



INTERNATIONAL GAMES



MEDICINE HAT
COLLEGE



be fit for life
moving alberta

The development of these lessons included the collaborative work of three programs from the Medicine Hat College. International Education students from 9 different countries including Italy, South Korea, Mexico, Thailand, Japan, India, Colombia, Philippines, and Brazil worked with students in UT Education to develop lesson plans for games commonly played in their home country. MHC Be Fit For Life created the resource and would like to acknowledge the work by these students, instructors and staff, and thank them for their contributions.

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p. 5
 p. 13
 p. 15



p. 9



p. 12



p. 3



p. 8



p. 6



p. 11



p. 4
 p. 14



p. 7
 p. 10
 p. 16



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AIR BALL

COUNTRY OF ORIGIN



Italy

Air ball develops skills for Boccia, a popular sport in Italy.

RULES & INSTRUCTIONS

- Players spread out in a circle and randomly select one person to hold a soccer ball or volleyball.
- The person who is holding the ball calls out the name of another player and throws the ball straight up in the air. Once it leaves their hands, the person whose name was called must run and try to catch the ball before it touches the ground. The rest of the players must move to get out of the way and reposition themselves around the playing surface.
- Once the ball is caught everyone freezes.
- The player with the ball must then roll the ball at any other participant in attempt to make contact with them. The players are not allowed to dodge the ball, it is up to the thrower/roller to accurately make contact with their targeted player.
- If a player is contacted with the ball, that person must perform 10 star jumps and the thrower starts the round again by calling out the name of another player and tossing the ball straight up in the air for them to catch.
- If the ball doesn't contact a player that it is rolled at, the thrower/roller would be required to perform 10 star jumps and the ball becomes free and up for grabs by any of the players.
- The game continues until one person is left standing.
- Remember, players are only allowed to move when the ball is in the air.

GAME VARIATIONS

- Use smaller or softer balls for younger children.
- Try taking the game outside in a large area with obstacles and uneven terrain to add challenge.
- Try using different re-entry movements such as a funny dance, or high kicks. Incorporate student choice if possible.
- Lay down gym mats to make an uneven terrain on the gym floor for an added challenge.

EQUIPMENT REQUIRED

- Soccer ball or volleyball for rolling
- Dodgeball or small-medium sized balls
- Pylons

SKILLS DEVELOPED/LEARNING OPPORTUNITIES



Soccer



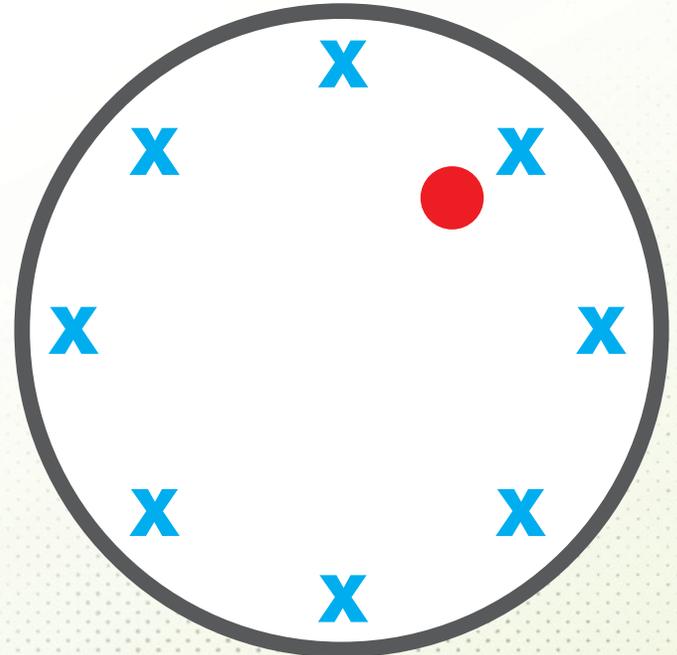
Throwing



Accuracy

SAFETY

- It is important to teach participants to focus on accuracy versus power and always aim below the knees.
- Participants should be made aware of their surroundings to avoid collisions with each other.



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CATCH THE TAIL

COUNTRY OF ORIGIN



South Korea

This game references the Korean Dancing Dragon where the person at the front of the line is the dragon's head and the person at the back is the tail.

RULES & INSTRUCTIONS

- Divide students into small groups of 2-3. For larger class sizes, divide into larger groups.
- Each group will be holding onto each other's shoulders and following the person at the front.
- The end player of the row will have a pinny tucked into their pocket or pants like a tail.
- The point of the game is to try and collect as many tails as you can from the other groups. Once a team has gotten their tail stolen they become part of the player's team that stole their tail.
- The winners are the last team standing with the longest line.
- If players break apart in the playing area when they are running they must disband their group and everyone must run to the boundary line and then re-enter and form their line again.
- The front player of the line is the only person who can grab the tail.

GAME VARIATIONS

- This game can easily be played indoors or outdoors.
- Instead of grabbing pinnies students could be given pool noodles to tag the last person of the team.
- Make the playing area smaller or larger to change level of difficulty.
- In South Korea sometimes they have the teams colour coordinated by the colours of the rainbow. So the certain colour team has to get the colour right underneath them in the order of the rainbow before they collect tails from anyone else (Red team has to go to yellow first).
- Another option would be to have the players go after teams that are complementary colours or colours that mix together.
- Players could have to break off at a certain number or if they are an odd or even group.
- Perform a variety of locomotor movements in the playing area (running, skipping, hopping, etc.).

EQUIPMENT REQUIRED

Pinnies (1 for each group)

SKILLS DEVELOPED/LEARNING OPPORTUNITIES



Running



Dodging



Teamwork

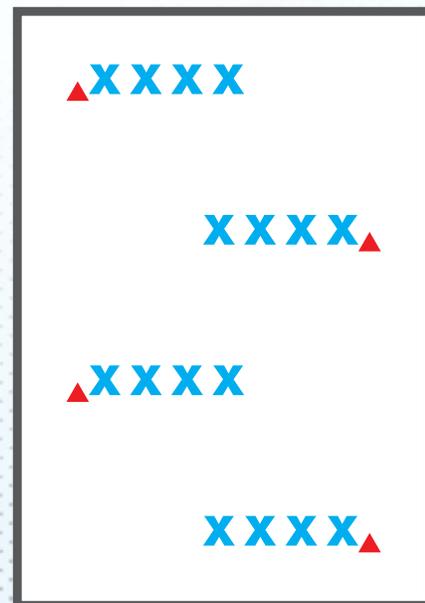
SAFETY

- When determining group size, if you have a larger group of participants, consider using larger groups to start.
- Remind students to keep their heads up when running to avoid running into others.
- Set boundaries for the play area; do not use walls for boundaries.
- Remind students about safe and appropriate tagging.

VIDEO LINKS

Catch the Dragon's Tail

<https://youtu.be/qhpTCyxio4c>



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PELEA DE GALLOS

5

Battle of the Rooster

COUNTRY OF ORIGIN



Mexico

A popular game in Mexico with similar variations played around the world.

RULES & INSTRUCTIONS

- Separate all the participants into two teams both standing on opposite sides of the basketball sidelines, numbering all the players starting at 1 and ending with how many participants you have.
- With one object in the middle, the activity leader will call a certain number. That number is to race to the middle and try to grab the object. Players cannot cross the middle line, they must stay on their side. If the object is kicked to the other side, they can't cross the middle to grab the object, they no longer can get the object.
- Give every participant a chance to race for an object by calling different numbers each round.
- Progression: the activity leader can start calling different sequences at once. For example "pairs, odds, 2,5,7,8" and players with that number would race to the middle to grab the middle object, adding more objects to the centre line as more numbers are called.
- Every time a participant grabs the object, they receive one point for their team.
- Participants will play this for 3-5 minutes, the team with the most points will win at the end.

GAME VARIATIONS

Incorporate math skills into this game by having the activity leader say "2+1" for example rather than calling for #3 to run.



EQUIPMENT REQUIRED

Depending on group size, you will need one object for smaller groups and up to five objects for larger groups.

Object ideas:

- Balls (tennis balls, beach ball, dodgeballs)
- Rubber chicken
- Scarf
- Marbles

SKILLS DEVELOPED/LEARNING OPPORTUNITIES



Running



Reaction time

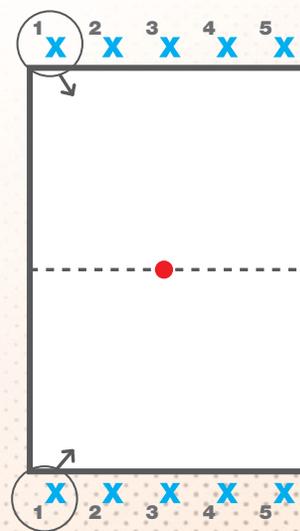


Decision making

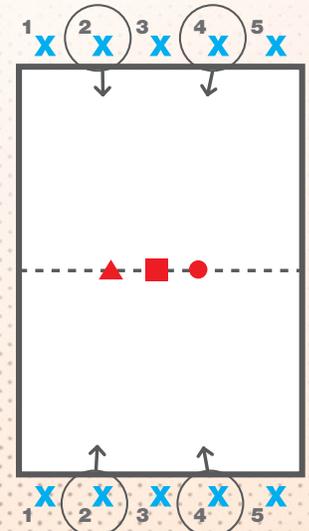
SAFETY

- Be aware that players may collide in racing to the same object from different sides.
- Focus on the skills of deceleration, agility, stabilization and guarding.

Individual Numbers



Evens



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GHOST TAG

COUNTRY OF ORIGIN



Thailand

It relates to Ghost Month in the Chinese Calendar, where the doors to the spirit world are more open.

RULES & INSTRUCTIONS

- This is a basic tag game, except that the players who are “it” are called ghosts.
- The players in this game are either “ghosts” or “alive” people.
Choose 3 or more players to be ghosts, depending on how many people you have playing.
- Once a ghost tags you, you are now the ghost and they are alive. The ghost will give their pinnie to whomever they tag.
- **Progression:** You can add in red/green as players get more confident. In this progression, anyone can yell “Red!” and place their palms together in front of their chest. They can only stay “red” for ten seconds. When they are red, ghosts cannot tag them. However, any alive player can touch them and yell “Green!” to put them back into play before their ten seconds are up.

GAME VARIATIONS

- Can modify the type of movement and have speed walking, skipping, galloping, running, or other movements.
- The area of play could be made smaller or larger.
- The number of ghosts can be increased or decreased.

SAFETY

- Remind players to keep their heads up when running to avoid colliding with others.
- Set boundaries for the play area, do not use walls for boundaries.
- Remind players about safe and appropriate tagging.

EQUIPMENT REQUIRED

Pinnies (for the ghosts)

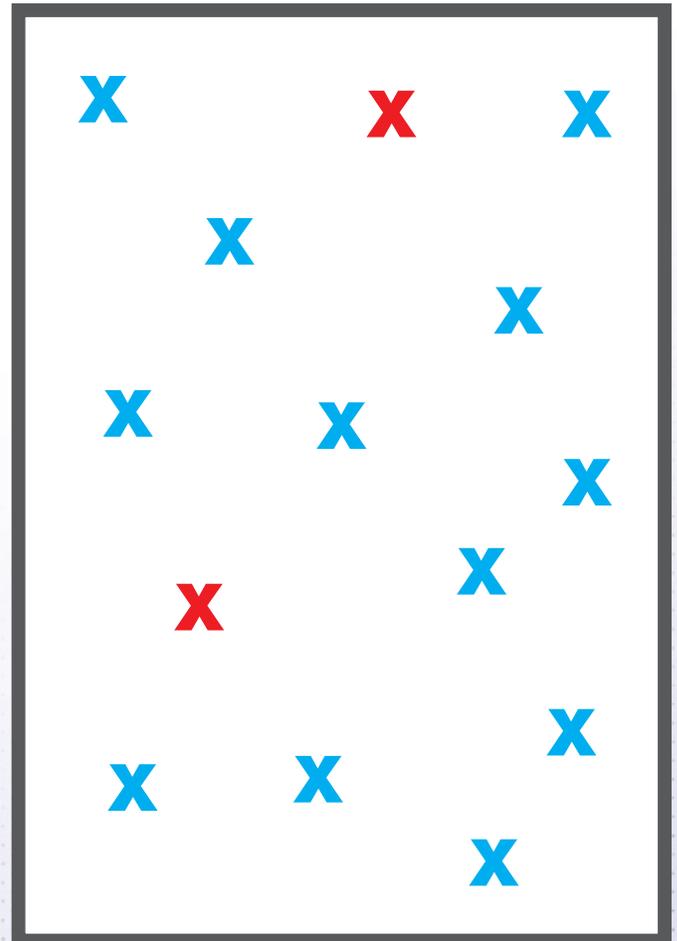
SKILLS DEVELOPED/LEARNING OPPORTUNITIES



Running



Dodging



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COUNTRY OF ORIGIN



Japan

This is a tag game similar to Cops and Robbers.

RULES & INSTRUCTIONS

- Two (or more if group is large) players are chosen to be the police. Everyone else are the thieves.
- The police try to catch and tag the thieves, placing them in jail once caught. The thieves must then perform a movement while in jail, changing the move each time a new thief enters the jail.
- Thieves are allowed to hide in the safe zone for 10 seconds, but only 3 thieves are allowed in the zone at one time.
- The round ends once all the thieves have been tagged and placed in jail.

Progression 1

- In this round, we introduce the lawyer – whose job is to secretly free the people in jail.
- The lawyer is chosen secretly by the activity leader - get all players to sit in a circle, close their eyes and the activity leader taps the lawyer on the shoulders so no one knows who it is.
- The lawyer will then wink (or other predetermined gesture) at the jailed thieves to free them one at a time.
- The lawyer is not safe from being tagged by the police and if the lawyer becomes caught, they can no longer free anyone. The round is over once everyone is in jail.

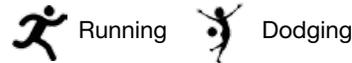
Progression 2

- In this progression, hula hoops with bean bags inside will be scattered throughout the playing area.
- The lawyer and police positions are still in play.
- The thieves must now try to steal the bean bags and return them to the safe zone.
- 1 bean bag can be carried at a time.
- When a thief is inside of the hula hoop, they are safe from being tagged. They can only stay in the hula hoop for 10 seconds.
- If a player gets tagged while carrying a bean bag, they must return it to the hula hoop before going to jail.
- The round ends when either all the bean bags are stolen by the thieves or everyone is in jail.

EQUIPMENT REQUIRED

- Pylons to mark safe zone and jail areas
- Pinnies
- Bean bags
- Hula hoops

SKILLS DEVELOPED/LEARNING OPPORTUNITIES

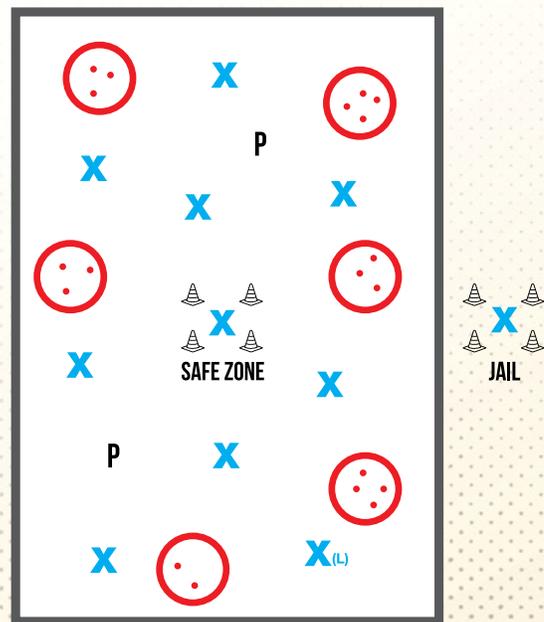


GAME VARIATIONS

- Change the movements for each round (ie. skipping, hopping, bear walk, etc.)
- Use pool noodles to tag players.
- Allow player choice for movements while in jail (ie. jumping jacks, sit ups, squats, etc.)

SAFETY

- Remind players to keep their heads up when running to avoid colliding with others.
- Remind players about safe and appropriate tagging.



KHO KHO

COUNTRY OF ORIGIN



India

Kho Kho is a traditional Indian game which is all about building physical strength and stamina. Get ready for some ducking and diving!

RULES & INSTRUCTIONS

- Mark out the playing area with chalk or string.
- Draw a line down the middle, cutting the playing area in half lengthwise. Put a pylon on each end of the central dividing line.
- Split players into two equal teams, and then allocate one team as the chasers and one team as the defenders (let them know they'll get to swap roles after seven minutes).
- Chasers need to line up on the line down the middle, seated facing in alternate directions. They can only 'chase' on the side of the pitch they are facing and can only chase one at a time.
- The defender enters the field and needs to avoid being tagged by a chaser - they can run anywhere on the field, but they're out if they get tagged.
- The chaser at the pylon starts and must try to tag one of the defenders on their side of the pitch, if a defender crosses the line to the other side, the chaser must tap the back of one of their teammates, who is sitting facing the other direction, and shout "Kho!".
- The teammate must then try to tag the defender and the standing chaser sits in the teammates place so only one chaser is chasing.
- Chasers can swap with a teammate every time the defender moves into the opposite side of the pitch or the chaser can run around one of the pylon to get to the other side of the pitch.
- The aim for chasers is to tag-out the defenders the fastest. Whichever team gets the defenders out the quickest wins.

SAFETY

- Remind players to keep their heads up when running to avoid colliding with others.
- Remind players about safe and appropriate tagging.

EQUIPMENT REQUIRED

- Large open space (traditionally 27m x 15m)
- 2 pylons
- String or chalk (marking perimeter of playing area)
- Ideally 12 participants, but 6+ works, preferably an even number of participants.

VIDEO LINKS

Main Rules of Kho Kho

<https://youtu.be/7EaLXDFIVwc>

SKILLS DEVELOPED/LEARNING OPPORTUNITIES



Running



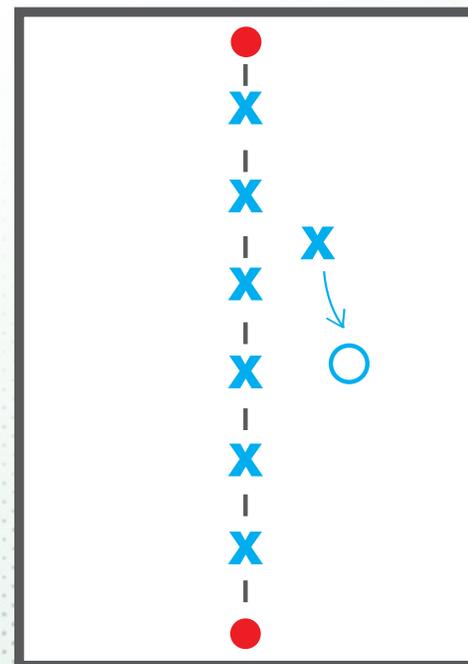
Dodging



Teamwork



Strategy



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JUGUEMOS EN EL BOSQUE

9

Let's Play In The Woods

COUNTRY OF ORIGIN



Colombia

A traditional Spanish game played in Colombia to teach culture and language by combining rhymes, songs and movement.

RULES & INSTRUCTIONS

- The participants must form a circle while facing outwards.
- One player who was previously chosen to be the wolf stands in the center of the circle.
- The players move in a circle singing the song (see below). During the song the players will ask Wolf, are you there? (¿Lobo, estás?)
- The wolf responds: "I'm putting on some clothing" or describes an action about getting ready. (Me estoy poniendo... as the wolf responds, the participants must act out the action)
- These actions may include, lying down and resting, getting up, washing, brushing teeth, etc.
- The players sing the song again and again until the "wolf" is fully dressed and responds, "I'm coming out to eat you all up!" Before that the "wolf" can "put on" as many clothes as they wish.
- When the wolf responds with "I'm coming to eat you all up" then the players run away from the wolf who tries to tag one of them. The first player to be tagged becomes the new wolf.

GAME VARIATIONS

- Change some words into Spanish or French (see Spanish word list).
- Add new vocabulary (ex. Adverbs and adjectives).
- Change the size of the playing area.
- Change the movements while playing – ie. Walking, running, skipping, jumping, galloping, etc.

SAFETY

- Remind players to move together to avoid pulling each other while they join hands in a circle.
- Remind players to keep their heads up when running to avoid colliding with others.
- Remind players about safe and appropriate tagging.

EQUIPMENT REQUIRED

Open space

SKILLS DEVELOPED/LEARNING OPPORTUNITIES



Running



Locomotor skills

SONG

Group: Let's play in the woods

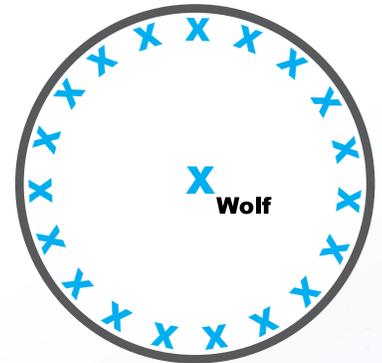
While the wolf is not there,
Let's play in the woods
While the wolf is not there.
Wolf, are you there?

Wolf: I'm

Options for the wolf to say:

- I'm putting on my pants.
- I'm putting on my vest.
- I'm putting on my jacket.
- I'm putting on my little hat.
- I'm brushing my teeth
- I'm laying down and resting
- I'm getting up
- I'm washing myself
- I'm putting on my shirt
- I'm having breakfast
- I'm putting on my shoes

Wolf: I'm coming out to eat you all up!



SPANISH WORD LIST:

Pants: Pantalones (Pan-ta-loh-ness)

Shirt: Camisa (Kah-mee-sah)

Breakfast: Desayuno (Day-sah-you-no)

Jacket: Chaqueta (shah- kay-tah)

Shoes: Capatos (kah-pah-toes)

Wolf, are you there?: ¿Lobo, estás? (Lo-bo, ay-stah)



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NEWSPAPER BALANCING

COUNTRY OF ORIGIN



Japan

A popular game played in Japan that highlights the Japanese cultural values of working together and interdependence.

RULES & INSTRUCTIONS

- Participants are divided into teams of two.
- Each team is given one sheet of newspaper.
- Teams will spread out among the playing space and stand on their newspaper – both team members must be standing on the newspaper and not have any other body part touching the ground outside of the newspaper.
- To begin the game, teams will choose another team to challenge in a game of rock, paper, scissors.
- The team that doesn't win must fold their sheet of paper in half, the successful team's paper remains the same size.
- Then teams will challenge another team.
- As play continues, the size of the newspaper will decrease each round the team doesn't win, and it will become increasingly difficult to balance on the paper.
- Once a team can no longer continue to balance on their piece of paper, they are eliminated from pool A and they will restart in pool B with other teams that have been eliminated.
- The game continues until there is one team left standing in pool A.

GAME VARIATIONS

- Substitute rock, paper, scissors for another activity in which one team wins and one loses.
- You could have them increase the size of their paper every time they win.

SAFETY

Make sure players have an awareness of balance and catching oneself before falling.

EQUIPMENT REQUIRED

Sheet of newspaper for each team

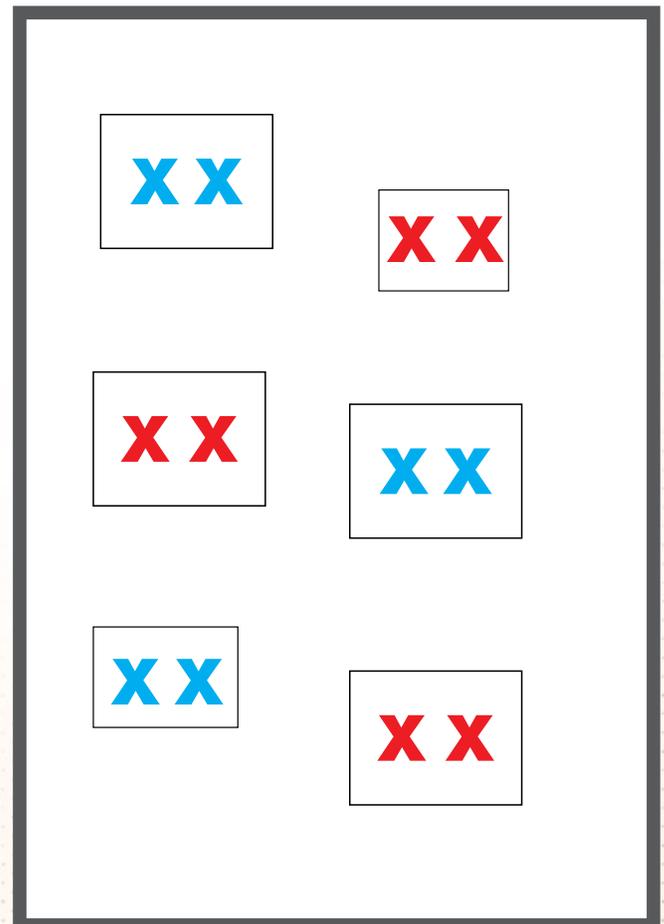
SKILLS DEVELOPED/LEARNING OPPORTUNITIES



Balance



Teamwork



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COUNTRY OF ORIGIN



Philippines

Patintero is derived from the Spanish word “tinte” in reference to the drawn lines of the court. Other names include “tubigan” tubiganay” or “tubig-tubig” due to the fact that the grid lines are also commonly drawn by wetting the ground with water.

RULES & INSTRUCTIONS

- Teams are composed of 4 players each.
- One team is the offensive team – called the passers, and the other team is the defensive team termed the line guards.
- A game is started with a coin toss to determine who starts on offense and defense.
- A time limit of two minutes is given to each team to score.
- Four line guards are positioned on the horizontal lines. Their feet must always be on the line.
- Line guards tag the passer, trying to tag them before they reach the other end.
- Passers try to run across the playing area and back to gain points for their team.
- Every line the passer crosses gains one point for their team.
- If a passer is tagged, the defensive team now immediately becomes the offensive team, regardless of whether the 2-minute time limit has elapsed or not.

SAFETY

- Remind players to keep their heads up when running to avoid colliding with others.
- Remind players about safe and appropriate tagging.

VIDEO LINKS

How to Play Patintero

<https://www.youtube.com/watch?v=YEJAdf5g0U4>

Watch the video to learn more about how the game is played and the strategy that can be employed.

EQUIPMENT REQUIRED

- Coin
- Tape or chalk (to mark lines)

SKILLS DEVELOPED/LEARNING OPPORTUNITIES



Locomotor



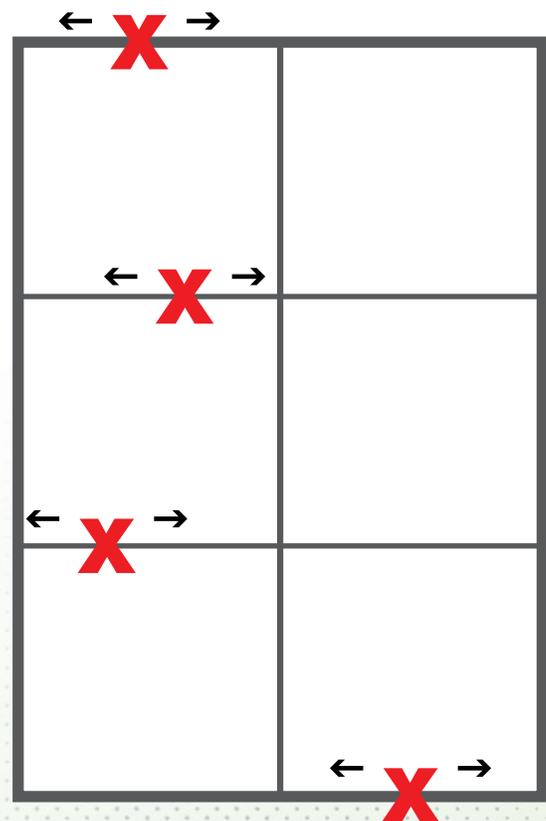
Dodging



Teamwork



Strategy



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PETECA

(Pet-teck-a)

COUNTRY OF ORIGIN



Brazil

Peteca originated as an Indigenous game in Brazil. In Brazil there was poverty among the people and kids found alternative ways to entertain themselves with limited resources. The game “Peteca” was created and played in the streets or on the beaches of Brazil because it was fun and did not require expensive equipment. The word “Peteca” translates to “shuttlecock” in the English language.

RULES & INSTRUCTIONS

- Divide participants into pairs or teams.
- Playing area: use a line on the gymnasium floor to set a boundary between the pair.
- To begin play, one player throws the Peteca up in the air and hits it with the palm of their hand (hits can be under or over-hand). The Peteca must cross the center line between the pairs or teams for the serve to count.
- Second player receives and hits the Peteca back to player one (open hand hits only).
- Players will continue passing and receiving until the Peteca hits the ground.
- If the opposing team drops the Peteca, the serving team gets a point and serves again.
- If the serving team drops the Peteca, then no point is awarded and the service changes to the opposing team.
- Game continues until a total of 15 points are earned.

Progressions:

- Have participants play Peteca using their non-dominant hand.
- Have participants play Peteca standing on one foot and alternate throughout the game.
- Allow participants to use their feet to hit the Peteca during the game.

Point System:

- Points are only earned while the team is serving.
- Points will be recorded on the whiteboard.
- If a player double hits the Peteca, it is considered a dropped Peteca and play stops.
- First player/team to 15 points wins.

EQUIPMENT REQUIRED

(each pair will need the following)

- 1 Peteca (badminton birdie or bean bag)
- Whiteboard
- Whiteboard marker
- Gymnasium lines

SKILLS DEVELOPED/LEARNING OPPORTUNITIES



Object Manipulation skills



Striking

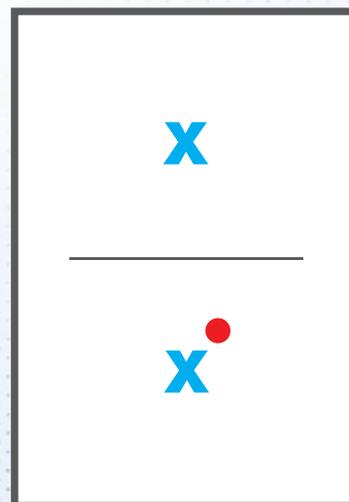
GAME VARIATIONS

- Use a balloon as the Peteca for younger participants.
- Allow participants to hit with two hands.
- Add volleyball nets for an extra challenge.
- Increase or decrease the size of the playing area.
- Use this game as an indoor recess activity.

VIDEO LINKS

Peteca

<https://www.youtube.com/watch?v=k3yhi0OcQpk>



Traditional Peteca



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CALABACEADO JUEGO

13

Pumpkined

COUNTRY OF ORIGIN



Mexico

Calabaceado Juego” translates to “pumpkin game” and is a popular game played in Mexico. It is similar to “Duck, duck, goose” as participants move around a circle and choose someone to race them back to the empty spot.

RULES & INSTRUCTIONS

- Start with everyone standing in a circle holding hands.
- Two players are selected to be “it” and go around the outside of the circle, holding hand with each other.
- When they are ready, they “cut the chain” by separating the hand of two players who then must race the players who are “it” around the circle back to the open space.
- The team that makes it back to the open spot first join the circle and the other team becomes “it”.

GAME VARIATIONS

If the pair that was already “it” doesn’t beat the other pair to the open space, they can perform an activity in the middle of the circle such as dance or jumping jacks, etc. and then a new pair is chosen to be “it” rather than making the team stay in the “it” position for more than one round.

Have participants in the circle complete a stationary activity (ex. marching, twist, kicks) while the players are running around the circle.

VIDEO LINKS

Pumpkined/ Calabaceado juego
International Game for EDUC 3101

<https://youtu.be/jEKDhwjx6m0>

EQUIPMENT REQUIRED

None

SKILLS DEVELOPED/LEARNING OPPORTUNITIES



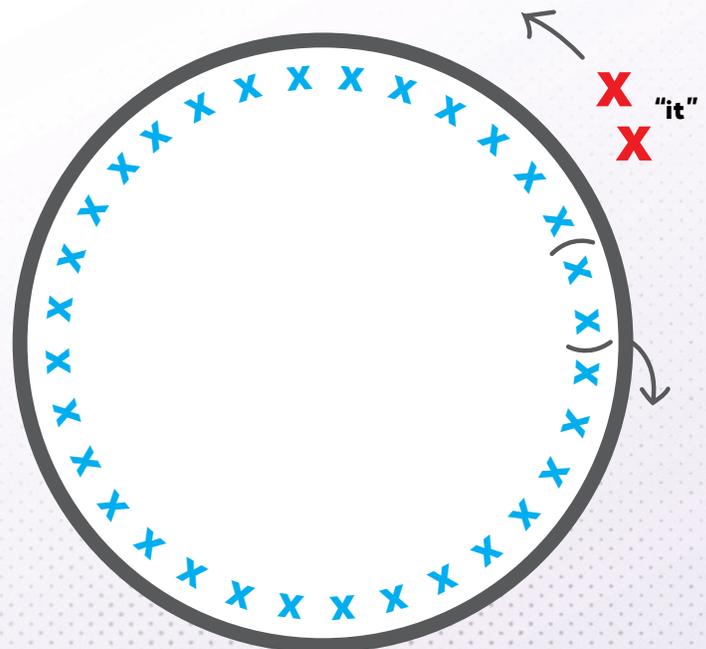
Locomotor



Teamwork

SAFETY

Remind players to keep their heads up when running to avoid colliding with others, especially since teams will be travelling in opposite directions toward the same open space.



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ROSE OF SHARON

COUNTRY OF ORIGIN



South Korea

The Rose of Sharon (*Hibiscus syriacus*), or “Mugunghwa” in Korean, is the national flower of South Korea and appears on national emblems and in the national anthem where Korea is poetically compared to the flower.

This South Korean game is very similar to “Red Light, Green Light.” It is a game of strategy as players don’t know how fast the singer will complete the Rose of Sharon song.

RULES & INSTRUCTIONS

- One player is designated as the singer and everyone else is behind the line across the gym (furthest point from them). The singer’s back faces the participants.
- The singer starts by covering their eyes and sings the Rose of Sharon song.
- **“MUGUNG-WHA, GO-CHI, PEEOTESUMNI, DA”** which means “Rose of Sharon’s were blossomed”.
- As the singer sings the Rose of Sharon song, players start to walk forward.
- When the singer is finished singing, they turn around and the players must freeze.
- If the singer sees someone moving, that player joins the singer and links pinky fingers with them.
- The singer then starts singing the song again.
- Players can try to free their teammates from the singer if they are able to get close enough to break the pinky finger link.
- Once the singer has been touched by another player, they must turn around and try to tag that person before they get back to the start line. If the singer is successful, the person tagged becomes the new singer. If not, the singer continues play by singing the song again.

SAFETY

- Remind players to keep their heads up when running to avoid colliding with others.
- Remind players to carefully break the link between pinky fingers (no hard chopping).
- Remind players about safe and appropriate tagging.

EQUIPMENT REQUIRED

Potentially cue cards with song so people can remember it.

SKILLS DEVELOPED/LEARNING OPPORTUNITIES



Running

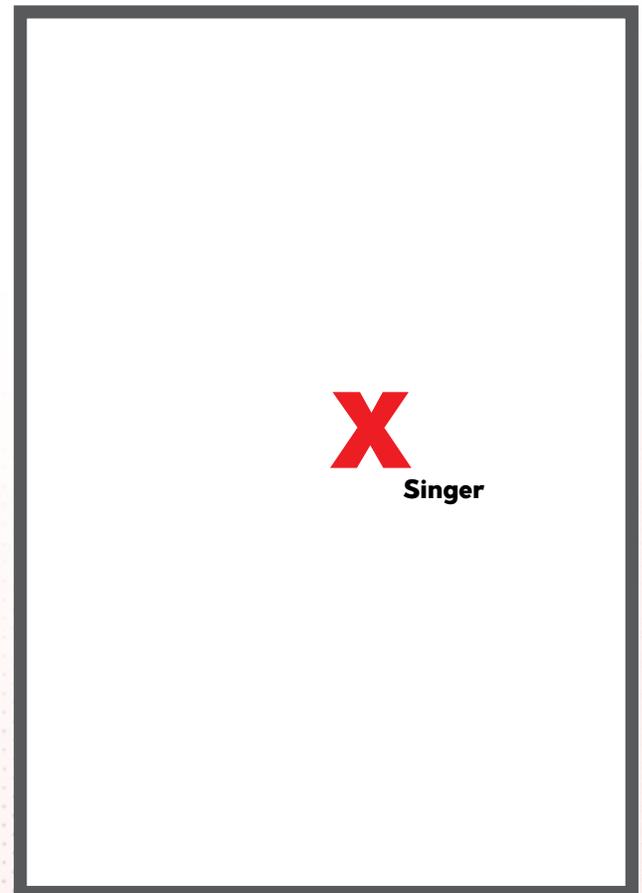


Dodging



Strategy

X X X X X X X



MEDICINE HAT
COLLEGE



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COUNTRY OF ORIGIN



Mexico

STOP is a game played in Mexico outdoors on the sidewalk or hard playing surface with chalk. It can also be adapted and played indoors.

RULES & INSTRUCTIONS

- Each player will choose a colour to be and place one foot on their colour in the circle.
- Participants will choose a player to start the game and that player will say “I declare war against...” and choose a colour other than their own to challenge.
- If your colour is not chosen, you run away as quickly as possible from the circle.
- The person whose colour was chosen will step on the word “STOP” in the middle of the circle and yell “STOP!”
- The person who yelled stop will then choose one person who ran away and try to guess how many steps it will take them (the person on the word stop) to reach the person who they have chosen. They will declare whether these are normal steps, big steps, or tiny steps. (ie. I think it will take me 5 large steps to get from the word stop to John, who is colour blue).
- They then execute the number of steps. If they are correct in the number of steps they guessed, then they choose the next person to “declare war against”. If they are incorrect in their guess, then the original person who called to “declare war against” calls again.

EQUIPMENT REQUIRED

- Outdoors: Chalk of all different colours
- Indoors: use poster board, markers and tape

SKILLS DEVELOPED/LEARNING OPPORTUNITIES



Running



Skipping



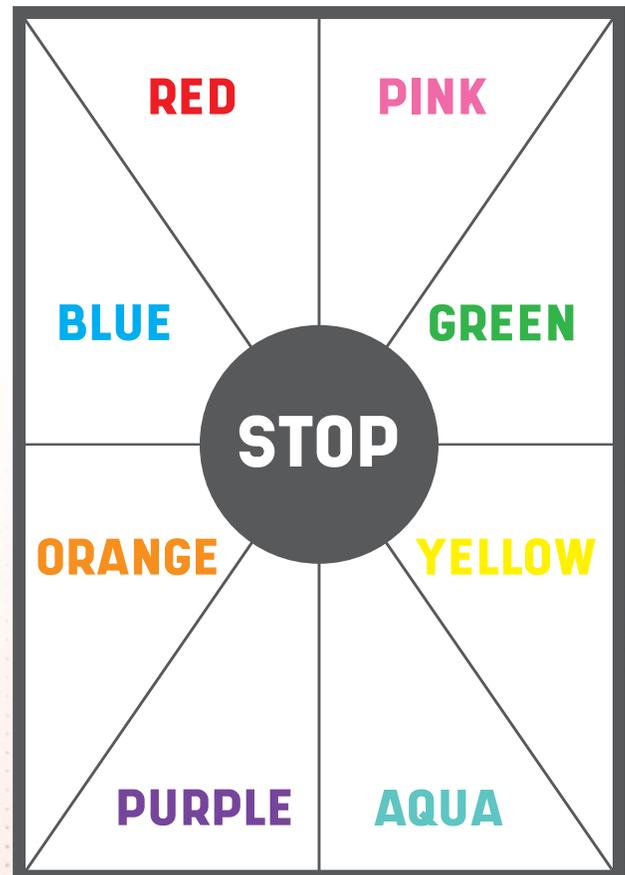
Hopping



Jumping



Galloping



GAME VARIATIONS

- Choose different fundamental movement skills instead of steps (ie. skip, hop, gallop, two-foot jumps, bear/crab crawl).
- Have the participants execute different fundamental movement skills rather than “running” away.

SAFETY

- Remind players to keep their heads up when running to avoid colliding with others.



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TEOSHIZUMO

(Ta-o-she-zoo-mo)

COUNTRY OF ORIGIN



Japan

Teoshizumo has an origin in Sumo wrestling (National Sport). Teoshizumo incorporates aspects of Sumo wrestling using balance and resistance. Players aim to knock their opponent off balance to achieve victory. Translated, “Te” means hands, “oshi” means push, and “zumo” means sumo wrestling in Japanese.

RULES & INSTRUCTIONS

- Have participants partner up (participants should consider pairing up initially with someone of a similar height).
- Each partner lines up on either side of a line with both their feet planted on the ground hip width apart.
- Players will then clap hands continuously with the opponent, trying to push them over or make them lose their balance.
- After 30 seconds of competition, the activity leader alerts players on one side to shift down the line to a new partner.
- Players try to keep both feet planted on the ground.
- If a player’s foot moves from its planted spot, they become the non-winner. Players track their own # of wins.”

Progression 1

- Each partner starts standing on one foot.
- Players must keep the foot they are not standing on in the air.
- If a player’s foot in the air touches the floor they become the non-winner.

SAFETY

- Ensure playing surface is smooth so no one injures themselves as they hop (Progression 2 & 3).
- Cue the importance of stabilization and using the variation of speed of claps versus force.

GAME VARIATIONS

- You can give participants a set number of times in the game where they can switch their hopping foot (Progression 2 & 3).

EQUIPMENT REQUIRED

- 4 pylons for the playing area in progression 2 & 3
- Pinnies for team portion progression 3

SKILLS DEVELOPED/LEARNING OPPORTUNITIES



Hopping



Conflict resolution



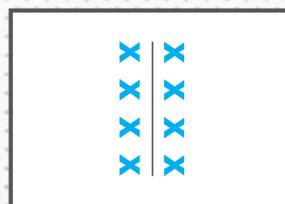
Balance

Progression 2

- The activity leader will map out a playing area for participants with pylons.
- Participants should get familiar with the playing area. They will first play a variation of the game that involves walking instead of hopping.
- Before beginning the hopping portion, the activity leader will explain to the participants that if a conflict arises during playing (ie. If a player’s foot touched the ground or not) Players will resolve with a game of rock, paper, scissors.
- Everyone spreads out in the playing area.
- Participants hop around the playing area on one foot.
- If a player makes eye contact with another player, they must hop over to them and battle the same way as in previous progression with the clapping while trying to knock the opponent off-balance.

Progression 3

- The activity leader maps out a playing area for participants with pylons.
- Divide participants into two teams (use pinnies).
- Players will hop around the playing area on one foot. Each player will identify someone from another team, hop over to them and battle.
- Optional: teams can track their points of every battle they win.



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