

SILLY  
SPRITS  
&  
GOOFY  
GAMES



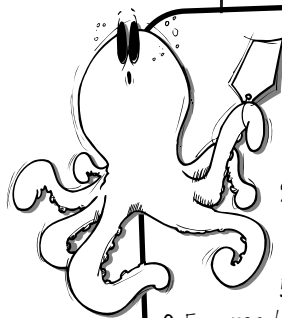
by Dr Spencer Kagan  
illustrated by Celso Rodriguez

**HAWKER BROWNLOW**  
EDUCATION

# Table of Contents

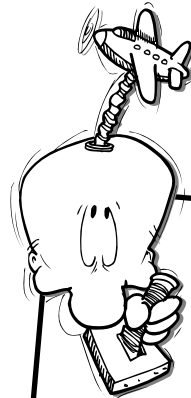
Dedication .....	v
Appreciation.....	vii
Preface.....	ix

<b>Chapter 1</b> Introduction.....	1
<b>Chapter 2</b> Why Play? .....	5
<b>Chapter 3</b> Nine Ways to Play.....	28



## terrific tag

	page		page
1. Everyone's IT! .....	30	22. Good Witch, Bad Witch, Sandwich.....	53
2. Grab Flag.....	31	23. Wok Tali Wok.....	54
3. Quick Tag.....	32	24. Loose Caboose.....	55
4. ITs Freeze.....	33	25. Train Yard.....	56
5. Bump Tag.....	34	26. Car & Driver.....	57
6. Freezer-Unfreezer Tag.....	35	27. Bronco Tag.....	58
7. Hum Tag.....	36	28. Bumper Cars.....	60
8. Hug Tag.....	37	29. Dragon's Tail.....	61
9. Rock, Paper, Scissors, Hum Tag.....	38	30. Knights & Dragons.....	62
10. Amoeba Tag.....	39	31. The Dragon's Mouth.....	63
11. Blob Tag.....	40	32. Many Tailed Dragon.....	64
12. Token Tag.....	42	33. Triangle Tag.....	65
13. Drop the Rock.....	43	34. Fox in a Tree.....	66
14. Giants, Elves, Wizards.....	44	35. Fox in Sheep's Clothing.....	67
15. Broken Spoke.....	45	36. Chef's Salad.....	68
16. Duck, Duck, Goose.....	46	37. Go Tag.....	69
17. Three Deep!.....	47	38. Smaug's Jewels.....	70
18. Octopus Tag.....	48	39. Flip Me a Frog.....	71
19. Twins Switch.....	50	40. Cat in a Corner.....	72
20. Rag Tag.....	51	41. Titanic.....	73
21. Farmer, Farmer.....	52	42. Catch the Loot.....	74



## happy helpers

	page		page
43. Willow-in-the-Wind.....	76	51. Snow-blind.....	85
44. Lifeboats.....	78	52. Care Lift.....	86
45. Mr Magoo.....	79	53. Blanket Rock.....	87
46. Air Traffic Controller.....	80	54. Moon Jump.....	88
47. Shoe Scramble.....	81	55. Moon Hop.....	89
48. Frozen Beanbag.....	82	56. Moon Jaunt.....	90
49. Row, Row, Row Your Boat.....	83	57. Clapping Game.....	91
50. Blind Caterpillar.....	84		

# Table of Contents



## Beautiful Balances ..... 93

	page		page
58. Pair Balances.....	94	64. Hunker Hawser .....	104
59. Square Balances .....	96	65. Bug Tag .....	105
60. Octi-Balances.....	98	66. Eraser Chaser.....	106
61. Lap Sit.....	100	67. Toe-Touch Balance.....	107
62. First Step!.....	101	68. Stick Balances .....	108
63. Hop Off! .....	102		



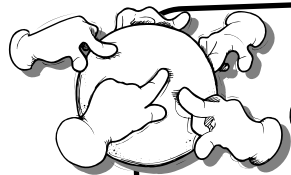
## creative coordination ..... 109

	page		page
69. Pencil in a Bottle ..	110	79. Wagon Wheel .....	120
70. Balloon Bounce.....	111	80. Merry-Go-Round .....	121
71. Balloon Carry .....	112	81. Sitting Wheel.....	122
72. Partner Pull-Ups .....	113	82. Rhythm Circle .....	123
73. Backups .....	114	83. People Pyramids .....	124
74. Bottoms Up .....	115	84. People Mountains .....	125
75. Wring the Dishrag.....	116	85. Class Juggling .....	126
76. Human Springs .....	117	86. Group Hop .....	127
77. Popsicle Push-Ups .....	118	87. Juggling .....	128
78. Twirling Circles .....	119		



## meaningful movements ..... 131

	page		page
88. Imaginary Toss.....	132	101. Instamatic.....	148
89. Imaginary Conversation..	134	102. Move & Be.....	149
90. Rope Tricks .....	136	103. Puppets, Robots, Humans...	150
91. Jazz Band.....	137	104. Eggbeater.....	151
92. Sculpture Garden .....	138	105. Find a Partner.....	152
93. Dominoes.....	140	106. Follow the Leader.....	154
94. Two-Faced Monster.....	141	107. Simon Says.....	155
95. Telemime .....	142	108. Mirror, Mirror .....	156
96. Rhyme Mime .....	143	109. Shadow, Shadow .....	157
97. Movement Chain.....	144	110. Jam Roll.....	158
98. Melvin Made a Marvellous Move..	145	111. Jam Roll Races.....	159
99. "On".....	146	112. Spiral, Unspiral.....	160
100. Show Me - Don't Show Me!..	147		



*crazy  
challenges*

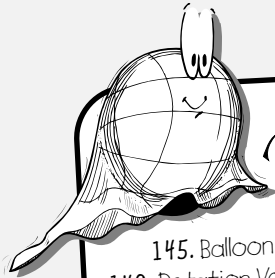
113. Pretzel, Unpretzel .....	162	120. Body English .....	169
114. Knots .....	163	121. Formations .....	170
115. Toss Around .....	164	122. Four Up .....	172
116. Lap Pass .....	165	123. Magic 11 .....	173
117. Pull-Up Challenges .....	166	124. Ten Count .....	174
118. All-On-The-Ball .....	167	125. Crunch & Other Crazy Challenges ..	175
119. Circle Run .....	168		



*ridiculous  
relays*

126. Spoon Balloon .....	178	136. Home Run Relay .....	194
127. Pencil Balloon Triads .....	180	137. Pantomime Relay .....	195
128. Balloon Burst Relay .....	182	138. Basketball Relay .....	196
129. "We Lost Our Marbles" .....	183	139. Stepping Stone Relay .....	197
130. True Blue Kangaroo .....	184	140. Rocket Balloon Relay .....	198
131. Potato Head Heroes .....	186	141. Bridge Relay .....	199
132. Flamingo Hop .....	187	142. Water Brigade .....	200
133. Pair Relays .....	188	143. Pass the Torch .....	202
134. Escort Relays .....	190	144. Frisbee™ Leapfrog .....	203
135. Kick Relay .....	192		

# Table of Contents



## Silly Sports

		205
	page	
145. Balloon Volleyball.....	206	164. All-Catch Basketball..... 227
146. Rotation Volleyball.....	207	165. In-n-Out Dodgeball..... 228
147. Bump & Scoot.....	208	166. Crossover Dodgeball..... 229
148. To-Get-Air Volleyball.....	209	167. Parallel Game Dodgeball... 230
149. Towel Volleyball.....	210	168. Dragon Dodgeball..... 231
150. Infinity Sports.....	211	169. Blob Dodgeball..... 232
151. Blanket Ball.....	212	170. Gemo..... 233
152. Antarctic Baseball.....	213	171. Kanga Ball..... 234
153. Rotation Baseball.....	214	172. Foxes 'n' Possum..... 235
154. Touch Baseball.....	216	173. Snatch the Bacon..... 236
155. Beanbag Boccia.....	217	174. Puffball..... 237
156. Comet Horseshoes.....	218	175. Feather in the Wind..... 238
157. Ultimate Frisbee.....	219	176. Toe Fencing..... 239
158. Saskatch Soccer.....	220	177. Push-Up Palm Fencing..... 240
159. Drawing Pin Soccer.....	221	178. Capture My Heart..... 241
160. Semicircle Soccer.....	222	179. Toe Jumping, Butt Hopping & Knee Walking..... 242
161. Bump Soccer.....	223	180. Tug o' Peace..... 244
162. Siamese Soccer.....	224	
163. Blind Soccer.....	226	



## Goofy Games

		245
	page	
181. Vampires & Zombies.....	246	194. Elephant-Crocodile-Monkey. 260
182. Killer.....	247	195. Bark-Nose-Hop..... 262
183. Detective.....	248	196. Three for Me..... 263
184. Bag the Rag.....	249	197. Snowball..... 264
185. Prooi.....	250	198. Balloon Dance..... 266
186. Smile If You Love Me!.....	252	199. Spin the Square..... 267
187. Blind Shooter.....	253	200. Quick Draw..... 268
188. Maze Walker.....	254	201. Odd/Even Gotcha!..... 270
189. Noah's Ark.....	255	202. Flying Dutchman..... 271
190. Puzzled People.....	256	203. How Do You Do?..... 272
191. Birds of a Feather.....	257	204. Last Couple Stoop..... 273
192. Pin-the-What?.....	258	205. Hagoo..... 274
193. Place Your Bets.....	259	206. Human Naughts-and-Crosses. 276

Resources.....	277
Index of Sports and Games.....	281

# Introduction

## Who Is This Book For?

This book is intended for public school, private school, home school and Sunday school teachers, for staff developers, for parents, for camp and recreation leaders, for business and education workshop leaders — and for those who simply want to throw a great party. Silly Sports and Goofy Games can be played by people of any age, and in almost

“Man only plays when in the full meaning of the word he is a man, and he is only completely a man when he plays.”

—  
Friederich  
von Schiller



There is  
tremendous  
power in  
play.

any setting. Have your students, workshop participants, gym or recreation class or party guests play one or two of these games and almost by magic you will witness among the players a remarkable transformation of energy, feelings and social orientation. There is tremendous power in play.

## Why These Silly Sports and Goofy Games?

In selecting and creating the games in this book, several simple criteria were used. To qualify, above all else, a game had to be fun.

Beyond that, emphasis was placed on games which require little or no special equipment, are easy to learn and easy to play, include all participants actively, and in some fashion develop the kinesthetic intelligence. Many sources mix bodily/kinesthetic games with other forms of learning games such as spelling and maths games. In this book the attempt was to cast the net only around those games involving movement, balance, coordination, reflexes and/or timing. The games here are not designed to deliver traditional academic curriculum; they are designed to stretch the kinesthetic intelligence and release playfulness, creativity and joy.

## Where Did They Come From?

There are many books of sports and games. Some organise games by age, others by country of origin, yet others present activities by number of players (pair games, games for a few, games for many). There is a good deal of overlap among the various sources. Some games found in this book are described in many other books, some in a few, and some in only one or none. The sports and games literature in general has given up any attempt to reference the sources of the games. Often the same game is described in different books but is given a different name. Some “authors” simply lift an almost word-for-word description from another source without reference. Referencing all the sources in which someone could find each of the games in this book would be an enormous task, and of little value. So, in preparing this resource I have simply provided my best description of each game. I have renamed games and modified games to make them easier to remember, easier to play, or more engaging and fun. Some games were created at workshops I have given. Some games I made up from whole cloth. But I have tried out all of the Silly Sports and Goofy Games in this book with hundreds of players over a span of almost twenty years.

Some of the games in this book are described in pretty much the same way they have been described in a variety of sources. Credit for the collection and description of games goes to many people. I make my

deepest bow in the direction of Terry Orlick, the Canadian sports psychologist who travelled the world to collect cooperative sports and games. His work, as well as many others, are referenced in the resource section in the back of this book. In the works cited there you will find additional games and/or alternative forms of the games described here.

## How Are the Sports and Games Organised?

The Silly Sports and Goofy Games are divided into nine categories:

1. Terrific Tag
2. Happy Helpers
3. Beautiful Balances
4. Creative Coordinations
5. Meaningful Movements
6. Crazy Challenges
7. Ridiculous Relays
8. Silly Sports
9. Goofy Games

Not all games fall neatly into only one of the nine categories. A Tag Game might have a balancing element, or a Goofy Game may have a tag component. In organising the world of *Silly Sports & Goofy Games*, if a game has characteristics of several categories a judgment call was made to make a best fit placement. Although games do not fit perfectly

into the nine categories, the nine categories are very helpful in several ways. They help us select games for appropriate purposes, remember the games, see the function of games, and create a meaningful organised game curriculum.

## How to Use this Book

Because the games are organised by function, it is easy to select games to address specific needs. For example, if students are not working well together, balance, coordination and challenge games provide a wonderful solution. As students coordinate their efforts and/or work together to overcome a common challenge, they bond. Students who were at odds walk off together after they have overcome a common challenge or worked together to balance each other. If the class is working on a difficult assignment, one or two rounds of Terrific Tag, Goofy Games or Ridiculous Relays transform the class tone. After a Goofy Game the participants return refreshed to a serious academic challenge. If caring for others is the issue, the helper games are the antidote. When there has been too much emphasis on winning (creating losers in the process), a few Silly Sports are in order. The silly sports emphasise the joyful process of play, de-emphasising the outcome. Yes, in many ways the games keep us balanced!

As students  
coordinate  
their  
efforts  
and/or  
work  
together  
to  
overcome a  
common  
challenge,  
they bond.





# Chapter 1

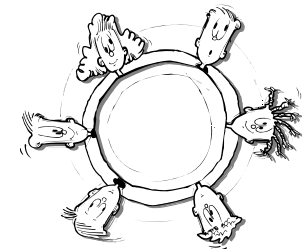
## Introduction

...players  
enter a  
joyful  
encounter,  
and in the  
process  
learn to  
play with,  
rather  
than  
against,  
each other.

The organisation of the games into the nine categories is helpful also for those who would like to use it as a curriculum for students. The tag games develop reflexes, endurance and strategy.

The helper games develop empathy, caring and mutual support. The balance and coordination games foster the sense of interdependence as well as physical balance and coordination. The movement games develop self-expressiveness, and deepen our contact with our feelings and those of others. The relays and sports develop team spirit and sense of humour. The goofy games include a combination of tag, help, movement, balance and challenge, and release and develop playfulness and joy.

It is not by accident that the book offers over 200 games — enough to try a new Silly Sport or Goofy Game every day of the school year! The book can be a curriculum for the playground. It is not intended to replace traditional win/lose playground activities such as basketball, footy, cricket, volleyball and soccer. There is a great deal to be learned from those traditional games. Silly sports and goofy games are a supplement. They correct the balance. With silly sports and goofy games you can offer players activities to counterbalance the traditional over-emphasis on outcomes in sports, work and relationships. Silly sports and goofy games reorient us away from the outcome and toward the process — the place where creativity, spontaneity and joy reside. Through silly sports and goofy games, players enter a joyful encounter, and in the process learn to play with, rather than against, each other.



# giants, elves, wizards

Will you be a Giant, Elf or Wizard? Will you be won over or reach the safety zone? Play to find out!

1

## Form Teams

Teams of about equal size are formed.

2

## Huddle and Decide

Teams huddle to decide their character for the next face off, that is, if they are to be a Giant, Elf or Wizard.

3

## "Giants, Elves, Wizards!"

Teams line up facing each other. In unison both teams call "Giants, Elves, Wizards!" On the fourth count, players show who they are by their body language: Giants stand tall and look mean; Elves make themselves timid and tiny; and Wizards hunch over, rub their hands together and cast wizardly spells. Giants crush elves, Wizards paralyse Giants, but Elves trick Wizards.

4

## Top Team Tags

The team members of the team that wins in the Giants, Elves, Wizards face-off immediately chase the other team members, attempting to tag them before they reach the safety zone. The safety zone is something to hold onto (a tree) or step onto (a small mat or a Frisbee™) about ten paces behind the line up.

5

## Reach Safety Zone or be Won Over

Those that make it to the safety zone without being tagged remain on their team for the next round. Those that are tagged are "won over" to the other team for the next round.

6

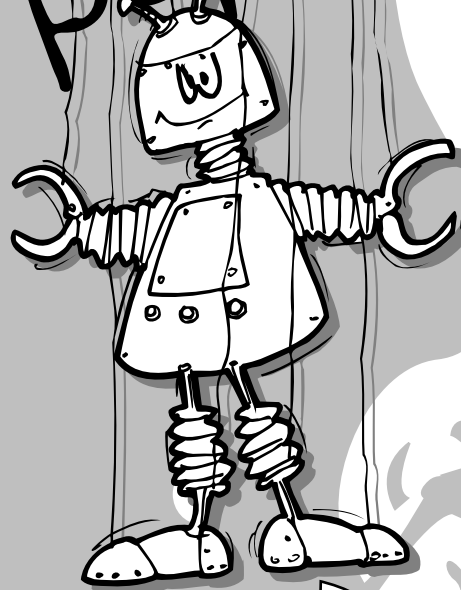
## One Team? It's Round Two!

If one team wins all the players, the players divide up for another round.

terrific tag

Game  
103

# puppets, robots, humans



Meaningful  
movements

Imaginary strings tug at us, causing us to move about. Freed from our puppet strings, we become robots, moving jerkily about. As humans we move with grace and dignity!

1

## Players Spread Out

Players stand around the leader, spreading out to allow themselves space.

2

## Puppets on Strings

The leader asks players to pretend they are puppets on strings. They are to move as if controlled by strings tugging their arms, legs, hands and head. As puppets, they might be asked to walk, sit down, stand up and wave goodbye.

3

## Rusty Robots

Players become robots. They are now self-directed, but move in the jerky, mechanical fashion of a rusty robot. As robots they might be asked to answer a phone, untie and tie their shoes, drive a car, take a bow and comb their hair.

4

## Discussion

Players discuss the difference between being a puppet and a robot.

5

## Practice

Players are given a new action, and at the word "puppet" or "robot" they switch into puppet or robot mode. For example, as they pantomime picking flowers, when the leader announces "Puppet" and they pick flowers imagining they are controlled by strings. When the leader announces "Robot" they switch, pretending they have somewhat creaky motors to drive their flower-picking actions. They switch between being puppets and robots several times with each new pantomime. Pantomimes include things like walking, slow motion running, swimming, and eating with a knife and fork.

6

## Humans

Next, players act out some of the same actions as a person. They may switch on cue from robot to human or from human to puppet.

Game  
181

# vampires & zombies



Wandering about in the dark of night, knowing at any moment you might be snatched by a Vampire, you are about to let out a bloodcurdling cry!

1

## The Scene

To simulate the dead of night, everyone shuts their eyes and begins to wander about. The Night Watchman keeps people in the designated area.

2

## The Vampire Appears

The Night Watchman whispers to someone that they are the Vampire. Everyone else is a Zombie. All players, including the Vampire, keep their eyes closed and continue to mill about.

3

## If Zombies Bump

If two Zombies bump into each other, nothing happens.

4

## If Vampire Bumps Zombie

If the Vampire bumps into another player, the Vampire snatches the player and lets out a bloodcurdling cry. The person snatched by the Vampire likewise lets out an (often even more) bloodcurdling cry. Now there are two Vampires, and soon there are many, as cries pierce the darkness.

5

## If Vampires Bump

The game does not end quickly, though, because if two Vampires snatch each other, they both become Zombies!

for variety...

## Body Snatchers

Body Snatchers is similar to Vampires & Zombies involving a growing Body Snatcher Blob! Everyone has their eyes shut except the Body Snatcher. The Body Snatcher grabs an unsuspecting victim and lets out a bloodcurdling scream. (The victim almost always does too!) The two are now a larger Body Snatcher, travelling together, holding hands, screaming in unison as they take another victim. The Body Snatcher gets bigger with every victim. When the Body Snatcher takes the last victim, it breaks apart. The last victim becomes the new Body Snatcher to begin the next round.

goofy games