


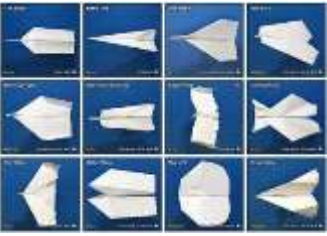

At home family activities and games

CHRISTIAN LEARNIG CENTER

PHYSICAL EDUCATION, SPORTS AND RECREATIONS

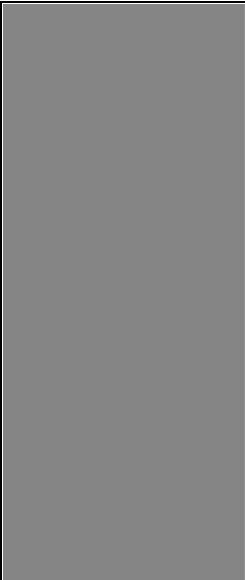




TEACHERS

Fanny Vargas, Rebeca Strong and Carmelo Suárez

GAME	DESCRIPTION	MATERIALS/TOOLS	EXAMPLES
MUSICAL CHAIRS	Group game; place chairs in a circle facing out, there has to be more players than chairs. For instance, 5 chairs and 6 players, you walk/dance around the chairs while the music is on, when the music stops, sit on a chair and the person without a chair gets eliminated, then remove a chair in each round till there is a winner.	Chairs and music	
PAPER PLANE	Hand out a paper to each player and set up a time for them to do the plane. Once they are finished, they will compete against each other with whose plane flights the longest.	Papers or newspapers	
SHOPPING	The first player says: " I went grocery shopping and I bought oranges", the second one says " I went grocery shopping and I bought oranges and papaya", the third one says " I went grocery shopping and I bought oranges, papayas and *name another fruit*, and so on until there's one that repeats the same fruit or forgets what was previous mentioned, will get eliminated.	None	

<p>DODGEBALL OR WAR OF SOCKS</p>	<p>If you don't have a ball, you can make balls out of socks and play dodgeball and use them as your fire bombs.</p>	<p>Balls and/or socks</p>	
<p>CHECKERS GAME BOARD</p>	<p>Draw a chess board on a paper like in the example provided. Place the material you'd use as checkers in three rows like in the picture. Your opponent has to use different material for checkers. Start the game by placing a checker one square forward in each turn until your opponent's checker gets on your way, you replace it with yours and so on until someone gets more checkers.</p>	<p>Black marker. Beans or peas for checkers. Paper</p>	
<p>TIC-TAC-TOE</p>	<p>Make a 3x3 grid and start the game by placing an X and the other player a 0 in each grid. The player who succeeds in placing three of their marks in a horizontal, vertical, or diagonal row wins the game.</p>	<p>Paper and pen/pencil</p>	
<p>THE HOLE</p>	<p>Make a small hole with a coin on the dirt. Stand at a distance of 4-5ft away from the hole. Each player toss a coin until someone makes it in the hole wins.</p>	<p>Coins and a place with dirt like garden or yard.</p>	
<p>TOPO</p>	<p>Make a ball with the cloth and tie the feathers on the outside, once done, make it bounce with the palm of your hand facing up. If it falls, you lose.</p>		

		<p>Feathers, a piece of cloth, and a lace to tie.</p> 	
<p>SACK RACE</p>	<p>Players get into a sack and start jumping to the finish line, if you fall go back to the starting line.</p>	<p>Burlap bags or any food sacks</p> 	
<p>TYING AND UNTYING SHOES LACES</p>	<p>Group pairs of shoes and divide them equally for each player. The game consists of untying them first and tie them again, either individually or with a partner.</p>	<p>Shoes with laces</p>	

TAG	<p>Everyone runs while the tagger waits for 5 sec and starts tagging each player. The one tagged can either be a helper or be the new tagger.</p>	 <p>None</p>	
FREEZE	<p>The tagger has to freeze others by tagging them. Once tagged, they remained still until another player frees them.</p>	<p>None</p>	
MARBLES GAME	<p>You can play one on one, each with a marble, one of the player's marble has to touch the other's marble. Another way with more players, each player toss a marble to the ground, then the player's marble that touches more than or 3 marbles wins.</p>	<p>Marbles</p>	
CARDS GAME	<p>Give out 9 cards to each player, you can make a set of same figures with different numbers or different figures with the same number. You can only use the joker card in the set of same figures with different numbers.</p>	<p>A set of cards</p>	

TOUCH-A-KNEE GAME	You have to touch your opponent's knee without them touching yours first.	None	
BLINDFOLDED GUESS GAME	For Kids (to manipulate senses). Blindfold each player, you can divide them into pairs or play individually. Give each player or pair an object(anything) and they have to touch and feel the object and guess.	A piece of cloth like a bandana or scarf.	
SIMON SAYS	For kids; The instructor has to give the players instructions on what to do according to what he/she says not on what he/she does. For Instance, Simon says to touch your nose(and you touch your ears). The idea is for them to follow the verbal instructions and not visual ones, the one who gets it wrong loses.	None, you can improvise with anything at home.	
FIGURES, SHAPES, AND SIZES	For kids: (Differentiation) ask the child which one is different in a given set of any object. For example, place three red apples and a strawberry and ask which one is different.	Anything available at home, according to the child's age and level.	
JUMPING ROPE	You can play by yourself or in a group, where each person holds an end of the rope while one or two jumps.	ROPE OR CABLE	