



PLAYWORKS

Active Indoor Recess Kit

POWERED BY



For Grades 3-5



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OPERATION

+

Bandage Tag

Knowing how to move our bodies helps to keep us healthy and active. Operation and Bandage Tag give us the chance to understand how our bodies work and what cool things they can do.

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Bandage Tag

Development Goal

To develop eye-hand coordination

Before You Start

- Demonstrate safe tagging:
 - Light touch, like butterfly wings, on the shoulder, upper arm or upper back.
 - Unsafe tags: hard contact that might cause the person being tagged to fall.
- Review what to do when you get tagged.
- Make sure players know where the care zone is and how to be fixed.

Set Up

Designate a clear playing area using cones or sidewalk chalk to mark clear boundaries. Designate a care zone outside the play area using visible boundaries.

How to Play

- In this game, every player is it and can both tag others and be tagged.
- If a player is tagged, that player must take one hand and put it directly on the place where they were tagged. The hand is a bandage.
- After being tagged once, players continue to run around, avoid being tagged and attempt to tag others, but they must keep their bandage on and therefore only has one free hand.
- If a player is tagged again, they must take the other hand and place it on the second spot where tagged. The player can still continue to run around with both bandages on.
- If any player is tagged a third time, they have to go to the care zone and do five jumping jacks (or another pre-determined action) to get back in.



SCATTERGORIES

+

**Categories
4 Square**

Finding things in common as a way of making connections with other people is a great skill to practice. Scattergories and Categories 4 Square both give us the chance to think quickly and challenge ourselves to learn new facts about each other.

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Categories 4 Square

Development Goal

To categorize items, think of an item and say it out loud while playing.

Set Up

Make sure you have enough playground balls and a four square court, one large square split evenly into four squares.

How to Play

- Following standard four square rules. With one additional rule... before you can hit a ball out of your square you need to say something in that round's category.
- If you do not say something in the category or repeat something already said, you go to the line.
- The server starts by identifying the category outloud, such as fruits.
- The server would then say a fruit and serve the ball into someone else's square.
- The player could say pear and hit it in someone else's square and so on.
- Categories can be repeated, a category's round ends when a person makes a mistake and goes to the end of the line.

Before You Start

- Get everyone's attention.
- Explain to them that this is a game similar to four square.
- Have them repeat the rules of four square or go over them again yourself.
- Explain what a category is and give a few examples, such as fruit is a category. Ask what could go in that category? What wouldn't go in that category? What are other categories?

Variations

For younger players, you may need to give them a few simple categories to pick from, such as colors, animals or shapes.

Hasbro Gaming
MONOPOLY
DEAL

+

**Capture
the Flag(s)**

**Even when things
don't go as planned,
there is always a way to
work through it. Monopoly
Deal and Capture the Flag
are games that test our
planning skills and our abilities
to work together as a team.**

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Capture the Flag(s)

Goal

To develop teamwork, cooperation, strategic thinking and verbal communication.

Before You Start

Divide into two teams.

Make sure everyone understands and knows all rules and know where the boundaries are located.

Demonstrate safe tagging: light touch, like butterfly wings, on the back or shoulder. Unsafe tags: hard contact that might cause the person being tagged to fall.

Set Up

Divide the playing field in half and designate two small “zones” on both sides to hold people who are tagged. There can also be a designated circle on each side where the flag is placed.

How to Play

Each team tries to take the other team’s flag and return across the center line without being tagged.

When guarding the flag zone or the holding zone, a defender must be at least 2’ away from the zone boundaries.

If a player is tagged while on their opponent’s side they must go to the holding zone on their opponent’s side.

If a player who has stolen the flag is tagged, the flag is returned to the flag zone, and the player goes to the zone.

A player can be freed from the holding zone when a teammate crosses the center line and tags the player; both players then receive a free walk back to their side.

A player can only free one teammate at a time.

If an opposing player can get both feet into the flag zone without being tagged, they can remain there without safely (without getting tagged) before attempting to cross the center line.