

Yard Games

Concepts:

1. Reading directions, following rules, and using good sportsmanship are important parts of any successful game.
2. Yard games are healthy and active recreation opportunities that can be enjoyed by all.
3. Yard games provide positive interactions for friends, families, and peers.

Outline:

I. Preparation Before Activity (15 min.)

II. Introduction (10 min.)

- A. Greeting Grabbing, & Purpose
- B. Names and Introduction
- C. Activity Description
- D. Behavior Guidelines
- E. Task Analysis/Learner Assessment

III. The Games (1 hour and 15 min.)

IV. Conclusion (5 min.)

V. Clean Up (5 min.)

VI. Appendix

- A. Equipment
- B. Activity and Safety Management
- C. References/Resources

Yard Games

I. Preparation Before Activity

The school's liaison will unlock the storage container and set up all of the games. Each game will have a designated area where the equipment is placed for the evening (for example, the Badminton net will be set up and staked down and nearby will be the four racquets and the shuttle). The adult leading the activity will need to read and become familiar with the rules for each game in order to answer any questions that may arise during the activity.

Select five out of the six games to be played. Games can be chosen by the students or by the supervising adult. Croquet may not be a good choice on snow. Badminton may be frustrating when extremely windy.

There are countless options how to facilitate this activity. Discuss with your liaison which format will work best for you and your students. Some ideas are listed, but do not feel limited to the following:

- **Option 1:** Students form five groups of four. Each group of four starts at a different game station, reads the rules, forms teams, and then plays the game for fifteen minutes. Every fifteen minutes the entire group moves to a new game station, reads the rules, forms teams, and plays the game for fifteen minutes, this rotation continues until everyone has played all five games.
- **Option 2:** Students find a partner to form a team. Two pairs (4 students) will start at each of the five game stations, read the rules, and play the game for fifteen minutes. Every fifteen minutes the teams move to a different new game station, meet a new pair of opponents, read the rules, and play the new game until everyone has played all five games with different opponents.
- **Option 3:** Be pragmatic; use a system that works well for you and your students.

II. Introduction

A. Greeting, Grabbing, & Purpose. Greet and count the students after the Naturalist Program or at the designated time. Ask them to use the restroom as they will be outside playing games for the next hour and a half.

B. Names and Introductions. Tell the class a little bit about yourself and become familiar with each student. (Be creative: learn names all at once or a few at a time. Use a method that suits your style.) Explain that you will be leading the group and the other adult chaperones may be assisting at times.

C. Activity Description. This evening we will be playing traditional yard games from around the world. Some of you may be familiar with some of the games, but others may be new to you. There are five game stations that you will rotate through: (pick five of

the following six games) Badminton, Bocce, Croquet, Frisbee Curling, Kubb, and Ladder Golf. Students will be responsible for reading the rules for each game and playing fairly and respectfully for the entire length of the activity. Be sure to spend time playing each of the different games. When you are done playing a game leave your equipment such as mallets, racquets, etc... by each station for the next team.

D. Behavior Guidelines. Discuss clearly and specifically which behaviors you expect from your students during this activity. Explain the need for respect: for you, for each other, for ideas, for Eagle Bluff itself, and the equipment. Failure to follow the respects may result in losing the opportunity to play one, some, or all of the games.

Assessment: Reading directions, following rules, and using good sportsmanship are important parts of any successful game.

- Clear directions, rules, and behavior guidelines all help to prevent conflict while participating in games.
- All people are capable of learning and playing together.

E. Task Analysis/Learner Assessment. Has anyone played these games before? Have you played them with family or friends? Are students able to read and follow the rules for each game?

III. The Games

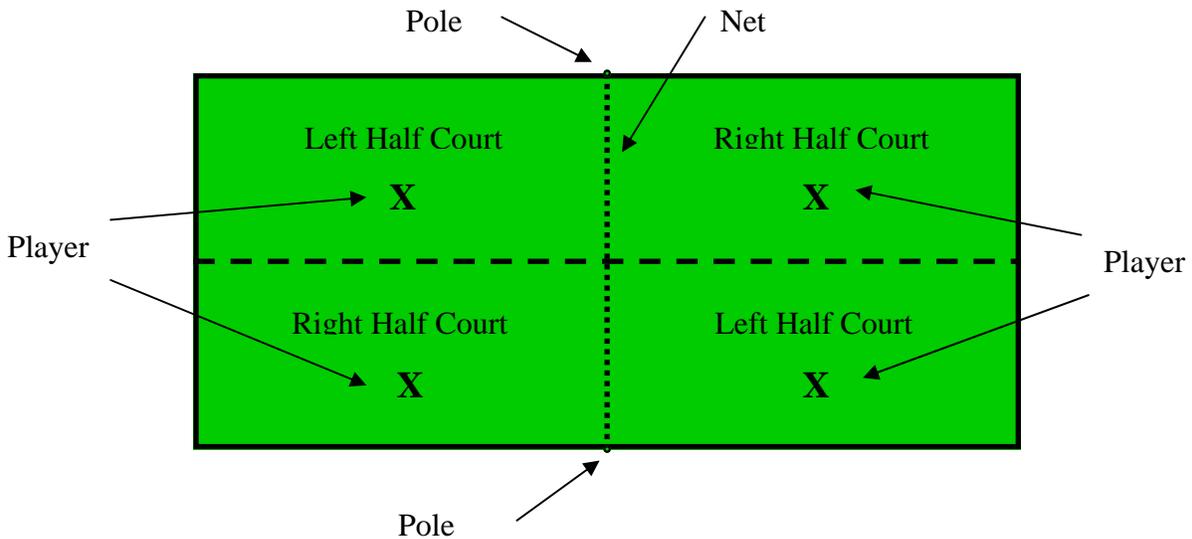
If necessary assist the students as they forms groups. This may be an opportunity to encourage students to play with new people for a change. Be available to help settle rule disputes and promote fair play. Direct the students to follow the four respects at all times. If following a rotation schedule, monitor the time so that each student gets an equal amount of time at each game. students may want a warning a few minutes before rotating in order to prepare for ending the game. Ensure that equipment is reset for the next group of students. Each equipment bag has an Instruction Card attached. The students should be able to read and understand the cards and fairly play each game.

Some students may be familiar with some of the yard games and play by different rules than by the rules outlined on the Instruction Cards. As long as the players/teams can agree upon new rules prior to starting the game they should feel free to alter how they play the game as long as students are respectful towards each other and the equipment.

The following are duplicates of the Instruction Cards that are attached to each game's equipment bag:

Badminton

Object: To be the first team to score 15 points.



Vocabulary:

Birdie: The small white projectile hit over the net.

Court: The playing area.

Doink-It™: The orange or purple projectile hit over the net used instead of the birdie.

Racket: The device used to hit the birdie or Doink-It™

Serve: The serving player holds the birdie or Doink-It™ below waist level and attempts to hit it over the net towards the opponent's court (half) diagonal from the server. For example: when serving from the right half of the court, the birdie or Doink-It™ must be sent into the opponents' right half court.

Shuttle or Shuttle-cock: Same as the birdie.

Overview:

1. Players take turns serving to the opposing team.
2. Players attempt to prevent the birdie from landing in their court.
3. Each team has only one attempt to hit the birdie or Doink-It™ to the opponents' side.
4. A point is awarded when the birdie or Doink-It™ lands in the court of an opponent.
5. The first team to reach 15 points wins.

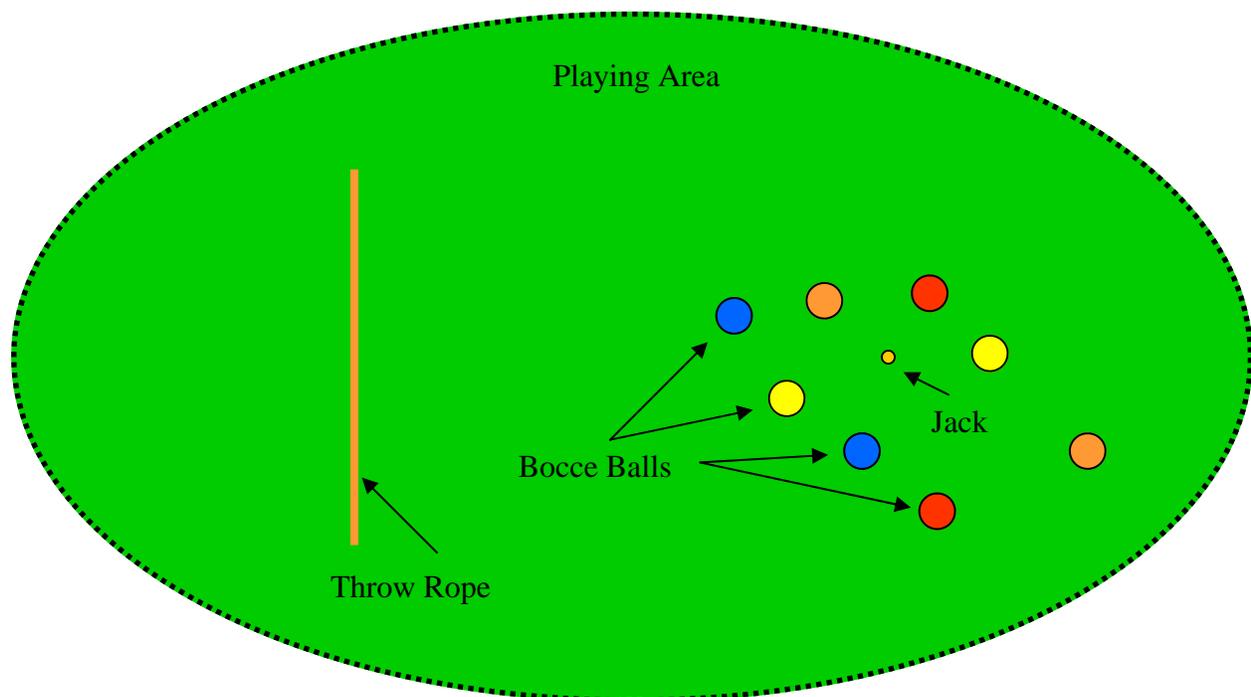
Rules:

1. Teams are allowed only one hit to get the birdie over the net.
2. When serving, the birdie must be hit at or below waist level and into the opponent's court (half) that is opposite the server. For example, if the server is in the left half court they must serve to their opponent's left half court.
3. A point is scored if the opposing team hits the birdie out of the court, or if the birdie lands in the opponent's court.
4. Serving rotates from player to player and team to team. One player from a team will serve, then the other player, then a player from the other team, and then the other player from that team. The serve is not won nor lost, it always rotates in the same order.

Bocce

(pronounced “bah-chee”)

Object: To get your Bocce ball closer to the Jack than your opponent.



Vocabulary:

Bocce ball: The eight large balls: two red, two blue, two yellow, and two orange. Each pair of balls will have one with circles and one with straight lines.

Frame: A length of play during which all players have tossed all their balls.

Jack: The smaller, yellow ball.

Throw Rope: The orange rope behind which the players must stand when tossing balls.

Overview:

1. Players take turns rolling or tossing their balls towards the Jack.
2. Each team of two players uses four balls per team; two balls per player.
3. Each ball has its own distinctive color and pattern so that each player can identify their own balls.
4. Points are awarded for Bocce balls closest to the Jack; the team with the most points wins.

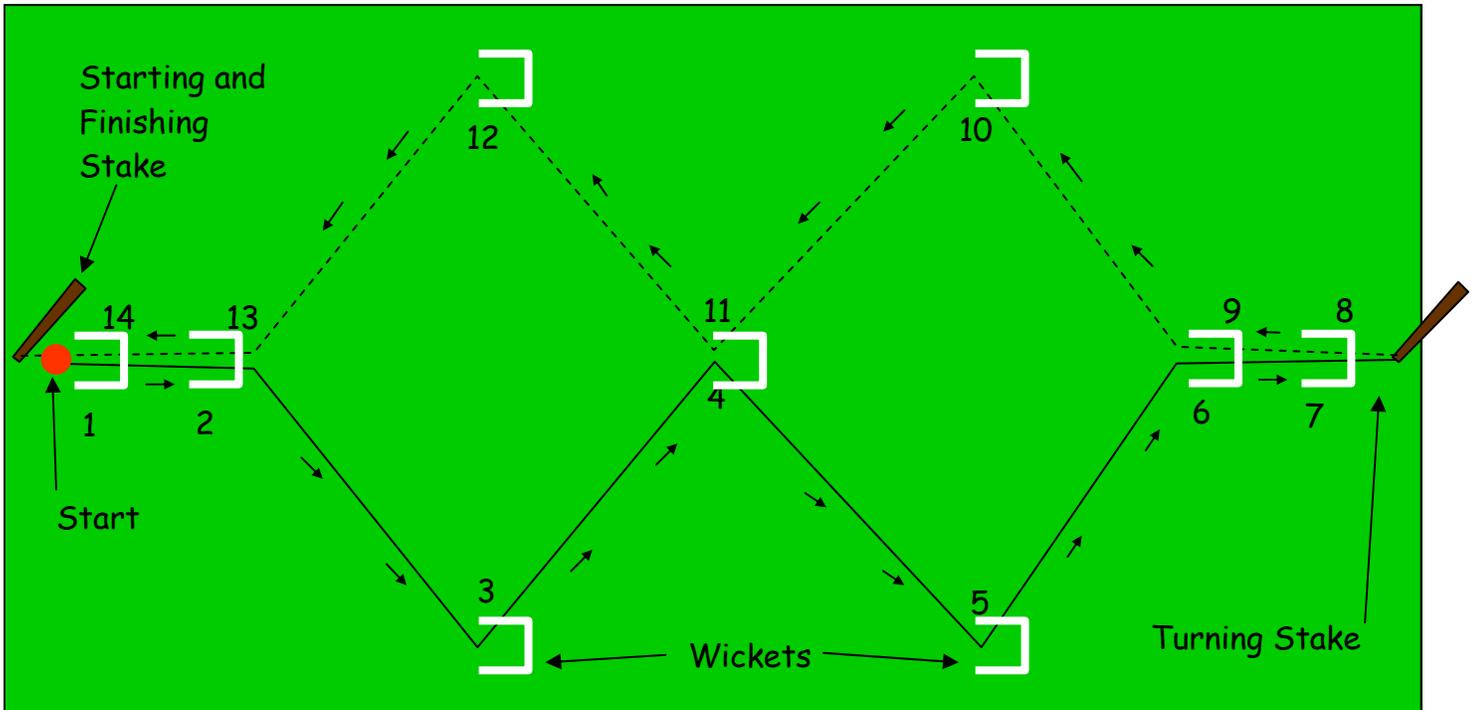
Rules:

1. The first team tosses the Jack and places the Throw Rope. One player from that same team then tosses one of their Bocce Balls attempting to have it stop rolling as close as possible to the Jack.
2. When tossing Bocce Balls stand behind the Throw Rope.
3. Bocce Balls must be rolled or tossed underhand.
4. The first team then steps aside and the second team tosses one of their Bocce Balls attempting to have it stop closer to the Jack than the first team's ball.
5. This continues until all the Bocce Balls have been tossed. This makes up a frame.
6. Only one team can score in each frame. One point is awarded for the team whose ball is the closest to the Jack. Multiple points are awarded for having the two closest balls
7. Two points are awarded for a bocce ball touching the jack at the end of the frame.
8. The team that earned a point (or points) then tosses the Jack for the next frame.
9. The team with the most points after five frames wins.
10. Unless tossing a ball themselves, the players must remain outside the tossing area, preferably behind the person tossing.
11. Bocce Balls may knock into an opponent's Bocce Ball without penalty.

Croquet

(pronounced "crow-kay")

Object: To move your ball through the course of wickets and hit the finishing stake first.



Vocabulary:

Mallet: The wooden hammer used to hit the ball (Not anything else!).

Starting and Finishing Stake: The stake at which to start and end the course.

Stroke: Hitting the ball with the mallet.

Turning Stake: The stake opposite the Starting and Finishing Stake; it is half way through the course.

After hitting this stake the player must proceed through the second half of the croquet course.

Wicket: A white, wire hoop, through which the balls must pass.

Overview:

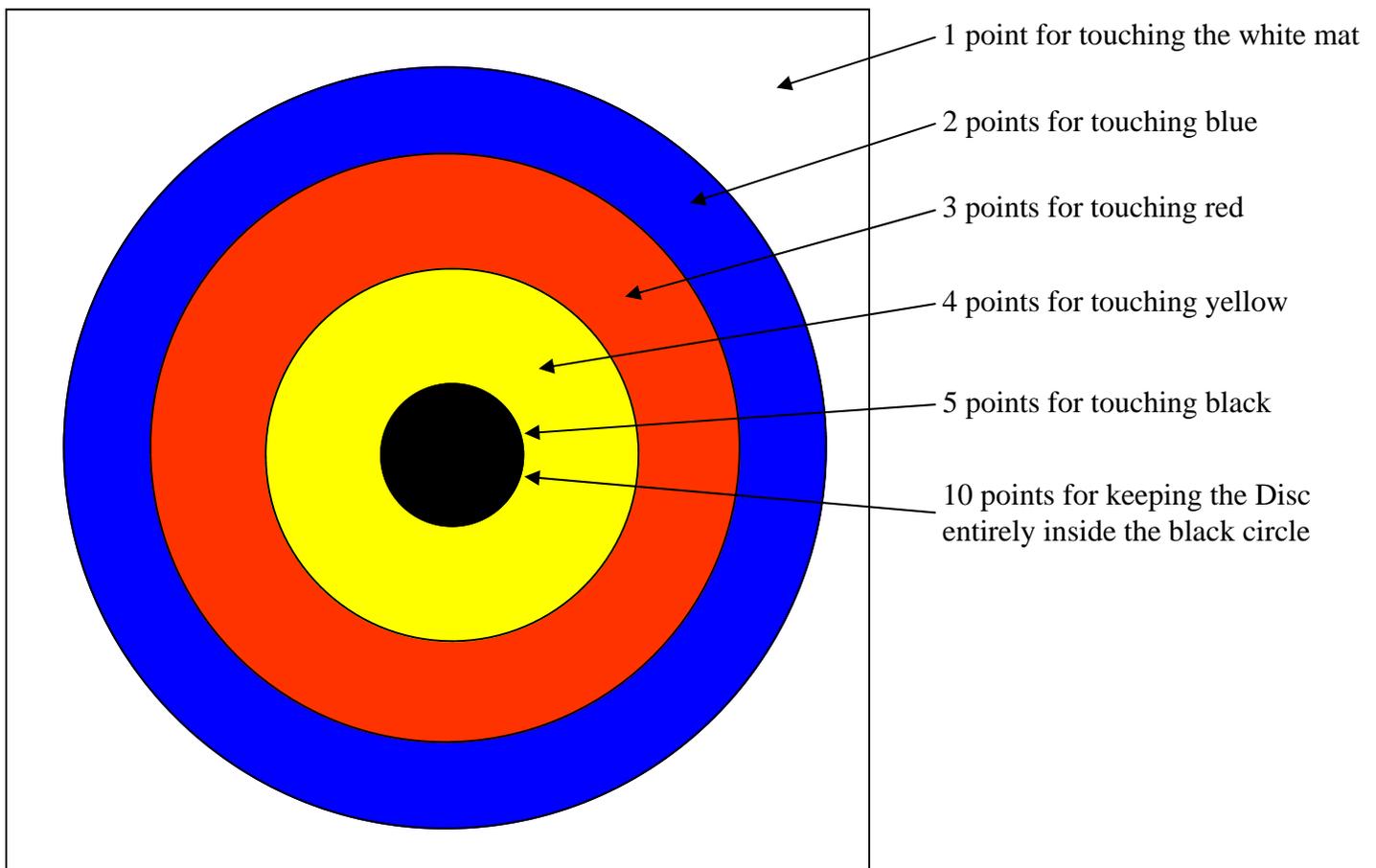
1. The game can be played with four or less players.
2. Each player needs one mallet and the matching colored ball.
3. Players take turns using their mallet to hit their ball through the wickets in the correct order. The player that completes the course first wins.

Rules:

1. Order of play is determined by the colors on the starting stake top to bottom.
2. A player gets one stroke per turn.
3. An additional stroke is added for each wicket a ball passes through or stake that is hit in the proper order.
4. A player's turn is over if their ball does not go through a wicket, hit a stake, or another ball, and they do not have any additional strokes left.
5. All balls must be played from where the ball comes to rest.
6. Players start by placing their ball between the stake and the first wicket.
7. The game is played by hitting the ball through wickets 1 to 7 in order and then hitting the Turning Stake. The ball is then played through wickets 8 to 14. The game is completed by hitting the Starting and Finishing Stake.
8. A player can hit the same opponent's ball only once per turn.
9. When a player's ball strikes an opponent's ball the player may choose to:
 - Take an additional stroke from where the player's ball comes to rest. **Or...**
 - Place the player's ball in contact with the opponent's ball that was struck (where it comes to rest), the player then places their foot on their own ball so it is immobile and then strikes their own ball to send the opponent's ball in a desired direction while the player's ball remains in place.

Disc Curling

Object: To score the most points by accurately landing your Discs on the target.



Vocabulary:

Disc: Each player gets three plastic discs of the same color.

Game: A game consists of five rounds.

Round: A round consists of all the players throwing all their Discs.

Target: The 3 meter by 3 meter mat.

Throw line: The orange rope from which all players must stand behind when throwing their Discs.

Overview:

1. The players take turns throwing their Discs at the target.
2. After five rounds the player with the most points wins.

Rules:

1. The players start by each throwing one Disc at the Target from behind the Throw Line to determine which player will go first (no points are awarded this round).
2. The player whose Disc landed the closest to the black center circle will then throw all their Discs from behind the throw line at the target.
3. During their turn, players will throw each of their Discs to either try to score points, or use their Discs to knock opponents' Discs off the target.
4. Points are only awarded at the end of the round after all the Discs have been thrown.
5. If a Disc is touching two colors the higher point value is awarded.
6. The player with the highest score always throws first during a round and the rest of the players throw in order of descending point totals.
7. The player with the most points after five rounds wins.

Kubb

(pronounced “kōōb”)

Object: To be the first team to knock over your opponent’s Kubbs and King using the batons.

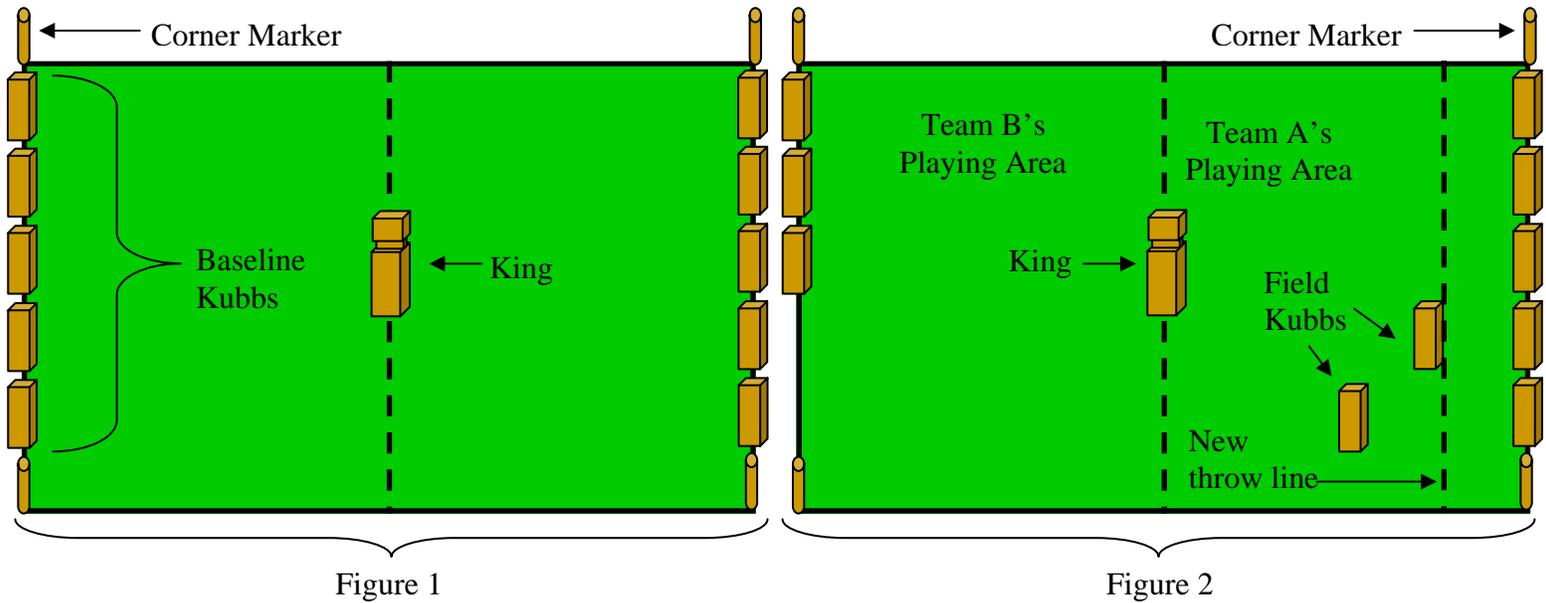


Figure 1

Figure 2

Vocabulary:

Baseline Kubb: The ten wooden blocks which, at the beginning of the game, are placed on each baseline.

Baton: The wooden dowels that must be held at one end and thrown underhand.

Corner Markers: The four wooden stakes that mark the boundaries for placing Baseline Kubbs.

Field Kubb: Once a Kubb is knocked over it is tossed into the field and placed upright.

King: The large wooden block that is placed in the center of the playing field and can only be knocked down after knocking down all of your opponent’s Kubbs.

Kubb: The ten wooden blocks; they can be Baseline Kubbs or Field Kubbs.

Overview:

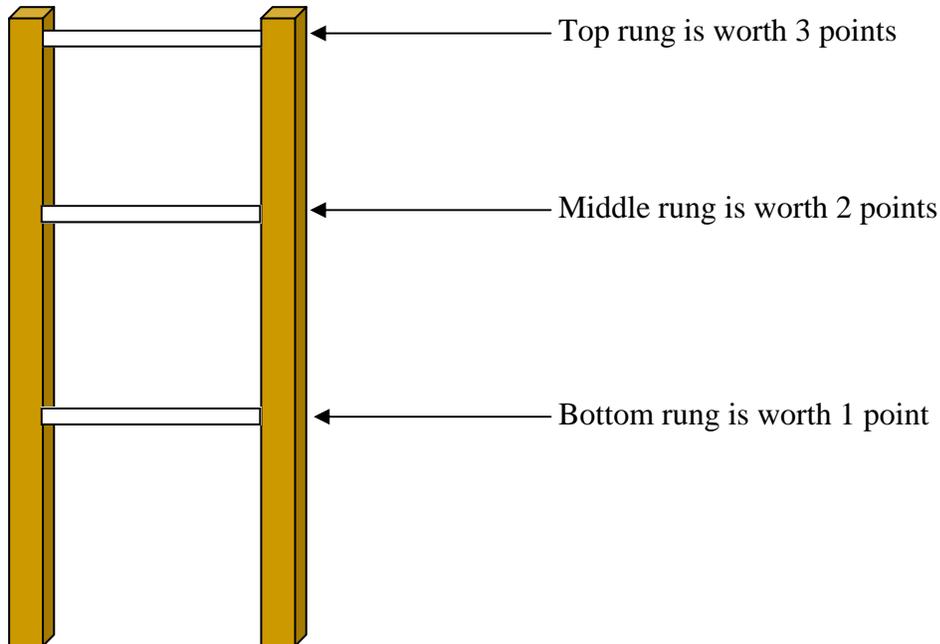
1. Teams use six batons each turn to try and knock down the Baseline Kubbs.
2. Once a Baseline Kubb is knocked down it becomes a Field Kubb and the opposing team must knock it down before they can knock down any of their opponent’s Baseline Kubbs.
3. After a team has knocked down all their opponent’s Kubbs they may try to knock down the King.

Rules:

1. Use Figure 1 to set the playing area. The King is positioned in the center of the marked off playing area.
2. To determine which team throws first, each team throws one baton at the King from their Baseline. The team whose baton is the closest to the King without knocking it over starts the game. This will be team A.
3. Team A distributes the batons to all players. Team A Players take turns throwing the batons one at a time at Team B’s Baseline Kubbs.
4. When Team A has thrown all the batons, the Kubbs that have been knocked over become Field Kubbs. These Field Kubbs are thrown by Team B over the King and into Team A’s playing field. Team A will then stand the Field Kubbs up where they come to rest (refer to figure 2).
5. Now, Team B must knock over the Field Kubbs before any Baseline Kubbs can be knocked over.
6. If Team B fails to knock over a field Kubb during their turn, Team A can move up and throw from an imaginary line extending from the Field Kubb closest to their own baseline (refer to figure 2).
7. Once a Field Kubb is knocked over it is taken out of play.
8. After a team knocks over all their opponents Kubbs they may try to knock over the King.
9. If a Kubb is knocked over out of order it is stood back up without penalty.
10. If the King is knocked over out of order the team at fault loses the game.
11. The first team to knock over all of their opponent’s Kubbs and then the King in a single turn wins.

Ladder Golf

Object: To score 21 points before your opponents by accurately tossing your bolas around the rungs of the ladder.



Vocabulary:

Bola(s): A bola consists of two golf balls attached together with a piece of nylon rope. Golf balls are spaced 13 inches apart. There are three yellow, three green, three orange, and three white bolas. **Do not swing or pull on the bolas unnecessarily.**

Ladder: The ladder is the structure that consists of three rungs each spaced 13 inches apart. **Do not attempt to stand on the rungs of the ladder.**

Round: A round is finished when all the players have tossed all their bolas.

Rung: Each ladder has three rungs. The top rung is worth three points, the middle rung is worth two points, and the bottom rung is worth one point.

Toss Line: Players will toss their bolas from behind an imaginary line along side the opposite ladder. Ladders are typically ten to fifteen feet apart.

Overview:

1. Players take turns tossing their bolas at the ladder earning points when the bola stays around a rung.
2. Players can use their bolas to knock other player's bolas off the ladder.

Rules:

1. From behind a ladder (Toss Line) players take turns tossing their bolas **underhand** at the opposite ladder.
2. During a player's turn they throw all three of their bolas.
3. After all the players have tossed their bolas the points are added up for each player for this round.
4. If during a round a bola is knocked from the ladder no points are given for that bola.
5. Bolas around the top rung are worth three points each, bolas around the middle rung are worth two points each, and bolas around the bottom rung are worth one point each.
6. If a player's bolas are on each rung at the end of a round the player receives one bonus point.
7. If all of a player's bolas are on the same rung at the end of a round the player receives one bonus point.
8. The player with the most points always tosses first during a round; all players toss in order of descending point totals.
9. The first player to reach 21 points at the end of a round wins.

Assessment: Yard games are healthy and active recreation opportunities that can be enjoyed by all.

- Is everyone being included on their team?
- Are the students finding some games more enjoyable than others?
- Do the students agree that playing the yard games has them more active than what they typically do in the evening?

IV. Conclusion

Allow five minutes at the end of the evening activity after all the games have been played to gather up as a group and have a discussion. What were some of the favorite games that were played? How did each group settle disputes? Did any group agree on different rules for some of the games?

Assessment: Yard games provide positive interactions for friends, families, and peers.

- Problem solving disputes while playing games is an important life skill. Playing yard games helps us by practicing getting along with others.
- Would any of the students want to play these games with friends or family when they get home?

Since the dawn of time families and friends have gotten together to play games outside. Some of these games, like Kubb and Bocce, may have originated thousands of years ago. Others, like Ladder Golf, are fairly modern. How many of you play outdoor games with your friends and family? What yard games, other than the ones played tonight, have you played?

In this modern age of DVDs, computers, and video games, people playing active games outdoors is increasingly rare. Many of the games we played tonight can be inexpensive or easily made using household items. How many of you would play at least one of these games again once you are home? Remember that a big yard is not necessary; a school yard, a neighborhood park, or even a parking lot works well for most of these games.

X. Clean Up

Before dismissing or leading the students back, have them assist with clean up. Neatly roll up the badminton net and ropes. Unscrew the black dials from the sides of the ladder golf ladder. Black dials and bolas get placed into small mesh bags. All game equipment (with the exception of the badminton net and poles) must be returned to their original equipment bag. The badminton net and poles are placed in the storage locker/crate and the equipment bags are hung or placed in the locker/crate. Make sure that the proper amount of equipment is returned to each equipment bag; count discs, racquets, bocce balls, etc... Report any missing or damaged equipment to your liaison.

XI. Appendix

A. Equipment

Badminton:

- Poles (2) with net, ropes (4) and stakes (4)
- Racquets (4)
- Shuttle
- Doink-it™
- Mesh equipment bag

- Instruction card

Bocce:

- Small yellow “Jack”
- Bocce balls (8)
- Throw line
- Equipment bag
- Instruction card

Croquet:

- Mallets (4)
- Croquet balls (4)
- Wickets (9)
- Stakes (2)
- Equipment bag
- Instruction card

Disc Curling:

- Discs (12)
- Target
- Stakes (8)
- Throw line
- Mesh equipment bag
- Instruction card

Kubb:

- King
- Batons (6)
- Kubbs (10)
- Stakes (4)
- Equipment bag
- Instruction card

Ladder Golf:

- Bolas (12)
- Ladder sides (4)
- Ladder rungs (6)
- Ladder feet (4)
- Dial screws (8)
- Equipment bag
- Instruction card

B. Activity and Safety Management

With the number of objects being thrown, tossed, hit, and flung, special attention must be paid at all times. Mallets may only hit croquet balls. Bocce balls must not be thrown near people. Kubb batons must not be thrown near people. Make sure that all students understand that in order to play these games they must play them safely and respectfully. The playing area should be set up so that each game has adequate room to play safely. If a space issue develops during play adjust the playing area so that the issue is resolved. Take care so that equipment does not get lost, especially in the wooded area near by. Students should look both ways before heading into the drive way to retrieve any stray equipment.

C. References/Resources

- Badminton:
www.flaghouse.com
www.gophersport.com

The following is an excerpt from www.worldbadminton.com:

During the earlier years of the sport, badminton was played under a variety of conditions- courts of different dimensions, shuttlecocks and rackets of many designs, even many different sets of rules defining the basic game. This ended in 1893 with the founding of the Badminton Association of England and the accompanying codification of the rules. This was accomplished largely thru the efforts of Colonel S. S. C. Dolby A. P. D. who

had standardized the sport. Colonel Dunbar's residence, "Dunbar" is recognized as the official birth place of the Badminton Association of England.

- Bocce:

www.flaghouse.com
www.gophersport.com

The following is an excerpt from www.worldbocce.org:

Bocce, an ancient sport little known in the United States, has finally begun to take root in the American sports culture. Bocce is a word stemming from the vulgar Latin, "Bottica", a direct root of the Italian word "Bocce". Bocce was first documented in a 5200 B.C. painting of two boys playing, which was discovered by an English scientist, Sir Francis Petrial, in an Egyptian tomb.

Bocce spread throughout Palestine and into Asia Minor. In 600 B.C., Bocce was picked up by the Greeks and passed to the Romans. It was played everywhere, from the churches and castles to the city streets. People from all walks of life could play the game; young or old, man or woman.

In 1319 A.D., Bocce was actually prohibited to people of lesser nobility because it was felt that it diverted attention from more important tasks, such as archery and war training. In 1519, Bocce became a public game. It was played in Flanders, Holland and Belgium.

Greek colonists brought Bocce with them to what is now modern Italy. It became so popular that it was once again threatened with prohibition, as people who were playing Bocce in the streets were hitting the knees of passing noblemen with the Bocce balls. Although unfortunate for the humbler people who played Bocce, this problem brought widespread attention to the sport among Italian noblemen and Bocce immediately became a favorite pastime.

It was Giuseppe Garibaldi, who, while unifying and nationalizing Italy, popularized the sport as it is known today. Bocce frequently lost and gained popularity throughout the ages. In 1896, during a resurgence of popularity, the first Bocce Olympiad was held in Athens, Greece. Bocce has been a part of international sports ever since.

Bocce has seen many changes throughout the ages. It has evolved from being a crude sport played with rounded rocks, or even coconuts, to the modern game with composite or metal balls. Bocce has been known under many names - lawn bowling, nine pins, skittles, pentanque, to name a few - and has seen many rule changes. The popularity of Bocce in America has been on the rise since it swept California in 1989. There are more than 25,000,000 Bocce enthusiasts that have heard of the sport, play recreationally, or play on structured courts in the United States today.

- Disc Golf:

www.lynxleisure.com

- Kubb:

www.kubbin.com
www.frojel.com/Documents/Games1.html
www.stavar.i.se/kubbgame/

- Ladder Golf:
www.kubbin.com
www.laddergolf.com