



NO! Let's play with the ball!



Let's play computer games!

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Main idea: to send the shuttlecock to the opposite side as many times as you can, so that it can not be repelled or Return to the game with an accurate hit.

Rules:

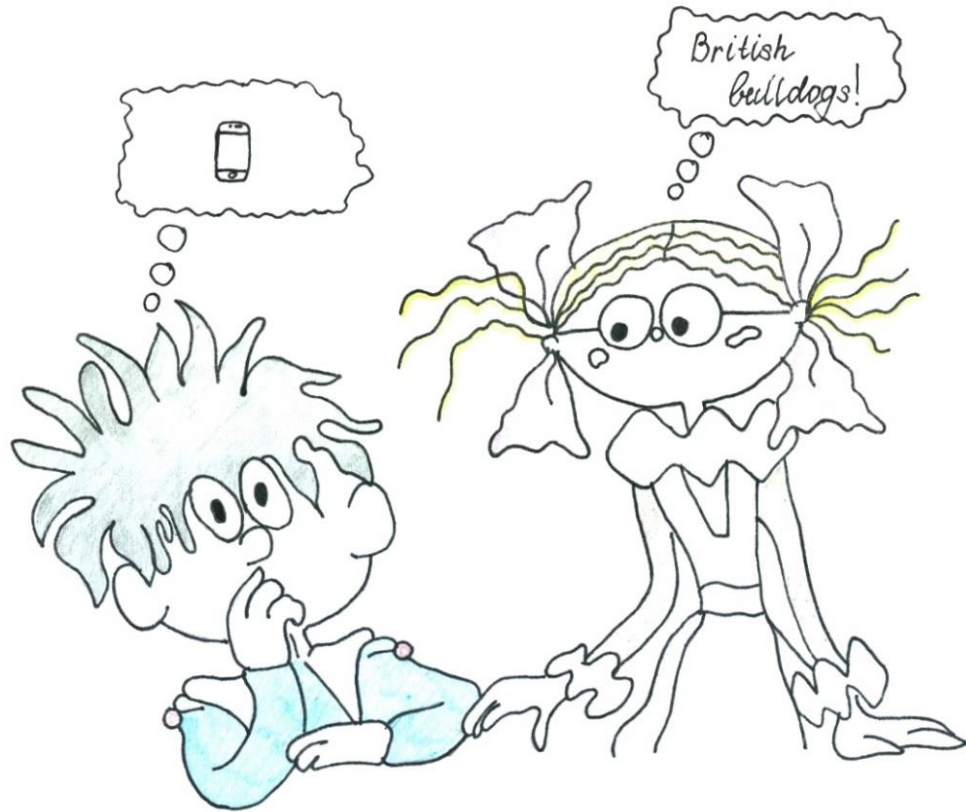
1. The participants are divided into pairs. They choose lines of the playground.
2. Each participants tries to send the shuttlecock to the opposite side.
3. The winner is the one who scored 2+ points.

Advantages: Badminton trains arms, legs, breath and speed of thought.

By Sofia Cheche Imitcki

F, B"

British bulldogs



Main idea:

The goal of the game is that the players have some time to run across from one side of the field to another and the "bulldogs" don't have any time to touch them.

Rules:

Children appoint two catchers ("bulldogs"). "Bulldogs" stand on one side of the playground, and the others on the opposite.

All the players must run to another side after the signal of a "bulldogs". But so that the player isn't caught by "bulldogs".

The game continues until all the players turn into bulldogs.

Advantages:

This game helps children become more attentive, find new friends and help each other.

(Karina, 13)
Stebanova



Cats Corner

Main idea: To catch as many players as you can

Rules:

One or several persons are selected. Each of them takes a ball and stands in the centre. Other players become "cats" in the corners. Cats run to different corners of the hall. While the cats are running the person tries to hit them with the ball. If he/she succeeds, a cat stands behind the host. The winner is the player who has more "cats" behind him/her or the cat who is not knocked out.

Advantages: The game helps to develop accuracy, dexterity and speed.



Darling, do you love me?

Main idea:

This game is for boys and girls. You can play this game with friends for fun. This is a great way to learn how to work in a group or just to have

Rules:

Players form a circle with one player in the middle. The leader in the center asks some one: „Darling do you love me?“. The player answering a question says: „Darling, I love you, but I can't smile.“ If the player smiles or laughs when answering, he goes to the center of the circle.

The one who has never visited the center wins.

Advantages:

This game develops team work and communication skills.

Gusev



"Duck, duck, goose" game.

Main Idea:

Unite children in a coherent team or warm up before the lesson.

Rules:

① Gather the children,

② Stand in a circle,
③ Choose one child to come to the centre of a circle,
④ When he/she walks in a circle he/she must touch the head of every child sitting in the circle and say: "Duck, Duck, Duck..." when he/she says "Duck" nothing happens. When he/she touches someone's head and says: "Goose", the "Goose" should get up and chase the leader around. Duck needs to take the place of the goose. If a duck takes the place of a goose, the goose becomes a duck. If a goose catches a duck, it sits alone and the game continues.

Advantages:

"Duck, Duck, Goose" is a game for young children. It is quite mobile and cheerful game

Smirnov Dima

Eatable uneatable

Main idea: develop attention learn to focus on a specific subject. Learn to quickly divide objects into two groups: eatable - uneatable

Rules: first you need to choose a leader and then she/he throws the ball in turn and names any fruit or vegetable if it is eatable, then the player should catch the ball and if uneatable then hit, if a player catches an uneatable ball he is eliminated

Popular: The popularity of this game lies in the fact that not only children but also adults can play it, because the rules of this game are very simple to understand. So even a first grader can cope with it.

(Gurina Vika, Gurina Vastia, 13 yo)





Hot and Cold.

Main idea: The main idea of this game is to have fun with your friend or other guys.

Rules: Rules of this game are very simple. You hide any object and your friend looks for it with your tips: „colder, colder” or „Hoter, Hoter”.

Popular: This game is popular both in England and in Russia. Children like this game and it is very funny and interesting to play.

(Vika Semenkova, 13)



Just a minute!

Main Idea: Score as many points as you can.

Rules: The leader gives the players a topic (it can be absolutely anything). The player's task is to speak for one minute without hesitation, not repeating the words

and not deviating from the topic. If none of the players "challenged" him/her at the sixtieth second he/she gets 1 point.

If competing players hear kicks, repetitions, failure on another topic - they press the bell. If the leader considers that the stop is justified, the applicant has the right to continue (plus 1 point for a loyal challenge) stopwatch start again. If the leader is not supports the challenge, the point gets interrupted, and he/she continue to speak.

The history of the challenger is in no way connected with the history of the first player, he/she begins his own. The advantage is that now he/she only needs to speak the seconds remaining until the sixtieth. And so on until one minute expires.

Advantages: develop imagination, oral skills and group work.

Kirichenko A.



Kid in the sky

Main Idea: to throw or to dodge the ball.

Rules: You need a ball. Before the game, everybody gets a number. The eldest child takes the ball and throws the ball up and says: "The kid in the sky is number...", then says any number and runs away. The child, whose number is named, catches the ball and quickly shouts: "Freeze!". After, he throws the ball at any of children. If the ball hits the child, the child who hits the ball, becomes the leader. If the ball doesn't hit the child, the throwing child becomes the leader.

Advantages: To train how to throw a ball, to become more athletic.



Leapfrog.

There are many interesting games, you can play during the break at school and outside with your friends.

And one of such games is "leapfrog".
Rules: Rules of this game are very simple. It is better to play outside. You need at least two people for the game. If there are more players it will become funnier.

First, you need to line up and squat as close to the ground, then the one who stands up and jumps over other players to the end of the chain.

There should be at least one meter between the players.

Advantages: This game is useful because children can spend their free time and at the same time useful with pleasure.

The game strengthens muscles, children spend more time outdoors and, of course, raise their mood.

(Milena Khilova, 13)



Main idea: to knock out more glass balls than your rival. ♡

Rules: put all balls onto the table, and leave some space between them. Then take one big ball and pinch it in a fist. After it, push the ball with your thumb. And try to knock out as many glass balls as you can. ♡

Advantages: you should try to play this game at home, or at school break, because it develops fine motor skills and your brain. ♡

By Vera Belousora 7. "G"

Pin the tail on the donkey



Main idea:

The goal of the game is to pin the tail to the donkey as quickly as possible.

Rules:

A picture of a donkey with no tail is stuck to a wall for children to reach it easily. Every child is blindfolded one after another and a player hands a paper "tail" with a pin. The blindfolded child is then spun around until he or she is disorient.

Advantages:

This game cheers up children, guys make new friends and study to work in a team

Stepanova
(Karina, 13)

Red light - green light

Main idea:

The goal of the game is to get from one end of the playing area to the other (or back again) without being called out because you keep moving after „Red Light” is said

Rules:

The person, who will be „It” (the traffic light) stands a certain distance away from the other players (5+ metres) with his back to them. The other players stand behind the line.

When „It” calls „Green Light”, the other players move towards him/her until he/she spins around, saying „Red Light”. When they hear „the red light” command all the players must stop. The player, who moves, returns to the start line. The children must remain „Frozen” until the next „Green Light” command.

The play continues this way until someone reaches and tags „It”. The tagger becomes the new „It” and the game starts again.

Advantages:

„Red Light - Green Light” is a great team game makes kids move, teach to concentrate and control your gestures.

(Karina 13)
Stebanova





Rezinochka
(the Rubber Band)



Rezinochka (rubber band)

Main idea: The Rubber Band - a popular game from the past. This is the fastest, clear and bouncy game in the world. Children from all over the world appreciate and love this game!

Rules: The first and most important thing you need an elastic. The rules are simple you'll remember them easily. Let's go! Two players become "rubber band". One player jumps in turn at all levels until he makes a mistake. As soon as a player makes a mistake, he stands up "in the rubber band" and starts jumping the next player.

Advantages: This game is very interesting and is loved by children because playing it is very fun and interesting! You and your friends will not be bored with this game for sure!
(Polina Lebedeva, 13.)

Run-freeze

Main idea:

This is a popular English game. It's easy to use. Children love this game very much it's funny! You have fun when playing game.

Rules:

The first step.

The Voda ("бóпа") says: "Run!" All children but when they hear: "Freeze! Animals!" they must take the posture of any animal.

The second step is:

The Voda ("бóпа") guesses a question.

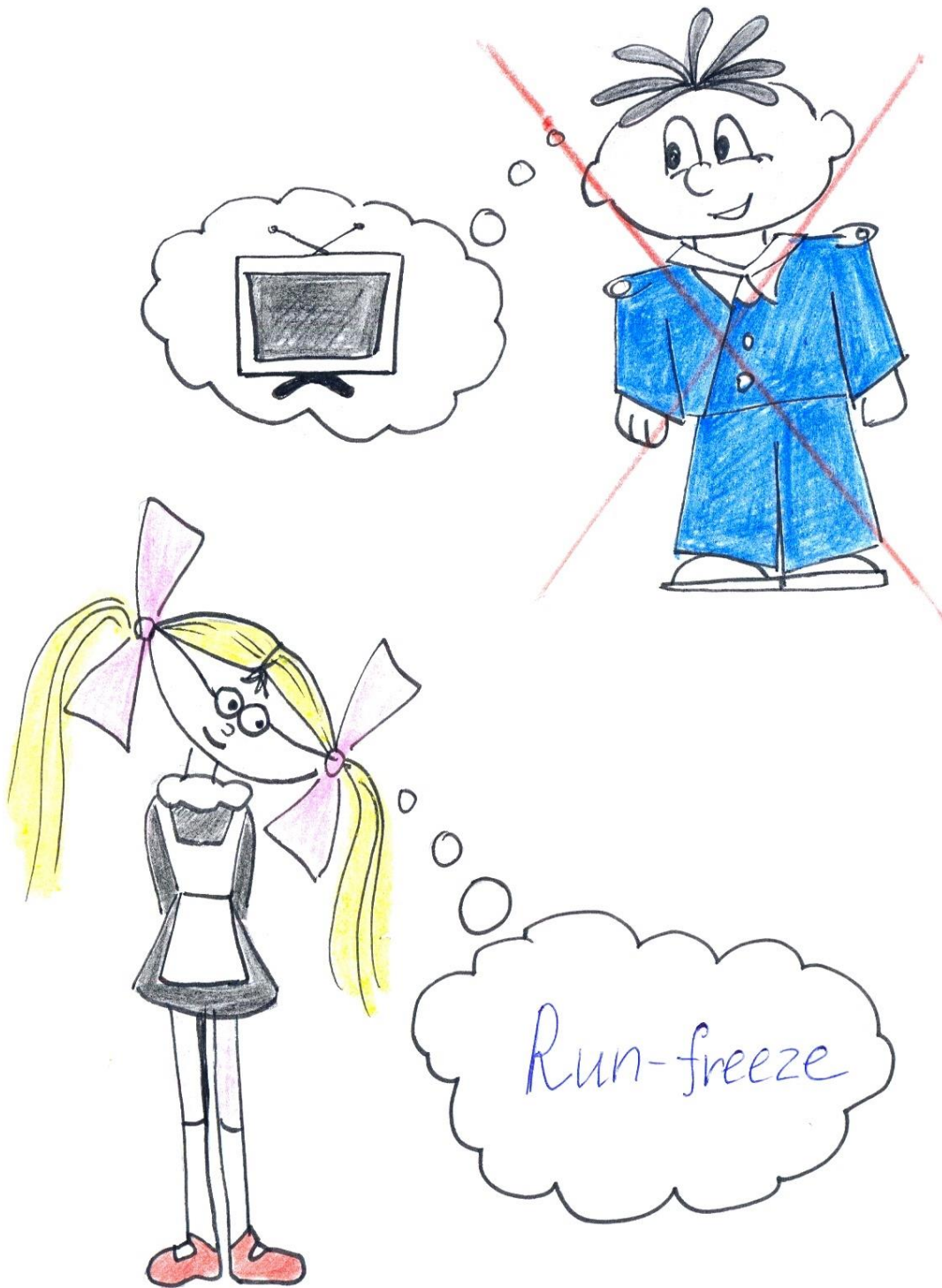
For example: "Are you a bear...?"

Children answer: "Yes, I am / No, I'm not."

Advantages:

The child develops: communication skills, to the group form of the game and fantas.

(Mashkova Mary, 13)



Salki

Salki is one of the most popular outdoor game for boys and girls.

Main idea:

The guys should run away from the voda (a person, who touches the players), and the voda should touch with a hand to any players.

Rules:

Before the start of the game, the voda is selected by counting. The task of the voda is to touch any player with a hand. The task of the players is to run away or dodge the voda and don't let the voda touch you. That player who doesn't manage to escape from the voda and the voda touches him, becomes a voda. The previous voda becomes an ordinary player and must run away from the new voda.

Advantages:

The guys make new friends and learn how to help each other.



(Karina
Stepanova 13)

Sea-whale



Rules: The spacious room is surrounded by chairs. The room is "the sea", and every player is a sea fish, all the players sit on chairs and only "the whale" swims without finding a place for itself, walks around the room. A whale swims between the fish as says the name of the fish and the fish follows "the whale". And when the long tail is already formed there, the whale cries, "There is a storm on the sea!" everybody runs to their chairs, and who isn't on time, becomes a whale.

Advantages: The game develops agility and quick reaction. It is very useful for children. It is a wonderful idea to spend your free time.

Khilova
(Milena, 13)

Simon says

Main idea:

Children should listen carefully to commands and do only what the "It" says!

Rules:

First, the child needs to explain that there is a distant country named "England", where a very strict Uncle Simon lives! In order not to be angry, a player must always do what he says. The player must obey orders of Uncle Simon, so if you say: "Stand up", you need to follow his order to stand up, and if you just say: "Stand up"! then you don't need to do anything.

Here are some of the phrases, that Uncle Simon asks us to do: "clap your hands", "crouch", "go on all fours", "jump", "kneel", "raise your hands", "run", "sit down", "shake your hands", "shout «OK»", "smile", "turn around", "walk", "wave goodbye", "wink your eye".

Advantages:

Children learn some useful words and make new friends



Stepanova
(Karina, 13)



Streamlet
(Pyreëk)



Streamlet. (Pyreëk).

Main idea: The main idea of this game is to move and to have fun with your friends and make friends with other people.

Rules: Playing the game is very simple. All the people stand like one big bridge and one person runs under that bridge like a streamlet and grabs the wrist of another player and so on.

Popular: This game isn't as popular as hide and seek or catch up but kids love this game. It becomes more interesting!

(Vika Semenkov, 13)

Удочка.

Main idea:

This outdoor game for children, who need physical activity. For example, at school breaks or when they do homework at home.

Rules:

The game leader is in the center of the circle. Other participants in the game are located on the line of this circle. The leader holds a rope in his out stretched hand at one end, and then in a row, starts to spin the rope, turning around each time, i.e. 360 degrees. The last of the participants in the game is to bounce on the spot so that the rope does not touch their legs. The winner becomes the next host of this game.

Advantages:

The advantage of this game is that during physical and activity the child becomes healthy and strong!

(Angelina, 13 years)
Gritsenko





Zhmurki

Main idea:

Zhmurki is a popular outdoor game. It's easy to use. Children love this game very much because it's funny!

Rules:

Voda (boga) closes eyes with a scarf and turns around. Children run away. They shout and clap. When Voda (boga) stops turning around he or she starts searching children. If he or she find a player he starts to think "Who is it?" and if he answers correctly, the player becomes the Voda (boga).

Advantages:

The child develops:

- Intuition. The child begins to react even to a change in the air flow.
- the ability to orient quickly.
- communication skills

And many other good qualities.

(Mashkova Mary, 13)

