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Presents

The Ultimate Games Guide

A guide to help you coordinate some fun, healthy and educational games.

2014 Edition

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Parachute Volleyball

Equipment needed: 2 parachutes (W2367, W2368 or W2414)
1 standing volleyball net (see our volleyball section)

Game Set Up:

Use a rubber chicken or Gator Skin® ball and toss over the volleyball net. Play according to volleyball rules – you may bounce ball on parachute 3 times before it goes over the net. If the ball hits the floor on your side, the opposing team scores 1 point.

Chain Link Race

Equipment needed: One Rubber Pig per team (W6064002)
Two Poly Spots per team (W4828) (same color)
Number of Players: Teams of 3-8 players

Game Set Up:

Distance from the start to finish line should be about 100 feet. Set up a starting line. Each team lines up single file behind start facing the finish line at the opposite side of playing area. Have each team place their poly spot on the starting line and the other poly spot on the finish line. Place rubber pig on starting line and have the teams kneel down behind the pig. Have players then place their hands on the floor (now on hands and knees). Game starts with the word “go.” The front player will pick up the pig and pass it over his or her head to the player behind. That second player will pass the pig through the legs to player behind him/her. Continue alternating until pig gets to the last player. When last player in line receives the pig, s/he will stand up and run the pig to the front of the line and take the front position. S/he will get on hands and knees, pass the pig over head and start the chain again. This will move the team forward until they eventually reach the finish line. Note: no other player should be moving other than the player with the pig coming to the front of the line. If an entire team moves forward with all players walking on their knees, they are disqualified.

Spectrum™ Poly Spots
W4828 and W8869

Gator Skin® Foam Dice
W6801

Dice Chase

This is a great game for young children who are learning math skills.

Equipment needed: One pair Foam Dice (W6801) Two pairs of Spot Markers, one red and one blue (W4828)

Game Set Up:
Set like-color poly spots on floor about ten feet apart and opposite-color spots forty feet apart. Split the available players into two equal teams and have them stand by their color poly spots (do not have players stand in between their spots, as players will be running there). Have one player from each team stand half way between the red and blue poly spots, facing away from their teams' spots. Identify one team as odd and the other as even. Roll the dice and say "addition." If the dice turn out to be a 3 and a 4, that would be an odd number (7). If the roll of the dice is odds, player identified as odd will quickly turn around and run toward his/her poly spots. Other player (even) will try to tag that player before s/he can run between the spots. If the roll were even, the roles would then be reversed. Player who gets tagged or doesn't tag the other player before s/he runs between the spots will be sent out of the game. Game continues until one team has no players left. To add a fun twist to the game, change game from addition to highest number, multiplication, etc.

Beanbag Blastoff

Equipment needed: 1 8-1/2" Spectrum™ Playground Ball (W6055)
1 set of Spectrum™ Animal Beanbags (W7101)
1 set of Spectrum™ Buckets (W7485)

Game Set Up:
Player holds the ball with 2 hands in front of his/her face. Place beanbag on top of the ball, and then drop the ball with the bag on top. When ball hits the ground, the beanbag will bounce off the ball into the air. Have 6 players each hold a bucket and catch the corresponding beanbag according to color. Write the habitat of each animal on buckets and change the game so players catch each animal according to its bucket.

Spectrum™ Animal Beanbags
W7101

Foam Hand Paddles
W5377001

Hands Relay

Equipment needed: Two pairs Foam Hand Paddles (W5377001-002)
Items to balance.
For example W9649 Hockey Pucks.

Game Set Up:

There should be four teams with two to six players on a team. Each team is to form a single file line with a space of twenty feet open in front of them. All teams will face the same direction. Place the pucks on the floor spread out at least twenty feet in front of the four teams. Game starts with front player holding his/her foam hand and standing behind a like-color poly spot on the floor. The teams all start at the same time with the player with the hand walking to the pucks and placing one on the hand. Each team is to place one and only one puck on the hand and return to their line. Player will pass the hand with the puck on it to the next player without touching the puck. Next player on line will do the same and give hand and puck to the third player and so on. If any player drops the pucks s/he must stop and pick up these pucks, only proceeding forward when all fallen pucks have been replaced on the hand. If player touches pucks on the hand, s/he must drop all pucks onto the floor and pick them all up before proceeding. Game is won when one team has successfully returned 8 to 12 pucks back to their home spot.

Pig Skin Game

Equipment need: One Rubber Pig (W6064002)
Four Poly Spots (W4828) two red and two blue

Game Set Up:

This game is played much like Frisbee® football. There will be two to four players on each team; make sure both teams have an equal amount of players. The spots are to be placed in a large rectangular shape with like-color spots about 15 feet apart and the opposing color about 30 feet apart. One team is to be called red and the other blue. The red team will start between the blue spots and the blue team between the red. Object of the game is for the blue or red team to get the pig past the like-colored poly spots by a sequence of passing the pig to teammates. Player who has the pig needs to stay in place and pass it to a teammate. Players of opposing team will try to prevent team from scoring by knocking pass of pig down or by catching pig. Once pig hits floor other team immediately starts their turn to try to score. Game is won once one team scores seven times.

Spectrum™ Poly Spots
W4828 and W8869

Pig Toss

Equipment needed: 2 Rubber Pigs (W6064002)
2 Hoops (W10321)

Game Set Up:

Set two hoops approximately twenty five to thirty feet apart. There will be two teams of two players. Each team will stand next to one hoop facing the opposing hoop as when playing horseshoes. The two players next to the same hoop are on a team together. The players at one hoop will each toss a pig at the opposite hoop. They score a point for each time they successfully toss a pig that either touches or lands inside the hoop. If a pig hits the target or bounces out, a point is scored. Each team will take equal amount of turns until seven points are scored.

Tag

Equipment needed: Poly Spots (W4828)
Rubber Pig (W6064002)

Game Set Up:

Create a large circle with the poly spots as large as possible. Depending on how many players there are, you will shrink or expand the poly spots. Start with one player holding a rubber pig and all the other players standing inside the circle. Game starts with the word “go.” The players are to stay in the circle without being tagged by player with the rubber pig. Once player with the pig has tagged another player, s/he immediately drops the pig to the floor and leaves the circle. Tagged player is to pick up pig and take turn until s/he has tagged another player. Game continues until only one player remains in circle. In order to speed up the tempo and skill of the game, put another pig in the circle and have two players tagging other players.

Hungry Centipede Race

Spectrum™ Connect-a-Scooter

12” Scooters	**16” Scooters**
W7626 set of 6.	W7986 set of 6.

Equipment needed: 24 Big Foam Feet (W6172001-002)
24 Spectrum™ Connect-a-Scooters
8 Hoops (W10321) (two for each team)
16 Fleece Balls (W4837003) (four for each team)

Number of Players: 4 teams of 6 players

Game Set Up:

Give each team six Big Foam Feet and six Spectrum™ Connect-a-Scooters. Have each team link their scooters together, sit on them cross-legged (with no shoes) and hold the Big Foam Feet in “rowing” position on alternating sides. These are the “centipedes!” Set up rectangular racing area – about 90 feet long – with boundary lines at each end. Place four empty hoops along one boundary line. Set up four hoops (each containing four fleece balls) across from them along the far boundary line. The “centipedes” should line up next to an empty hoop, which are their “nests.” The fleece balls are the centipedes’ food supply, which they must gather one at a time and bring back to their nests for winter. They must do this quickly, however, before the first frost. It’s a good thing centipedes have so many feet to help them move! When the instructor signals go, each centipede team must propel themselves forward using only their Big Foam Feet, travel to pick up a ball and bring it back to their nest. Then they must turn around and travel to pick up another ball. If centipedes use their hands or “real” feet or pick up more than one ball at a time, they must go back to start. The first centipede teams to successfully gather the entire food supply into their nest wins the game!

Big Foot Golf

A great lead-up activity to golf! Instead of clubs and golf balls, kids use Big Foam Feet and coated foam balls.

Equipment needed: 9 Hoops (W10321)
Numbered Poly Spots (W5021)
1 Big Foam Foot for each player (W6172001-002)
1 Coated Foam Ball for each player (W4911002)

Game Set Up:

Set up a nine-hole course using hoops. Space hoops about 20 to 60 feet apart to vary the level of difficulty, and place them in a random pattern. If your group is especially large and you have the available space, set up several courses so more kids can be active at once. Mark the holes one through nine using numbered poly spots. Give each player a Big Foam Foot and a foam ball. You will also need scrap paper and pencils so kids can keep score. The game begins with a player hitting the ball with the Big Foam Foot towards the first hole; the object is to have it land inside the hoop with only one hit. The next players in line do the same, and so on until all players have landed their ball inside the hoop. Players keep score by counting the number of hits it takes them to reach the hoop. The person with the fewest hits (lowest score) makes the first hit for the second hole. S/he uses the foam foot to hit the ball from inside the hoop. Play continues until all kids have completed the course. The player with lowest total score wins the game.

Foam Foot Kickball

Equipment needed: 1 Big Foam Foot (W6172001-002)
1 Coated Foam Ball (W4911004)

Big Foam Feet
W6172001

Game Set Up:

Play takes place outdoors on a softball or baseball field. Divide your group into two equal teams. One team should take fielding positions while the other team lines up to kick. Rules are very similar to kickball, except players must use the Big Foam Foot to kick the ball. You may want to have kids practice with foam foot and ball before the actual game begins. The pitcher rolls the ball to home plate, where a player uses the foam foot to kick it. After the kick, s/he runs the bases. As in baseball, the kicker is allowed three strikes (chances to strike ball with the foam foot) before getting out. If a member of the fielding team tags the runner with the ball, catches a fly ball on the kick or gets the ball to a base before the runner, those also count as outs. Instead of having teams change positions after three outs, let every player on the kicking team have a chance before switching. Every time a kicker rounds the bases and returns home safely, a point is scored. Play for a designated amount of time or innings. The team with the most points wins the game.

Foam Foot Circle Kick

Gator Skin® Soccer Ball
W9801

Equipment needed: 2 Gator Skin® Soccer Balls (W9801)
1 Big Foam Foot for each player (W6172001-002)
24 Pinnies (W4825)
Number of Players: 2 teams of 10 or 12 players each

Game Set Up:

Each team should form half a large circle with approximately two to three feet between each player. Begin play with one ball. The object of the game is for players to "kick" the ball past the other team. Players must use the Big Foam Feet for kicking instead of their own! No hand or foot contact with the ball is allowed, and kicks must be below shoulder level. Players can use the Big Foam Foot to try and trap the ball before kicking it back. A team scores a point for every one of their kicks that makes it past their opponents. Once kids become accustomed to using the Big Foam Feet to maneuver the ball, try adding a second ball for an extra challenge! Continue play for a designated time period or until a certain number of points have been reached.

Foam Foot Relay

Equipment needed: 4 Spectrum™ Bright Foam Balls (W7127)
1 Big Foam Foot for each player (W6172001-002)
Spectrum Cones (W8777)
Marking Tape (W4540)
Number of Players: 4 teams of 6 players each

Game Set Up:

Each team will need one pair of Big Foam Feet and a ball. Set up a rectangular obstacle course for each team using cones for the relay runners to weave in and out of and run around. Create two starting lines for each course with marking tape. The obstacle course should be about 50 feet long, but you may vary the length according to age and ability. Place cones along the length of the course, varying the distance between them to create different levels of challenge. Cones don't have to be in a straight line; spread them out for varying difficulties (and as available playing space allows). Each team should form a line at opposite ends of the course (three on one side and three on the other) behind the starting line. The first runners from each team must maneuver the ball through the course using only the Big Foam Feet. If a runner kicks or touches the ball in any way, s/he must begin their length of relay from the beginning. Once the first runners have completed their turn, they hand off the Big Foam Feet and ball to the first runner in the opposite line and sit down at the back of the line. The next runners continue as so. The first team to have all runners successfully complete the course (everyone sitting down) wins.

Spectrum™ Bright Foam Balls
W7127

Big Foot Floor Hockey

A fun, safe way for your kids to practice their hockey skills! If you already have a marked floor hockey court, perfect! If not, you can create the basic boundary lines easily with marking tape (W4540).

Equipment needed: 4 Cones (W5047007) ***or*** 2 Portable Goals (W5551 or W6985)
24 Big Foam Feet – 1 for each player (W6172001-002)
6 - 4" PVC Balls (W10655 or W10656) (3 each of the same color)
Marking Tape (W4540)
Number of Players: 2 teams of 12 players each

Game Set Up:

Use either cones or portable goals. Give each player a Big Foam Foot and choose one player from each team to be the goalie. Instead of just one puck, have kids use PVC balls for better visibility and increased playability. Choose three balls of the same color for each team – three red and green for example. Like traditional hockey, the object of this game is to shoot the ball into the opponent's goal by dribbling, trapping and passing it among the players. Begin the game with three players from each team meeting at the center line where all six balls are placed. When the instructor (who also acts as the scorekeeper) signals go, players use their foam feet to simultaneously hit the balls towards the opposition's goal. After this happens, all players assist in trying to score while the goalies defend. Each time a player shoots a ball into the opposing team's goal, s/he earns a point for his or her team. Kids may only use the foam feet to hit the ball. If "high footing" (swinging the Big Foam Foot above the waist) occurs, a player receives a three-minute penalty and must stand on the sidelines. There is also to be no intentional contact between one player's foam foot and another player. If a player intentionally misuses a Big Foam Foot, remove him/her from the game. As in traditional hockey and basketball, players may dribble the ball with their Big Foam Foot, but they may not travel with it. There is a two minute penalty for this. There are two ways to keep score and win the game, depending on how much play time is available. The first team to score three goals (all three balls in the opponent's goal) wins the game; i.e., the ball is not removed from the net after a goal is scored. Or, play for a designated amount of time with the team who scores the most goals winning the game.

Orange Bottom-Weighted Cones
W5047007

Big Foam Feet
W6172001

Foam Feet Crazy Bowl

Soft Sport Bowling Set
W4532

A great rainy-day activity!

Equipment needed: 4 Cones (W5047007) ***or*** 2 Portable Nets (W8675)
4 Big Foam Feet (W6172001-002)
8 Plastic or Foam Balls (W7127)
Marking Tape (W4540)
1 Bowling Setup sheet (W2576)
4 Soft Sport Bowling Sets (W4532), Big Ten Bowling (W5267)
or Foam Bowling Set (W8220)

Number of Players: 4 teams with the same number of players

Game Set Up:

Set one group at each bowling station and give each group one Big Foam Foot and two foam or plastic bowling balls. You will need a hard, flat and smooth surface – such as a gymnasium floor – for play. Set up bowling "lanes" using marking tape. Lanes should measure 30 feet long, but adjust according to age and ability. Use a bowling setup sheet to easily place pins. Either our Soft Sport Bowling Set or Big Ten Bowling work great, but you could also use empty plastic water or soda bottles. Each player has two chances to knock down pins using a Big Foam Foot to push the ball. They can't bowl the ball in the traditional manner; they must use a Big Foam Foot. Mark off a starting line in the lane that kids can't move beyond. This will prevent them from traveling with foam foot and ball. After each player has his or her turn, s/he must set the pins up and return the balls to the next player in the group. Have kids keep track of their scores the traditional way using a bowling scorepad, or try a fun variation. Assign an exercise value to each bowling pin. For example, the pin in the "one" position could represent one lap around the gym; the pin in the "ten" position could stand for ten sit-ups. Post the designated exercise values where kids can see them. After his or her turn, a player must perform the designated exercises of the pins left standing – i.e., if the seven, ten and four pins remain, s/he must perform those drills. If a player bowls a strike, s/he can choose an activity that his or her team members must perform (two laps around the gym for example). This game works really well with kids who have physical disabilities and must bowl from a seated position. The Big Foam Foot helps them push the ball and join in the fun!

Big Foot Putt Practice

Equipment needed: 1 Big Foam Foot for each player (W6172001-002)
2 Poly Spots for each team (W4828)
2 7" Foam Balls for each team (GA39)

Game Set Up:

Give each member of your group a Big Foam Foot, and divide your group into pairs. Each pair needs 2 poly spots to use as bases and 2 foam balls. On a grassy play area, place the bases about 25 yards apart for each partner pair. Leave about a 10' space between each pair's playing area. The partners in each pair begin by standing at their bases opposite each other with their ball on the base. Using the Big Foam Foot, both players hit their balls simultaneously toward the opposite base. If the ball makes it to the base, that player scores a point. The balls are returned to the bases after each hit, whether successful or not. Players get ten chances to try to score. The partner with the higher score wins that round. When the first round is finished, each pair switches partners with a different pair, another round begins and so on. Play for a designated amount of time, or until each player has a chance to work with more than one partner.