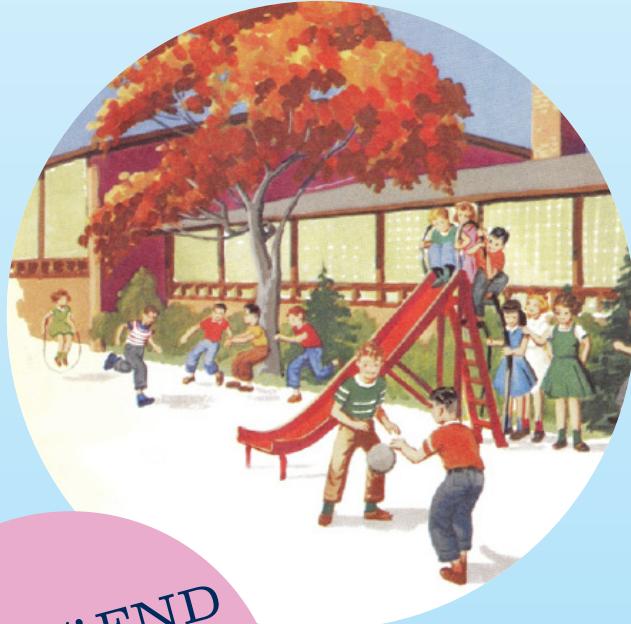


Bring back

Rough and Tumble

play!



LANDS' END
Guide to
traditional
outdoor
games

Hopscotch

Age guidance 3+

WHAT YOU NEED TO PLAY HOPSCOTCH

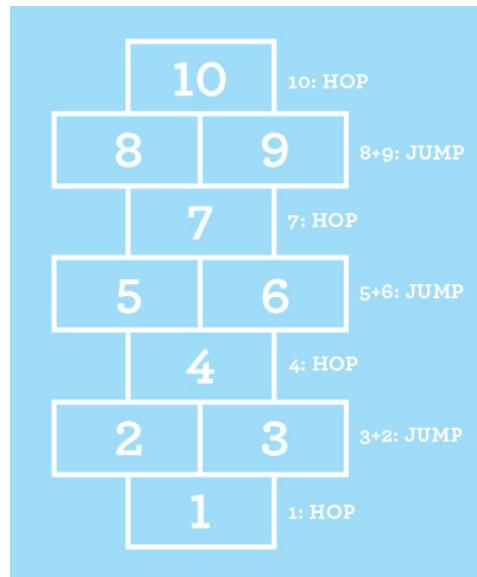
- Pathway, driveway or any concrete surface to draw the game board.
- Pavement chalk
- Small stones or rocks for children to use as markers

OBJECT OF THE GAME

Move from the start square and back again.

TO BEGIN

Draw a hopscotch game layout on the concrete with chalk. Number the squares from one to 10. There are many different varieties and you can make up your own. Each player chooses a rock for their marker.



HOW TO PLAY HOPSCOTCH

The two basic rules to remember are that you can only have 1 foot in each square and remember to hop over the square with the rock in it.

First player throws their rock onto the first square. They then hop over that square to the second square on one foot. On double squares you must land with your feet side by side. Turn around and come back the same way only when you get to the square with your rock you must balance on one foot and pick up your rock. If completed with no mistakes then the player goes again and throws their rock to the 2 square and so on.

You may not at any time: step on a line, miss a square or lose your balance. If you do any of those three things your turn is over.

If while throwing the rock you miss the right square or it lands touching a line then you lose your turn.

Game Variations: Make some squares special by giving special directions for that square. Such as when in that square you have to hop three times or spin around.

LANDS' END



Marbles

HOW TO PLAY (BASIC RULES)

Marbles involves rolling or throwing your marble to try and hit a target marble or to hit the other players' marbles.

- Decide if you are playing for “keepsies” (players keep the marbles they win in the game) or “playing fair” (everyone gets their own marbles back at the end of the game).
- Draw a circle on the ground. Each player should put an agreed number of marbles in it and stand behind a line drawn some distance away. The aim is to hit the marbles out of the circle.
- Take turns to roll, throw or flick a marble (called a shooter) into the circle, trying to hit the marbles out of it.
- If you knock a marble out of the way you get to keep it. If the shooter stays in the circle, it stays there and it is the next players turn. If it comes out you can fetch it and have another go.
- Carry on having turns until all the marbles in the circle have been won. The person with the most marbles wins.

LANDS' END



What's The Time Mr Wolf?

Age Guidance: 4

HOW TO PLAY

- One child stands apart with his back to the other children, who should be a good distance away. He or she is Mr Wolf.
- The group calls out "What's The Time, Mr Wolf?"
- He replies with a time - for example, "It's 2 o'clock"
- The group takes 2 steps towards Mr Wolf, and asks again, "What's The Time, Mr Wolf?"
- This time he might say "It's 10 o'clock", in which case the group would take 10 steps forward.
- The group is attempting to reach Mr Wolf without him first catching them. When Mr Wolf senses that somebody is close, he can call out, instead of a time like before, "It's Dinner Time!", at which point he can finally turn around and see where everybody is, then try to catch somebody before they can make it back to the starting line. There is usually much screaming and excitement at this point!

HINTS

- Make sure everybody gets a turn to be Mr Wolf.
- Children will tend to vary between those who take great big steps to try to reach Mr Wolf first, and those that take very small steps so that they can run to safety when he calls Dinner Time!
- A big space, such as a playground or park, is perfect.
- It may be best if an adult is the first "Mr Wolf" to show the children how to play.

LANDS' END



Sleeping Lions

Note: This is a calming game and is great to finish a day of active play with a group of children.

HOW TO PLAY (BASIC RULES)

- All the children lie down on the floor and pretend to be asleep, keeping themselves as still and as silent as possible.
- The object of the game is to be the last one to move or to 'wake up'.
- The leaders should make it more difficult by creeping between the 'sleeping lions' and making funny comments, or suggesting that children have moved when they have in fact remained still.
- It is remarkable how many children will abandon the game and suspend play to complain at a perceived injustice
- at which point you can notify them that as they have awoken from their slumber they are out!

Additional Note: This is good as a closer to the day/evening; but don't play it too often, otherwise children tend to get a little bored of it.

LANDS' END



Stuck in the Mud

This game is also known as Freeze Tig, Scarecrow Tig, Sticky Touch and Statues Tig.

HOW TO PLAY (BASIC RULES)

You will need an open space for plenty of children.

- One child is 'IT' and they have to run after the other children and try and touch or tig them.
- If you are tigged by IT then you have to stand still where you are without moving and with your arms stretched out to the side.
- IT then tries to tig the other players.
- If a child is stuck, the other players can release them by touching them on the head or running under their outstretched arms and/or legs.
- If a lot of people are playing, it is better if more than one person is IT.

LANDS' END