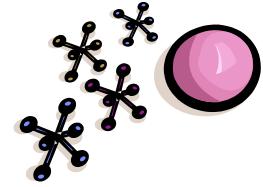


What's New On The Playground!



Game of the Season: "Jackpot"

Jackpot

Age: 6 and up Number of players: 3 or more

How to Play:

One person is "**Jack**". "**Jack**" stands 20 feet away or more from a group of people and just as he throws the football, "**Jack**" calls out a number from 0-1000 (most likely 100, 200, 300, 400, etc.) and after the #, either **dead, alive, dead or alive**. Example, "200 dead". **Dead**, (means the football has to touch the ground before a person catches it.) **Alive**, (you have to catch the football before it touches the ground or else the points don't count.) Or you can call out **dead or alive**, (catch football in the air or on the ground.) If a catch is successful that person gets the points. This continues until a person's points adds up to 1000 and then they become "**Jack**" and the games starts over again.



Thanks to K. Marko, a grade 6 student at St. James School for sharing this great game!

Hacky Sack Returns!

This 1980's easy to learn but a challenge to master game is being rejuvenated and reinvented.

Today's preferred name is Footbag. This simple game involves a small, round beanbag and a group of people taking turns trying to keep their Footbag in the air the longest by kicking and balancing it with only their feet, ankles, and knees. No hands allowed! The main moves include; **inside and outside kick**, (bend knee and inside of ankle faces sky or outside of ankle faces sky), **backward kick**, (when sack goes behind you, use your heel), **toe kick**, and **knee kick**. Be sure to stretch and warm up before you start.

Recommended for Grades 4,5,6 and Jr. High Students, but any age can try it. New versions include a game called **Net**, players in either singles or doubles try to kick the bag over a five foot net using only their feet. The first team or player to reach 15 wins the round.

Another new game is called **Freestyle**, put on some music and choreograph some moves to the music.

Hacky Sacks or Footbags are inexpensive, (check out your local dollar store or large discount store.)

You may want to add some "Hackers" to your playground and classes.

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News from Schools

Positive Playgrounds at St. Vincent

The St. Vincent School Community was eager to carry out an initiative to get children playing more cooperatively and fairly on the fields during recesses. A resource recommended by the Heather Rootsart, (Edmonton Catholic Physical Education Consultant), was quickly bought and utilized by our staff.

The “Positive Playgrounds Manual”, written by Pearl Marko is an amazing collection of games that aided us in our playground goal as a school community. The resource outlines six different Zone Games, therefore, the potential of carrying out a successful Positive Playgrounds theme day is very high.

St. Vincent designed four Positive Playground Days in the first year of their initiative. Two days were organized by staff members, one day was led by the grade 6 students and one day was carried out by the parent community. This proved to be a school community initiative. This easy-to-read manual will help out any school environment and it will definitely lend a hand in promoting a positive playground.

Written by: Brent Bradford, Teacher at St. Vincent Elementary.

Special thanks to Brent, and the pro-active students, parents and teachers of St. Vincent School for their enthusiasm, great ideas, and support of Positive Playgrounds.

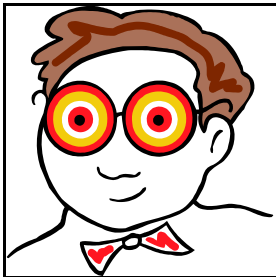


*Many games
+
Minimal equipment
=
children starting
games quickly*

Active Game: HEART ATTACK TAG

Assign one player to be “It”. Other players run around just like tag. Set a time limit for the game. “It” will run around and try to tag everyone. If you are caught, jump like crazy! This shows everyone that you are suffering from a heart attack. How to be freed: someone comes and stands in front of you and does 3 jumping jacks while calling out the letters “C.P.R.” with each jumping jack. Continue until no one is left or time is up. Note: you cannot be tagged while giving “C.P.R.”

Thanks to Grade 6A students of St. Timothy Elementary for your great game!



Passive Game: EYE SPY

A great game to play anywhere and anytime. One person secretly picks an item in a defined area and says, “I spy with my little eye something blue” (or whatever color it is.) The other person gets three guesses to figure out what the item is. Variations in descriptions beside color may be shape, sounds like, or rhymes with.

News from Schools

St. Timothy “Playground Pals”

Pearl Marko’s “Positive Playgrounds” has been a wonderful resource for St. Timothy Elementary School in Edmonton, Alberta. Initially, our physical education teacher, Mr. Andre Chasse, used it as a resource manual to complement our Physical Education and Health curriculum. Eventually we decided to use it to create school wide, multi-grade grouping project:



- to encourage pro-social/character education with our Core Gospel Values
- to encourage more cooperative play during recess breaks
- to foster leadership skills in our upper elementary students
- to assist the implementation of new phys.ed/health curriculum school-wide
- to integrate language arts and art curriculum with phys.ed/health
- to celebrate the uniqueness of our school in a telecollaborative medium.

At the beginning of the year staff members organized the student population into 20 multi-grade teams led by Grade 6 students. The teams were encourage to work on a new pro-social/character-building concept each month to earn points for their team. The grade 6 leaders worked together to develop “**Playground Pals**” a manual of games adapted from Pearl Marko’s unique resource. On specially selected days, throughout the year, the teams meet with their Grade 6 leader to learn two new playground games. The leaders introduce the game (rules, materials and instructions), they organize their teams for lunch, and then they move outdoors to try out the games!

Working from Pearl’s “Positive Playgrounds” made the transition from the teacher resource to student-led cooperative learning experience easy and enjoyable. The students have been very positive and enthusiastic regarding the St. Timothy’s “Playground Pal” program. Students are invited to respond to the experience by answering questions and illustrating an example from each of their “Playground Pal” days. Teacher-selected entries of student responses are posted on our “PlaygroundPals” website, at:

<http://www.playgroundpals.ecsd.net>. We are also linked to our friend and support system, Pearl Marko, who has her webpage for “Positive Playgrounds” at:

<http://www.positiveplayground.ab.ca>

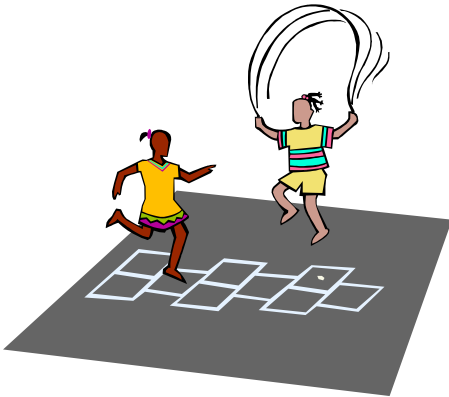
“Positive Playgrounds” is a unique educational experience that allows students from all grades to be present to one another in the spirit of cooperation, health and fitness, and a whole lot of fun!

Written by: Angela Rozycki on behalf of St. Timothy School. Special thanks to Angela, Grade 6A students and all the students at St. Timothy School for their enthusiasm, cooperation, and inspiring contributions to bring back “play” to the playground.

Positive Playgrounds

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**Putting the "PLAY" back
into Playgrounds**

Positive Playgrounds

Have you ever noticed ...
that children don't always play cooperatively on the playground?
that children are not getting enough physical activity?
that children are more frustrated and aggressive on the playground?
that children are bored and don't seem to know many games to play?

If you said yes... Positive Playgrounds Program can help!

A proactive approach to dealing with behaviors on the playground and in schools, with an emphasis on the importance of physical activity to the health and well-being of all individuals. It is currently being used in schools, recreational program and pediatric diabetes programs across Canada.

Positive Playgrounds Program Manual and Comprehensive Resource of Outdoor and Indoor Games gives you all the tools you'll need to implement and teach K-6 students traditional and cooperative games that encourage **positive social skills and physical fitness**. Easy step-by-step program instructions and over 180 games (researched and field tested) to plan your own Positive Playground and to incorporate into your Physical Education program.

Rave reviews from, teachers, parents and students!

A: Program & Games B: Games C: Funshop

Back by popular demand: Positive Playgrounds Funshop

A fun, interactive and motivating presentation suitable for teachers, parent councils, and recreational leaders. Alberta only.

780-466-9612 fax 780-485-1011
www.positiveplaygrounds.ab.ca

A word from the Author

"Obesity rates are growing at an unchecked rate in our youth, 2/3's of children are so inactive their life-style poses a health risk." (Canadian Pediatric Society)

Today's children are missing out on the benefits of play and the opportunity to participate and learn traditional and new games. We need to take a more pro-active role in providing opportunities and knowledge for children to play games. Parents and teachers need to initiate and encourage a more active lifestyle, this can be done in a fun way by simply adding games to the playground, phys.ed. classes and at home. Games provide teachers and parents with a valuable tool. The type of social interactions provided through games allows children to develop and practice social and emotional skills, gain physical fitness and have fun. Playing games teaches us the rules of life. When children join together to play a game they develop human relations skills including: communication, cooperation, trust, problem solving, decision making, and conflict management. Games provide the opportunity for children to experience praise and criticism, acceptance and rejection, and to practice appropriate ways to deal with their emotions. At home, it's important for parents to shut off the TV, computer, and games systems to create the opportunity for children to get outside and to get active. Teach your children the games you use to play. Play tag, skip or try "Jackpot or Hacky Sac". Provide simple and inexpensive equipment such as balls and skipping ropes. Set up croquet in the yard, or a badminton net that can be used also for volleyball. Play basketball if you have the space. Set up rules that your kids and teens have to play active games for so many hours outside before they get to turn on the TV. Winter provides opportunities for new kinds of activity. My 11 year old son built a winter wonderland despite the -25 weather, which included a snow fort and snow hill that he made by shoveling snow into a pile. He used his skateboard (wheels taken off) as a mini snow-board to slide down the hill. My older teen was also seen out their having fun! If it's too cold or wet to go outside then card & board games are great fun. Although children and teens may grumble at first, be persistent and stick by the new rule of positive physical activity first, before TV.

Pearl