

# California Games for Fitness & Team Building



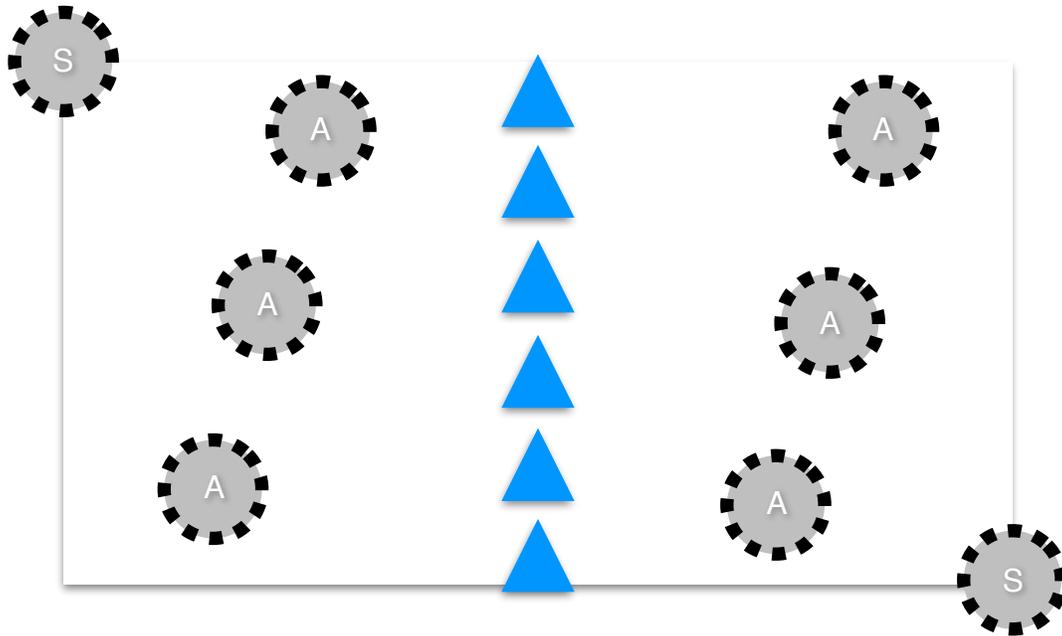
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Breakout

**Background:** A great alternative to capture the flag, Breakout, is a fast paced chase/ flee/dodge game that incorporates running, throwing strategy and skill.

**Equipment:** Hula-hoops (8), cones, rubber critters, or other throwable objects.

**Set-up:** Arrange a field or gym space to the specifications below: (A) = rubber critter/ throwable object. (S) = scoring hoop.

**Gameplay:** Breakout is a two team game where players attempt to steal all three



animals from their opponents hoop. When on their own side, players are safe from being tagged. When on their opponents side players may be tagged. When tagged players will sit at the spot of the tag and wait to be “rescued” by a teammate. If a player makes it to an opponents hula hoop they are safe. (Only one player and one animal per hoop.) Once in the hoop a player has two options for scoring. They may run the animal across to their side, or they may throw it to their side.

If a player successfully runs across the middle line with an animal they have not scored. In order to score an animal must be placed in the scoring hoop. Once in the scoring hoop the animal may not be removed by the other team.

If a player decides to throw the animal to their side, the animal must not hit the ground and must be caught on their team’s side. Players must throw from the hoop only, they cannot scramble and throw. If a throw is unsuccessful the throwing player is automatically tagged, and sits outside of the hoop to be rescued. Players who throw cannot be rescued until the thrown animal is returned to the original hoop. Successful throws are treated the same as a successful run and must be placed into the scoring hoop to count.

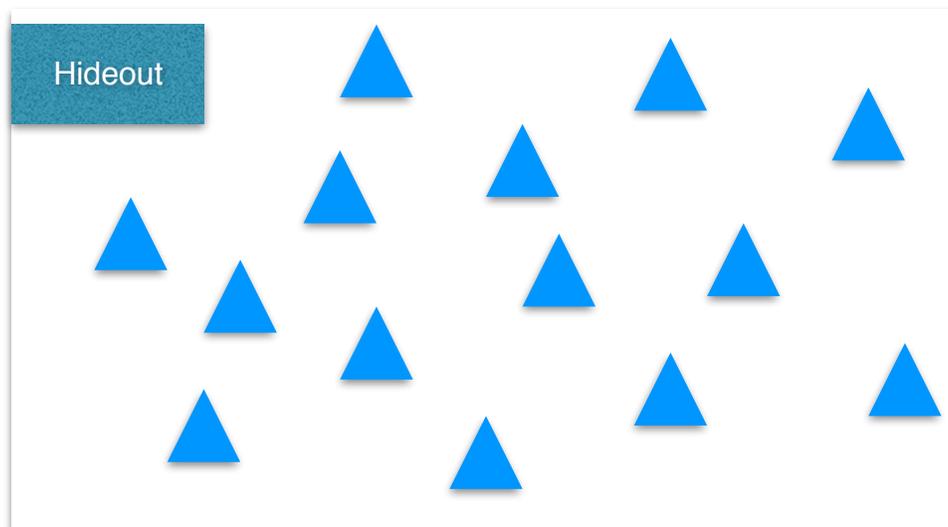
**Scoring:** Scoring in breakout is a best of 5 system. Each round is played with a different requirement of throws. Round 1 is played with no minimum throwing requirement. Round 2 must have at least one throw, Round 3 must have at least two objects thrown and Round 4 must have all three objects thrown. Should a tie breaking fifth round be required, the teacher may decide how many throws are required.

## Cops & Robbers AKA Superhero Team Tag

**Background:** Cops & Robbers, also known as Superhero Team Tag is a chase, flee and dodge game that incorporates strategy and team work.

**Equipment needed:** Critters, yarn balls, deck rings, any small equipment.

**Set Up:** Arrange a field or gym space to the specifications below: ▲ = Loot



**Gameplay:** The creation of this game can be traced back to one day when I noticed all of my equipment had become mixed together and I needed it sorted. Rather than sort it myself, I dispersed it on the play space. Then I divided my class into teams. One team consisting of 5-10 players The other team consisting of the remaining members of the class.

The 2/3 team became the “Robbers” or “Super Villain” team. Their object was to gather all the scattered equipment “loot” and return it to their hideout without being tagged. Should they be tagged they must sit at the spot of the tag and wait to be rescued by a teammate. If they gather all of the “loot” they win. Robbers are safe from being tagged inside the hideout, but only 5 players may be in the hideout at any given time.

The 5 separated player became the “Cops” or “Superhero” team. The object of the cops team is to tag all of the opposing “Robbers.” The reason that this team is significantly smaller than the other is because as more players are tagged then fewer robbers remain and if the cops tag all of the robbers they win.

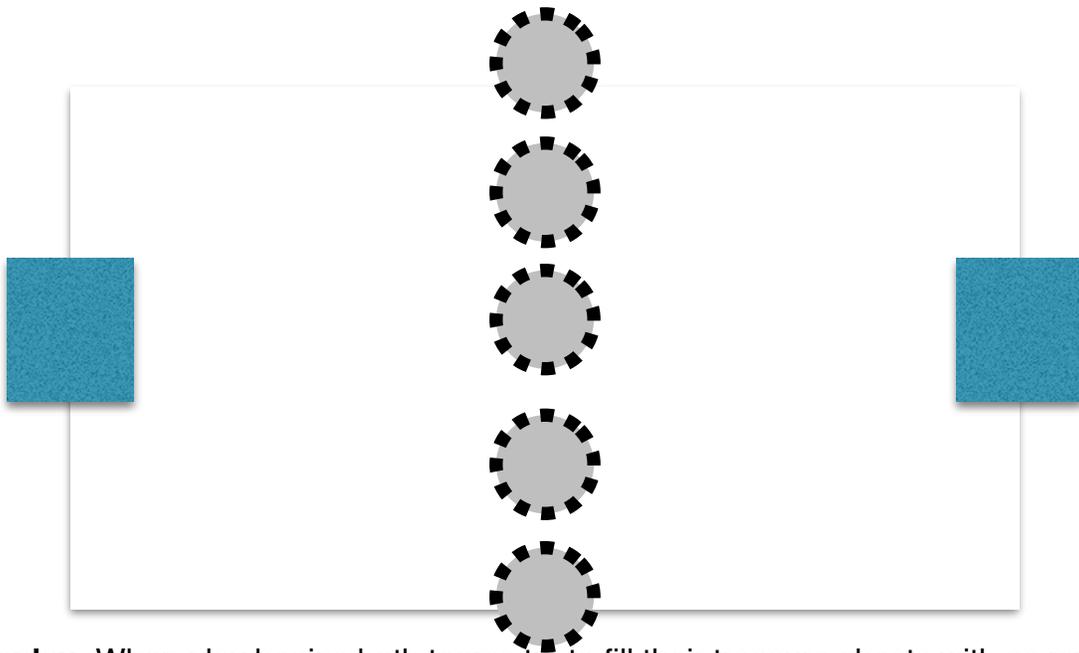
If time expires and not all of the loot is collected, and not all of the robbers tagged, then the game ends in a tie.

## Pirates Treasure

**Background:** Invasion games are fun and exciting but also have their drawbacks, namely ways to keep students moving and engaged. Pirates treasure eliminates “jail” penalties for tagged participants, and replaces it with a physical activity as a delay.

**Equipment:** 20 rubber critters, cones, hula hoops.

**Set up:** Set up your field with hoops dividing your space evenly. Place a cone zone on either side as “treasure chests.” To begin fill your hoops with animals.



**Gameplay:** When play begins both teams try to fill their treasure chests with as much treasure as possible. When all of the treasure from the hoops is eliminated, Players will then try to steal treasure from the opposing treasure chest. If a player is tagged attempting to steal from the treasure chest, they must go to a hoop and perform an exercise from a list of exercises to continue.

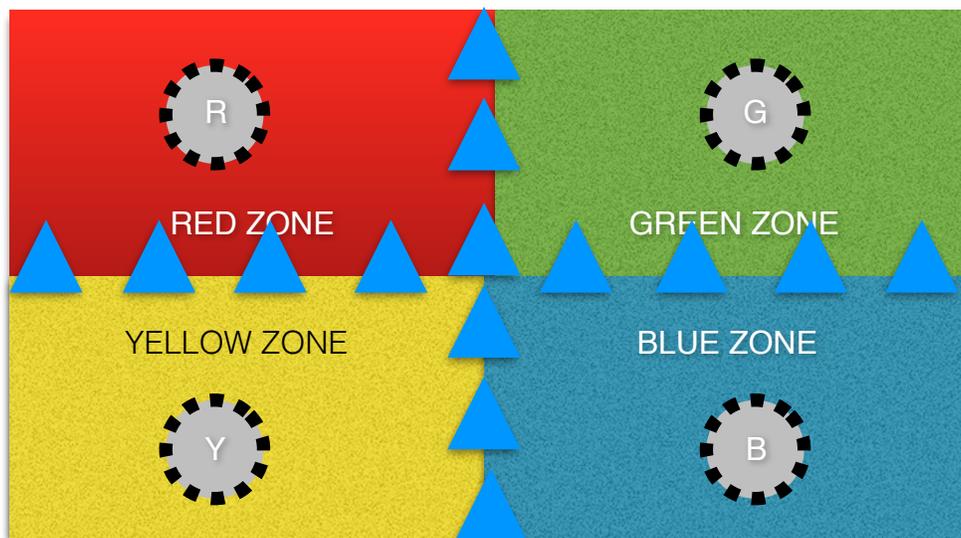
The team with the most treasure collected wins the game.

## 4 Way Continuous Capture The Flag

**Background:** Capture the Flag is a great chase/flee/dodge game but has limitations that create struggles, frustrations, and insecurities in students who are perceived as not fast, or courageous enough to succeed. To eliminate this I play a 4 way continuous version of the game. By creating smaller space, with smaller teams, and little to no punishment for being tagged it allows players who may not otherwise engage in the game to participate freely.

**Equipment:** Cones, 4 colored hoops, 4 similarly colored objects (footballs, soccer balls, dodge balls, critters etc)

**Set Up:** Cone off your field space in 4 quadrants. Place one hoop with 4 objects in the center of each quadrant. It should look like this:



**Gameplay:** Played with the same rules as capture the flag each team is tasked with getting an item from one teams hoop and placing it into their own. When a player is tagged they sit on the spot of the tag and wait for a team mate to rescue them. The largest significant difference between this and traditional capture the flag, is that anyone from any team can steal any colored object from any team, regardless of who it initially belonged to. In other words if I am on the Blue team, I can steal a Red object from the Green team. Also the only players who are safe in any zone are the people of that zone (Red Players are safe in the Red Zone, Blue Players are safe in the Blue Zone etc). This also means that only Blue Players can tag inside the Blue Zone.

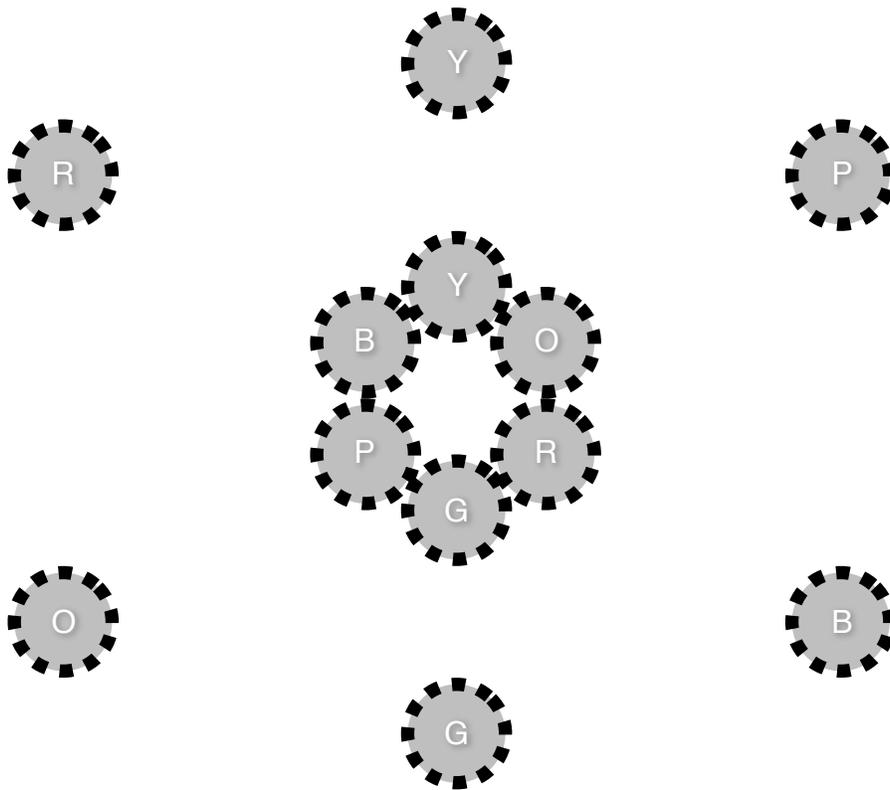
The team with the most objects at the end of a specific time, wins. You can also change it up by only letting a team win when they have the most of their own object, plus one of another teams. That creates an emphasis on defense.

## Organized Chaos

**Background:** Organized chaos is a game where 6 teams of players must steal all of an opposing teams yarn balls in order to win.

**Equipment:** 2 hoops of each color, 8 yarn balls of each color.

**Set Up:** Place one of each color hoop in the center. Then place the remaining colored hoops about 20 paces out from the center in a circle. It should look like this:



**R=RED      O=ORANGE      Y=YELLOW      G=GREEN      B=BLUE      P=PURPLE**

**GAMEPLAY:** Players work as a team to steal all of the yarn balls belonging to the team directly across from them. Each team has 8 and the first to steal all 8 wins. Yellow must steal from Green, Red from Blue, Purple from Orange, and vice versa. While this sounds like a basic race to the finish, teams may play defense by tagging players and forcing them to “jail.” Once tagged players must go to the center hoop of their color, and wait for a teammate to be tagged. Once the teammate arrives at jail then the current tenant is free to rejoin the game. Organized Chaos

gets its name for three reasons. Reason 1: with no safe zone where players cannot be tagged gameplay can be chaotic. Anyone anywhere, whether you are playing defense or offense can be tagged. You are at constant risk of being tagged and must keep your awareness high through the entire game. Reason 2: Players can steal from any hoop, meaning that an orange player can steal from the red hoop in order to prevent the red team from winning. Lastly Reason 3: Players often create alliances between colors believing it will bring them more success. I am always quick to remind all teams that any alliance, does not change the outcome, and that there is always only one winner in the game.

**Variations:** Instead of making a one color objective, mix up the required number or color of balls needed to win. For example, you must have 3 of every color, or 2 of every color plus all of your own.