



Let's Get Moving

● 9-12 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.

Game number

Basic Motor Skills

	30	31	32	33	34	35	36	37	38	39	40*	41*	42*	43*	44*
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		
Gallop	X	X			X	X	X	X	X	X	X	X			
Skip	X	X	X	X	X	X	X	X	X	X	X	X	X		
Crawl		X		X	X					X					
Side skip	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Rolling		X		X	X					X					
Static balance	X	X	X	X	X	X	X	X	X	X	X				
Dynamic balance	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	X	X	X	X	X	X	X	X	X	X
Strike			X										X		
Throw		X	X	X	X	X	X	X	X	X	X	X	X	X	X
Kick			X		X	X	X	X	X	X	X	X	X	X	X
Dribble with hands													X	X	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



9-12 years old
and Over



Treasure Trove

PARTICIPANTS:	10 TO 40
TIME:	10 TO 20 MINUTES
VENUE:	INDOORS, OUTDOORS
INTENSITY:	MODERATE TO HIGH
EQUIPMENT:	FORTY BEANBAGS TWO HOOPS TWO BENCHES ONE PINNIE/VEST PER PLAYER (TWO TEAMS, TWO DIFFERENT COLOURS)

Goal

Protect your team's loot and steal the other team's loot without getting tagged.

How to Play

1. Divide the group into two teams (each player wears a pinnie), and place one team on each side of the playing area.
2. Each team has a hoop on their side containing 20 beanbags (their treasure). Delimit protection zones where the thieves from the opposing team can take refuge. Place a bench on the side of the field for the prison.
3. At the signal, all the players must try to cross the playing area, steal the other team's treasure, and bring it back to their own hoop, all without getting tagged. Thieves can only steal one beanbag at a time.

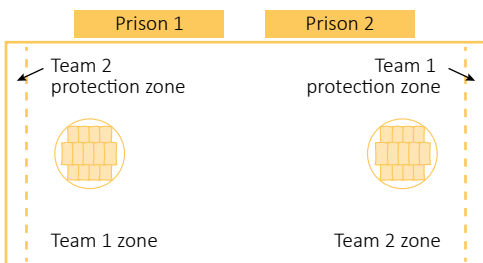
4. Players must attempt to steal the other team's loot while protecting their own loot. They can only be tagged when they are on the opposing team's side of the playing area.
5. When a player gets tagged on the other team's side, they must go straight to prison (the bench) and stay there for 30 seconds (the counselor supervises prison time). The prison cannot contain more than four players at a time. When a fifth player goes to prison, the first player to be imprisoned gets out and rejoins the game.
6. The team that steals all the opposing team's treasure first is the winner.

Variations

- Vary the size of the protected zone.
- Vary the size of the treasure zone (large mat, small box, etc.).
- Vary the loot (theme-based objects, very small objects, big objects).
- Vary the way objects can be stolen (carry the treasure with a particular body part, wear a ring around the wrist, steal a ball by making passes to teammates or by dribbling).
- Designate attackers and defenders within each team.
- Introduce a time limit. The team that has the most bags is the winner.

Skills Developed

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





9-12 years old
6 years old +



Smurf Soup

PARTICIPANTS: 8 TO 20
TIME: 20 MINUTES OR MORE
VENUE: INDOORS, OUTDOORS
INTENSITY: MODERATE TO HIGH
EQUIPMENT: SIXTEEN CONES
ONE LARGE MAT
TWO PINNIES/VESTS

Goal

The Smurfs must avoid getting tagged by Gargamel and Azrael, who want to make soup out of them.

How to Play

1. Name two campers to play the roles of Gargamel and his cat Azrael (they each wear a pinnie). All the other campers are Smurfs.
2. Use the cones to mark four zones, one in each corner of the playing area. These are the Smurf homes where the Smurfs can seek shelter at any time.
3. Place a mat at the centre of the playing area to represent the soup pot.
4. When a Smurf is tagged by Gargamel or Azrael, they must go to the soup pot (the mat in the middle of the playing area). Once in the soup pot, the Smurfs must take up an active challenge of the game leader's choice (jumping jacks, frog leaps, etc.).

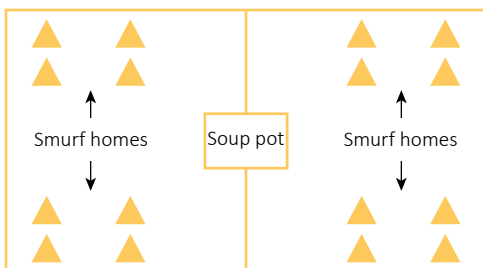
5. Teammates can save their fellow Smurfs from the pot by grabbing them by the hand and running back to a Smurf home with them without getting tagged. If they are tagged in the process, both Smurfs go straight back to the soup pot.
 6. The game ends when all the Smurfs are in the soup pot, or when the time runs out. Play again with different campers in other roles.
- ➔ Gargamel and Azrael must tag the Smurfs gently (no shoving).

Variations

- Set a limit on how long players can stay in the Smurf homes.
- Vary the number of homes.
- Vary the size of the playing area.
- Form four teams of Smurfs and assign one team to each home. The Smurfs can save only their own teammates from the soup pot. The game ends when all the Smurfs from one home are in the soup pot.

Skills Developed

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





9-12 years old
and Over



Dodgeball


PARTICIPANTS:	12 TO 30
TIME:	20 MINUTES OR MORE
VENUE:	INDOORS, OUTDOORS
INTENSITY:	MODERATE TO HIGH
EQUIPMENT:	SOFT FOAM BALLS

Goal

Players must try to hit their opponents with a ball while avoiding being hit themselves.

How to Play

1. Have several balls in play at once. Remind the campers to keep their feet still if they have a ball in their hands.
2. At the signal, the campers must try to hit the other players with a ball without them catching it. When a player is hit, they must immediately stop moving and stand on one foot. If the ball is caught, the thrower must stand on one foot.
3. That player can put their foot down when they hit a standing player with a ball without them catching it.
4. The game ends when there is only one player left standing or when the time runs out.

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- ➔ Use soft foam balls and aim only below the shoulders.
 - ➔ The campers must watch where they're going to avoid collisions. where they're going to avoid collisions.

Variations

- Form two teams. To get freed, players who have been hit can form a chain, recover the ball, and make a pass. If a player in the chain hits a player on the opposing team, the whole chain is freed.
- Add a goal in which the campers can roll their balls to free themselves.
- Vary the number of balls.
- To make the game more challenging, repeat the game, using only the feet.
- Play with balls and sticks

Skills Developed

Running, Dodging, Throwing, Catching, Static and dynamic balance, Striking, Kicking, Dribbling with feet



9-12 years old
and Over



Snake Hunt

PARTICIPANTS:	10 TO 25
TIME:	20 MINUTES OR MORE
VENUE:	INDOORS, OUTDOORS
INTENSITY:	MODERATE TO HIGH
EQUIPMENT:	SOFT FOAM BALLS

Goal

The snake's head must protect its tail for as long as possible.

How to Play

1. Four players form a line, holding the waist of the player in front of them (the snake). The first player in line is the head, and the last player is the tail. The rest of the group (the snake hunters) form a large circle around the snake.
2. The snake hunters must try to hit the snake's tail by throwing balls at it.
3. The snake's head tries to protect its tail by controlling the snake's position. The snake's head is the only player who can catch the ball with their hands or feet to prevent the hunters from hitting its tail with the ball.
4. When a hunter hits the tail, they take the place of the snake's head, the other parts of the snake move back one

spot, and the player who was the tail joins the circle of hunters.

5. Vary the players in the snake after about 10 minutes to allow more campers to be active.

→ Players should aim below the waist.

→ Use soft foam balls.

Variations

- Add an active challenge (e.g., jumping jacks) when a hunter doesn't have a ball.
- Vary the number of balls in play.
- Vary the number of snakes in the centre of the circle.
- Vary the number of campers forming the snake.
- Vary the size of the hunter's circle.
- Vary the types of throws allowed (left-handed throws, rolled balls, backward throws between the legs, etc.)
- Divide the players into two or three groups and play the game in smaller groups to allow the campers more opportunities to throw the ball.
- Mommy and baby duck game: the players form a circle around a mommy and baby duck. The players in the circle try to hit the baby duck with the ball while the mommy duck tries to protect her baby by catching the ball. If the ball hits the baby duck, two new players are chosen to be the mommy and baby ducks.

Skills Developed

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



9-12 years old
and Over



Minefield

PARTICIPANTS:	15 TO 25
TIME:	20 MINUTES OR MORE
VENUE:	INDOORS, OUTDOORS
INTENSITY:	MODERATE TO HIGH
EQUIPMENT:	SOFT FOAM BALLS FOUR CONES (OR LINES ON THE GYM FLOOR)

Goal

Cross the minefield without getting hit by a ball.

How to Play

1. Mark out a large rectangular area with a zone at each end (finish area and start area).
2. Select three sharpshooters randomly. The sharpshooters each take a ball and position themselves in a strategic location **outside** the playing area.
3. At the counselor's signal, all the soldiers must try and cross to the other side without getting hit by the sharpshooters' balls.
4. Each sharpshooter is allowed one shot (by throwing a ball). If they hit a target, that player becomes a sharpshooter. If a soldier catches the ball, the sharpshooter must complete an active challenge chosen by the counselor (jumping jacks, three frog leaps, etc.).

5. The more sharpshooters, the tougher it is to cross. The soldiers must await the counselor's signal before crossing the minefield.

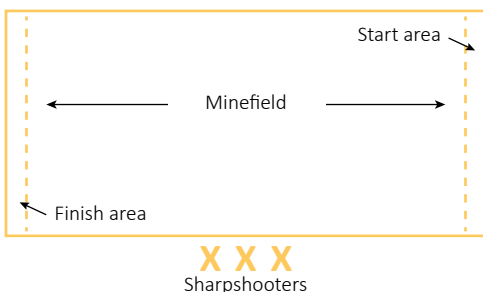
→ Sharpshooters must aim below the other players' shoulders.

Variations

- Add obstacles that soldiers must get over or around as they cross the minefield (crossing without knocking over the bowling pins, stepping over a bench when crossing, etc.)
- Vary the number of sharpshooters.
- Vary the type of throws (underhand throws, rolled balls, two-hand throws, etc.)
- Vary the movement types from one area to another (brisk walking, skipping, frog leaps, crawling etc.)
- Balls that are recovered by the sharpshooters during a crossing may be thrown again.

Skills Developed

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





9-12 years old
and Over



Keyball

PARTICIPANTS: 8 TO 20
TIME: 20 MINUTES OR MORE
VENUE: INDOORS, OUTDOORS
INTENSITY: MODERATE TO HIGH
EQUIPMENT: TWO GOALS
THREE SOFT FOAM BALLS (OR MORE)

Goal

Keep as many of your team's players as possible on the playing area.

How to Play

1. Divide the group into two teams. Place one team on either side of the central line of the playing area. Players must stay on their side of the playing area for the entire game.
2. At the signal, the players throw the soft foam balls and try to hit the players on the other team (at least three balls in play).
3. If a player on the other team is hit or drops the ball on the ground, they become a prisoner and must keep active on the sidelines (frog leaps, jumping jacks, etc.). If a player is hit in the face, the thrower becomes a prisoner.
4. Every time a player scores a goal on the other team, one of their own prisoners is released and rejoins the game.

5. The game ends when the time runs out. Keep games short to avoid having campers stay for long periods on the prisoner's bench.

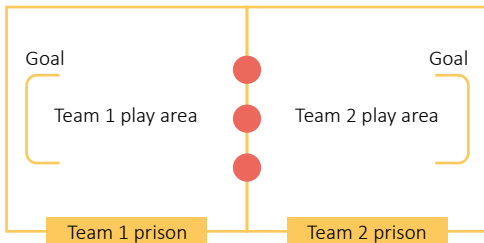
➔ Aim to hit the other players below the shoulders only.

Variations

- Add bowling pins or other objects the players must knock over. Players can score points by throwing the balls and knocking over the other team's objects. The team with the most points at the end of the game wins.
- Vary the movement types in the playing area (e.g., moving only by side stepping).
- Vary the type of throws (rolled balls, with both hands, etc.)
- Doing the same game but allowing only near-ground movement (rolling, crawling) for an additional challenge.
- Vary the number of balls in play.
- Vary the size of the playing area.

Skills Developed

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





9-12 years old
and Over



Free Me Tag

PARTICIPANTS: 15 TO 25
TIME: 10 TO 20 MINUTES
VENUE: INDOORS, OUTDOORS
INTENSITY: MODERATE TO HIGH
EQUIPMENT: FOUR CONES
TWO BALLS (OR MORE)
SIX RINGS
FOUR HOOPS

Goal

Transform the other players into dancers.

How to Play

1. Mark out a large playing area using four cones. Place one hoop in each corner of the field.
2. Get the campers to spread out across the playing area. Two or more balls should be in play.
3. The players who take possession of the ball must go and stand inside one of the hoops to throw the ball to another player. If that player catches the ball, they go and stand in the hoop to throw the ball.
4. If the player drops the ball, they are turned into a dancer. Players who are transformed into dancers must stay where they are and dance to show the other players they are waiting to be freed. Dancers must catch a ball to be freed.

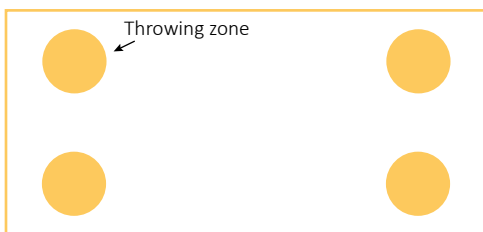
5. Players cannot stay more than three seconds in a hoop before throwing the ball.
 6. Once the campers get the hang of the game, place six rings in the playing area. When a player is turned into a dancer, the other players can free them by placing a ring on their arm.
- ➔ Aim to hit the other players below the shoulders only.

Variations

- Form teams. Each team tries to keep the greatest number of players in play by freeing only their own players and by turning only their opponents into dancers.
- Vary the size of the playing area. Play the game in a large outdoor area to increase the area the players must cover.
- Vary the movement or thrown options.
- If a player is shy and doesn't want to dance, propose that they hop from one foot to the other.

Skills Developed

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





9-12 years old
and Over



Hens, Foxes, Snakes

PARTICIPANTS:	12 TO 35
TIME:	20 MINUTES OR MORE
VENUE:	INDOORS, OUTDOORS
INTENSITY:	MODERATE TO HIGH
EQUIPMENT:	ONE PINNIE/VEST PER PLAYER (THREE TEAMS) THREE LARGE MATS

Goal

Each team must tag players on the other teams without getting tagged themselves.

How to Play

1. Form three teams (hens, foxes, and snakes).
2. Each team stands on a large mat (shelter). The shelters are spread out around the playing area.
3. At the signal, the players leave their shelter to go and tag players from another team. The hens hunt (tag) the snakes, the foxes hunt the hens, and the snakes hunt the foxes.
4. When the players are in their shelter, they are safe and cannot be tagged by their predators. Players who are tagged must go to the shelter of the player who tagged them.

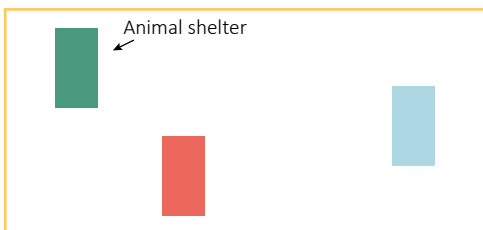
5. They must do jumping jacks and reach out their hand so a teammate can come and free them by touching their hand.
6. When several players on the same team are waiting to be freed, they can hold hands to form a chain and be freed all at the same time. The player at the end of the chain must touch the mat with one foot while the player at the other end reaches out their hand so a teammate can free the whole chain. The game ends when all the players on one team are on the mat of the team hunting them.

Variations

- Vary the size of the playing area.
- Vary the movement options (skipping, jumping with both feet, etc.)
- Players can stay no more than 15 seconds at a time in their shelter.
- Determine which players on each team will be hunters and which will free their captured teammates.

Skills Developed

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





9-12 years old
and Over



Cops & Robbers

PARTICIPANTS: 20 TO 30
TIME: 10 TO 20 MINUTES
VENUE: INDOORS, OUTDOORS
INTENSITY: MODERATE TO HIGH
EQUIPMENT: ONE HOOP PER TWO CAMPERS,
FOUR BALLS

Goal

The robbers must pass the ball among themselves while trying not to get intercepted by the cops.

How to Play

1. Divide the group into two teams. There should be the same number of cops and robbers in each team. Put the hoops all over the playing area.
2. Each robber stands in a hoop and must pass the ball to another robber without being intercepted by a cop.
3. The cops patrol around the hoops as they try to intercept the balls.
4. Vary the movement and throw options (let the children decide).
5. The robbers try to make as many passes as they can. Note: robbers are not allowed to throw the ball back to the person who just threw it to them.
6. When the ball is intercepted, the cop and robber switch places.

Variations

- If the group is too big, divide the campers into four teams and organize a mini-tournament.
- Introduce a special movement. If a prisoner bounces and there is no interception, something happens (e.g., the cops idle).
- Change the location of the hoops, depending on the age group.
- Vary the number of balls in play.
- Play the game in total silence. This makes it harder.
- Add a challenging element by specifying a number of passes to be made,
- Do the same game using only the feet for an additional challenge.

Skills Developed

Jumping, Running, Throwing, Catching, Dynamic balance



9-12 years old



Game 39

Stop, Thief!

PARTICIPANTS:	15 TO 35
TIME:	20 MINUTES OR MORE
VENUE:	INDOORS
INTENSITY:	MODERATE TO HIGH
EQUIPMENT:	BEANBAGS (VARIED COLOURS) FOUR HOOPS (SAME COLOURS AS THE BEANBAGS) TWO MATS TWO PINNIES/VESTS

Goal

Steal the treasure from the middle of the playing area within a set time without getting tagged by the cops.

How to Play

1. Place the different coloured beanbags on a mat in the middle of the playing area. Put another mat outside of the playing area as a prison. Arrange the four hoops at the four corners of the playing area.
2. Designate two cops (have them each wear a pinnie). Their job is to guard the treasure.
3. The thieves must try to steal the treasure (one piece at a time) without getting tagged by the cops.
4. The thieves must then drop the beanbags in the correct, colour-coded hoop in the corners of the playing area.

- If a thief is tagged, they must take the beanbag back to the mat and go straight to prison, where they must complete an active challenge before rejoining the game.
- Thieves can be tagged whether or not they're holding any treasure. The game continues until all the objects have been stolen or when the time runs out. Decide in advance how long the game will last, depending on the number of participants and beanbags (e.g., four games of five minutes each).

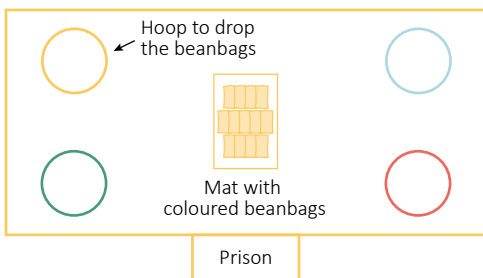
➔ The campers must watch where they're going to avoid collisions.

Variations

- Vary the number of cops, depending on the group (number of participants, skill level).
- Add more than one mat and beanbags.
- Vary the movement options (on one foot, backwards, etc.).
- Vary the types of active challenges.

Skills Developed

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





9-12 years old
SMALL GROUPS



Fireball and Iceball

PARTICIPANTS:	8 AND +
TIME:	20 TO 30 MINUTES
VENUE:	INDOORS, OUTDOORS
INTENSITY:	HIGH
EQUIPMENT:	THREE BALLS (INCLUDING ONE OF A DIFFERENT COLOUR)
	FOUR CONES (IF THE PLAYING AREA IS NOT ALREADY MARKED OUT)

Goal

Eliminate the opposing team.

How to Play

1. All the players are divided into teams of two.
2. The players spread out across the playing area, and the counselor places the fireball in the middle. This ball is burning hot, so the players aren't allowed to touch it.
3. At the signal, the counselor throws the two other balls (iceballs) onto the field and the game begins.
4. Each player must work with their teammate to throw an iceball at the other players and turn them into ice.
5. If a player is touched by an iceball, they freeze on the spot in the balance position of their choice.
6. The player can then retrieve the fireball and throw it to their teammate, releasing them from the ice.



Variations

- Increase the number of players per team to give players more chances to get freed from the ice.
- Increase the number of balls.
- Divide the playing area into four quadrants to prevent teammates from always sticking together.
- Vary the movement and throwing options.

Skills Developed

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



9-12 years old
SMALL GROUPS



Scavenger Race

PARTICIPANTS: ONE GROUP
TIME: 20 TO 30 MINUTES
VENUE: CAMP AREA MARKED OFF BY THE COUNSELOR
INTENSITY: MODERATE TO HIGH
EQUIPMENT: LIST OF OBJECTS MADE BY THE COUNSELOR

Goal

Be the first team to bring back all the items on the list.

How to Play

1. The counselor draws up a list of items that can be found within the boundaries of the camp area and divides the group into several teams.
2. They then tell the players what the first item is and gives the signal to begin the race.
3. Each team, while staying together as a group, must find the item and bring it back to the counselor.
4. The counselor checks that it is the correct item and names the second item the team must find.
5. If the team does not hunt as a group, the counselor can give them a time penalty (several seconds) before revealing the next item on the list.



Variations

- The counselor can move or hide in the playing area to make it more challenging for the players to bring back the items.
- Impose movement options on the players to retrieve the objects (e.g. while skipping).
- Fix a time limit to find the objects.

Skills Developed

Running, Jumping, Galloping, Skipping, Side skipping



9-12 years old
SMALL GROUPS



Bump


PARTICIPANTS: 5 AND +
TIME: 20 MINUTES
VENUE: PLAYING AREA WITH BASKETBALL HOOP
INTENSITY: MODERATE
EQUIPMENT: ONE BASKETBALL HOOP
TWO BASKETBALLS

Goal

Score a basket before the player in front of you does.

How to Play

1. All the players line up behind the free-throw line. The first two players in line each have a ball.
2. The first player throws and attempts to score a basket.
3. As soon as they throw the ball, the second player can shoot.
4. Once both players have thrown from the free-throw line, they pick up their ball and try again from anywhere on the court until one of the players scores.
5. If Player 1 scores a basket before Player 2, they must quickly pass the ball to the next player in line and return to the back of the line. The new player can now try to score a basket before Player 2.

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6. If a player manages to score a basket before the preceding player, that player goes out and the other player goes to the back of the line. The balls then go to the next two players in line, and so on until only one player is left.
 7. At any point a player can use their ball to bump the other player's ball and give themselves more time to score.

Variations

- Increase the level of difficulty by making players throw with their backs to the basket.
- Make players spin around five times before their first throw.
- Reduce the throwing distance for the first ball.
- Vary the throwing options (e.g. overhead with both hands).

Skills Developed

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



9-12 years old

SMALL GROUPS



Game 43

Guardian of the Tower

PARTICIPANTS: 6 AND +

TIME: 10 TO 20 MINUTES

VENUE: OUTDOORS OR INDOORS

INTENSITY: MODERATE


**EQUIPMENT: BALL(S)
ONE BOWLING PIN
ONE HOOP**

Goal

Knock over the bowling pin with the ball.

How to Play

1. Name one player to be guardian of the tower.
2. That player places the hoop on the ground with the bowling pin in the middle.
3. The guardian must stay outside the hoop and prevent the pin from being knocked over.
4. The other players form a circle around the hoop. Have the players back up a few steps so the circle isn't too small.
5. The counselor gives the ball to one of the players in the circle, and at their signal, the player must try to knock over the bowling pin with the ball.

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6. The guardian is allowed to move around but not inside the hoop, and can block the shots with any part of their body.
 7. The players in the circle must pass the ball around to try to get the guardian to move and get a clear shot at the pin.
 8. The player who manages to knock over the pin switches places with the guardian, and the game continues.

Variations

- Add a second ball to the game, to increase the challenge for the guardian.
- Vary the throwing options (with one hand, with both hands, underhand, etc.).

Skills Developed

Dodging, Throwing, Catching, Running, Side Skipping



9-12 years old
SMALL GROUPS



5-Pass Challenge


PARTICIPANTS: 6 AND +
TIME: 15 TO 20 MINUTES
VENUE: INDOORS, OUTDOORS
INTENSITY: MODERATE TO HIGH
EQUIPMENT: ONE BALL
PINNIES (OPTIONAL)

Goal

Make five consecutive passes without the ball touching the ground or being intercepted.

How to Play

1. Players are divided into two teams.
2. The player in possession of the ball cannot “travel” with the ball.
3. Players on the same team must make five consecutive passes without the ball touching the ground.
4. The person in possession of the ball can keep it no more than three seconds, otherwise the ball goes to the opposing team.
5. If the team manages five consecutive passes, they score a point and the game continues with the ball going to the opposing team.

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6. If the ball touches the ground or is intercepted by a player from the other team, that team takes possession of the ball, and the pass count goes back to zero.

Variations

- Substitute a frisbee or ring for the ball.
- Use a basketball and allow bounce passes.
- Gradually increase the number of passes.
- Use a soccer ball and make them kick passes.
- Vary the throwing options (with one hand, with both hands, underhand, etc.).

Skills Developed

Running, Dodging, Throwing, Catching, Kicking, Dribbling with hands and feet