



# Let's Get Moving

● **7-8** years old



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 |    |    |    |    |    |    |    |    |    |     |     |     |     |     |
|--------------------|-------------|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|
|                    | 15          | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25* | 26* | 27* | 28* | 29* |
| Run                | X           | X  | X  | X  | X  | X  | X  | X  | X  | X  | X   | X   | X   | X   | X   |
| Jump               | X           | X  | X  | X  | X  | X  | X  | X  | X  | X  | X   | X   | X   | X   | X   |
| Gallop             |             |    | X  | X  | X  |    |    | X  | X  | X  | X   | X   | X   | X   | X   |
| Skip               |             |    | X  | X  | X  |    |    | X  | X  | X  | X   | X   | X   | X   | X   |
| Crawl              |             |    |    | X  |    |    | X  | X  | X  | X  |     |     |     | X   | X   |
| Side skip          |             |    | X  | X  | X  |    |    | X  | X  | X  | X   | X   | X   | X   | X   |
| Rolling            |             |    |    | X  |    |    | X  |    | X  |    |     |     | X   | X   | X   |
| Static balance     | X           | X  | X  | X  |    |    |    |    |    | X  |     |     | X   | X   | X   |
| Dynamic balance    |             | X  | X  | X  | X  | X  | X  | X  | X  | X  | X   | X   | X   | X   | X   |
| Dodge              | X           | X  | X  | X  | X  | X  | X  | X  | X  | X  | X   | X   | X   | X   | X   |
| Catch              |             |    |    |    | X  | X  |    |    | X  |    |     |     |     |     | X   |
| Strike             |             |    |    |    | X  |    |    |    |    |    |     |     |     |     |     |
| Throw              |             |    |    |    | X  | X  |    |    | X  |    |     |     |     |     | X   |
| Kick               |             |    | X  | X  | X  | X  | X  | X  | X  | X  | X   | X   | X   | X   | X   |
| Dribble with hands |             |    |    |    |    |    |    |    | X  |    |     |     |     |     |     |
| Dribble with feet  |             |    | X  | X  | X  | X  | X  | X  | X  | X  | X   | X   | X   | X   | 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.

\* For small groups



**7-8** years old



## Catch Me if You Can

|                      |                          |
|----------------------|--------------------------|
| <b>PARTICIPANTS:</b> | <b>8 TO 30</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>NONE</b>              |

### Goal

Cross the playing area without getting tagged by the wolf.

### How to Play

1. Separate the group into two teams.
2. Each team moves on its own axis (see illustration).
3. When the counselor calls out a direction, that team must try to cross the playing area without getting tagged by the wolf (the counselor).
4. The players who get tagged must hold a static position (statue) determined by the counselor.
5. At each crossing, team members can release the statues. To do so, they must take their hand and manage to make it to their destination without getting tagged. You can also add players to your team by freeing players on the opposing team who were tagged on the previous crossing.
6. The goal is to avoid getting tagged and to become the team with the greatest number of players.

## Tips & Tricks

The counselor can name the same direction twice in a row or even change directions in the middle of a crossing.

For example, the counselor calls out “North!”. The North-South team starts their crossing, and while they’re on the move, the counselor yells out “South!” so the team has to turn around and run back to their starting point.

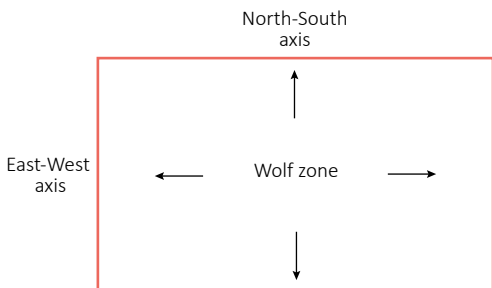
➔ Make sure the directions called don’t cause collisions.

## Variations

- Make one single team.
- Vary the ways you can free statues (tag, link elbows, etc.).
- Name several wolves, depending on the number of participants.
- In order to respect the rhythm of each camper, add a neutral zone and shortcuts.
- Make the static positions progressive (e.g., 1. stand on one foot, 2. stand on one foot and hold arms in the air, 3. stand on one foot, hold arms in the air and close eyes).

## Skills Developed

Running, Dodging, Static balance





**7-8** years old



## Flagtag

|                      |  |
|----------------------|--|
| <b>PARTICIPANTS:</b> | <b>10 TO 16</b>  |
| <b>TIME:</b>         | <b>20 MINUTES OR MORE</b>  |
| <b>VENUE:</b>        | <b>INDOORS, OUTDOORS</b>   |
| <b>INTENSITY:</b>    | <b>MODERATE TO HIGH</b>  |
| <b>EQUIPMENT:</b>    | <b>EIGHT HOOPS<br/>ONE FLAG PER PLAYER (FOUR DIFFERENT COLOURS<br/>TO FORM FOUR TEAMS)</b> |

### Goal

Pull off your opponents' flag.

### How to Play

#### GAME 1:

1. Divide the group into four teams and hand out a flag to each player to identify the teams.
  2. Players must tuck the flag into their waistband.
  3. The players fan out across the playing area and try to pull the flags off the players on the other teams.
  4. When a player pulls off an opponent's flag, they must then give it back to them so they can put it back in place and keep playing.
- ➔ Players cannot pull off their opponents' flags while they are tucking them back into their waistbands.

## GAME 2:

1. Place a team in each corner of the playing area with a hoop.
2. One player from each team stands inside the hoop while the others line up behind them.
3. At the signal, the first player from each team advances into the playing area and tries to pull off the flags of the players from the other teams.
4. Once a player has their flag pulled off, they retrieve it from their opponent and give it to the next player on their team who is waiting in the hoop.

➔ It is recommended to set a time limit so that every player has a fair chance.

## GAME 3:

1. Follow the rules for game 2 but use two hoops per team.
2. At the signal, the first two players on each team advance onto the playing field at the same time and try to pull off their opponents' flags.
3. The next team members move into the two hoops and wait until one of their players has their flag pulled off before advancing onto the playing field.

➔ The winning team is the one that pulls off the most flags from the other teams' players.

## Variations

- Vary the size of the playing area.
- Increase or decrease the number of teams.
- GAME 1: the campers secretly choose one player per team. If that player's flag is removed, all the players on the other team must complete a challenge (e.g., hopping on one foot for 30 seconds).

## Skills Developed

Running, Dodging, Jumping, Static and dynamic balance



**7-8** years old  
up to **12** years old



## Prison Guards

**PARTICIPANTS:** 12 TO 26  
**TIME:** 20 MINUTES OR MORE  
**VENUE:** INDOORS, OUTDOORS  
**INTENSITY:** MODERATE TO HIGH  
**EQUIPMENT:** FOUR CONES  
ONE MAT (OR ROPE TO DELIMIT A ZONE)  
ONE PINNIE/VEST PER PRISON GUARD

### Goal

The prison guards must try to round up all the prisoners.

### How to Play

1. Divide the participants into two teams: prison guards and thieves (who can become prisoners during the game).
2. Mark off two territories: one hideout for the thieves (delimited by the four cones) and one prison (mat).
3. The thieves start the game in their hideout, and the prison guards in the prison.
4. At the signal, all the players run out of their hideout. The prison guards try to tag as many thieves as possible (once tagged, the thieves become prisoners).
5. The thieves can go back into their hideout, but there can't be any more than three thieves at a time. If there are more than three thieves in the hideout, they all go straight to prison.

6. Once in prison, the prisoner must keep one foot on the prison mat and reach out their arm to have another thief tag them so they can go free. If there are several prisoners on the mat, they can hold hands to form a chain. The first prisoner in the chain must have at least one foot in the prison. The longer the chain, the easier it is to free your fellow prisoners. If a thief manages to tag the hand of the last prisoner in the chain, all the prisoners are released.
7. If the prison guards capture all the prisoners, they win the game. After a predetermined time, start a new game and have the players switch roles.

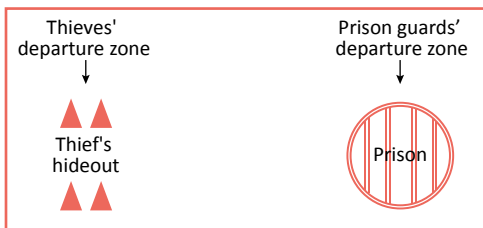
- ➔ While in prison, ask the thieves to adopt a position where they have to maintain their balance.
- ➔ The campers must look around them during the game to avoid collisions.

## Variations

- Vary the number of thieves allowed in their hideout at any one time.
- Set a limit on the amount of time thieves are allowed to stay in their hideout (e.g., 10 seconds).
- Add objects to the prison that the thieves must bring back to their hideout without getting tagged by the prison guards. The thieves win the game if they manage to steal all the objects.
- Vary the way thieves move around the field (let the campers decide).

## Skills Developed

Running, Dodging, Static and dynamic balance, Side skipping, Jumping, Galloping, Skipping







**7-8** years old



## Bird Brain

|                      |  |
|----------------------|--|
| <b>PARTICIPANTS:</b> | <b>16 TO 25</b>  |
| <b>TIME:</b>         | <b>20 MINUTES OR MORE</b>  |
| <b>VENUE:</b>        | <b>INDOORS, OUTDOORS</b>   |
| <b>INTENSITY:</b>    | <b>MODERATE TO HIGH</b>  |
| <b>EQUIPMENT:</b>    | <b>BALLS</b><br><b>ONE HOOP PER TEAM (DIFFERENT COLOURS)</b><br><b>ONE PINNIE PER TEAM (SAME COLOURS AS THE HOOPS)</b><br><b>ONE SCARF PER PLAYER</b><br><b>FOUR CONES</b> |

### Goal

The campers must bring back as many eggs as possible to their nest.

### How to Play

1. Place one hoop in each corner of the playing field.
2. Place the same number of balls in each hoop (depending on the equipment available; the more balls there are, the longer the game). The hoops represent the nests and the balls, the eggs.
3. Divide the campers into four teams (one team per hoop).
4. Each camper must tuck a scarf into their waistband. Each team chooses a nest keeper who wears the pinnie (same colour as the team hoop).

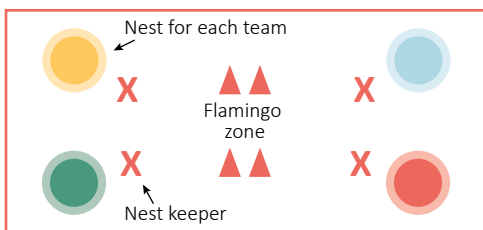
5. At the signal, the campers must try to steal the eggs from the other teams' nests and bring them back to their own nest (one at a time). The nest keeper protects the eggs by side skipping around it and by trying to grab the scarves off the campers who are trying to steal the eggs.
  6. All the campers are allowed to try and pull off the scarves of the other campers anywhere within the playing field. When a player has their scarf pulled off, they must go and stand on one leg like a flamingo for 10 seconds in the zone delimited by the cones.
  7. The game ends when the counselor calls out "Bird brain!"
- ➔ The campers must simply pull off the other players' scarves (no shoving).
  - ➔ The campers must look around them during the game to avoid collisions.

## Variations

- Vary the movements campers must perform when they have their scarves pulled off and are confined to the Flamingo zone.
- Vary the type of movements the nest keeper can do.
- Vary the number of balls and hoops.
- Replace the balls with balloons. Campers must use their feet to steal the eggs.

## Skills Developed

Running, Dodging, Side skipping, Static and dynamic balance, Kicking, Dribbling with feet, Jumping, Galloping, Skipping, Crawling, Rolling





**7-8 years old  
and Over**



## Thieves & Dragons


|                      |  |
|----------------------|--|
| <b>PARTICIPANTS:</b> | <b>10 TO 20</b>                                      |
| <b>TIME:</b>         | <b>20 MINUTES OR MORE</b>                            |
| <b>VENUE:</b>        | <b>INDOORS, OUTDOORS</b>                             |
| <b>INTENSITY:</b>    | <b>MODERATE</b>                                      |
| <b>EQUIPMENT:</b>    | <b>ONE BOX<br/>FOUR BALLS<br/>FOUR PINNIES/VESTS</b> |

### Goal

The dragons must pass around the eggs to prevent the thieves from snatching them.

### How to Play

1. Place a box in the middle of the playing field containing four dragon eggs (balls).
2. Name four campers to play the role of egg thief and give each of them a pinnie. The thieves line up on the side of the playing field.
3. All the other campers are dragons whose role is to protect their eggs. The dragons spread out across the playing field.
4. At the signal, the dragons take the eggs out of the box and pass them to their teammates. Once all the eggs are out of the box, the thieves move onto the playing field and try to steal them.
5. The thieves can steal the eggs in one of three ways:

- 
- » Intercept a pass;
  - » Tag a dragon who has the ball in their hands;
  - » Grab the ball before a dragon when it drops on the ground.
6. When a thief manages to steal an egg, they run to drop it in the box. Once a thief has placed a ball in the box, the dragons can no longer take it back.
  7. The game ends when the thieves have placed all the eggs in the box. Start again, this time switching the roles.

## Variations

- For each round, time how long it takes each team of thieves to recover all the eggs and drop them in the box. The thieves try to steal faster and faster.
- Vary the number of eggs and thieves.
- Vary the way thieves move around (skipping, side skipping, etc.).
- Decide that the thieves can take possession of an egg only by intercepting a pass.
- At the beginning of each new round, get the campers to hand off the egg with a new kind of pass (e.g., throw the ball overhand using both hands, throw with one hand backwards over the shoulder, throw with the left hand, roll the ball along the ground, etc.).
- Use sticks and balls to make passes at ground level.

## Skills Developed

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



**7-8 years old  
and Over**



## Colour Actions

|                      |   |
|----------------------|---|
| <b>PARTICIPANTS:</b> | <b>10 TO 25</b>   |
| <b>TIME:</b>         | <b>20 MINUTES OR MORE</b>   |
| <b>VENUE:</b>        | <b>INDOORS, OUTDOORS</b>  |
| <b>INTENSITY:</b>    | <b>MODERATE TO HIGH</b>   |
| <b>EQUIPMENT:</b>    | <b>EIGHT BEANBAGS (THREE DIFFERENT COLOURS)<br/>TWO PINNIES/VESTS</b> |

### Goal

Catch a beanbag, perform an action based on its colour, and throw it to another player.

### How to Play

#### Game 1:

1. Get the campers to spread out across the playing area.
2. They must swap beanbags by throwing them. The campers can move, but when they've got a beanbag, they must stand still.
3. When a player catches a beanbag, they must perform an action based on its colour. **Red:** the campers must crouch down to be allowed to throw their beanbag. **Green:** the campers must pass the beanbag twice around their waist before throwing it to another player. **Yellow:** the campers must throw the beanbag using only their left hand.

## **Game 2:** Add two hunters

1. Follow the same rules as Game 1 but introduce two hunters. The hunters' role is to remove all the beanbags from play by intercepting the passes.
2. As soon as a hunter intercepts a beanbag, they remove it from play.
3. If a pass between two players is incomplete and the beanbag falls on the ground, the hunter removes the beanbag from play.
4. When a hunter attempts to intercept a pass, the thrower has only five seconds to throw the beanbag to another player, otherwise they must give it to the hunter. The hunter counts down the five seconds out loud.
5. Change hunters when they have removed all the beanbags from play or when three minutes are up.

## **Variations**

- Introduce other objects into the game that the players can throw to each other (balls, rings, hoops, etc.).
- Vary the size of the playing area.
- Vary the number of hunters.
- Replace the beanbags with balls of different colors and make passes with your feet. Red: Roll on the ground before passing. Green: Run around the ball 2 times before passing. Yellow: Pass with the left foot.
- Form two teams and place a target at either end of the playing area (hoop, box, etc.). Each team must try to score points by throwing a beanbag into the other team's hoop. The players try to intercept the other team's passes. Follow the same rules as above: the player stops once they're in possession of a beanbag, and they perform various actions, depending on the colour of the bag. When a bag falls inside the target, it stays there until the end of the game. The game ends when there are no more beanbags in play.

## **Skills Developed**

Jumping, Running, Dodging, Throwing, Catching, Dynamic balance, Kicking, Rolling, Dribbling with feet



**7-8 years old  
and Over**



## Shark Attack


**PARTICIPANTS:** 10 TO 25  
**TIME:** 10 TO 20 MINUTES  
**VENUE:** INDOORS, OUTDOORS  
**INTENSITY:** MODERATE  
**EQUIPMENT:** ONE PARACHUTE

### Goal

The campers try to avoid being caught by the sharks.

### How to Play

1. The campers sit around the parachute with their legs straight out underneath it. They hold the parachute at arm's length and make small waves in the ocean.
2. Two campers selected by the counselor are on their knees, underneath the parachute. They are the sharks.
3. Two campers selected by the counselor are on their feet, behind the other players. They are the lifeguards.
4. The sharks choose one victim at a time and pull on their legs to drag them under the parachute. The victim shouts out "Help! Save me!". The lifeguards must run to prevent the victim from being dragged into the ocean.
5. If the shark meets resistance (thanks to the lifeguard), they must choose another victim.

- 
6. If the victim is dragged into the ocean, they become a shark.
  7. The game continues until there are only a few campers left sitting.
- ➔ The campers under the parachute must not pull too hard on the legs of the other campers.
  - ➔ The campers must be careful when they are under the parachute to avoid collisions.

## Variations

- Vary the number of sharks and lifeguards.
- Select a diver amongst the seated campers who are sitting, without telling the sharks. The diver knows how to swim under water and can therefore save the players who have been caught by the sharks by bringing them back outside the parachute.

## Skills Developed

Running, Crawling





**7-8** years old



## Ladybugs


|                      |  |
|----------------------|--|
| <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>ONE TAMBOURINE<br/>ONE MAT PER PLAYER (OR ONE BEACH TOWEL<br/>OR HOOP PER PLAYER)</b> |

### Goal

Avoid being caught by the bird by seeking shelter as quickly as possible on a leaf.

### How to Play

1. At the sound of the tambourine, the ladybugs (the campers) frolic around (various movements) to the rhythm of the music.
2. When the music stops, the ladybugs quickly seek refuge on a leaf (mat), where they must remain to avoid getting caught by the bird (the counselor).
3. When a camper is caught by the bird, they must move on all fours during the next round until the music stops and the ladybugs seek shelter on the leaves again.
4. The counselor determines how the ladybugs frolic (rhythm, speed, type of movement).



5. There can be no more than three ladybugs at a time on each leaf. At the end of each round, one leaf is removed until there is only one mat for three campers.

- ➔ The campers must watch where they're going to avoid collisions.
- ➔ The campers must not push each other to occupy one of the spots on the mat.

## Variations

- Reduce the bird's speed.
- Imitate animals such as a frog, a dinosaur, a kangaroo, a rabbit, a mouse, etc.
- Divide the group into teams (two, three, or four teams).

## Skills Developed

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



**7-8 years old  
and Over**



## Round the Clock

|                      |  |
|----------------------|--|
| <b>PARTICIPANTS:</b> | <b>8 OR MORE</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>SIX CONES (PLAYERS' POSITIONS AROUND THE CLOCK)</b> |
|                      | <b>TWO CONES (RELAY TEAM'S START LINE)</b>             |
|                      | <b>ONE BALL</b>  |

### Goal

The clock team must complete as many passes as possible before the relay team finishes its race.

### How to Play

1. Divide the group into two teams (clock team and relay team).
2. Clock team: get the players to form a circle (six to 12 players per circle). Set out the cones to show them where to stand to form the clock face. The players must pass the ball around the clock as quickly as possible. With each completed pass, the team scores a point. Pass the ball around to make as many passes as possible. Start passing at the counselor's signal and stop when the relay team applauds.

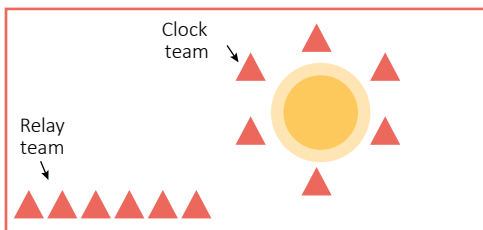
3. Relay team: the players stand one behind the other behind the start line at one end of the playing area. At the signal, the first player in the line must run as quickly as possible around the outside of the clock and come back and tap the hand of the next player in line. When the last player in the line has run around the clock, all the players of the relay team clap loudly to signal the end of the round-the-clock relay. Keep track of the number of passes completed by the clock team and switch roles for the next round.
4. The clock team that makes the most passes during the relay race wins.

## Variations

- Vary the way relay team players have to move around (running while dribbling a ball, side skipping, etc.)
- Vary the distance between the clock team players
- Make passes with your feet instead of your hands.
- If the clock team players fumble a pass and the ball touches the ground, their score goes back to zero.
- If the group is too big, divide the campers into four teams to constitute two clock teams and two relay teams.

## Skills Developed

Running, Side skipping, Dribbling with hands and feet, Throwing, Catching, Kicking, Jumping, Galloping, Skipping, Crawling





**7-8 years old  
and Over**



## The Great Wall

|                      |                            |
|----------------------|----------------------------|
| <b>PARTICIPANTS:</b> | <b>10 TO 25</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>THREE PINNIES/VESTS</b> |

### WWal

The campers must cross the playing area without getting touched by the taggers in the middle.

### How to Play

1. The campers line up on one side of the playing area.
2. At the counselor's signal, they must cross to the other side without getting touched by the three taggers in the middle.
3. When they are tagged, the campers line up in the middle of the playing area to form a wall. They must hold hands and move all together to help the taggers catch the remaining campers as they try to cross.
4. The game ends when the last player is tagged. Switch roles for the next round.

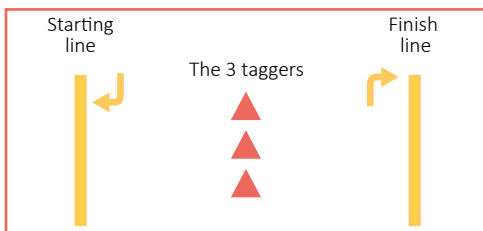
→ The campers must watch where they're going to avoid collisions.

## Variations

- When the campers are tagged, they line up in the middle and stand still with their legs apart to form a wall. The remaining players can free them by crawling between their legs. Each player can free only one teammate at a time.
- Vary the number of taggers in the middle depending on the number of participants.
- Vary the way teammates can be freed (by taking them by the hand, touching their foot, etc.).
- Add variations in the types of movement used for the wall and for the runners on the move.

## Skills Developed

Running, Dodging, Jumping, Galloping, Skipping, Crawling, Side skipping, Static and dynamic balance





**7-8** years old  
**SMALL GROUPS**



## Four Corners

|                      |  |
|----------------------|--|
| <b>PARTICIPANTS:</b> | <b>BETWEEN 5 AND 10</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>ROPE, CONES, CHALK, OR OTHER ( TO MARK OUT A SQUARE PLAYING AREA)</b> |

### Goal

Switching corners without the person in the middle taking the place that has been freed up by the moving players.

### How to Play

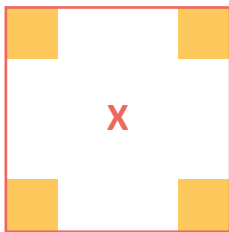
1. Mark out four corners of a large square.
2. One player stands in each corner and a fifth stands in the middle of the square.
3. The corner players signal to each other to switch places (two, three, or four players at a time). As soon as they move, the player in the middle tries to get to an empty corner before another player.
4. If the player in the middle manages to get to an empty corner first, the bumped player takes their place in the middle of the square.

## Variations

- Allow more than one player per corner, or have two players in the middle.
- Add extra “corners” between the four corners, or use a different geometric shape (e.g. a hexagon).
- Give players a time limit of ten seconds to switch corners.
- Vary the way players move around the square (side skipping, galloping, skipping, backwards, etc.).
- Play the game on more than one playing field at a time.
- When the counselor shouts “MISHMASH!”, all the players must immediately switch corners.
- Add a recovery area between the corners for those who need it.

## Skills Developed

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







**7-8** years old  
**SMALL GROUPS**



## Cat and Mouse


**PARTICIPANTS:** 5 AND +  
**TIME:** 15 TO 20 MINUTES  
**VENUE:** GYM, SMALL ROOM, OUTDOORS  
**INTENSITY:** MODERATE  
**EQUIPMENT:** NONE (OR FOUR CONES TO MARK OUT THE PLAYING AREA)

### Goal

The cat has to catch the mouse.

### How to Play

1. Players team up in pairs and link arms.
2. The counselor chooses a team and names a cat and mouse. They then give the signal to begin the game.
3. The cat must run and try to tag the mouse.
4. For protection, the mouse can run toward a team and link arms with one of the two players.
5. Since there can be only two players linked at a time, the player whose partner was grabbed by the mouse must let go and they become the new mouse.
6. The counselor can decide to count to ten to force the mouse to latch onto another pair so players don't stand still for too long.



7. If the cat manages to tag the mouse, they switch roles and the game continues. No one gets eliminated. The counselor decides when the game ends.

## **Variations**

- Add a second mouse if there is an odd number of players.
- Allow the cat to link arms with a pair of players, and bring in a new cat using the same principle as the mouse.
- Vary the types of movement used by the cat and the mouse (jumping, skipping, side skipping, etc.).

## **Skills Developed**

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



**7-8** years old  
**SMALL GROUPS**



## Capture It!


**PARTICIPANTS:** 6 AND +  
**TIME:** 10 TO 15 MINUTES  
**VENUE:** INDOORS, OUTDOORS  
**INTENSITY:** MODERATE  
**EQUIPMENT:** ONE OBJECT (BALL, SCARF, STICK, ETC.)

### Goal

Bring the object back to your team to score a point.

### How to Play

1. Two teams line up facing one another. An object is placed in the middle of the field.
2. The counselor gives a number to each player on both teams, and asks the players with the same numbers to face each other.
3. The counselor calls out a number.
4. The players with that number must run clockwise around the other team and make their way to the middle.
5. The player who grabs the object first must take it back to their side without getting tagged by their opponent to score a point.

- 
6. If the opponent manages to tag the player with the object before they get back to their side, that player scores the point.

## **Variations**

- Players whose numbers are called must perform certain actions before starting to run (e.g. push-ups, spin around three times, etc.).
- Vary the movement options to collect the object (e.g. hopping, jumping on one foot).

## **Skills Developed**

Running, Dodging, Jumping, Galloping, Skipping, Crawling, Side skipping, Rolling, Static and dynamic balance



**7-8 years old**  
**SMALL GROUPS**



## Water Hoops

**PARTICIPANTS:** 5 AND +  
**TIME:** 10 TO 20 MINUTES  
**VENUE:** GYM, SMALL ROOM, OUTDOORS  
**INTENSITY:** MODERATE TO HIGH  
**EQUIPMENT:** ONE HOOP PER PLAYER (OR OTHER EQUIPMENT OF YOUR CHOICE)  
**BOOMBOX IF THE GAME IS PLAYED TO MUSIC**

### Goal

Follow the counselor's instructions as quickly as possible, alone or in teams.

### How to Play

1. Hoops are set out on the floor around the playing area.
2. Tell the campers to imagine the hoops hold water.
3. At the sound of the music, the players run around the hoops. When the music stops, the counselor shouts out a body part.
4. The players must place that part inside, outside, or on the water hoop, as instructed.



## Variations

- Call out the colour of the hoops the players must run to.
- Vary the way the players must move between stops (e.g. jumping, walking backwards, crawling, etc.).
- Create a “mishmash” option where the campers can decide which body part goes in the hoop.

## Skills Developed

Running, Static and dynamic balance, Rolling, Side skipping, Crawling, Skipping, Galloping, Jumping



**7-8 years old**  
**SMALL GROUPS**



## Meteorites

|                      |   |
|----------------------|---|
| <b>PARTICIPANTS:</b> | <b>4 AND +</b>                                      |
| <b>TIME:</b>         | <b>10 TO 20 MINUTES</b>                             |
| <b>VENUE:</b>        | <b>INDOORS, OUTDOORS</b>                            |
| <b>INTENSITY:</b>    | <b>MODERATE</b>                                     |
| <b>EQUIPMENT:</b>    | <b>ONE BALL PER PLAYER (NERF, TENNIS, OR OTHER)</b> |

### Goal

In teams of two, players throw a ball to their partner at the same time and score a point if the balls touch in mid-air.

### How to Play

1. The players place themselves in teams of two, facing each other, approximately three metres apart.
2. At the counselor's signal, each player throws their ball to their partner and tries to get the balls to touch in mid-air.
3. Each time their balls touch, the team scores a point.
4. The teammates must pick up dropped balls as quickly as possible so they can throw them again. They try to increase the distance between them at each throw.



## Variations

- Vary the throwing options (with one hand, backwards, while spinning in place).
- Kick the ball instead of throwing it.

## Skills Developed

Throwing, Catching, Running, Kicking, Dribbling with feet