

Game	Supplies	How to Play
Chariot Races	old sheets/blankets	2 horses, 1 rider; race around the cones
Camel Spit	squirt bottles filled with water cotton balls (1 per participant)	2 teams, line up kids arms length apart, each kid puts a cotton ball on their head, turn to the left so everyone facing same direction, give squirt bottle to first kid in line, squirt cotton ball off next kid's head, when cotton ball falls off pass bottle to that kid
Cone Heads	buckets filled w/ water large sponges	2 teams, one at a time dip sponge in bucket, put on head walk down around cone, pass sponge to next teammate
Follow the Commands (see "Commands" worksheet)	Basket Commands (on pieces of paper folded up)	each kid gets to pick a command from the basket, follow instructions (e.g. state favorite verse, sing favorite hymn, run backwards around farthest tree, squat down and quack like a duck around cones, etc)
Wrap Up & Go	old sheets/blankets	2 teams, one kid rolls up in blanket, then rolls down to cone and back, then next teammate goes
Squirt Bottle Freeze tag	squirt bottles filled with water	rope off large playing area with cones, pick 2 people to be it, when get sprayed with water, have to freeze. Can get unfrozen by another player touching you.
Crab Soccer	Large playground ball or beach ball	2 teams, cones for goals, crawl on all fours
Feeding the Giant	Cones for boundaries	2 teams opposite of each other. Group leader (giant) stands in between kids. When Goliath shouts "I'm hungry" kids must run to opposite side. Anyone Goliath touches becomes a giant too. Play until all kids are giants or one kid is left (like sharks/minnows)
Banana Pass	2 Bananas	2 teams, kids lie on the grass head to toe in two lines. First kids put banana between their feet, then pass banana over their head to next kids feet. This continues throughout team until the last kid gets banana and then runs back to starting line.
Kangaroo Hop	2 tennis balls	2 teams, each team given a tennis ball. Kids must hop down around the cone with the tennis ball between their knees and then pass to next player.
Tennis Ball Toss	tennis balls	like water balloon toss but use tennis balls

Game	Supplies	How to Play
Balloon Basketball	<ul style="list-style-type: none"> <li>- laundry baskets</li> <li>- balloons (balloons don't work well on a windy day)</li> <li>- light weight playground ball if playing upside down basketball</li> </ul>	<p>Use laundry baskets or large wastebaskets as the baskets. Divide into 2 teams and play like regular basketball. Balloons must stay in the container for points to be scored. Or Upsidedown basket ball using a playground ball.</p>
Warmup Exercises	n/a	conduct a number of different warmups (pushups, situps, arm swirls, toe touches, run in place, stretches) kids get to lead exercise
Extreme Tic Tac Toe	<ul style="list-style-type: none"> <li>- 9 hoola hoops</li> <li>- 3 bandanas each of 2 contrasting colors</li> </ul>	<p>2 teams with 3 bandanas of same color. Place hoola hoops like tic tac toe board. 1 person per team takes turn, runs to place bandana on board, run back, tags next teammate, they place bandana on board up to 3 bandanas trying to get 3 in a row. Once all 3 bandanas used, next teammate just runs down to board and replace banadana trying to get tic tac toe. Teams keep replacing bandanas until one team gets 3 in a row.</p>
Beach Ball Squirter Relay	<ul style="list-style-type: none"> <li>- 2 beach balls</li> <li>- 2 buckets filled with water</li> <li>- 8 squirter guns (dollar store)</li> </ul>	<p>2 teams, each team has two players with water gun squirters lined up with beach ball (when squirter runs out of water run back to bucket for refill.) Shoot beach ball with just the water squirter down around cone and back (only touch beach ball with water coming from squirter). Then next two players on team goes. First team done wins relay.</p>
Clothing relay race	2 sets of large clothing	<p>2 teams, starting kid of each team puts on various clothing articles (extra large sizes), then runs down to cone and back. They take off big clothes and the next team member does same thing. Work through entire team.</p>
Shoebox Shuffle	4 shoe boxes -- pre-duct taped	<p>2 teams, each team has two shoe boxes, first two players place both feet in the boxes and shuffles down around the cone and back, next person in line goes. First team done wins relay.</p>