

SPARK GAMES – Quick Reference

1. Cool Corner

Equipment Needed: Cones

Set Up: Create numbered corners by putting that number of cones in different corners. Corner #1 will have 1 cone, Corner #2 will have 2 cones, Corner #3 will have 3 cones, and Corner #4 will have 4 cones.

How to Play:

1. Instruct players to pick a corner and go to it.
2. Designate a COOL KID to be in the middle.
3. Cover the COOL KID's eyes and instruct the rest of the players to pick a corner, giving them only a certain amount of time to get there.
4. COOL KID must keep their eyes closed until after they call the number.
5. COOL KID picks a corner.
6. Whatever corner COOL KID picks, any players in that corner are out.

Tips:

- Be sure to rotate a COOL KID.
- Remind players that if the COOL KID can't hear where they are going, it will be harder for the COOL KID to know what corner has players in it.

2. Steal the Bacon

Equipment Needed: An object (something to be used as “bacon”)

Set Up: Place the bacon in between the 2 lines.

How to Play:

1. Divide the class into 2 teams.
2. One object is required to be the bacon; a glove is a common choice.
3. The members of each team are numbered. They form two opposing lines and place the bacon in the exact center between them.
4. The Instructor then calls out a number. The players on each side who are assigned to that number are the players for that round. No other team members leave their side of the field.
5. Neither player may touch the other until someone touches the bacon. Once a player touches the bacon however, the other player may tag him/her.
6. If a player is able to grab the bacon and carry it back over to his/her side, that team scores a point.
7. If a player is tagged after touching the bacon and before he/she returns to their own side, the team that tagged him/her scores a point.

Tips:

- Note that the sequence of play usually involves 2 kids running out and hovering over the “bacon”, waiting for a slight advantage to grab it and run back before the other player can react.

3. Clean Up Your Backyard

Equipment Needed: Balls, Cones

Set Up: Create a rectangular boundary with cones.
Create a "No Man's Land" boundary in the middle of the gym/field- this area should extend all the way across the boundary.
Spread balls all over the boundary.

How to Play:

1. Divide the class into 2 teams.
2. No players are allowed in the "No Man's Land".
3. Players begin by sitting on their "No Man's Land" line.
4. When the whistle blows, players may get up and begin throwing all the balls on their side to the other teams' side.
5. The object of the game is to have the least amount of balls on your team's side.

Tips:

- Balls should not be kicked; unless you are only using soft dodgeballs.
- Incorporate ways players can get more points; i.e. - making a basket on the other teams side, hitting a cone on the other team's side, etc.
- Designate a special ball that can only be held onto for 3 seconds but will make your team lose points if the ball is on your side when the whistle blows to end the game.
- Give penalty for throwing balls after the whistle.

4. Speed Ball

Equipment Needed: Ball

Set Up: No set up needed.

How to Play:

1. Players should form a small circle.
2. All players are on the same team working together.
3. Players are to pass the ball in a designated direction without skipping any players.
4. Type of pass should be decided by the Instructor; i.e. - chest, bounce, kick, roll.
5. Instructor should create time limits that players have to beat to get ball around the circle.
6. Circle should get bigger with each round.

5. Basket—Ball

Equipment Needed: Pop Up Baskets, Balls

Set Up: Options – end to end goals, goal in the middle, four corner goals

How to Play:

1. Ultimately this game is about tossing balls into the baskets
2. Instructor can determine if the game should be a dumbed down version of basketball or handball, or whether the game should be played with multiple balls with teams trying to get them all into whichever basket they want
3. Implementing players playing defense is very difficult, so the focus should be on participants tossing the ball into baskets
4. One version of the game would be for it to be set up as varying distances of targets and players trying to toss the balls into the different baskets to accumulate points

6. Remote Control

Equipment Needed: No equipment needed.

Set Up: No set up needed.

How to Play:

5. Players are to spread out all over the playing area.
6. Instructor will yell out commands for a remote control.
 - a. **Play**- players move about normally
 - b. **Stop**- players freeze
 - c. **Rewind**- players go backwards
 - d. **Fast Forward**- players go as fast as possible
 - e. **Slow Motion**- players move as slow as possible
 - f. **Eject**- players fall down to the ground

7. Animal Crawl

Equipment Needed: Cones

Set Up: Create a rectangular boundary with the cones.

How to Play:

1. Players line up on one side and wait to hear directions from the Instructor.
2. Instructor will call out an animal.
3. Each player must move from one line to the other acting as that animal.

8. I Like

Equipment Needed: No equipment needed.

Set Up: No set up needed.

How to Play:

1. Players stand along a designated line.
2. Instructor starts in the middle and says something they like - "I like chocolate chip cookies".
3. Any player who also likes chocolate chip cookies has to run to the line and back.
4. The last person to make it back to the line comes out to the middle and says something they like ("I like pizza").

9. Simon Says

Equipment Needed: No equipment needed.

Set Up: No set up needed.

How to Play:

1. Players are to follow whatever directions Instructors give as long as they begin their directions with "Simon Says."

Tips:

- Use your own name instead of "Simon" so players can learn your name.
- Remember to be creative when making up tasks.
- If you don't say "Simon Says" when giving a direction perform the motion yourself to throw off players.
- This game can be played with any sports equipment to work on skills.
- Some examples are: "Simon Says" jog in place, jumping jacks, hop on 1 foot, etc...

10. Soccer Shot

Equipment Needed: Balls, Cones, Goals

Set Up: Create playing field with cones and goals

How to Play

1. Each player is to take a penalty shot on the Instructor.
2. The ball must be stationary before the player takes the shot.
3. The goalie must stay on the line.

11. Egg Hunt

Equipment Needed: Balls, Cones

Set Up: Create “baskets” with the cones.

How to Play:

1. Instructors or players throw balls all over the field.
2. Players are released to retrieve balls and dribble them back to the basket (coned area).
3. Object is to collect most balls the quickest.
4. If player loses a ball while dribbling back to their “basket”, they must leave it there and seek out another available ball.
5. Players may not take balls from other player’s baskets.
6. Multiple rounds are recommended.
7. Add defenders that the players must beat before they can get the ball to the basket.

12. Obstacle Course

Equipment Needed: Cones, Balls (any kind, be creative), Stopwatch

Set Up: Create an obstacle course using all equipment at your disposal.

How to Play:

1. Line players up behind the start cone.
2. One player goes at a time through the obstacle course, with the coach timing them.
3. When they are finished, tell the player what their time was.
4. Have each person go through, then go again, instructing them to try and beat their time.

Tips:

- Some examples of “obstacles”: cones to run over, sit ups, push-ups, balancing a lax stick on their finger and running, sprinting, running backwards, crab walk, bear crawl.

13. Pokemon

Equipment Needed: Balls, Cones

Set Up: Create a playing field with cones.

How to Play:

1. All soccer balls are placed into stacks in the middle of an area.
2. Divide players into 4 groups and each group is in a corner.
3. Players in the front of the stacks runs to the middle, gets a soccer ball, and dribbles back to their group’s corner.
4. The next person may not go until the person in front of them has returned dribbling the soccer ball.

14. Lilly Pad Leap

Equipment Needed: Cones

Set Up: Place Cones all over playing area.

How to Play:

1. Place cones all over open space; do not make them too far apart from each other.
2. Instructor will blow whistle and kids will hop/jump to an open 'Lilly Pad'.
3. Kids will stop on the 'Lilly Pad' until instructor blows whistle again.
4. You can begin removing 'Lilly Pads' each round so that there will be more kids than 'Lilly Pads'.
5. This takes on a musical chairs element to the game.

15. Home Run-Run

Equipment Needed: _____ No equipment needed.

Set Up: Set up playing field with cones

How to Play:

1. Divide the class into 2 teams.
2. Have one team start on home and one team start on 2nd.
3. 1st players from each team should have a ball in their hand.
4. On a signal each team will start running around the bases.
5. After each player runs around the bases, he/she will hand the ball to the next player.
6. 1st team to get all players completely around the bases wins.

16. Maze Trip / Follow The Leader

Equipment Needed: Cones

Set Up: Set Up Obstacles (like cones to run through or balls to jump over)

How to Play:

1. This a follow the leader run.
2. The coach starts out as the leader; the class is in a straight line behind the coach.
3. Start running a light jog.
4. Tell the kids they must do whatever the leader does.
5. Incorporate different motions, like running backwards, crabwalk, lunges, running up stairs.
6. Call out the different motions as you do them.
7. After a few minutes, let a kid be the leader.
8. Switch out leaders frequently.

17. Red Light, Green Light

Equipment Needed: No equipment needed.

Set Up: No set up needed.

How to Play:

1. Designate a player to be "it".
2. All other players should line up on the other side of the area.
3. When "it" player says green light, other players may move and advance toward the "it" player.
4. When "it" player says red light, all other players must stop.
5. If players do not stop, they are out and go back to the starting point.
6. Players that make it to the end of the playing area without getting tricked, win.

Tips:

- This can be used to practice skills in any sports.
- You may have the players use sports equipment in this game.
- Instructor can be "it" and use the whistle to indicate stopping and starting instead of calling out red light, green light.

18. Safe Base

Equipment Needed: Cones

Set Up: Create 4 or 5 "Safe Bases" throughout the playing area using cones.

How to Play:

1. The coned squares or rubber mats are "Safe Bases".
2. Designated a player to be "it".
3. When the whistle blows players have to run to a new safe base without getting tagged.
4. If players get tagged, they then also become "it".

Tips:

- Change motion players have to use to get to bases; i.e.- skipping, hopping
- You may not leave a "Safe Base" and come right back to it.
- If you have dodgeballs, you may have "it" players use them to tag people by throwing the balls at players- No head hunting.
- Players start and stop on the whistle travelling to one base at a time before the next round.

19. Freeze Dance

Equipment Needed: Speakers/Music

Set Up: No set up needed.

How to Play:

1. Players begin to dance when the music starts and continues to play.
2. When the music stops, players must stop dancing.
3. If a player fails to stop dancing when the music stops, they are out.

Tips:

- Players who are out do not have to stop playing; you can put them in a designated “Out Space” where they may keep playing but cannot be the winner.

20. Touchdown Dance

Equipment Needed: Speakers/Music/Footballs/Cones

Set Up: Set up an endzone for players to run into

How to Play:

1. Players line up to get a handoff from the coach
2. Once player receives handoff from coach, they run with ball into endzone
3. In endzone, they spike the ball, then do a celebration dance

Tips:

- Demonstration is key with this game. Show kids how it’s done!

21. Hammer Throw

Equipment Needed: Tube Sock w/ball inside, cones

Set Up: Set up different distances with cones

How to Play:

1. Players line up to take turns swinging “hammer” and throwing it as far as they can
2. You can also play with an accuracy contest
3. Having multiple “hammers” helps pace the game

Tips:

- Safety is key. Make sure you have rules in place for kids to understand when they can swing the “hammer” and when they can’t.

22. Bean Bag – Closest to the Pin

Equipment Needed: Bean Bags, Cones or Targets

Set Up: Set Up Targets

How to Play:

1. Make Teams
2. Set up targets
3. Give each player three turns
4. Move throwing line back each round
5. Make consequences after each round (push-ups, etc.)

23. Paddle—Ball

Equipment Needed: Dodge Balls, Kickballs

Set Up: Set Up Mats (dots) in a circle for each player to stand on facing inside the circle

How to Play:

1. Players form a standing circle with their legs wide
2. Each players feet should be next to the player's feet beside them
3. Begin with one ball
4. Player's should be bent over with flat hands
5. They are to 'paddle' the ball around the circle never letting it stop
6. It must be one touched
7. You may incorporate different rules, and try to get the ball to go through other players legs, eliminating them from the circle
8. Add more balls

24. Balloon BOP

Equipment Needed: Balloons, Rope for line or net

Set Up: Set Up Tennis Like Space / Volleyball Like Space

How to Play:

1. Start with one balloon in play
2. Teams try and hit to other side of playing area
3. Try to keep ball from hitting the ground
4. Add more balloons as play continues

25. Four Score

Equipment Needed: Balls, Cones

Set Up: Create a goal made of cones for each team.

How to Play:

1. Divide the class into 4 equal teams.
2. Put each team in a corner.
3. Each team is given a ball.
4. Each team also has a goal made of cones.
5. The object of the game is to try and score on other teams, as well as protect your goal from getting scored on.
6. 10 points for scoring a goal.

Tips:

- This game can be used with any type of sport.
- Tell players that they should have some people playing offense, some playing defense.
- You can incorporate different rules- must pass 3 times before scoring; must go to a different goal after scoring.

26. Duck Duck Goose

Equipment Needed: No equipment needed.

Set Up: No set up required.

How to Play:

1. Duck Duck Goose is played by having the class sits in a circle.
2. One player is designated as the "Ducker."
3. The "Ducker" walks around tapping each player in turn, calling each one a duck until he/she labels one a "Goose".
4. The "Goose" then gets up and tries to tag the "Ducker".
5. The "Ducker" has to run around the circle and try to get back to the players spot.
6. If the "Ducker" is successful, the "Goose" is now the "Ducker".
7. However, if the "Goose" is successful in tagging the "Ducker", the "Goose" is allowed to return to his spot.
8. The game now starts all over again

27. Relay Race

Equipment Needed: Baton (optional)

Set Up: No set up required.

How to Play:

1. Players divide into teams of even numbers.
2. All players on a team run the same distance one after another and pass the baton/high five the next player.

28. Golf Toss

Equipment Needed: Balls, Cones

Set Up: Set up cones (4 to 6) all around the programming area (like a gold hole)

How to Play:

1. Divide the class into 3 or 4 groups- each group throws towards its own cone.
2. Station an Instructor near each cone.
3. Each team's goal is to knock down its cone with the fewest throws possible.
4. The first person in each group throws the ball at the cone.
5. The ball is left where it lands, just like golf.
6. The player furthest from the cone goes first the following round.

29. Guard Dog

Equipment Needed: Balls, Cones

Set Up: Create a rectangular boundary with the cones.
Place all the balls in the center of the playing area.
Set up a safe zone at the end of the playing area.

How to Play:

1. This game requires a lot of Instructor enthusiasm and acting, they are the "Guard Dog".
2. Instructor is to sit or lay down in the middle of the playing space.
3. He/she should be surrounded by balls.
4. As the "Guard Dog" he should keep an eye on all of the balls.
5. All players should try to steal balls and run to safe zone without being tagged by the "Guard Dog" or getting hit by a ball.
6. Instructor can pretend to sleep to try and lure players to try and steal the balls.
7. If all the balls get stolen game can be repeated over and over again.

30. What Time Is It Mr. Fox

Equipment Needed: No equipment needed.

Set Up: Designate a starting line and where "Mr. Fox" should stand.

How to Play:

1. Pick a player to be "Mr. Fox" and have the remaining players stand at the starting line.
2. Players at the starting line will ask "What time is it Mr. Fox?".
3. "Mr. Fox" will answer "1 – 12 o'clock". When the time is called, players must take steps corresponding with the time called (One o'clock = One step, Five o'clock = Five steps, etc.) towards "Mr. Fox".
4. This continues until "Mr. Fox" says "dinner time", at which point players will try to run back to the starting line and "Mr. Fox" will try to tag someone.
5. If a player is tagged, they become the new "Mr. Fox".

Tip:

- You can designate multiple players to be a fox.

31. Hokey Pokey

Equipment Needed: Speaker/Music(Optional)

Set Up: All players stand in a circle.

How to Play:

1. Players begin to sing "Put your right hand in, take your right hand out, put your right hand in and you shake it all about, You do the hokey pokey and you turn yourself around, that's what its all about."
2. Then continue singing, exchanging a different body part (left hand, right foot, left foot, etc) for the right hand.
3. While singing, players follow along by putting the body part named towards the center, taking it out, or "shaking it all about" when told.

32. Limbo

Equipment Needed: Speaker/Music, Stick/Pole/Bar

Set Up: Two people or stands hold the bar parallel to the floor.

How to Play:

1. Players line up on one side of the bar and one-by-one pass under the it.
2. To pass, players must lean back and walk under the bar without touching it.
3. After each player has gone in a round, the bar is made lower.
4. If a player touches the bar as they try to pass, they are out.

33. Parachute Play – See corresponding curriculum

34. Yoga Moves – See Reference Documents