



# Let's Get Moving

● **13 and Over**



The *Let's Get Moving* game cards offer various ways for your campers to move.

Refer to the list of **basic motor skills** (back cover) to see what each game allows them to develop.

To go further, get inspiration from the variations, make up new rules with your campers or consult the games of the other age groups.



Basic Motor Skills	Game number									
	45	46	47	48	49	50	51	52	53	54
Run	X	X	X	X	X	X	X	X	X	X
Jump		X	X	X	X	X	X	X	X	X
Gallop		X	X	X			X		X	
Skip		X	X	X	X	X	X	X	X	X
Crawl								X	X	
Side skip			X	X	X	X	X	X	X	
Rolling				X				X		
Static balance		X						X		
Dynamic balance			X	X	X	X	X	X	X	
Dodge		X	X	X	X	X	X	X	X	X
Catch		X	X		X	X			X	
Strike		X								
Throw		X	X		X	X			X	
Kick										X
Dribble with hands					X	X			X	
Dribble with feet										X

**Psst!** Do you notice that your campers are more confident in themselves and motivated as they play? Explore the **FUNDamentals to get moving!** tool on the Power Up portal.



# 13 and Over

6 years old +



Game 45

## War of the Planets

**PARTICIPANTS:** 8 OR MORE  
**TIME:** 20 MINUTES OR MORE  
**VENUE:** INDOORS, OUTDOORS  
**INTENSITY:** MODERATE TO HIGH  
**EQUIPMENT:** SIXTEEN HOOPS  
TWO CONES  
BALLS

### Goal

Each team must protect their planets while attempting to knock over the other teams' planets with a ball.

### How to Play

1. Form two teams. Each team occupies half of the playing area, separated by a line across the middle.
2. Each team assembles its two planets (four hoops balanced in a standing sculpture) and its two moons (a cone with a ball balanced on top).
3. Each team must protect its planets and moons by deflecting or catching the other team's balls. At the same time, members of the team must try to knock over the planets, and the moons of the opposing team with their balls.
4. The team that succeeds in destroying the planets and the moons of the opposing team wins.

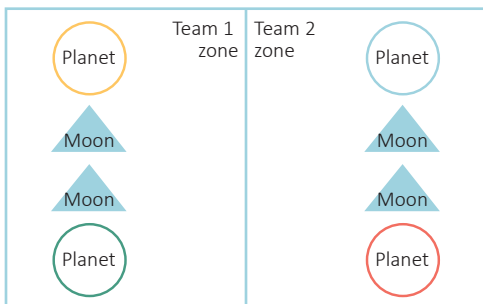
- Players should throw the balls below the shoulders at waist level.

## Variations

- Add other objects the teams have to knock over (a stick in a cone (spaceship), a constellation of bowling pins, etc.).
- Vary the number of balls in play.
- Vary the objects the players can throw (different size balls, rings, etc.)
- Vary the level of difficulty by moving the planets further apart or closer together.
- Vary the way objects are thrown (e.g., hitting balls with a stick)
- If a player catches a ball, the opposing team must stand still for 30 seconds.

## Skills Developed

Running, Throwing, Catching, Striking





# 13 and Over

9 years old +



Game 46

## Checkmate

- PARTICIPANTS:** 20 TO 30
- TIME:** 20 MINUTES OR MORE
- VENUE:** INDOORS, OUTDOORS
- INTENSITY:** MODERATE TO HIGH
- EQUIPMENT:** TEN PINNIES/VESTS  
TEN SCARVES (FIVE PER TEAM)  
TWO FOAM BALLS  
TWO GOALS (OR CONES)

## Goal

Eliminate the opposing team's king and queen.

## How to Play

1. Divide the group into two teams. Separate the playing area in two with a line across the middle. The teams stand on either side. The players determine who will play the different roles:
  - » King: three lives (three scarves)
  - » Queen: two lives (two scarves)
  - » Bishop: invincible (only the other team's bishop can eliminate it)
  - » Knight: if the knight is eliminated, they take another player back to the bench
  - » Rook: if the player is touched by a ball, they switch teams
  - » Pawns: all other players

2. The players with a particular role (those who are not pawns) must be identified by a pinnie so they are easy to spot. The king and queen wear scarves tucked into their waistband (number of lives). Once the king and queen lose their allotted number of lives, they are eliminated from the game.
3. At the signal, the players must touch the players on the opposing team by throwing foam balls at them.
4. If a player is touched by a ball and it drops on the ground, they are taken prisoner, and must on the sidelines. If a player is hit in the face with a ball, the thrower goes to prison. The prisoners must complete active challenges selected by the counselor (balance on one leg, the chair, the plank, jumping jacks, yoga positions, etc.).
5. Each time a player scores a goal with a ball one of their pawns is allowed back into the game.
6. The game ends when one entire team is in prison or when time runs out. The winning team is the one who eliminated the king and queen. Switch roles in the next round. Players should work out strategies to try and win.

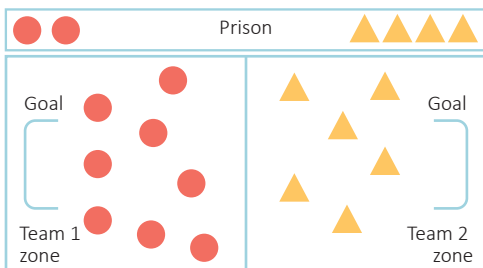
➔ Players should aim the balls below the shoulders.

## Variations

- Keep the roles secret (except for the king and queen).

## Skills Developed

Running, Dodging, Static balance, Throwing, Catching





# 13 and Over

6 years old +



Game 47

## Find the Stick

**PARTICIPANTS:** 12 TO 30

**TIME:** 20 MINUTES OR MORE

**VENUE:** INDOORS, OUTDOORS

**INTENSITY:** MODERATE TO HIGH

**EQUIPMENT:** COLOURED POPSICLE STICKS (FOUR DIFFERENT COLOURS)

## Goal

Find all your team's popsicle sticks as quickly as possible.

## How to Play

1. The counselor must first hide the sticks in the designated playing area. There should be an equal number of sticks for each colour. Hide the sticks all over the site.
2. Divide the group into four teams. Assign a stick colour to each team and point out the boundaries of the playing area.
3. The counselor selects a camper who chooses a way to move around (in slow motion, frog leaps, skipping, galloping, side skipping, etc.)
4. The campers must stick to that rule and find all the sticks of their team's colour as quickly as possible.
5. The first team that finds all of its coloured popsicle sticks wins the game. The winning team gets to choose how the players will move in the next round.



## Variations

- The game can be played as a timed competition.
- Ask the campers to form a human chain in order to move around. The player at the end of the chain must run to the head of the chain to move the team forward.
- The players can help hide the sticks for the next round (e.g., the blue team hides the red sticks, the red team hides the green sticks, etc.).

## Skills Developed

Running, Jumping, Skipping, Galloping, Side skipping,  
Dynamic balance





# 13 and Over

9 years old +



Game 48

## Number Squad

**PARTICIPANTS:** 20 OR MORE

**TIME:** 20 MINUTES OR MORE

**VENUE:** OUTDOORS

**INTENSITY:** MODERATE TO HIGH

**EQUIPMENT:** ONE BLUE FLAG

ONE RED FLAG

FOUR CONES

NUMBERED RED AND BLUE HEADBANDS (FOUR OR FIVE-DIGIT NUMBERS)

## Goal

Find the other team's flag before they find yours.

## How to Play

1. Prepare headbands in advance (at least twice as many headbands as players). Each headband bears a four or five-digit number. Headbands should be a different colour for each team.
2. Divide the group into two teams.
3. Determine the boundaries of the playing field with the campers. In the middle of the field, there is a neutral zone (delimited with four cones) where the counselor will stand during the game.
4. Each team has their side of the field. Get the players to hide their flag in their zone.

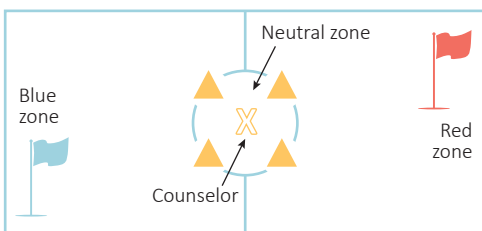
5. Hand out the headbands to the players. Each player must memorize the number on their headband and tie it around their head so that the number is visible to others.
  6. At the counselor signal, the players run to look for the other team's flag. The goal is to find the flag as quickly as possible before the team shouts out the numbers on the opposing team's headbands.
  7. When a player's number is called out (e.g., 1-8-7-4-5!), that player must go see the counselor in the neutral zone, who will give them another headband. No one can be eliminated while they're collecting a new number.
  8. The team that brings back the opposing team's flag wins. Restart the game with new numbers and change sides.
- ➔ Players must stay within the boundaries of the playing area.
- ➔ Identify a signal to rally your campers.

## Variations

- Increase the number of teams.
- Let the campers select different ways to move around (skipping, frog leaps, running, etc.).
- Have the players shout out the number in full (e.g., 1-2-4-9 = one thousand two hundred and forty-nine).
- Add a challenge when a number is called, for example, make 2 consecutive forward rolls before going back to the counselor.

## Skills Developed

Running, Dodging, Jumping, Skipping, Dynamic balance, Rolling, Side skipping, Galloping





# 13 and Over

6 years old +



Game 49

## 10 Passes

**PARTICIPANTS:** 10 TO 20

**TIME:** 10 TO 20 MINUTES

**VENUE:** INDOORS, OUTDOORS

**INTENSITY:** MODERATE TO HIGH

**EQUIPMENT:** ONE PINNIE/VEST PER PLAYER (TWO TEAMS)  
ONE BALL

## Goal

Each team must complete ten consecutive passes without the ball being intercepted by the other team.

## How to Play

1. Divide the group into two teams and hand out pinnies to all the players (one colour for each team).
2. At the signal, a team takes possession of the ball and attempts to make ten consecutive passes to score a point. The player who has the ball is allowed to carry it before making a pass.
3. The other team tries to intercept the ball or block the pass. If the ball touches the ground, the other team takes possession of the ball and tries to complete ten passes in a row.
4. The team with the most points wins.



## Variations

- A player in possession of the ball is allowed to move only while dribbling the ball.
- Prevent the players in possession of the ball from moving around when making a pass.
- Vary the number of passes that must be completed to score a point.
- Time how long it takes to complete 10 passes. The team with the fastest time wins the game.
- Increase the number of teams by reducing the number of players per team.
- Add a target that must be hit after the 10th pass to score a point (basketball hoop, hoop stuck to the wall, etc.).
- Vary the types of objects that can be thrown (baseball, frisbee, football, etc.).

## Skills Developed

Running, Dodging, Dribbling with hands, Throwing, Catching, Jumping



# 13 and Over

6 years old +



Game 50

## Hoop Basketball

<b>PARTICIPANTS:</b>	<b>10 TO 20</b>
<b>TIME:</b>	<b>10 TO 20 MINUTES</b>
<b>VENUE:</b>	<b>INDOORS, OUTDOORS</b>
<b>INTENSITY:</b>	<b>MODERATE TO HIGH</b>
<b>EQUIPMENT:</b>	<b>TWO BALLS TWO HOOPS</b>

### Goal

The players must score points by throwing a ball into a moving basketball hoop.

### How to Play

1. The basketball hoop is a hula hoop held by two campers. They can move around the entire playing area as fast as they want.
  2. All the other players form one big team.
  3. Their goal is to pass the ball and get as close as possible to the hoop to try and throw the ball in.
  4. When a player gets the ball, they must stop running and make a pass to one of their teammates.
  5. The counselor decides when the hoop holders should be replaced by other players. Once the campers have got the hang of the game, add a second hoop and ball.
- ➔ The campers must watch where they're going.



## Variations

- To make the game easier, reduce the size of the playing area.
- Replace the ball with a frisbee.
- To make the game harder, make two teams (different colour pinnies). Each team has their own hoop. The players score a point by throwing the ball into the other team's hoop. The team with the most points at the end of the game wins.

## Skills Developed

Running, Throwing, Catching, Dribbling with hands



# 13 and Over

9 years old +



Game 51

## Where Are You?


- PARTICIPANTS:** 15 OR MORE  
**TIME:** 20 MINUTES OR MORE  
**VENUE:** OUTDOORS  
**INTENSITY:** MODERATE TO HIGH  
**EQUIPMENT:** ONE DECK OF CARDS

### Goal

Find the hidden player.

### How to Play

1. Ask one player to hide, ideally in a small wooded area.
2. Divide the group into two teams (team red and team black). Each player gets a playing card.
3. At the counselor signal, the players run off to look for the hidden player. When two players cross paths, they must show their cards and have a duel. The highest card wins the duel.
4. The losing player must run back to the counselor to get a new card (same colour). They then rejoin the game to look for the hidden player.
5. The team that finds the hidden player and brings them back to their home base wins. The counselor collects all the cards and the players begin another round.

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- Stay within the boundaries of the playing area.
  - Explain to the players what signal you will use to rally the troops.

## **Variations**

- Ask the players to move in a particular way (frog leaps, skipping, galloping, side skipping, etc.).
- Vary the number of players that hide.
- Add a task (chosen by your campers) that must be performed by the players who lose their duel.
- Assign a task, chosen by the winning team, to be performed by the losing team.

## **Skills Developed**

Running, Skipping, Jumping, Dynamic balance, Galloping, Side skipping, Dodging





# 13 and Over

6 years old +



Game 52

## Scarf Fight

**PARTICIPANTS:** 10 OR MORE

**TIME:** 10 TO 20 MINUTES

**VENUE:** INDOORS, OUTDOORS (ON AN ABSORBENT OR GRASSY SURFACE)

**INTENSITY:** MODERATE TO HIGH


**EQUIPMENT:** SCARVES

### Goal

Remove your opponents' scarves before they remove yours.

### How to Play

1. The game starts with all the players taking off their shoes and sitting on the ground in their socks. The players insert a scarf in each sock. Each scarf represents one life (two lives per player).
2. At the signal, each player must move around the playing area, keeping their bum on the ground as they try to remove their opponents' scarves before their own are removed.
3. When a player loses their last scarf, they must take up an active challenge chosen by the counselor or the other players. The players that meet the challenge can take another scarf.
4. The player with the most scarves at the end of the game wins.



5. For the following rounds, vary the way players move around:

- » Crab: hands and feet on the ground, tummy facing up
- » Dog: walk on all fours
- » Eel: crawl along the ground as you try to prevent your opponents from removing your socks
- » Etc.

➔ Players must pull on the scarves only; not on other clothing.

## **Variations**

- Increase the size of the playing area.
- Separate the group into two teams. The team that has the most scarves at the end of the game wins.

## **Skills Developed**

Crawling, Dodging, Static and dynamic balance, Jumping, Rolling



# 13 and Over

6 years old +



Game 53

## Pirate Ball

**PARTICIPANTS:** 10 TO 30

**TIME:** 10 TO 20 MINUTES

**VENUE:** INDOORS, OUTDOORS

**INTENSITY:** MODERATE TO HIGH

**EQUIPMENT:** SOFT FOAM BALLS (ONE BALL FOR FIVE PLAYERS)  
FOUR CONES (TO MARK OFF THE CENTRAL LINE)

### Goal

Hit as many of the other team's players as possible to increase the number of players on your own team.

### How to Play

1. Divide the group into two teams of pirates.
2. Divide the playing area in two and place one team of pirates on either side.
3. Players can stand anywhere on their side of the field but no closer than one metre from the central line where the cannonballs (foam balls) are lined up.
4. At the counselor's signal, the pirates advance to grab the balls and throw them at the other team's players without crossing the central line.
5. When a player is hit and the ball drops on the ground, they must cross over and join the other team. If a player is hit in the face, the ball thrower switches teams.

6. The game ends when all the pirates are on the same team or when time runs out.

→ The campers must watch where they're going to avoid collisions.

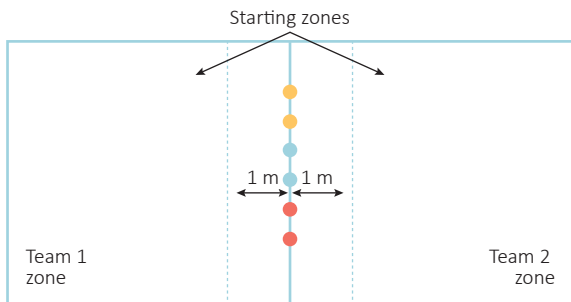
→ Aim to hit the other players below the shoulders only.

## Variations

- Vary the size of the playing area.
- Vary the number of balls.
- Every time a player switches teams, they must change how they move along (e.g., 1. Running, 2. Walking, 3. On their knees, 4. On their bum, etc.).
- If a player catches a bouncing ball, they are entitled to a privilege (e.g., rolling the ball, moving along the lines to throw the ball, etc.). Ask the campers to select their privilege at the start of the game.

## Skills Developed

Running, Dodging, Throwing, Catching, Jumping, Galloping, Skipping, Crawling, Side skipping, Dynamic balance





# 13 and Over

6 years old +



Game 54

## Mini-Soccer

- PARTICIPANTS:** 10 TO 24
- TIME:** 20 MINUTES OR MORE
- VENUE:** INDOORS, OUTDOORS
- INTENSITY:** MODERATE TO HIGH
- EQUIPMENT:** TWO CONES  
ONE BALL  
PINNIES/VESTS (TWO TEAMS)

### Goal

Each team takes turn running down the field, kicking the ball back and forth to each other until they touch the other team's cone.

### How to Play

1. Place one cone at each extremity of the field. Where you place the cones determines how far each team will have to travel with the ball.
2. The players must kick the ball to their teammates across the field to try to touch the other team's cone.
3. The players from the opposing team must try to stop the ball with their feet.
4. When one team scores a point, the other team gets their turn starting from their end.



## Variations

- Replace the cones with posts to make it harder to score.
- Replace the cones with goals.
- Determine a number of consecutive passes the team must make before scoring a point.
- Vary the size of the playing area to make it easier to score.

## Skills Developed

Running, Dodging, Kicking, Dribbling with feet