Your Guide to the Playground Games

DELTRAN TOWNSHIP PUBLIC SCHOOLS
Millbridge and Delran Intermediate Schools
2015-2016
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Project History

A Requirement for More Active Play Opportunities for our Elementary School Students:

As the Common Core added more time in the classroom, our K-5 students have a greater need to release their energy on the playground. As a result, the administration has collaborated on multiple projects to enhance those opportunities at both Millbridge Elementary School and Delran Intermediate School. Included in those efforts are the products of collaboration with Delran High School, the Delran Township Green Team, the Millbridge Green Team, Sustainable Jersey for Schools, The Perkins Center for the Arts, Rutgers Cooperative Extension and McHugh’s Landscaping. The goal of each piece of this project is to enrich the wellness of our students as well as to provide a co-curricular experience for our elementary level learners. This summer, stencils were painted and a rain garden was installed to satisfy the objectives of this project.

Peaceful Playgrounds as a Recess Program:

Some of the activities that are part of this project are a result of the Peaceful Playgrounds company idea. The purpose of a program, like Peaceful Playgrounds, is to introduce children and school staff to the many choices of playground games. The Peaceful Playgrounds blueprints, playground stencils, and playground game guides make laying out a new playground. The stencils we purchased will help to organize and manage our playgrounds at Millbridge and DIS. Since children can now have an active play area that spreads kids across the entire playground, this should result in fewer behavioral problems as well as increased opportunity for releasing energy and making curricular connections. Over 8,000 Schools are using some part of this program.

Connection to Sustainable Jersey for Schools:

Sustainability is made up of three important parts: People, Prosperity and Planet. If our students and staff are not healthy citizens, then we cannot be good stewards to the Earth or focused learners. Because Millbridge Elementary School has had a Green Team in place since 2009, the newly initiated Sustainable Jersey for Schools program has allowed Delran Public Schools to apply for certification as a “Green School”. With that opportunity comes grant funding through some large donors. Since our application process began in the Spring of 2015, we have already won a $2,000
PSE&G Capacity Grant (June 19, 2015) and a $4,000 NJDOH Capacity Grant (August 24, 2015).

The $2,000 in funding from the PSE&G grant went towards a project called “Rain Gardens for Recess—A Green Infrastructure Installation and Program to Promote Physical Activity”. This money was needed to fix a problem, the run-off of our storm water from the Millbridge flat roof, which limited the students’ usage of the playground blacktop and perimeter. By installing rain gardens in two areas of the playground, the goal is to purify stormwater from the roof surface, limit standing water on and around the playground blacktop surface, beautify the school and have expanded opportunities for physical activity.

**Partnership with DHS students:**
Giving back to their elementary schools was a major goal of two projects proposed to the Delran High School technology and art students this past school year. The DHS Drafting students completed a project to design playground games for our K-5 students by investigating an international game and designing a stencil. They were to design and create their own stencil using CADD software. Once completed and approved, they were also required to etch and spray paint the final product onto the ground. Additionally, the DHS Industrial Arts students sanded, primed, researched and painted the blocks for each of the 50 states and the District of Columbia. For DIS, the students also made the state capitals. These “game piece” state placards can be manipulated on that map, which will get the students up and moving as they think about our country. This fall, the DHS Art students are finishing the work started by the DHS Industrial Arts students, to ensure that we have all 50 states, D.C and the capitals.

**Partnerships with the Delran and Burlington County Community:**
In order to collaborate on these efforts and further our goals, community partnerships began to emerge. First, Millbridge will begin an ARTS Residency Program with the Perkins Center for the Arts, to collaborate on a mural project in the Spring of 2016. This mural will be installed during a proposed Earth Day Festival event on April 22nd. Additionally, through the assistance of Rutgers Cooperative Extension, the major issues with resources and rain garden installation are being addressed. Finally, with the services of McHugh Landscaping, the grounds at Millbridge are becoming an outdoor classroom accessible by all.

*McHugh’s Landscape design for the Millbridge “Lower Garden” (addressing storm water runoff and playground accessibility after a rain event) and the completed project.*
**Students Teaching Students:**
This fall, representatives from the high school will be on hand to demonstrate how the games are played. These DHS students will model active play while educating about the games, including the international games associated with the stencils. In future years, the Green Team will teach these activities to their fellow school mates at Millbridge.

**What’s Next?:**
- At Millbridge, a second area on the playground will be prepared for a rain garden, called “The Upper Rain Garden”. This will once again address the problems associated with stormwater runoff. Further grant opportunities, through the Sustainable Jersey for Schools program, are being explored to pay for the work that must be done. The goal is to install the rain garden around Earth Day, April 2016.
- More interdisciplinary connections will be made with Educating for Sustainability, including how the EfS model can be used to encourage students to see the interconnectedness of people, planet and prosperity, through the Green Team members of Millbridge.
- Additionally, Green Teams will be created (starting at DHS in 2015-2016). Some of their work will include completion of US state/capitol blocks, educating students about wellness, Jake’s Place fundraising connection and growing plants at DHS’s greenhouse for use in the Upper Rain Garden at Millbridge.
- Over the next four years, the district would like to establish Green Teams at all four schools as well as on a district level.
- Even the community will be able to play some of the games on the playground as a result of shadow boxes that will be built by the DHS Industrial Arts students. The shadow boxes will be affixed to the outside walls of the building, with instructions on how to play the games.
- Imagination Playground at Millbridge will be further explored for best practices in its use and possibilities.

**Supports:**
- This instruction manual serves as your explanation of the games and the reason behind the project.
- Professional development will occur to make the games understandable for students, recess aides and teachers.
- A log for playground usage will be accessible for use during class time by teachers. In order to make curricular connections in literacy, math, social studies and science, the playground can be a source of support in instruction.
- Both schools will have a cart of materials available for the students to use, during the school day.
Fox and Geese: A Game of Tag

**Origin:** Unknown

**Average number of participants:** 2-6

**Individual or team?:** Individual

**Gross Motor Rating:** Medium

**Competition Level:** Medium

**Equipment:** A piece of chalk to mark the “safe zone”

**Object of the game:** To not be tagged by the fox

**How to play:**

- Choose one person to be the fox; all other players are geese.
- The children should designate one of the boxes as the “safe zone”. Geese can't be tagged when they're standing in the “safe zone”.
- All players must run only on the paths (the lines of the game board) until one goose is tagged by the fox.
- As soon as the fox catches a goose, that goose becomes the new fox.
Triangle Game

Origin: Greece
Average number of participants: 2-6
Individual or team?: Team
Gross Motor Rating: Low
Competition Level: Low
Equipment: 3 Small colored stones or marbles (markers) per player
Object of the game: Earn 50 points the fastest through accurate tossing and counting

How to play:

· Each player obtains 3 markers
· Going one player at a time, the students stand on the “start line”
· Each player may take turns tossing their markers into the numbered sections of the board
· Markers may be knocked out of the triangle or into another section by another player’s marker
· When all players have tossed their markers, they add their scores for each section that the marker falls. (Markers only count if they are touching inside of the numbered section)
· Play ends when one player reaches 50 points
Sticks

Origin: Pakistan
Average number of participants: 2-6
Individual or team?: Team
Gross Motor Rating: Low
Competition Level: Low
Equipment: 20-25 Lummi sticks, 6 beanbags per team (12 total)
Object of the game: To be the team to knock out the most sticks out of the circle

How to play:

· Players should divide themselves into 2 teams, then line up at the “start line”; (two children may serve as assistants to count points and collect sticks and bean bags)
· Players spread out 20-25 sticks in the circle at random
· From the “start line”, on the count of three, one player from each team takes a turn tossing their beanbags at the sticks in the circle
· Any stick knocked completely out of the circle counts as a point for the team; if a dispute over who knocked out a stick occurs, then put the sticks back into the circle and the players can take another turn
· Teams should tally the points as they go
· Play ends when there are no more sticks left in the circle
Hopscotch (2 versions)

Origin: UK
Average number of participants: 1-4 per section (3 sections)
Individual or team?: Individual
Gross Motor Rating: Medium
Competition Level: Medium
Equipment: 1-3 beanbags
Object of the game: To be the first to hop over the beanbag at each square, without hopping outside/on any lines during your turn

How to play: MULTIPLE GAMES CAN BE PLAYED AT A TIME BY SECTION

· The first player tossed the beanbag into the first square.
· The player hops over beanbag in the first square, into the second square, hopping only on one foot
· Each hop should be on one foot in single squares and two feet in the double squares, until the player reaches the number ten.
· The player turns around with a hop on one foot and returns the same way, picking up the beanbag on one foot, when they reach it at the first square
· The next player(s) follow the same steps above
· The beanbag is thrown into the second square and continues in the same fashion until the player reached the number 10
· Should the beanbag land outside the grid or on a different square, the player loses their turn and must wait for the next player to perform
· If a player steps outside the grid they must return to beginning square number one and wait their turn to go
Foursquare

Origin: USA
Average number of participants: 4- unlimited
Individual or team?: Individual
Gross Motor Rating: Medium
Competition Level: Medium
Equipment: Rubber ball
Object of the game: To advance to the highest square (D) by eliminating other players to the lowest square (A).

How to play:
- Chose who will start on each square. The player in square D will begin the game by serving.
- The ball is bounced between players until someone makes an error and is eliminated. When a player leaves the court, the other players advance to fill empty squares and a new player comes into the game in the lowest square. A line of additional players standing to the side of the playing area wait for their turn to be added to the game, while eliminated players go to the end of the line.

Serving- Player D (server and highest ranked player) starts play by dropping the ball, calling a letter, then hitting under hand from the resulting bounce to the next player (receiver). That player lets the ball bounce once, then hits it into whatever square they choose, by calling the letter of their choice.

Bouncing- Receiving player lets the ball bounce into their square, then hits the ball underhand into the next square of their choice. This goes on until someone misses placing the ball inside another player's square. In foursquare, misplacing the ball inside another player's square results in elimination to the lowest box or the end of the line.

Eliminations- Players get eliminated and replaced with the person in the next lower box to you if you make any of these mistakes:
- Hit the ball out of the playing area
- Hit the ball without letting it bounce once in their own square;
- Hit the ball when it is not their turn to do so;
- Hit the ball after it has bounced twice in their own square;
- Miss returning a ball completely;
- Hold onto or “carry” the ball before returning it in an effort to guide the ball into a particular area of another player’s square;
- Hit the ball overhand instead of underhand.

Re-entering the game- If you are eliminated, go get at the back of the line of people waiting to be Letter A, or if you only have four players, go back to the Letter A.
US MAP GAMES will be in the actual package, Pages 10-34 in the manual

**PART 1**
https://drive.google.com/a/delranschools.org/file/d/0B1Mw45jd9ZatMjBVemYocVJjSlU/preview

**PART 2**  https://drive.google.com/drive/search?q=US%20Map

**PART 3**  https://drive.google.com/drive/search?q=US%20Map
Around the World:

**Origin:** USA  
**Average number of participants:** 2-8  
**Individual or team?:** Individual  
**Gross Motor Rating:** Medium  
**Competition Level:** Medium  
**Equipment:** Basketballs  
**Object of the game:** To advance through agreed designated spots around the free throw line before the other participants.

**How to play:**
- Pick out five spots on the court (around the free throw line) and let kids know they have to shoot and sink a shot from each spot.
- Starting at the beginning, every kid who scores moves to the next spot, and those who do not, stay in place until they do make a basket (as their classmates pass by).
- Goal is for everyone to make all five shots and repeat in reverse order before everyone else has completed the task.

Horse:

**Origin:** USA  
**Average number of participants:** 2-4  
**Individual or team?:** Individual  
**Gross Motor Rating:** Medium  
**Competition Level:** Medium  
**Equipment:** Basketball  
**Object of the game:** To make more baskets than your opponent.

**How to play:**
- One student tosses a ball through the hoop – if they make it, the next kid has to shoot from their spot.
- If the first student makes the basket, he/she gets to shoot again from another spot. If the first shot is missed, the next kid gets a turn to pick a spot to shoot from.
- If the next kid does not make it, they are given a letter (to begin spelling PIG or HORSE).
- This is repeated until one player racks up all the letters in the animal names.