10 in this example
- At any time the "Wolf" can answer, "it's Dinnertime!" turn around and chase the other players until they run to the other end
- The first person tagged is the new "Wolf"

MATERIALS REQUIRED:

Cones or pylons to mark the start and finish lines (or you can use trees or landmarks)



Everyone's "It" Tag

AGES:

5 to 12 years old

OBJECTIVE:

To not get tagged

INSTRUCTIONS:

- Everyone is "it"
- When you get tagged you must sit down
- When the person who tagged you, gets tagged you can stand back up and resume playing

COACHING CUES FOR PARENTS:

Running - lift knees / pump arms / lean forward / pushing off with strong foot

MATERIALS REQUIRED:

Flags if playing the modified version

VARIATIONS:

Use flags and instead of tagging the person, you grab their flag (tuck the flag into the waistband of your pants/shorts). The goal is to grab as many flags as possible without losing your own.



Red Light, Green Light

AGES:

3 years and older

OBJECTIVE:

Be the first person to make it all the way to the traffic light

INSTRUCTIONS:

- Designate one person as the “Traffic Light” and have them stand at one end of the field and the other players at the opposite end
- When the “Traffic Light” faces the group he or she says, “Red light!” and everyone must freeze
- When the “Traffic Light” turns his or her back and says “Green light!” the other players try to get as close to the “Traffic Light” as possible
- If the “Traffic Light” spots anyone moving then they have to go back to the start line
- The first person to tag the “Traffic Light” wins and gets to be the next “Traffic Light”

COACHING CUES FOR PARENTS:

Freeze – Stop what you’re doing / freeze your body in whatever position it’s in

MATERIALS REQUIRED:

None



Simon Says

AGES:

3 years and older

OBJECTIVE:

To only do the actions that Simon says

INSTRUCTIONS:

- Designate one person to be "Simon"
- "Simon" starts by saying, "Simon says <insert action here>" (E.g. jump up and down, stand on one leg, touch your nose). Everyone must then do that action
- If "Simon" makes an action request without saying, "Simon says", anyone who does that action is out
- The last person still playing in the end will be "Simon" for the next round

MATERIALS REQUIRED:

None



Tag Frisbee

AGES:

8 years and older

OBJECTIVE:

To try to catch the Frisbee from the other team

INSTRUCTIONS:

- Divide the kids up into two teams and designate one team as “it” and one as “not-it”
- The “non-it” team start with the Frisbee and throw it back and forth between teammates while trying to keep it away from the “it” team
- If an “it” team member catches the Frisbee, the whole team switches from “it” to the “non-it” team

COACHING CUES FOR PARENTS:

Throwing Frisbee – stand sideways to the direction you want the Frisbee to go / move your arm forward quickly and snap your wrist with a spring-like motion

MATERIALS REQUIRED:

One Frisbee



Frisbee Golf

AGES:

5 years and older

OBJECTIVE:

To get your Frisbee into all of the target nets with the least number of throws as possible

INSTRUCTIONS:

- Arrange the target nets as you wish, as if you were creating holes on a golf course (the further apart you place the target nets the harder the course will be). Use pylons or cones to mark the starting point for each net
- Each player takes turns throwing their Frisbee, keeping track of how many throws it takes to get their Frisbee into the net
- The player with the least number of throws once done the course wins

COACHING CUES FOR PARENTS:

Throwing Frisbee – stand sideways to the direction you want the Frisbee to go / move your arm forward quickly and snap your wrist with a spring-like motion

MATERIALS REQUIRED:

Frisbees, target nets, and cones or pylons

VARIATIONS:

Play against the clock - give the players a set amount of time, when the clock ends the player that is furthest along the course wins.

