

# What's old is new round robin.

## UW-L MEPD Cohort

### Activities:

	Hopscotch	Four-Square	
Marbles	Ball & Jacks	Cat's Cradle	
Hackey Sack	Pick-Up Sticks	Jenga-Variations	

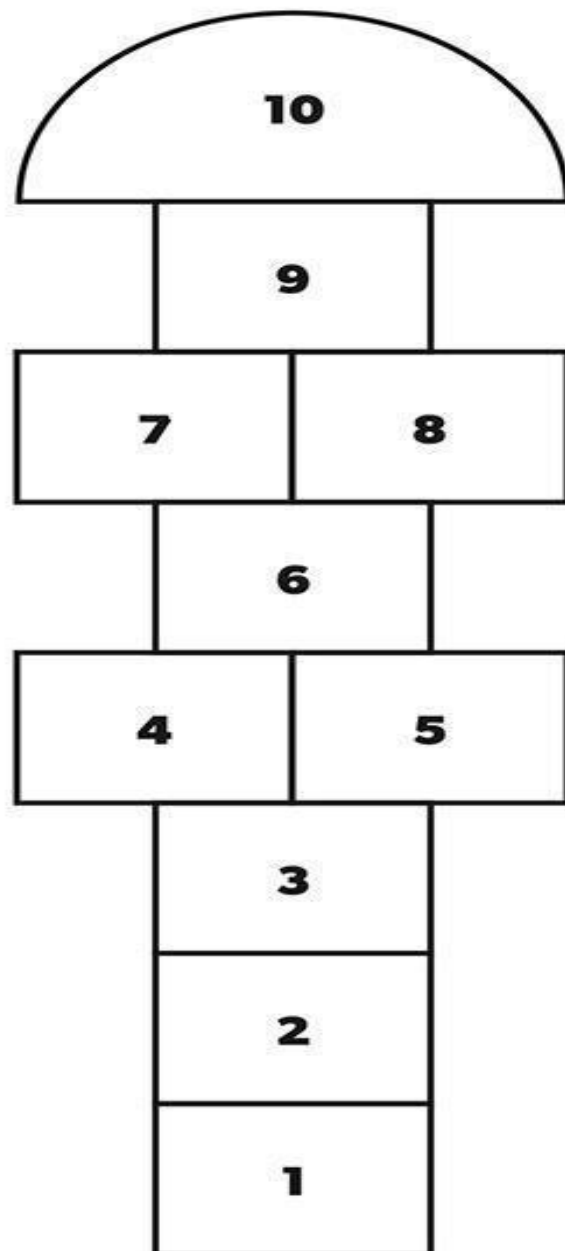
The beauty of education is that we can adapt our teaching to meet the needs of our learners. Please feel free to use this packet as your own guide and adapt the following activities to best suit your needs and the needs of your students. Unless otherwise noted, instructions for the activities were taken from the original packaging in which the activity was purchased.

# Hopscotch

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<https://www.parents.com/fun/activities/hopscotch/>

Equipment: Gym or other hard surface, painters tape or chalk



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Design by

1. Draw a traditional hopscotch diagram like the one above.
2. Throw a small stone, twig, beanbag, or other marker into the first square. (If it lands on a line, or outside the square, you lose your turn. Pass the marker to the following player and wait for your next turn.)
3. Hop on one foot into the first empty square, and then every subsequent empty square. Be sure to skip the one your marker is on.
4. At the pairs (4-5 and 7-8), jump with both feet.
5. At 10, hop with both feet, turn around, and head back toward the start.
6. When you reach the marked square again, pick up the marker -- still on one foot! -- and complete the course.

7. If you finished without any mistakes, pass the marker to the next player. On your next turn, throw the marker to the next number.

8. If you fall, jump outside the lines, or miss a square or the marker, you lose your turn and must repeat the same number on your next turn. Whoever reaches 10 first, wins.

**Try one of these unique variations:**

#### **Watch The Time**

Set the timer for 30 seconds. Each player must complete the course within the time frame to proceed. If you go into overtime, you lose your turn.

#### **Sign On the Line**

Instead of throwing the stone in numerical order, toss it in any square. When you complete a successful turn, initial the square where your marker landed and pass it to the next player. The game ends when all spaces have been initialed. The person with the most initialed squares wins.

#### **Kick It**

Try kicking the marker from space to space -- with your hopping foot -- as you jump through the course.

## **Marbles** *This activity was passed down by a MEPD cohort members mother and grandparents.*

**Equipment: Dirt space or hula-hoop for containment, marbles and shooter**

1. To begin, either designate a spot in the dirt by scratching or slightly digging out a circle or depression, or if in a gym/classroom use a hula hoop.
2. Dump the marbles into the playing area but keep the largest marble(the shooter) out for play.
3. Players have to goal to collect as many marbles as possible. This is done by shooting marbles out of the playing area. Outside, this is easily accomplished because the marbles will be able to leave the playing area. If using a hula-hoop, those that hit the sides of the hula-hoop are considered out and become the winnings of the player who hit them.
4. Players shoot marbles out by using the shooter. The marbles must be flicked from between the thumb and fingers, it cannot be simply thrown into the space.
5. Players play until all marbles have left the playing space and the player with the most wins. Then another round may be played.

A variation to this is to play for a certain color of marbles only and players try to shoot out their color only. The first player to shoot out their color, wins that round. This is easy if you can find colored marbles but not so easy if you get a bag that is not colored.

## **Pick Up Sticks**

**Equipment: Pick Up Sticks game, playing space**

Hold sticks upright with hand above playing surface. (leave black stick aside for use as a picking up other sticks.) Open hand quickly so sticks will be scattered on the playing surface.

First player picks up stick one at a time, until they cause any other stick to move besides the one which they are attempting to pick up. The next player continues in the same manner. Keep track of score according to chart below. Winning total is 500 points.

Scoring

Blue sticks: 50 points

Green sticks: 40 points

Red sticks: 25 points

Yellow sticks: 10 points

## **Jacks**

**Equipment: Ball and jacks set**

Basic game: The player scatters the jacks on the ground. They then throw the ball in the air, picks up one jack with their throwing hand, and catches the ball with the same hand after it has bounced once on the ground.

The jack is transferred to the other hand and the player repeats the procedure for picking up individual jacks until they have all been retrieved.

If the player successfully retrieves all the jacks singly, they scatter them again and picks up in twos. If they successfully pick up all the jacks in twos, they go on to retrieve them by threes, fours, etc., up the maximum number of jacks available. Any jacks remaining after the correct groupings have been retrieved are themselves picked up as a group.

The player may use any throw to adjust the position of the jacks on the ground without losing their turn, providing they use their throwing hand to move the jacks, and catches the ball with the same hand after its first bounce.

Variations: A player who successfully completes all the stages of the basic game goes on to more difficult variations. They begin each variation by retrieving the jacks singly, then continues through twos, threes, etc., to the maximum number available. The many variations include: retrieving the jacks as they fall, i.e. the player may not use any throw to adjust the position of the jacks on the ground; throwing the ball in the air, picking up the appropriate number of jacks with the throwing hand and catching the ball with the same hand before it has bounced on the ground; throwing the ball against a wall, picking up the appropriate number of jacks with the throwing hand and catching the ball with the same hand before (or after) it has bounced on the ground.

## Hacky Sack

**Equipment: People and a hacky sack**

<https://www.bigfootbags.co/pages/footbag-hacky-sack-games-rules>

### The Basic Rules of Hacky Sack (or "Circle Kicking")

*How to Play Overview: Kick the hacky sack around in the air like you are juggling with your feet. Try to keep it up as long as possible without hitting the ground.*

Yea, it's pretty simple. You can do this by yourself as an individual or add some friends for group play. Group play is often called "circle kicking". This can be as basic or as technical as you want to make it (more on this below). A few things to keep in mind:

- 1. Keep it in the Air.** If it hits the ground, start over. Try to get as many kicks as you can.
- 2. No Hands.** Everything else is fair game. Just like soccer, you can't grab the bag with your hand and toss it to the next guy. You need to juggle it using everything but your hands. Beyond using the feet - chest, head, shoulders and knees are commonly used.
- 3. Pass It.** When it is passed to you, you are usually allowed to kick it more than once to gain control of it again. Don't hog the hack though. Generally, when serving, you should pass it to someone else first.
- 4. Complete the Circle.** Ideally you want to complete the circle and get a "hack". A hack occurs when the bag has completely gone around the circle and everyone has kicked it. Two circles is a "double hack" (or "double helix"), three a "triple hack", etc.
- 5. No Apologizing.** Have fun. Everyone drops it at some point. Some circles implement the "no apologizing" rule to keep the game moving and morale high.

### 9 Awesome Hacky Sack Games to Play

You can add all sorts of variations the basic game - tricks, techniques and more rules. Here is an outline of some of my favorite hacky sack and footbag games for groups of 2 to 10 people. Some are common classics, other more obscure combinations of schoolyard games. Enjoy.

- 1. Knockout.** The most common hacky sack game. Start off with a group of people kicking the sack around without hitting the ground. First person to drop it is outs. The remaining group players continue until the next person drops it, and so on. The last player standing wins. Note, when passing, if it is not considered a clean pass to a reachable area, the play starts over.
- 2. Numbers.** The first person kicks it once and passes it to the second person who kicks it twice who passes it to the third person who kicks it three times, and so on. The person to drop it is eliminated until there is only one winning player remaining. Note, everyone must stay in their position in the circle for an evenly distributed amount of turns in the rotation.

**3. HORSE.** Just like basketball. The first player does a trick and everyone in the circle must do that trick. If the copying players fail to do the trick successfully, then they get a letter "H". Players are eliminated once they spell the word "HORSE". Note, if the new player trying the trick fails at their intended trick, then the turn passes on the next player in the rotation to attempt their trick.

**4. Hot Potato.** Everyone can hit it ONCE. There needs to be a consistent rotation of turns here as well to prevent each player from kicking it in any direction. Miss your hit or kick it way out of play, you're out.

**5. Count and Catch.** Juggle it as many times as you want and catch it when you are finished. The next player then has to do *at least one more* juggle and then catch it in play when finished as well. Catching forces you to guess when you are at your max number of juggles before accidentally letting it drop. The idea is to show you are in control with the number of juggles you are attempting. Once a player is unable to surpass the prior player's count, they are out. This is more fun for less experience jugglers - those with more experience can juggle for hours.

**6. Shark.** Players stand in a circle and kick it around 5 times to spell "S.H.A.R.K.". Once the "K" is announced and the bag is hit in the air, everyone plants their feet and reaches to grab the airborne bag. Whoever grabs it has the choice to throw it at and get someone out. The hittee is allowed to dodge anywhere while maintaining at least one foot planted. If he is hit, he is out. If not, they continue playing until one winning player is left.

**7. Monkey in the Middle.** Minimum of 3 players required. Two players hack between each other while the third player is placed in the middle of them and tries to block their pass. This works best with marked boundaries for each player. This way the "monkey" can operate in a fixed space and act more or less like a goalie. The two "non-monkeys" do not need to keep the juggle in play, rather just display that they are in control of the receiving kick. If not, or the kick goes out of bounds, they become the monkey.

**8. Four Square.** Minimum of 4 players, just like the playground. Make one large square (for example, 10 x 10 ft) with four smaller squares inside (for example, 5 x 5 ft) with sticks in the grass, chalk on the curb, etc. Each square is marked with a position 1, 2, 3 and 4. Each player is responsible for keeping the hacky sack from hitting the ground in their respective squares. Once a player is at fault, either by dropping it or kicking it out of bounds, then they rotate back to position 4. The players goal is to work up to position 1. Once a player has defended position 1 for X turns, they win.

**9. Golf.** Set a course with a bucket or hole at the end of it. The player who takes the least amount of kicks to get it in the bucket, wins. Get as creative as you want with this

## Four Square <https://www.kidzworld.com/article/4776-four-square-game-rules>

**Equipment: Playground ball, hard playing surface, chalk or tape to mark out 4 squares**

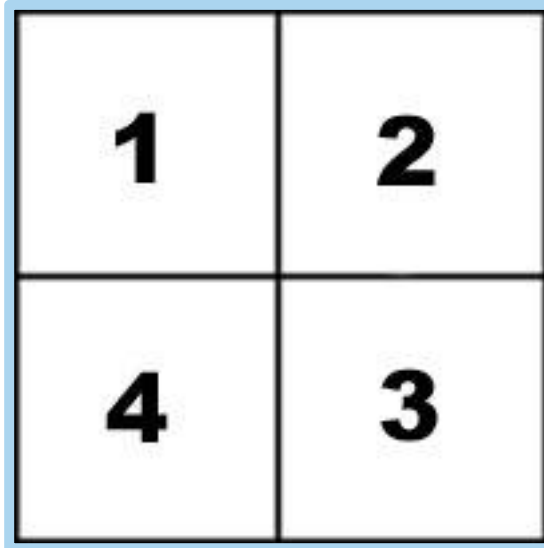
### How To Play

- Each player stands in one of the four squares.
- To start the game, the player in square four serves the ball by bouncing it in their square once and then hitting it towards one of the other squares. The receiving player then hits the ball to any other player in one of the other squares.
- The ball must bounce in another player's square, and they must hit it to another player before it bounces a second time.
- A player may hit the ball before it bounces, if they choose to do so.
- If a player hits the ball so that it misses another player's square, or fails to hit the ball before the second bounce after it has landed in their square, they are "out".
- When a player is out, the other players move up to take their place, and that player moves to the last square, or to the end of the line, if there are more than four players.
- The object of the game is to move up to and hold the server's position.

### Four Square - Different Variations

- Instead of numbering the squares 1 to 4, you can play the game by naming the squares Ace, King, Queen, President, or in some other ranking order.
- If you have eight or more players, you can have two players for each square. Each time a player hits the ball to another square, they will jump out of the court, and their partner will jump in. The two players will keep trading places each time the ball is hit towards their square.

- When players bounce the ball, they must also call out the name of a country, a state an animal, a movie star, or whatever the category may be. A player is out if they repeat something that's already been said.



Four Squares

<https://www.kidzworld.com/article/4776-four-square-game-rules>

## Jenga-Variations

**Equipment: A regular Jenga or Tumbling Towers game**

Most people have probably seen or played Jenga or tumbling towers in the way that the activity box instructs. The following are two variations to try in a group to see how they can plan and work together.

Jenga Tall: While leaving the original base of three for Jenga, participants work together while still taking turns to building the tallest Jenga structure possible. Prior planning and discussion can be helpful so that each person knows what they should do with their block when placing it.

Jenga Wide: Basically the same concept as above but now trying to build a wide structure. Blocks no longer have to come all the way out of the tower to be replaced but instead can be pulled out or put in place to build the widest structure possible while still taking turns and talking through a group strategy.

## Native American String Games (commonly known as Cats Cradle)

**Equipment: A string tied in a loop.**

Please see attached sheets for some basic instructions and ideas structures.

Titus, David. "Native American String Games: World Culture Series" WRDSMTH Productions, 2003 Lawton, OK