

Make-It-Up Games

We all know the important role that physical activity plays in helping children to live a healthy lifestyle. We also know that keeping a child interested, motivated and encouraged can often be a challenge. The *Make-It-Up* program is designed to help you develop a child's imagination as they participate in physical activities.

Here are some games that you can teach to the children in your recreational facility. These new and interesting activities are meant to enhance the physical activity options you are currently providing. **But don't stop with these games.** How about challenging your kids to come up with their own games and activities? You might be surprised how inventive they can be. Good luck!

Hip-Hop Scotch

It's old school meets new school. Have the kids draw boxes just like hopscotch. But instead of numbers, have them write in dance moves, like spin, bounce, step, or shake. They toss a rock. Whatever dance it lands on, that's their thing. If it lands on a question mark, they can do anything.

KB Ball

It's kickball on a basketball court. Players take positions on the basketball court as if they were playing baseball (first base, second base, outfield, etc.). The player on the opposing team kicks the ball as far as they can. After the kick, the fielder who catches the ball has to shoot it through the nearest basket. If the ball goes in and the kicker is not on base, they're out. If it misses the basket, they keep on running. Just like in baseball, the object is to score by running all the bases and making it safely home.

Marco Water Polo

All you need is a pool and a ball. Whoever is "it" has the ball and yells "Marco!" with their eyes closed. Everyone else yells "Polo!" The player who is "it" throws the ball in the direction of someone they hear. If the person catches the ball, the player who is "it" goes again. If they drop the ball, they have to spin around in the water three times as fast as they can, and then they become "it."

Crystal Ball

The object of the game is to catch the opposing team's magic crystal ball and get it back safely to your team's home base. The crystal ball can be anything that is on hand (i.e., beach ball, tennis ball, red **VERB™** Anyball, etc.). The game starts with two teams. Teams line up at their home base in front of their crystal ball at opposite ends of a court or field. Each team tries to capture the other's crystal ball without getting tagged by the opposing team. If tagged, they must stand still (or hop in place, etc.) for 10 seconds; then they can resume playing. Once a player captures the other's crystal ball, the player yells out "freeze," and all players must freeze in place.

The team who has the crystal ball must toss it from teammate to teammate until the crystal ball is safely placed at their home base. If the crystal ball is dropped, the game starts over from the beginning.



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(Continued on reverse side)

CHALLENGE

MOTIVATE

INSPIRE

PARTICIPATE

ENCOURAGE