

NORTHERN LINKS 2004 CONFERENCE

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CO-OPERATIVE GAMES

When choosing games and activities, you wish to avoid elimination, encourage group effort, maintain maximum activity levels and, of course, HAVE FUN! Each game presented tonight involves teams working together to attain a goal. An individual cannot do it alone.

UP AND DOWN

This is a quick warm up activity that is easy to set up. You need approximately 20-30 cones (or you could use cups if you were playing inside). These cones are scattered around the large play area; standing upright. Divide your group into two teams... they don't need to be identified by any pinnies or markers. One team is UP and the other team is DOWN. On a start signal, the DOWN group turns as many cones on their side as they can. Meanwhile the UP team continues to stand them back up again. After approximately a minute, have them switch jobs—the UPs become DOWNS and the DOWNS become UPS.

You can count cones after the time limit if you wish to keep score.

FRISBEE THROW RESCUE

Equipment: Flag football belts and red and yellow flags.

1 Frisbee

The object of this game is to eliminate the other team by pulling both flags off each player. Any active player from either team may pull the flags, one flag at a time. As the flags are ripped, the puller takes them over to a central "Controller", who will only return them to teams when they have earned them back.

The game is played on a surface about the size of one side of a full tennis court. All players begin running and trying to pull opponent's flags or avoid having their flags pulled. If a player has their first flag pulled, they must go down on their hands and knees and wait for a "Nurse" to save them. If it is a male down, the nurse must be female; and

vice versa. The nurse rescues the downed player by giving them a "5" using one of the supporting hands. The nurse is not immune to having their flag pulled while rescuing. Meanwhile, the player's flag has been handed in to the Controller. After the rescue, the player stands up and runs again, but must play with one flag. If a player has the second flag ripped, the player must go to the sidelines.

Teams can rescue their players on the sidelines by passing the Frisbee 3 consecutive times. They then earn 2 flags from the Controller, which are given to players who have been put out of the game. If the Frisbee is dropped, or intercepted, the other team starts their 3 consecutive throws. If a team does not need to make 3 throws because they have no one on the sidelines, they still want to stop the other team from re-entering players.

The game ends when one team has been removed from the field; or you run out of breath!

PIN DODGEBALL

Equipment: 6 bowling pins
6 foam type balls
6-10 cones
2 basketball hoops and back boards or 2 large hoops

The object of the game is to be the first to knock down the other team's 3 bowling pins.

Teams are set up on each half of the divider lines of cones. Each team has their 3 bowling pins set out on a line behind the group, Each pin can have a 'Pin Guard' who places their body in front of any balls coming toward that pin. The rest of the team places themselves in their own half, between the cones and the Pin Guards. Teams each start with half of the balls. They can try to knock down the bowling pins, or try to eliminate the players who are in the way by hitting them below the shoulders with a foam ball. If a player is struck directly by a flying ball, they go to their teams' sideline and wait for their re-entry in the order they were put out. Pin guards can be removed in this way as well; they are not immune. Other players may replace the pin guards if they have been hit

As soon as team has any players on the sidelines, they have a third focus to their throwing. If you are using basketball nets and backboards, re-entry rules are this; If the thrower hits the backboard of the basket on the opposition's side, the first player out returns to the game. If a basket is scored on the far basketball hoop, all players from that team return to the game. If you are using hoops—have a player from each team stand behind the opposition's pins. If any pan of the hoop holder is contacted with the ball; one player returns, if the ball goes through the hoop, all players return.

The game ends when one team has knocked down all the other team's pins.

CONSPIRACY

Equipment: 2-4 foam type balls

In this game, it can be every person for themselves or players may gang-up on other players (Conspiracy)

The balls are tossed out onto the floor. Any player may pick up 1 ball and attempt to hit another player below the shoulders with the ball, Person carrying the ball is allowed to maintain possession for a maximum of 3 seconds. When a player is hit he/she must take note of who hit him/her and then go to the side of the play area.

In order to re-enter the game, a player must watch the player who hit them with the ball. (If they don't know who hit them, have them select any person on the floor). When that person is hit with a ball, the player sitting out may re-enter.

At any time, the leader may call "Jail Break", and at that time all hit players may re-enter the game.

If more than one player wishes to form a conspiracy against another player, they may pass the ball to one another using a bounce pass to move the ball around the area more quickly. If, however, a player other than one of the partners catches the throw, the thrower is out.

INDOOR SCAVENGER HUNT

A scavenger hunt does not have to be done over a large area. Cones can be used as covers for the information that you wish the participants to find. As they move around the area, they lift the cones, record the information, and replace the cone over the information. This can be done by individuals, or have each individual return to the group to sort or solve the clues. The group that has the correct answer first is the winner.