

**101**   
**FUN**   
**PE GAMES**

**OUTDOOR  
GAMES**

## FOCUS



ENDURANCE



FINE MOTOR

## GROUP SIZE

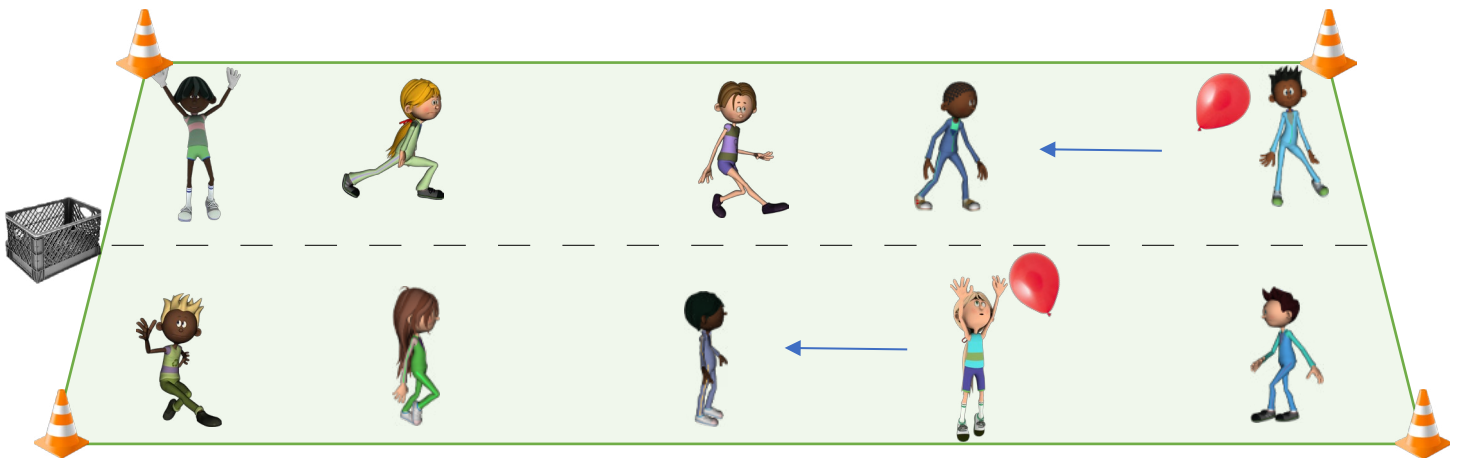


## EQUIPMENT

Cones, 2 balloons filled with air, 1 milk crate

## SETUP

Mark off a playing area with 4 cones as well as divide the playing area into 2 sections (as seen in image). Place the children on 2 teams and have them form a straight line extending the length of the playing area. This game may be difficult on a windy day outdoors.



## INSTRUCTIONS

1. The objective of this activity is for each team to have their balloon travel from the start line to the finish line by tapping it from player to player.
2. On 'go' the first child in line must tap the balloon as many times as needed to the next child in line who must continue the tap to the next player in line. The process continues until the balloon crosses the finish line and lands in the milk crate first. The last child in line must tap the balloon gently until it lands in the milk crate.
3. If the balloon touches the ground, the balloon must go back to the start line as the team must begin again.
4. If the last child misses getting the balloon into the milk crate, again, they must go back to start and begin again.

### MAKE IT EASIER

- Shorten the distance the balloon must travel.

### MAKE IT HARDER

- Increase the distance the balloon must travel.

## FOCUS



GROSS MOTOR



ENDURANCE

## GROUP SIZE

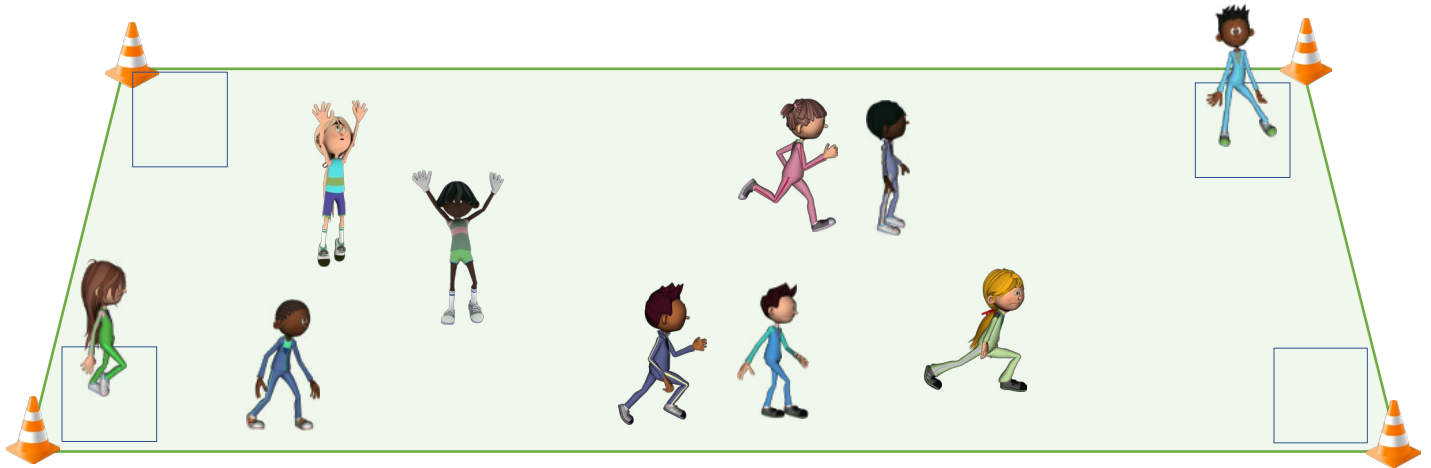
10+

## EQUIPMENT

Cones

## SETUP

This is a great game to play in a large open field. Mark off the playing area with 4 cones and pick 4 children to be the bug catchers. The rest of the kids will be bugs. Each cone area will be a specific bug catcher's home base.



## INSTRUCTIONS

1. On 'go' the bug catchers will run around the field chasing all the bugs.
2. When a bug gets caught, they must go to the specific home base of the bug catcher that caught them.
3. The game continues until all the bugs get caught.
4. At the end, the bug catcher who got the most bugs wins, as well as the last bug to be captured.
5. When the game is over, pick new children to be the bug catchers.

### MAKE IT EASIER

- Only have 2 bug catchers to make the playing area more controlled and safer.

### MAKE IT HARDER

- Keep the amount of bug catchers at 4 for a greater challenge.

## FOCUS



GROSS MOTOR



STRENGTH



ENDURANCE

## GROUP SIZE

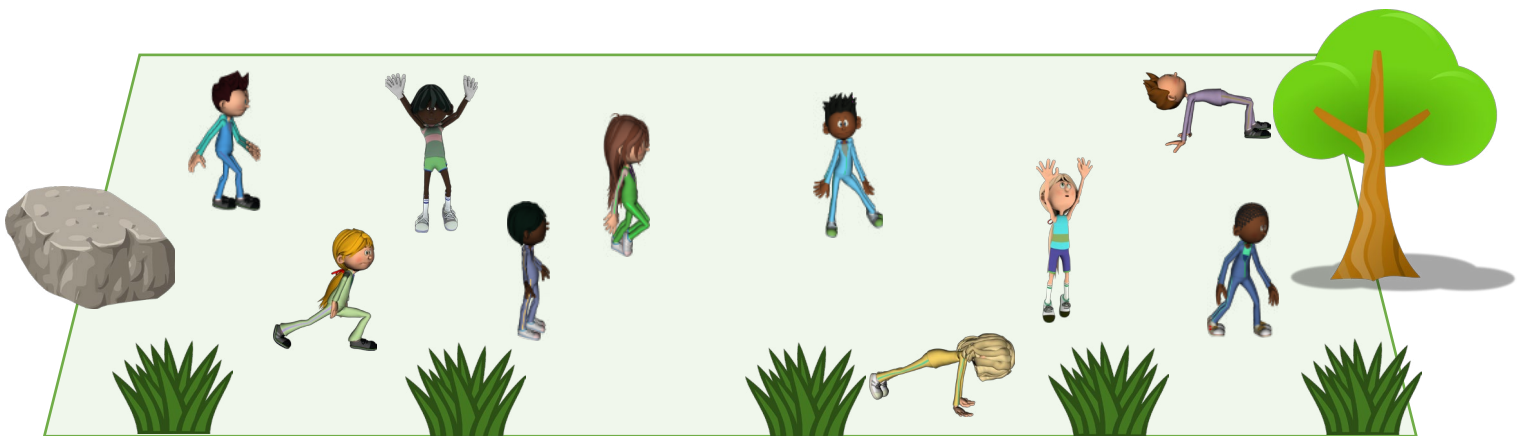


## EQUIPMENT

Notecards/paper and pen for fitness notes

## SETUP

Hide fitness notes in a designated playing area and spread the kids out all around this area. Hide about 50 notes.



## INSTRUCTIONS

1. On 'go' children will run around a playing area, looking for fitness notes. The notes may say things like "do 5 push-ups," "perform 10 jumping jacks"...etc. Be creative and hide about 50 of them.
2. When a child finds a note, they must perform the task, then look for more.
3. After 5 minutes, call all the children back to the main area.
4. Whichever child finds the most notes wins that round.
5. If you have a lot of kids for this activity, they can travel around in pairs and perform all the exercises together.

### MAKE IT EASIER

- Make the exercise challenges easier with less repetitions.

### MAKE IT HARDER

- Increase the number of repetitions the children have to do with each exercise.

## FOCUS



GROSS MOTOR

## GROUP SIZE

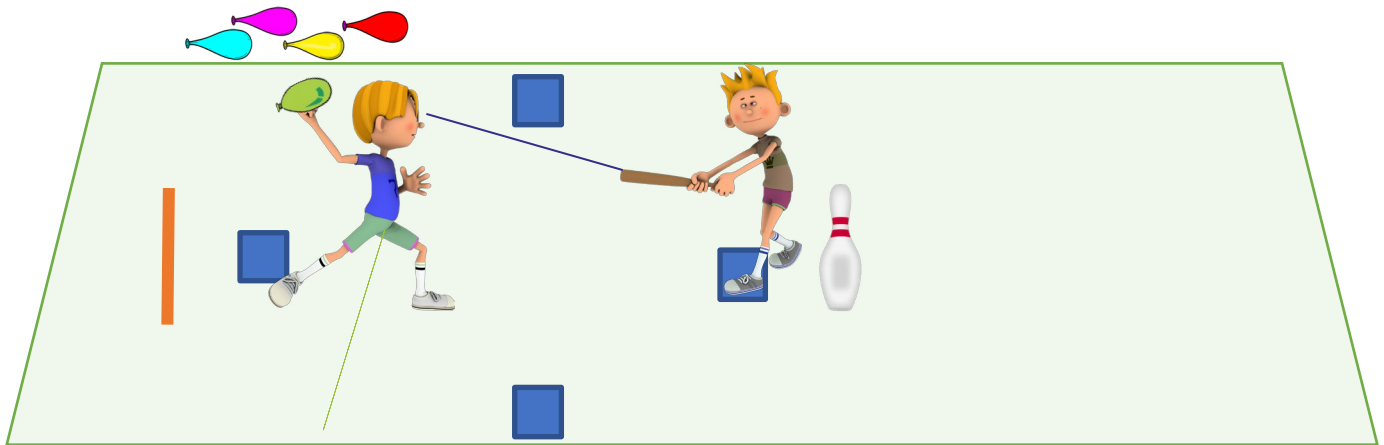


## EQUIPMENT

Whiffle ball bat, water balloons, bases, bowling pin, rubber kickball

## SETUP

Place children on 2 teams. Set up regular bases and place a bowling pin behind home plate. Place a throwing line behind second base. Fill up dozens of water balloons. The more the better. This game works best in warm weather; make sure kids and parents are aware the kids' clothes will get wet.



## INSTRUCTIONS

1. Set up children as you would for regular baseball. For younger children, it would be helpful to pitch water balloons underhand for higher degree of success.
2. Each child gets one swing per bat, and every child gets up for each team; do not worry about keeping track of outs.
3. If a child swings the bat and breaks the balloon, they must run around all the bases without stopping.
4. Once broken, the fielding team designates 1 child to bowl a kickball from the throwing line (orange line in image) at the bowling pin behind home plate.
5. If knocked over before runner gets home, the fielding team gets a point, but if the pin is not knocked over, the batting team gets the point.

### MAKE IT EASIER

- If the bowler misses the pin, give them multiple chances to roll at the pin to get the runner out.

### MAKE IT HARDER

- Give the bowler only 1 chance to knock over the pin.

## FOCUS



GROSS MOTOR

## GROUP SIZE

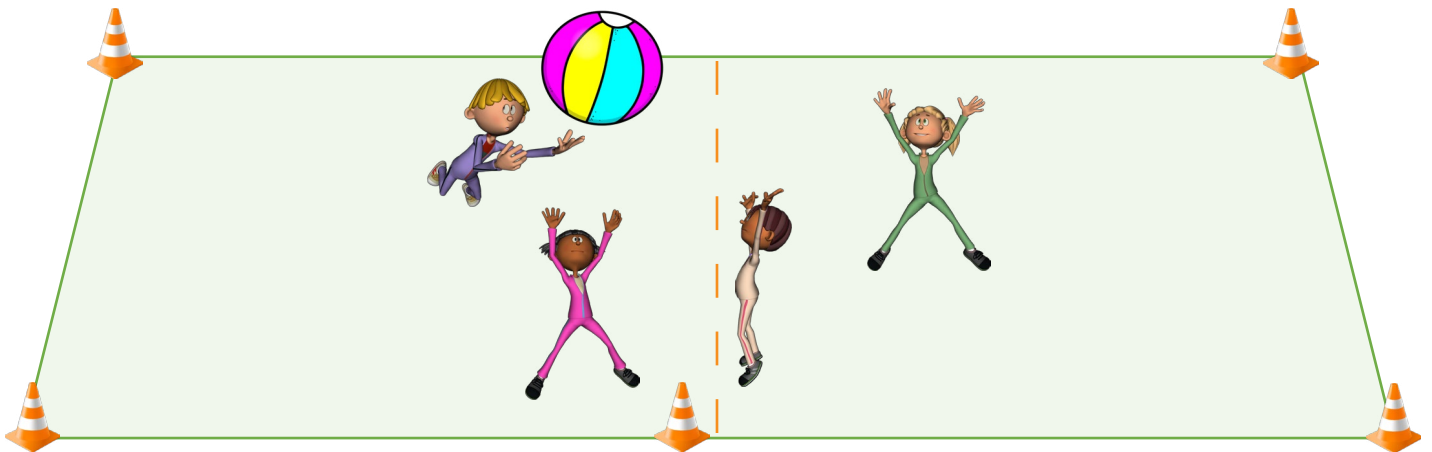


## EQUIPMENT

Cones, rope, beach ball

## SETUP

Mark off a rectangle playing area using cones. If you do not have a portable net, you can just use 2 large cones with a large rope connected to it. Divide the children into 2 teams on each side of the net.



## INSTRUCTIONS

1. Each team takes turns starting off with the ball. On 'go' the team with the beach ball must hit the ball over the net to the other team's side.
2. This team can take as many taps of the ball they would like, with the objective of getting the ball to go onto the other team's side. Then, both teams will continue the pattern of hitting the ball back and forth.
3. Failure to get the ball successfully to the other team's side results in a point for the other team as well as if your team hits the ball out of the boundaries.
4. After a point, play resumes again as the other team now starts off with the ball.

### MAKE IT EASIER

- Give the kids as many taps as they would like to hit the ball back to the other side.

### MAKE IT HARDER

- Allow each team to only hit the ball over the net with 3 taps or less.

## FOCUS



TEAMWORK



GROSS MOTOR

## GROUP SIZE

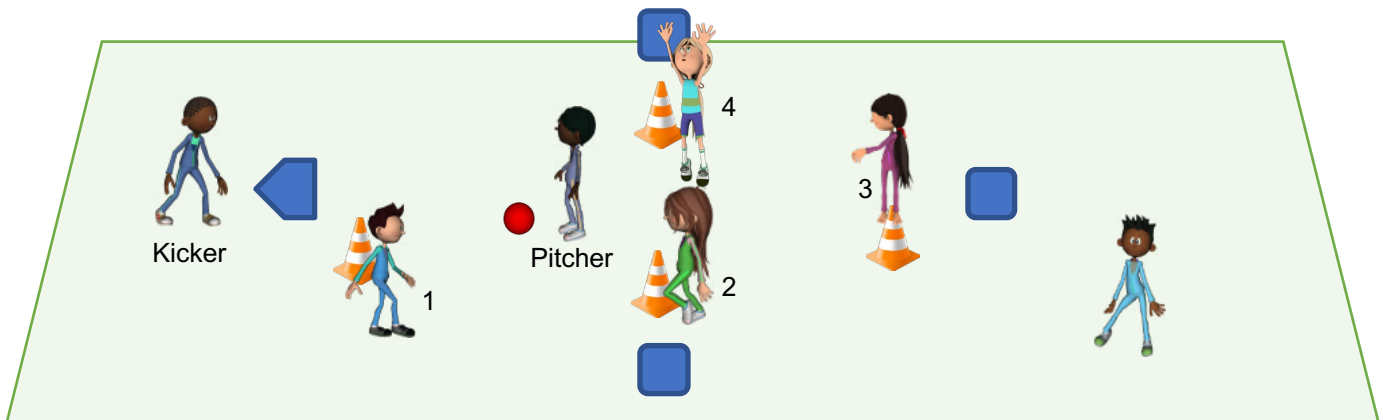


## EQUIPMENT

1 kickball, 4 cones, bases

## SETUP

Set up the children as if they were playing a regular game of kickball. Use 4 regular bases, but also set up 4 cone bases as shown in the image below. Give the pitcher a kickball. In our diagram, you will see the batter ready, with the fielding team on the field. There should be 1 player from the fielding team at each cone.



## INSTRUCTIONS

1. In this game, your team can get a point kicking or fielding, and all kids get a turn at “bat” before switching sides for each inning.
2. The pitcher will roll the ball to the batter. Once they kick it, the batter must run all the regular (blue) bases. Their objective is to run all the bases without stopping.
3. The fielding team must retrieve the ball and throw it to the child at the #1 cone who catches it and steps on their cone. Then the ball must be thrown to #'s 2, 3 & 4 respectively. If the runner gets home first, they get the point. If the ball is thrown around the bases first, the fielding team gets the point.

### MAKE IT EASIER

- Shorten the distance between the cones and allow the children to roll the ball instead of throwing it.

### MAKE IT HARDER

- Increase the distance between the cones for the fielding team.