

Recess Academy 2014-15

P.A.W.S. on the Playground

- P**- Positive Attitude
- A**- Act Responsible
- W**- Work and Play Safely
- S**- Show Respect

Positive Attitude -

1. Make teams not using captains – see above for examples
2. Smile and have fun – if you are not having fun ask the group or a teacher before leaving the activity – if everyone leaves the games ends
3. Use kind words

Act Responsibly –

1. Help others off the ground if they fall
2. Accept that you have been tagged – If someone says “**I got you**” accept it and let the game move forward.
3. Take turns while playing

Work and Play Safety

1. No tackling or pushing during the game – (horse play hurts)
2. No diving or sliding to make a play (stay on your feet)
3. Be aware of others to avoid injuries - Keep your Eyes up

Show Respect

1. Shake hands when the bell rings
2. Solve problems by talking (rock/paper/scissors)
3. Say sorry when you make a mistake

Making Teams

Show **R**espect by **N**ot using captains– one person is always left out.

Do Not turn anyone away from a game or activity because the number of players are not the same for each team.

How to make Team *without* captains?

Partner System- Rock- Paper- Scissors (forming two teams)

Each student that is playing the game or activity needs to find a partner. The partner should be similar in ability. Next, these partners should play rock-paper-scissors. The winners are one team and losers make the other team.

Interlocking Grip (forming two teams)

Each student should find a partner. Have students close their eyes and then put their hands together so their fingers are interlocking and their palms are touching each other. Have them open their eyes and look down at their hands. If their right thumb is on top then they are one team and if their left thumb is on top then they go to the other team.

Standers and Sitters (forming 2 teams)

Have everyone get a partner. Have one person sit and the other stand. Standers move to a teacher designated area and they form one team. Sitters become a team.

- Typically this eliminates best buddies and the higher and lower skilled being on the same team all of the time.

PAWS (Let's play Football)

Rules for Football

1. Make two teams using partner methods list above –no captains please
2. Create a playing area. Don't use the whole field and stay away from the fences.
3. One – hand touch football – not two hands – this helps reduce pushing and debates over one or two touch
4. Each team has 4 downs (attempts) to catch 2 passes. If a team completes 2 passes – that team gets 4 more downs (attempts)
5. If a touchdown is scored, the other team gets the ball 10 steps from the end zone.
6. The quarterback **cannot** run with the ball – they must hand it off or pass it to another person
7. No touching or getting the quarterback down – you can follow the quarterback but they cannot be rushed or sacked – the ball has to be thrown or handed to another player
8. Have fun and remember the PAWS rules for behavior! Positive Attitude – Act Responsible – Work and Play Safely – Show Respect!

PAWS (Let's play Tag)

Rules for Tag

1. Pick a game to play- freeze tag – big it – little it – high five tag
2. Create a playing area. Don't use the whole field and stay away from the fences.
3. Use feather tags - as light as a butterfly
4. If someone says (I Got You) you have been tagged.
5. Everyone must have a turn before you leave the game.
6. Have fun and remember the PAWS rules for behavior! Positive Attitude – Act Responsible – Work and Play Safely – Show Respect!

PAWS (Let's play Soccer)

Rules for Soccer

1. Make two teams using partner methods list above –no captains please
2. Create a playing area. Don't use the whole field and stay away from the fences. Use large cones to make goals.
3. Safety – please stay on your feet at all times - No diving or sliding – people will get hurt.
4. The game starts by having two people stand with their foot on the balls. All players will count down from 5, 4,3,2,1 and the game starts.
5. If the ball goes out of the playing area – the person that touched it last gives the ball to the other team.
6. If a goal is made, the ball goes to the middle of the playing area and the 5, 4,3,2,1 method is used to restart the game.
7. Soccer is a no contact games. No touching - keep hands and body to yourself.
8. You must use feet only. .
9. While stealing the ball, if you touch the person with the ball – it is a foul and the ball is return to the original – If the person with the ball says “you hit me” return the ball and start again.
10. Have fun and remember the PAWS rules for behavior! Positive Attitude – Act Responsible – Work and Play Safely – Show Respect!

PAWS (Let's play Basketball)

Rules for Basketball

1. Make two teams using partner methods list above –no captains please
2. Keep the size (number of players) as small as possible (make 2 small games).
3. The game starts with checking the ball. Checking means you bounce the ball to a person on the other team and they return it to you. This marks the beginning of the games.
4. If the ball goes out of the playing area – the person that touched it last gives the ball to the other team.
5. If a basket is made the ball goes to the other team.
6. Basketball is a no contact games. No touching - keep hands and body to yourself.
7. You must bounce the ball while moving or it's called traveling and ball goes to the other team.
8. While stealing the ball, if you touch the person with the ball – it is a foul and the ball is return to the original – If the person with the ball says “you hit me” then return the ball and start again.
9. Have fun and remember the PAWS rules for behavior! Positive Attitude – Act Responsible – Work and Play Safely – Show Respect!

PAWS (Let's play Kickball)

Rules for Kickball

1. Make two teams using partner methods list above –no captains please
2. Keep the size of the game as equal as possible but one extra person on one team will not make a difference.
3. The person pitching the ball should roll the ball slow and as straight as possible. You are not trying to strike the person out. It should be the same for everyone – nice, straight and slow so everyone has the same chance to kick the ball.
4. New pitcher for each inning
5. If the ball is caught in the air the person is out.
6. 3 outs and switch.
7. No throwing the ball at people – you must tag them with the ball or touch the base.
8. No sliding – please stay on your feet
9. Each team should have a team leader. The team leaders from both teams solve any problems regarding safe or out with a game of rock- paper – scissors
10. Have fun and remember the PAWS rules for behavior! Positive Attitude – Act Responsible – Work and Play Safely – Show Respect!