

Switch-a-Towel

Materials

Sports cones, for every three or four players—
large beach towel.

Preparation

Use cones to define the boundaries of a playing area about 30-foot (9-m) square. Spread out towels on ground inside playing area, leaving an open space in the middle (see sketch).

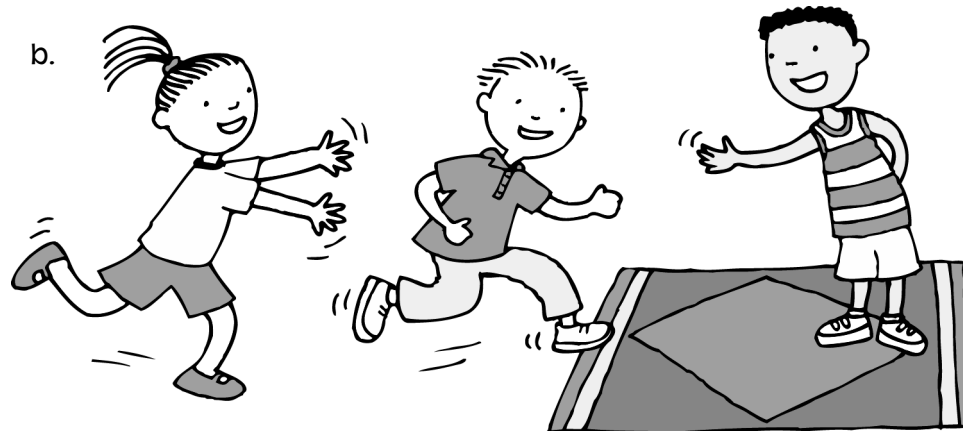
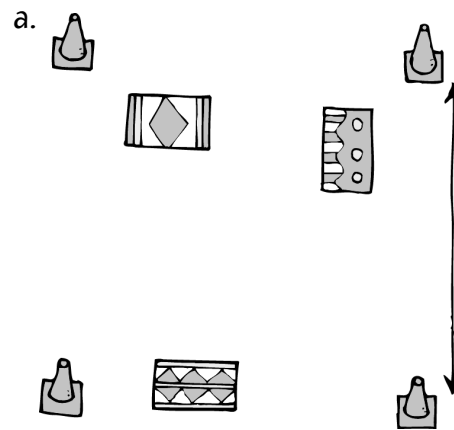
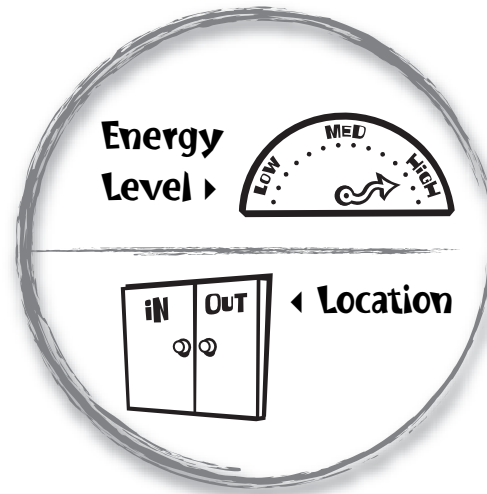
Lead the Game

1. Select one player to be the Lifeguard. Lifeguard stands in the middle of the playing area while other players divide themselves out to stand on different towels.
2. Lifeguard points to two towels and calls out “Switch!” Players on each of the two towels run to the other towel while the lifeguard tries to tag them. Tagged players stand outside the playing-area boundaries; in succeeding rounds they may try to tag players without re-entering the playing area. If a Lifeguard calls out “All switch!” then all players must run to another towel.

Play continues until only one player remains untagged. That player becomes the Lifeguard for the next game.

Option

For older children, increase the challenge as follows: Lifeguard throws a soft foam ball to tag players. If the ball goes out of bounds, players who have been tagged out may pick up the ball and throw it back to the Lifeguard.



Tower Tag

Materials

Rope, cones, tape or chalk; beanbags or handkerchiefs, two baskets.

Preparation

Using rope, cones, chalk or tape, mark two team lines approximately 50 feet (15m) apart. Mark another line to divide that area in half. Also, mark off a “tower area” in opposite corners of each team’s play area. Place half of the beanbags or handkerchiefs on each team line. Place a basket behind each team line (see sketch). (Optional: Color-code the beanbags or use different items for each team.)

Lead the Game

1. Divide group into two equal teams. Each team stands on their half of the playing area. At the teacher’s signal, players try to grab a beanbag from the opposing team’s line and return it to their own basket without being tagged. Once a player has crossed the center line with an opposing team’s item, he or she is “safe” and cannot be tagged. If a player is tagged by an opposing team member, he or she must forfeit the beanbag and stand in the opposing team’s tower. An “imprisoned” player can be released only when a fellow teammate reaches the tower without being tagged and frees him or her. Both players then receive safe passage back to their teams.
2. The first team to collect all the beanbags from the other side or capture all the players on the opposite team wins.

Option

For a wet-game option, use water balloons instead of beanbags. Each team can have one or two colors of balloons for this game (team 1: yellow, red; team 2: blue, orange). For older students, tagging must be done with the water balloon (without it breaking—so no throwing).

Game Tip

This is an active game that will require refereeing.

