



**FortWhyte Alive**  
HUMAN. NATURE.

## OUTDOOR GAMES

These outdoor games are an excellent way to engage students in curricular concepts, build skills like teamwork, or take a healthy movement break without requiring specialized equipment.

### Bat and Moth

This game requires a blindfold and a large, flat area to play in. Everyone holds hands and stretches out as far as they can without letting go. These are the playing boundaries for the game. From this circle, three people are chosen: one bat and two moths.

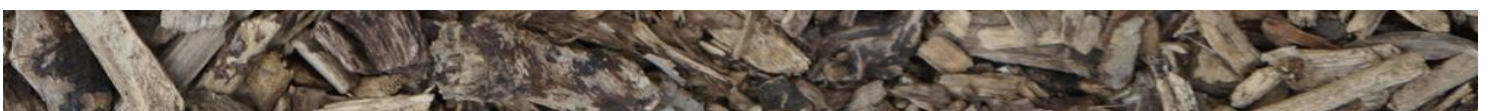
The chosen students stand in the centre of the circle, while the remaining students close the holes in the circle. The bat is blindfolded. The bat must attempt to catch the moths using echolocation – whenever the bat says “bat”, the moths must reply with “moth”. The bat uses this to try and track down where in the circle the moths are. The game ends once the moths are caught.

Depending on the size of the group, this game can have more moths; however, for safety reasons, never have more than one bat.

### Headmaster's Keys

Have your group of students stand in a wide circle. Choose one person as the Headmaster and have them sit blindfolded on a chair in the middle of the circle. Place an object that makes lots of noise (a keychain with as many keys as possible works the best) under the chair.

The players standing around the circle must then take turns attempting to remove the keys from under the chair without making any noise. If they make noise so that the Headmaster can hear them, the Headmaster must tag them. This can be done by removing the keys slowly to avoid making any noise, or quickly, trying to escape the Headmaster's reach. If the player removing the keys is tagged by the Headmaster, they must replace the keys where they started. If they can get back to the circle with the keys, then they become the Headmaster.





## Chariots, Horses, and Knights

Call out one of three different words and the students must find a partner perform the action that has been called:

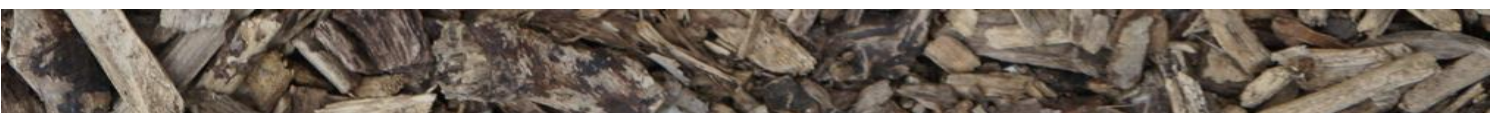
- **Chariots:** One player lifts the leg of another player.
- **Horses:** One player goes on their hands and knees, while the other player stands over top of them, like they are riding a horse.
- **Knights:** One player goes on one knee, which the other player sits on their knee.

If there is someone who doesn't have a partner after the action has been called, then they are "out". If everyone has a partner, then the last two people to form a group are "out". The last two people left are declared the winners.

## Ship to Shore

In this game, players must follow the actions of the game leader. There is no winner; the point of the game is to do the actions as quickly as possible. The game can be played outdoors, but works best in a larger room. Actions can be invented by the person starting the game, but some example actions are:

- **Port:** All players run to the left side of the room.
- **Starboard:** All players run to the right side of the room.
- **Bow:** All players run to the front of the room.
- **Stern:** All players run to the back of the room.
- **Captain's Coming:** All players stand at attention and salute. They can't stop saluting until the command "At Ease" is given (this means that players shouldn't react to any other actions until they hear "At Ease").
- **Three Men in a Boat:** Players get into groups of three and sit on the floor facing the same direction. They then pretend like they're rowing a boat while singing "Row Your Boat" as loud as they can.
- **Up Periscope:** Players lie on their backs and raise one leg (supposedly like a periscope).
- **Swab the Deck:** Players pretend to mop the floor.
- **Hit the Deck:** Players lie on their stomachs.
- **Seagulls Overhead:** Players duck and cover their heads.
- **Pirate:** Players cover one eye with one hand, grab their ankle with their other hand, and hop around yelling "Arrrrr!"





## Ship to Shore cont'd

Changing port, starboard, stern, and now to the cardinal directions of North, South, East, and West adds a bit of direction finding. Add in Northwest, Northeast, Southwest, and Southeast as you go on. You can also add in anything that might be fun locally, like “teacher’s coming”, where players get quiet and pretend to read a book. The game leader can also decide to declare a winner (being the person who puts in the most effort).

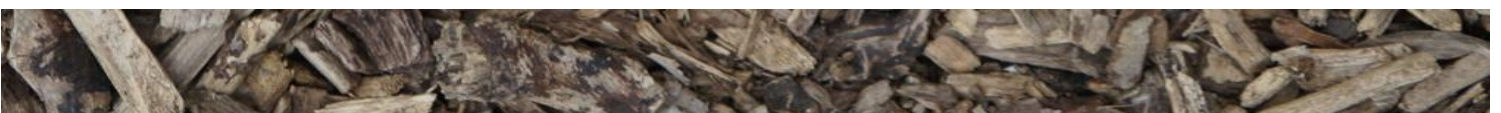
## Chain Gang

This game is good for larger groups of 30-40 students. This game requires a large, bouncy ball (a dodgeball works best, as long as it is not gatorskin) and a large playing field. Obstacles can be either a fun addition, or a source of whining, depending on the age group you have.

Split the group into two even teams. Each team must then get into line, facing back to front (a player faces the back of the next person in line). The lines should be facing each other. Flip a coin to decide which team gets to score first. This get gets to kick the ball as hard as they can, in any direction they want. The only rule for kicking is that players cannot kick the ball into bodies of water, enclosed fences, or any other area that is inaccessible; however, the more difficult the terrain that the ball is kicked into, the better.

Once the ball has been kicked by the scoring team, the other team must chase the ball wherever it goes. When someone from the chasing team grabs the ball, everyone else from their team must make a line behind them. The team then has to pass the ball to the back of the line, one person at a time. The method of passing the ball must alternate between over the top of the players’ heads, followed by between the players’ legs, back over the top, etc. Once the ball gets to the person at the end of the line, the team must yell “CHAIN GANG!” as loud as they can and kick the ball. This team then becomes the scoring team, while the other team becomes the chasing team. *Note:* After the ball is kicked, the new scoring team must stay in their line exactly where they were when they were passing. This means that it may be extremely hard to run in a circle around the line, depending on the terrain – but this is all part of the strategy.

While the chasing team is chasing and passing the ball, the scoring team is scoring points. To do this, the person at the front of the line runs in a complete circle around the whole line of people. For every one lap around the circle, that team gets one point. The whole line should count these points out loud, yelling “ONE! TWO! THREE!” as they get points. As soon as this team hears the chasing team yell “CHAIN GANG!” they must immediately stop scoring and go running after the ball. The first team to reach 40 points is declared the winner. This point total can be modified depending on the size of your group, with larger groups needing fewer points to win.





## Awesome Applause

This game works best with students are at least 10 years old, but can be modified to work with younger kids. This game requires a large space with a lot of random objects in it (a large common room, multipurpose room, or gymnasium works well).

One player is chosen to leave the room for a moment. While they are gone, the rest of the players decide on three actions that they want the person to perform. Using the items in the room usually make the actions more entertaining. This could be putting on someone's hat, giving a certain person a hug, pretending to eat an invisible meal off of a plate, sitting down in the middle of the room, or anything else you can think of.

When the chosen person reenters the room, they must figure out what happened when they left the room. The other players cannot say anything to the person, but if the person is doing something right (such as moving in the right direction, holding the right object, etc.), the group will start clapping. The closer the person is to correctly doing the action, the harder the group claps. When the person completes an action, everyone cheers, and the person moves to the next action. When they have completed all three actions, a new person is chosen.

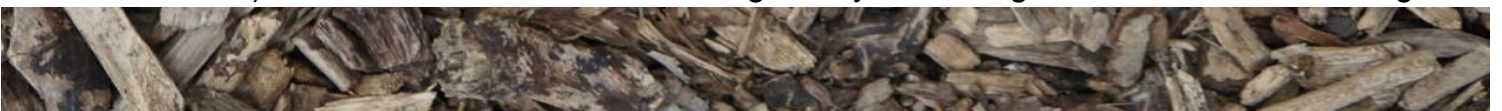
## Predator and Prey

To play this game, you'll need:

- Predator and Prey clips and different coloured poker chips or other coloured tokens;
- Food/water stations (hole punches or coloured pencils) hidden in a large outdoor area (preferably a forest or treed area);
- Food/water cards for each player.

In this game, players take the roles of herbivores, omnivores, or carnivores. The goal of the game is to survive. Omnivores can eat herbivores, carnivores can eat both omnivores and herbivores, and herbivores can't eat anyone. Players are randomly given an animal type, along with "life tags" (the poker chips). Herbivores get 12 chips, omnivores get 6 chips, and carnivores get 4 chips. The players sent out into forest in intervals; herbivores first, omnivores 5 minutes after, and carnivores 5 minutes after that.

All animals must find 6 food/water stations hidden throughout the area, and mark their cards to prove that they were there. In addition, omnivores need 3 prey tags and carnivores need 6 prey tags. To get prey tags, they must "eat" other animal by tagging them. When an animal is eaten by another, they must give up one of their life tags (which becomes a prey tag for the animal that has taken it). If an animal runs out of life tags, they have to go back to the start and get a





new ring of life tags. If a player has all six food and water stamps, has caught enough animals based on what type of animal they are, and has at least one life tag at the end of the game, they have then survived.

It may sound like the carnivores have it easy, right? Not so fast! Halfway through the game, “environmental hazards” in the form of leaders/teachers/councillors are sent out. These hazards can tag anyone they can find, and take away a life tag. In the last 5-10 minutes of the game, the human is sent out. The human can kill anyone they see from any distance (humans have guns; however, the human can be good or bad. If they call someone over, they can either decide to take away a tag or give a tag to the animal. This is to represent that humans can either hurt or help animals, and to hopefully show the group that we need to be careful in our environment!

### Muddy the Water

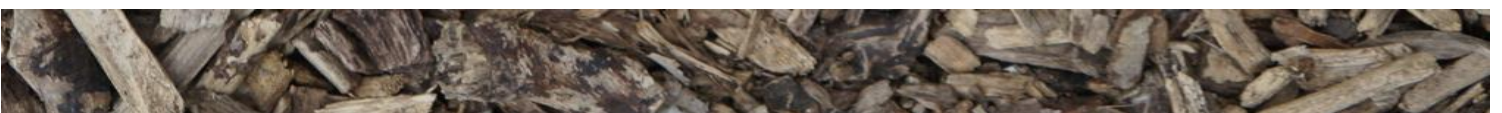
This game is similar to Capture the Flag, only messy! To play this game, you’ll need:

- Two buckets
- Bandannas (or some other way to distinguish the teams)

Before starting the game, define clear boundaries that the players cannot go beyond, and a halfway line. To muddy the other team’s water, players must find mud, debris, or anything else they can find on the ground on their own side. They then must run to the other team’s bucket and dump these items in it. The object of the game is to get the other team’s water as muddy as possible.

Anyone who is on their own side is safe and cannot be tagged. Once a player has crossed the centre line, they can be tagged. If they are tagged on the other team’s side, they must drop whatever they are carrying to muddy the other team’s water and walk back to their own side.

Play continues for a set amount of time and at the end of the game, each bucket is judged for how muddy the water is.





## Capture the Flag

To play this game, you'll need:

- Two flags (tea towels work as well)
- Face paint/bandannas (or some other way to distinguish the teams)

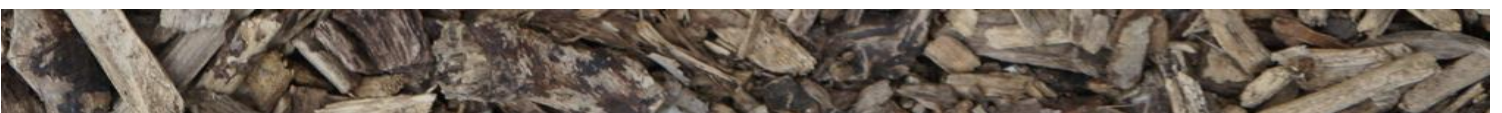
Before starting the game, define clear boundaries that players cannot go beyond, a halfway line, and jails for each side. At the beginning of the game, each team goes to their base and decides where to hide their flag. It must be at least 50 per cent visible (i.e. no burying it) and cannot be tied to anything.

Anyone who is on their own side is safe and cannot be tagged. Once a player has crossed the centre line, they can be tagged. If they are tagged on the other team's side, they are escorted to jail by the person who tagged them. To escape from jail, someone from their own team must tag one person in the jail and everyone in jail can walk free, back to their own side. If the supervising teacher/leader calls "jailbreak", everyone in both jails is set free.

To win the game, someone must grab the opposite team's flag and run back to their own side without being tagged. If they are tagged while carrying the flag, they must leave the flag on the ground where they were tagged and go to jail. The flag cannot be moved from its new location (i.e. it cannot be re-hidden). Someone who is on their free walk back from jail cannot pick up the flag; they must first cross to their own side.

### ***Alternate Tagging Rules***

Capture the Flag can also be played with alternate tagging rules. Each player is given a piece of fabric, bandanna, etc. that is their team's colour, rather than wearing bandannas or face paint. Each player has the piece of fabric tucked into the waistband of their pants. They are not allowed to tie their fabric to anything on them. In this type of game, the halfway line is eliminated and any player can "capture" an opposing player by stealing their fabric, sending the opposing player to jail. Once in jail, the player receives their piece of fabric back and is only allowed to keep playing once they are freed from jail. This version of tagging rules makes the game much more physical and would not be appropriate for all age groups.





## Sticks

To play this game, you will need:

- 12 “sticks” (2x4’s or something that is very distinctive)
- Bandannas (or some other way to distinguish the teams)

Sticks is very similar to Capture the Flag; the only difference is that instead of one hidden flag, there are 6 sticks per side. The goal of the game is to capture all of the other team’s sticks. Each time must place 6 sticks in visible and accessible areas on their side. Sticks must be accessible from all sides. The first team to collect all of the sticks is the winner.

It can be played with either a free walk back for people who grab sticks or similar to Capture the Flag, where they have to make it back to their side without being tagged. If they are tagged, they give the stick to the person who tagged them and the tagger takes it back to the area it was taken from. Alternatively, a “safe zone” can be incorporated around each stick area. The safe zone is an area that the defending team cannot enter and once the attacking players have entered this area, they cannot be tagged. Once they leave the safe zone, they can be tagged until they reach their own side. The safe zone can be as big as desired, from hula-hoop size to three metres across.

## Royal Roll

To play this game, you’ll need:

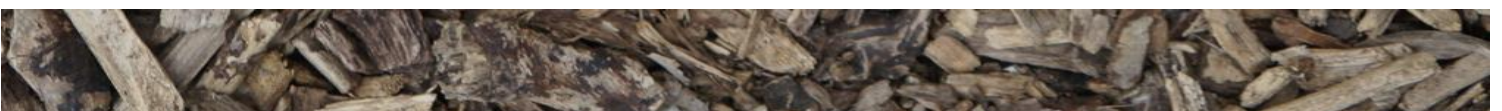
- Two rolls of toilet paper
- Bandannas (or some other way of distinguishing the teams)

This game is the same as Sticks, except that instead of capturing sticks, each team is trying to capture the other team’s toilet paper rolls. This can be prefaced with a silly story; for example, that there are two kingdoms, but only enough toilet paper for one, leading to the “Toilet Paper Wars”.

## Three-Way Sports

Take any regular pass/run/shoot/score game (i.e. soccer) and play with three goals, three teams, etc. Strategy changes quite a bit.

For an added twist, create more goals than teams (i.e. five goals, three teams, any team can score on any goal). Younger kids will especially enjoy increased scoring opportunities, while older kids will have to think strategy.





## Crokinole in the Snow

To play this game, you'll need:

- A large circular playing area;
- 4 cones;
- A hula-hoop; and
- Several playground balls.

Before the game starts, establish the playing field with the group. Place the hula-hoop in the centre and put four cones around the edges of the hoops.

Have players stand in their teams on opposite sides of the playing area. Each round, every player has the chance to roll/throw a ball. A ball in the hula hoop at the end of the round counts as one point. As soon as the opposing team's balls are in play, every ball thrown must touch an opposing team's ball before it comes to rest.

## TRACKING GAMES

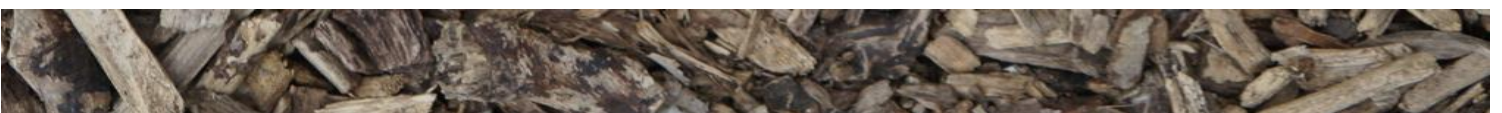
To play these games, you will need:

- A box of popsicle sticks
- A few red wooden sticks

### Twisty Trails

Divide students into four to six evenly-sized groups. Each group gets 15 popsicle sticks and one red stick. Each group must make a winding trail through the forest, trying not change things or leave footprints. A popsicle stick must be dropped every metre. The red stick is dropped last and can be somewhat hidden.

Once the trails are set, each team tries to follow the other team's trails until they reach the red sticks. Once completed, have each team make new trails and drop seven sticks with a two metre distance between. If your group becomes good trackers, (looking for things like broken branches, depressions in the grass, etc.), they may get to the point where a 15-metre trail only has two or three markers along it.







## Sasquatch

Pick one older (and/or trustworthy) student to be the “Sasquatch” or “Bigfoot”.

The Sasquatch gets 15 popsicle sticks and a three-minute headstart. Have them head into the forest, dropping a stick about every two metres. They are trying to confuse the group, which will be tracking them, so jumps over logs, crawling and turning back on the trail, etc. are all fair game. When the Sasquatch runs out of sticks, they hide.

When the head start is over, the tracking team begins looking. Give the tracking team a rough area where the Sasquatch went into the bush. If the tracking team finds the Sasquatch in an allotted time (6, 8, or 10 minutes work well), they win.

To increase the level of competition, have two tracking teams starting from different places, racing to find the Sasquatch. To increase the difficulty, make the distance between the sticks three metres. To increase complexity, send the Sasquatches out at a time, letting them cross paths, etc. to confuse the trackers.

If you are interested in sharing your lesson's results or would like more ideas on teaching outside at your school, please contact [education@fortwhyte.org](mailto:education@fortwhyte.org).

