

2 Introduction of ACP

Childhood should experience a variety of movements by playing different plays. Too much focus on a specific event often leads to application of a simplified method or reduced activity, which turns out limiting children's exercise experience. Such an approach pulls away from diversification and refinement of movements. Moreover, any kind of activity conducted under instructions by adults is not regarded as "play." Rather than introducing a conventional activity in a unilateral way, designing and revising activities together with children is recommended as an enjoyable activity for them.

1. Combine Different Movements

Children can enjoy playing by using tools at hand or devising methods even without proper exercise equipment. Plays that seem too easy or simple to adults may be entertaining for children. And if they like a play, they will repeat it over and over again. This repetition of movement leads to refinement. We should, therefore, start by focusing on what the children like, add variations, and develop their play.

The point is to combine different movements. Childhood is a perfect time to acquire varied body movements. Experiencing movements that do not seem to be directly related to sports skills can be extremely important. We should think about what tools to use and how to play games based on the movement that the children have never experienced. For instance, instead of playing chase by running, we can tell children to pretend they are rabbits. By doing so, children will be able to experience jumping movements. Small ingenuities add variety. On the other hand, we need to increase variation by using modifiers as key words. New variations are conceived by adding modifiers of movements, such as forward, higher, silently, etc.

Furthermore, "to combine" also refers to movements and tools. Older children may find simple games somewhat boring. You could then make a game more complicated by combining other movements, such as playing tails while dribbling a ball. Children can also enjoy carrying a ball on a newspaper or make a ball with a newspaper, attach a rope to it and throw it like in hammer throw. By combining different tools, children will experience new plays and movements. Try to have children experience a well-balanced variety of plays.

2. Active plays

All the forms of active play introduced here have proved to be popular among children over years of practice. We recommend that you try the games as warming-up exercise before sport instruction or a parent-child game at an event as well as during afterclass club activities centred on active play. When doing so, bear in mind the "perspective of a good instructor" in Chapter 3 on p.46. We hope you will see a significant growth in children both physically and mentally and that active play will be promoted in schools and communities.

Your initiatives will provide active play to children!!

Karada Janken (Rock-Paper-Scissors using body action)

How to play

1. Divide the group into pairs.
2. Make sure each member understands the body actions for rock, paper, and scissors (Figure 1).
3. Each pair calls out, "Start from ROCK, Rock-Paper-Scissors, shoot!" (Figure 1) If both the players choose the same motion, the game goes on to break the tie.

Variations

- ▶ Members can discuss and invent their own body actions to add fun to the game.
- ▶ The game can be played between a single leader and the rest of the group to see who beats the leader in the end.
- ▶ The play area can be changed from a square to a circle, ellipse, or other shape to increase variety and interest
- ▶ Losers may be asked to play a penalty game, such as jump leapfrog five times or run around the winner ten times, to add thrill and kinetic momentum.

Precautions

- ▶ Be sure to there is adequate distance between the players to avoid bumping into each other.
- ▶ Don't wait to see the opponent's move.

Elements of Physical Fitness

- ▶ Flexibility
- ▶ Ability to express oneself

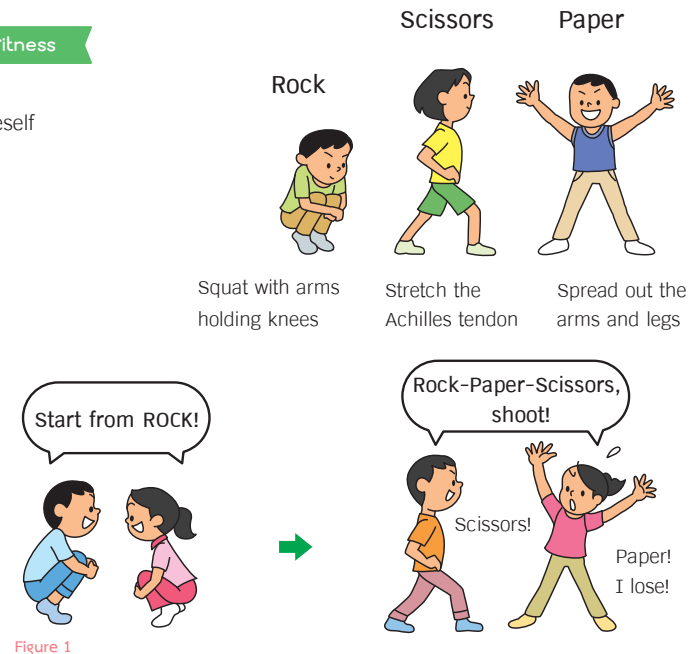


Figure 1

Daruma-san ga koronda (Red Light Green Light)

How to play

1. One child becomes "Daruma" or "It" and stands at the base point (wall, tree, etc.) while the rest stand on the starting line side by side, about 20 meters away.
2. Daruma starts the game by saying, "First step forward!" The others take one big stride forward.
3. Daruma faces the base point and shouts, "Da Ru Ma San Ga Ko Ron Da!" The others can move toward Daruma as long as his back is turned, but must freeze in position as soon as Daruma turns around. Repeat the procedure.
4. If a child is caught moving, they are told by Daruma to hold hands with Daruma.
5. When a child successfully approaches Daruma and touches the hand of a player caught by Daruma saying "CUT," all the other children run toward the starting line until Daruma says "Stop." (Figure 2)
6. Daruma takes the predetermined number of steps (5 - 10) and if Daruma can touch any of the other members, that child becomes Daruma.

Variations

- ▶ You can decide to take a specific pose (e.g. both hands up, one leg up, etc.) when Daruma says, "Da Ru Ma San Ga Ko Ron Da"
- ▶ It is fun if Daruma calls out the action of one of the predetermined names of animals (e.g. lion, crane, or monkey). The children imitate the animal's motion the moment Daruma says, "Da Ru Ma San Ga ... LION!" for example (Figure 3).
- ▶ Parents can also join in the fun.

Precautions

- ▶ Play where the ground is flat (in the gym, playground, on the lawn, etc.)
- ▶ When you run away from Daruma, be careful not to push others from behind.
- ▶ Try not to include animal action that may cause injury.

Elements of Physical Fitness

- ▶ Dexterity
- ▶ Ability to express oneself



Figure 2

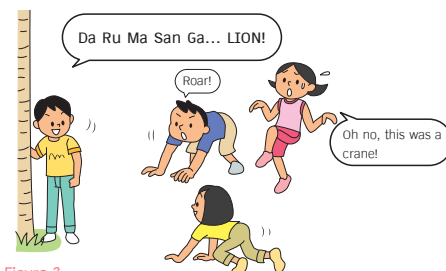


Figure 3

Tateru kana (Can you stand up?)

How to play

1. Sit in pairs back-to-back, linking each other's arms.
2. Match the timing to stand up together (Figure 4).

Variations

- ▶ Add more players to the pair to make a group of three, four, five, etc.

Precautions

- ▶ Look around and make sure there is nothing dangerous that you might bump into. It is safer to play the game on a PE mat or tatami.

Elements of Physical Fitness

- ▶ Muscle strength of legs and lower back

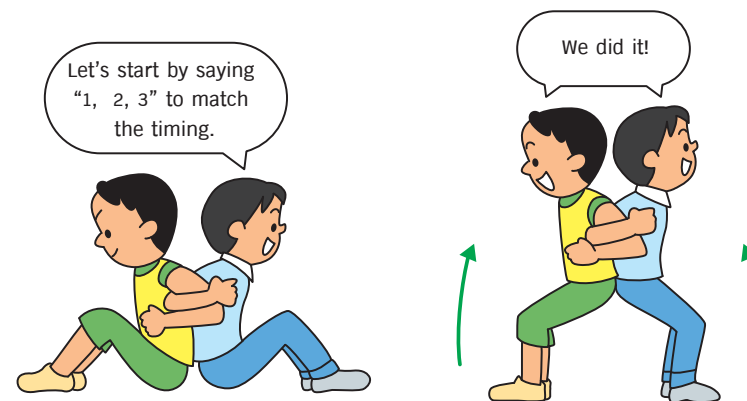


Figure 4

Ningen Chie-no-wa (Human Disentanglement Puzzle)

How to play

1. Make groups of 8-10; each group stands in a circle.
2. Hold hands with other team members following two rules: "Exclude your neighbor on both sides" and "Don't hold both hands with the same person."
3. The game succeeds if you are able to disentangle the circle to make one (or two) big circle by stepping over or under other members.

Variations

- ▶ If you succeed with a small number of children, make the group larger increasing the number to 10, 11, or more. The more you have on the group, the more difficult the game will be.
- ▶ Shuffle the groups to let the children play the game with different members.
- ▶ Instead of playing the game in silence, let the leader give instructions or let the members talk and decide their next move.

Precautions

- ▶ There are times when somebody's arm is twisted. Encourage them to call out if they feel any pain. The game will stop while they release hands, untwist the arm and hold hands again at the same position.
- ▶ Competition among multiple teams could cause elbow or shoulder injuries. It is recommended not to compete but to let the children take their time.

Elements of Physical Fitness

- ▶ Flexibility
- ▶ Dexterity

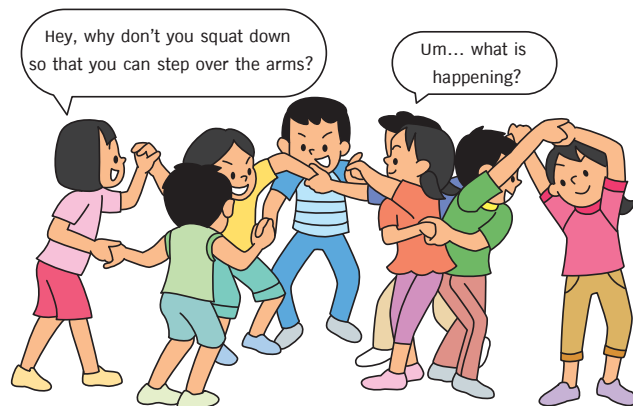


Figure 5

Oshikura Manju Oni (Shove-and-Push Tag)

How to play

1. Draw a circle large enough to accommodate the number of players.
2. One child becomes "It" and remains outside the circle, while the rest stand within the circle.
3. Standing back to back with each other, the game starts as they chant "Oshikura Manju osarete nakuna" meaning "Oshikura Manju don't cry when shoved" and powerfully shove backwards (Figure 6).
4. "It" touches the child who is pushed out to the edge of the circle. The child who is touched becomes another "It" and stands outside the circle.
5. Any child who steps out of the circle or falls on his bottom by mistake without being touched by "It" will have to join the "It."
6. The last to remain in the circle are the winners.

Variations

- ▶ Make the circle smaller.
- ▶ Make an odd-shaped court instead of a circle.

Precautions

- ▶ Tell the children to fold their arms in front to avoid danger of pushing each other using hands.
- ▶ If a child falls down within the court, tell him/her to exit the court immediately.

Elements of Physical Fitness

- ▶ Muscle strength
- ▶ Muscle endurance



Figure 6

Hiyoko no Tatakai (Chick Fight)

How to play

1. Draw a square court large enough to accommodate the number of players (about 5 meters square for 10 players).
2. Children squat holding their right (left) ankle with their right (left) hand (Figure 7).
3. They move around in this posture trying to push down other players with their shoulders or back. Those who are pushed down have to leave the court (Figure 8).
4. Those who remain without being pushed down before the clock runs out win the game.

Variations

- ▶ Make the court smaller to make attacking easier and the game more exciting.
- ▶ “Chicken Fight” with players holding their bottoms higher will add speed and excitement to the game.

Precautions

- ▶ Look around and make sure there is nothing dangerous that you might bump into. It is safer to play the game on a PE mat or tatami.

Elements of Physical Fitness

- ▶ Muscle strength of legs and lower back
- ▶ Flexibility



Figure 7

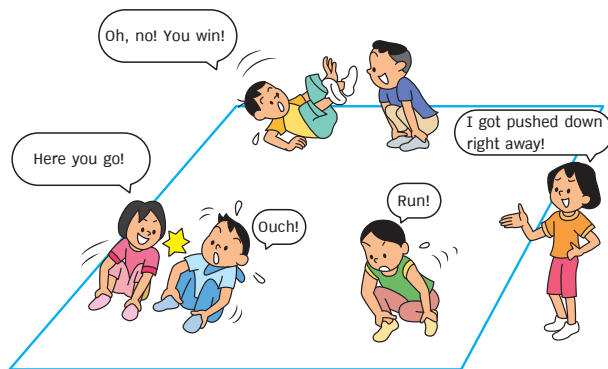


Figure 8

Daikon Nuki (Pull out the Radish)

How to play

1. Six to eight children, playing the role of radish, make a circle lying down face-down linking their arms with one another.
2. Several children become “It” and try to undo the players’ linked arms by pulling their legs (Figure 9).
3. Players whose arms are undone becomes “It.”
4. Players whose arms remain folded until the clock runs out win the game.

Variations

- ▶ Play the game on a PE mat or tatami in a sitting position with arms linked with one another.

Precautions

- ▶ Don’t let “It” pull at the player’s leg(s) if they are in pain or pull at the player’s pants.
- ▶ Players must watch out not to kick the “It” when they bang their legs.
- ▶ Don’t let players hold their neighbor’s arm.

Elements of Physical Fitness

- ▶ Muscle strength
- ▶ Muscle endurance



Figure 9

Pair Touch

How to play

1. Divide the group into pairs and each pair holds either their left or right hands.
2. With the starting call, the players try to touch the opponent's knee on the side of the joined hands by pulling or loosening their arm and making the opponent lose balance (Figure 10).
3. The player to touch the opponent's knee first wins the game.

Variations

- ▶ Play again changing hands.
- ▶ Change the places to touch, like shoulders and lower back.
- ▶ Wear a tail and try to pull it off.
- ▶ Play within a circle or square court.

Precautions

- ▶ Look around and make sure there is nothing dangerous that you might bump into. Keep a distance from other pairs.

Elements of Physical Fitness

- ▶ Muscle strength of arms and legs
- ▶ Dexterity
- ▶ Instantaneous force



Figure 10

Teoshi Sumo (Pushing hands)

How to play

1. Two players stand facing each other and take a starting position (Figure 11).
2. Push each other by pressing palms together. The player, who lifts their foot or cannot keep the position at attention, loses the game (Figure 12).
3. Holding hands or pushing the opponent's body is against the rule. The violator loses the game.

Variations

- ▶ Add fun to the game by standing on one foot and making it harder to keep balance.

Precautions

- ▶ Look around and make sure there is nothing dangerous that you might bump into. Don't push other parts including body or face.

Elements of Physical Fitness

- ▶ Balance
- ▶ Muscle strength of arms

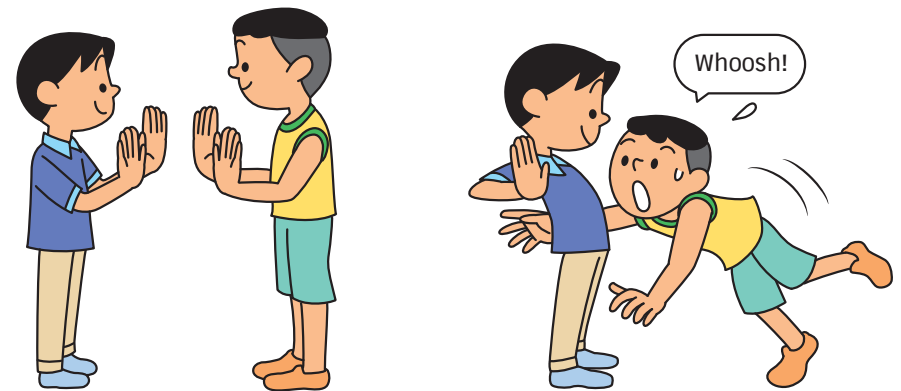


Figure 11

Figure 12

Kenpa* (Hopscotch)

*Ken means hopping on one leg and pa means on both legs

How to play

1. Draw multiple circles on the ground using a chalk field marker or a watering can. Small hoops can be used instead (Figure 13).
2. Hop on one leg (ken) for single circles and both legs (pa) for two circles.
3. Children enjoy hopping rhythmically on one leg or both legs up to the goal.

Variations

- ▶ Children can enjoy hopping with irregular rhythm by drawing circles in a unique pattern, e.g. draw a series of single circles (ken) or two circles (pa), or connect the circles with another circle so that the players can start from wherever they like.
- ▶ Divide the group into two teams with each team starting from opposite sides. The game can be combined with “Boom! Rock-Paper-Scissors” described on the following page.

Precautions

- ▶ Make sure to play in turns.

Elements of Physical Fitness

- ▶ Dexterity
- ▶ Jumping power

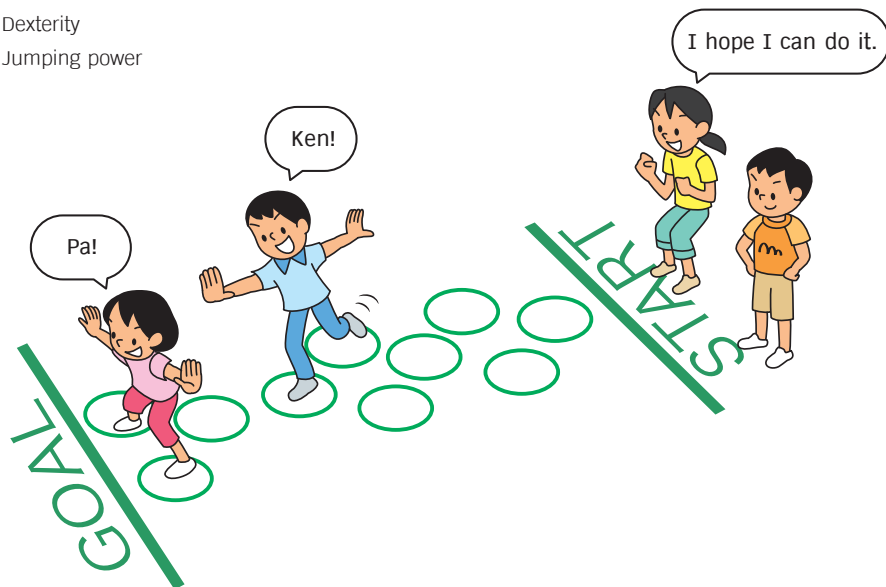


Figure 13

Dokaan Janken (Boom! Rock-Paper-Scissors)

How to play

1. Divide 5–6 players into two teams. Each team stands in a line on opposite sides of the territory.
2. At the signal, the lead member of each team starts running toward the opponent's territory. When the two meet, they call, “Boom! Rock-Paper-Scissors!” and play Rock-Paper-Scissors (Figure 14).
3. The loser gives way, returns to his/her own territory and the next player heads out. The winner proceeds on to the opponent's territory.
4. Repeat the procedure. A team wins when all members reach the opponent's territory.

Variations

- ▶ If any child is afraid of running on the tires, let them play on the ground by drawing a line.
- ▶ Draw a curved line instead of a straight line for a change.

Precautions

- ▶ Don't run too fast to avoid bumping into one another.

Elements of Physical Fitness

- ▶ Agility
- ▶ Balance



Figure 14

Iukoto Issho, Yarukoto Issho (Follow the Leader "Say together, move together")

How to play

1. The leader chants, "Say together, move together!" and commands, "Right!"
2. When the players (about six), standing side by side and holding hands, hear the leader say "Right," they jump to the right, repeating the command (Figure 15).
3. The leader may give other commands, such as "Left" "Forward" and "Back."
4. The players enjoy the game by jumping together in synchronized movement to the leader's commands.

Variations

- ▶ You can change the leader's command by saying, "Say together, move in reverse" or "Say in reverse, move together."
- ▶ Make a big circle holding hands.

Precautions

- ▶ When you have more than one line of players, keep enough distance so as not to bump into one another.

Elements of Physical Fitness

- ▶ Dexterity
- ▶ Jumping power

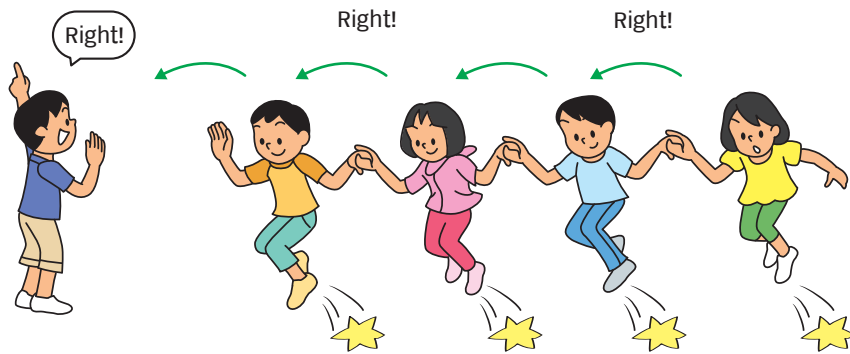


Figure 15

Kumo Oni (Spider Tag)

How to play

1. This is a game of tag crawling around on all fours.
2. Let a few children become "It" who will crawl on all fours and tag the rest of the members.
3. The rest of the children crawl on all fours but face up and move around so as not to be tagged.
4. When tagged, the child changes places and becomes "It." (Figure 16)

Variations

- ▶ When tagged, the child joins the "It" team so that there will be more children who are "It."
- ▶ Make a "shelter" for the children to take a break, but they have to leave the shelter while the "It" counts to five.

Precautions

- ▶ Play the game in the gym.
- ▶ The size of the court has to be in balance with the number of players.

Elements of Physical Fitness

- ▶ Muscle strength
- ▶ Muscle endurance
- ▶ Flexibility

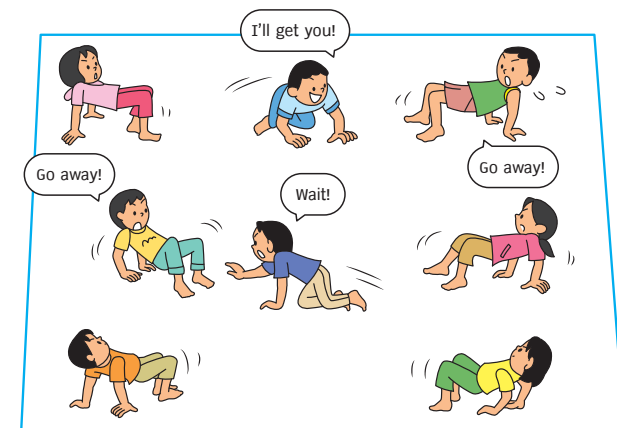


Figure 16

Neko to Nezumi (Game of Tag: Cat and Mouse)

How to play

1. Draw two lines and have two groups of children (Cat team and Mouse team) stand side by side on each line facing the other team.
2. When the leader calls out, "M-M-M, MOUSE!" the mouse team chases the Cat team. Children on the Cat team run to the other line, trying not to be tagged.
3. When a child is tagged before reaching the other line, he/she joins the opponent's team.
4. Repeat this at random and the team with the larger number of members wins the game (Figure 17).

Variations

- ▶ The leader may sometimes call out other confusing commands with words beginning with the same letter such as "M-M-M, MOOSE!"
- ▶ You can change the distance between the two lines, or have the players sit or lie on their backs or stomachs to start the game.
- ▶ Instead of "Cat and Mouse," you can name the teams with other animals like "Octopus and Fish," "Shark and Salmon," etc.

Precautions

- ▶ Do not push when you tag a player.
- ▶ When you run away from opponents, do not run zigzag but run straight to the other line.

Elements of Physical Fitness

- ▶ Instantaneous force
- ▶ Agility
- ▶ Running ability

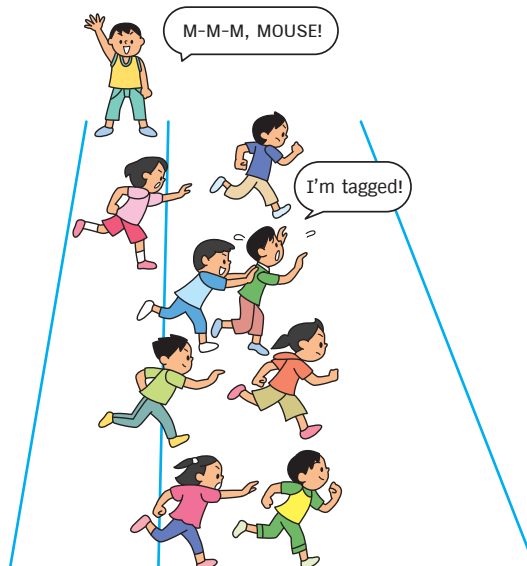


Figure 17

Nezumi Nigashi (Game of Tag: Protect the Mouse)

How to play

1. Make groups of four to five players and select one cat (It) and one mouse.
2. The mouse hold hands with the other members of the group making a circle and runs round and round trying not to be tagged by the cat (Figure 18).
3. The cat wins if he/she tags the mouse within a given time (about 10 seconds) or if a member of the group lets his/her hand fall away from the circle.

Variations

- ▶ Increase the number of group members or the number of mice.
- ▶ Place a cone in the center of the circle and make sure the circle stays around the cone.
- ▶ Let the cat go inside the circle.

Precautions

- ▶ Keep a distance from other groups.
- ▶ Do not release your hand suddenly.

Elements of Physical Fitness

- ▶ Agility
- ▶ Dexterity
- ▶ Instantaneous force



Figure 18

Kotoro-kotoro (Game of Tag: Steal the Child)

How to play

1. Four players (“Children”) line up behind each other placing their hands on the shoulders of the player in front.
2. “It” faces the line of “Children” and tries to tag the child at the very end (Figure 19).
3. “It” wins if the line falls apart.
4. “Children” win the game if the child at the very end is not tagged within a given time, e.g. 20 seconds.

Variations

- ▶ Increase the number of “Children.”

Precautions

- ▶ Adjust the time limit so as not to exhaust “It.”
- ▶ Have the child in front of the line fold his/her arms, instead of spreading them, to avoid blocking “It” from tagging the child.

Elements of Physical Fitness

- ▶ Instantaneous force
- ▶ Agility
- ▶ Dexterity

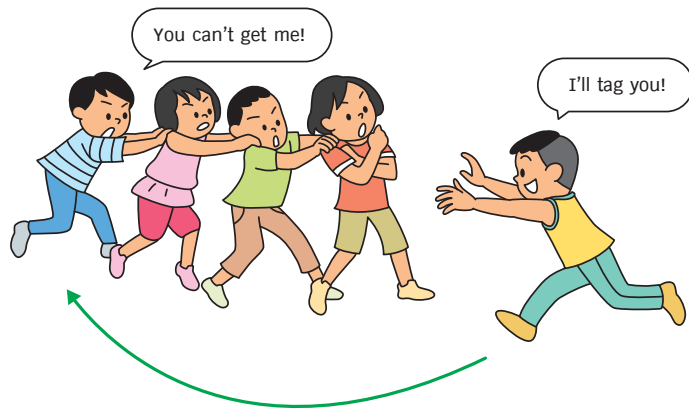


Figure 19

Osakana Game (Fishing Game)

How to play

1. Divide into two teams, one acting as a net and the other as fish.
2. The “Net” members make a circle, holding hands with “Fish” members inside.
3. The “Fish” members crawl on all fours and try to get out of the circle. The “Net” members squat while holding hands to block fish from escaping (Figure 20).
4. The “Fish” team wins if all the members get out of the net within the time limit. The “Net” team wins if there is even one fish remaining inside.

Variations

- ▶ Let “Fish” members escape through the legs of the “Net” members.
- ▶ Switch the roles of “Fish” and “Net.”
- ▶ If the game is played on tatami or a PE mat, you can change the rule to let “Fish” escape over the net (linked arms).

Precautions

- ▶ Your legs may be caught if you jump over the net. When the game is played on a hard surface, do not escape over the net (linked arms).

Elements of Physical Fitness

- ▶ Agility
- ▶ Muscle strength of legs and lower back



Figure 20

Tetsunagi Oni (Chain Tag)

How to play

1. Select three or four "Its" who try to tag the other players.
2. When a player is tagged, they hold hands and hunt together (Figure 21).
3. This continues until the last player remains untagged.

Variations

- ▶ When the chain of "It" becomes four, split into pairs.
- ▶ Adjust the size of the court according to the number of players. It will take time for "It" to tag others in an oversized court.
- ▶ "It" teams can work out a strategy to enclose the players from different directions.

Precautions

- ▶ Look around and make sure not to bump into each other when you run away from the taggers.

Elements of Physical Fitness

- ▶ Instantaneous force
- ▶ Total body endurance
- ▶ Agility
- ▶ Dexterity
- ▶ Running ability

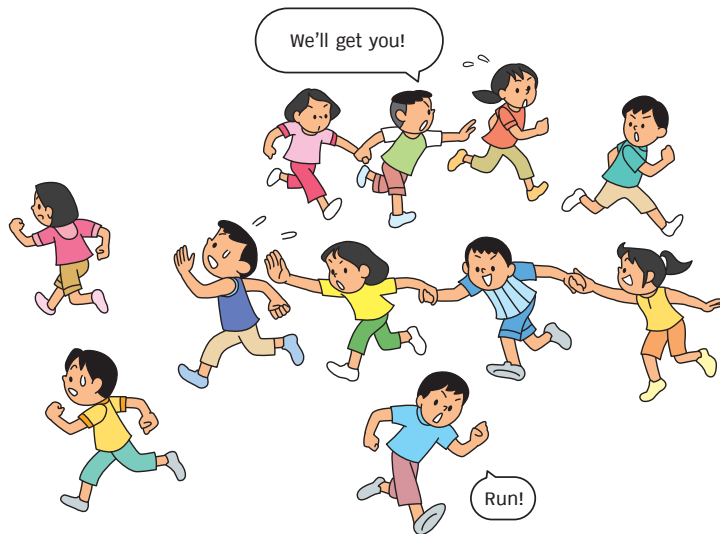


Figure 21

Koori Oni (Freeze Tag)

How to play

1. Play the game on a school playground or in the gym. You can vary the size of the court and the number of "Its" depending on how many children play.
2. When the players are tagged, they are "frozen" and must remain standing in place. The game ends when all the players are "frozen."
3. When the frozen player is touched by an unfrozen player, he or she becomes "unfrozen" and may rejoin the game (Figure 22).

Variations

- ▶ The range of movement increases in a smaller court since the tagger and the rest of the players have to keep on moving.
- ▶ You can add fun to the game by inventing different ways to become "unfrozen," such as turning the frozen player into a banana and try to peel the banana to defrost (Figure 23).

Precautions

- ▶ The game imposes a great amount of physical exertion on "It." Depending on the size of the court, you can set a time limit of three minutes, for example, before somebody else becomes "It."

Elements of Physical Fitness

- ▶ Endurance
- ▶ Dexterity

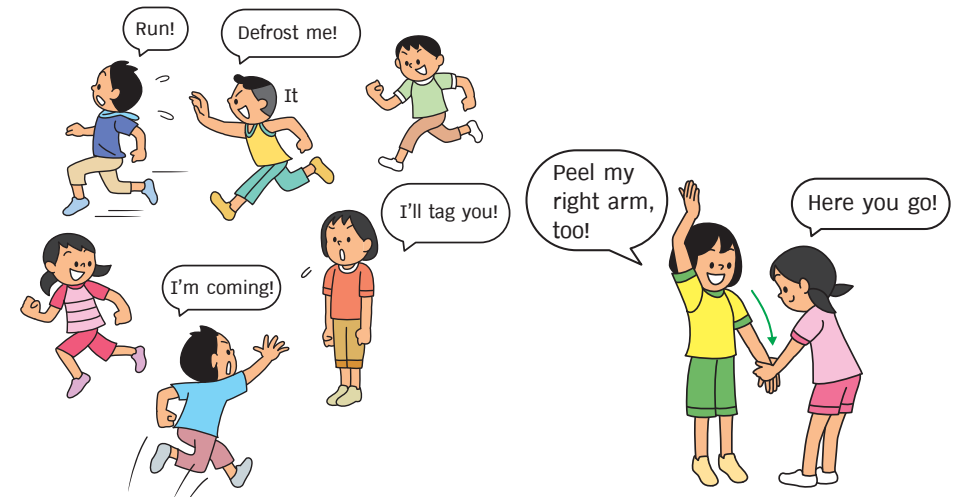


Figure 22

Figure 23

Sakana Tori (Fishing Tag)

How to play

1. Draw a square of adequate size depending on the number of players.
2. Elect an "It" to play the role of fisherman, while the rest (fish) stand side by side on one line of the square.
3. When the fisherman shouts, "Throw the net!" all the fish run to the opposite side of the square.
4. The fisherman tries to catch the fish. Those who are tagged become the fisherman's "net." (Figure 24)
5. Players who become the "net" hold hands with the fisherman and catch the fish together.
6. Repeat this several times.

Variations

- ▶ Increase the number of fisherman at the start of the game.
- ▶ When the chain of "It" becomes four, split into pairs.
- ▶ If the game is played on a small court, let the children walk instead of run.

Precautions

- ▶ Select an adequate size court depending on the number of players to avoid bumping into each other. When the game is played by children in the lower grades of elementary school, interact verbally by saying, "Watch where you're going!" or "Look around when you run!"

Elements of Physical Fitness

- ▶ Dexterity
- ▶ Running ability

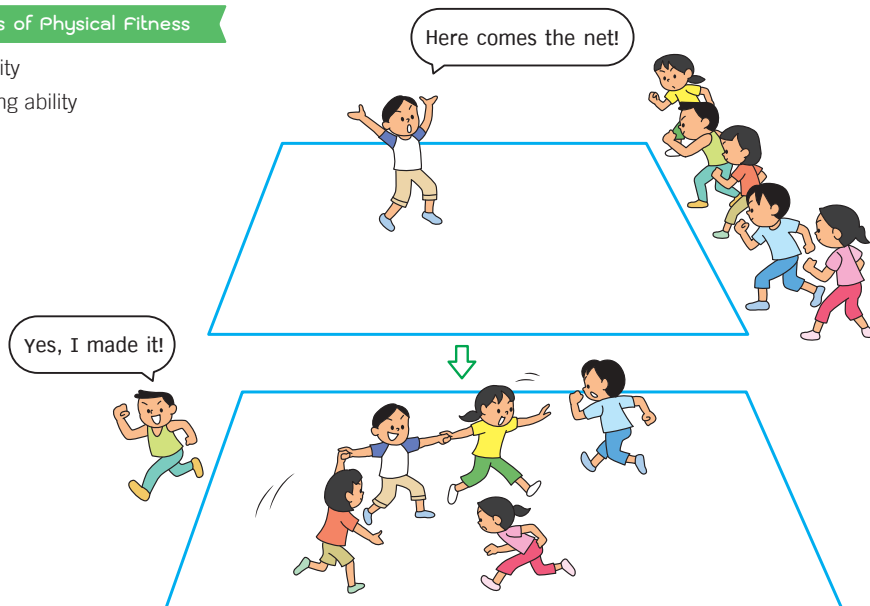


Figure 24

Tokoroten* Oni (Tokoroten Tag)

*Tokoroten is gelidium (sea weed) jelly made into strips by pressing against a device and eaten with vinegar sauce)

How to play

1. Elect two players, one to be "It" and the other as the "runner." The rest stand side by side in chains of three (Figure 25).
2. At the start signal, the game of tag begins.
3. The runner sticks to one of the chains before being tagged by "It."
4. The child on the other side of the chain is pushed out and become the runner.
5. When "It" tags the runner before he/she joins one of the chains, the two switch roles.

Variations

- ▶ The range of movement can be adjusted by increasing the distance between the three players of the chain by open arms-length or three big strides apart.
- ▶ The runner will say, "Pon!" when he/she sticks to the chain, and the player who is pushed out will say, "Churun!" inspired by Tokoroten jelly to add rhythm to the movements (Figure 26).
- ▶ Make the game trickier by making the chain of three players sit or lie on their stomachs.

Precautions

- ▶ If you find the same child playing the role of "It," let the children consider what they should do for everyone to enjoy the game.

Elements of Physical Fitness

- ▶ Agility
- ▶ Running ability
- ▶ Total body muscle strength

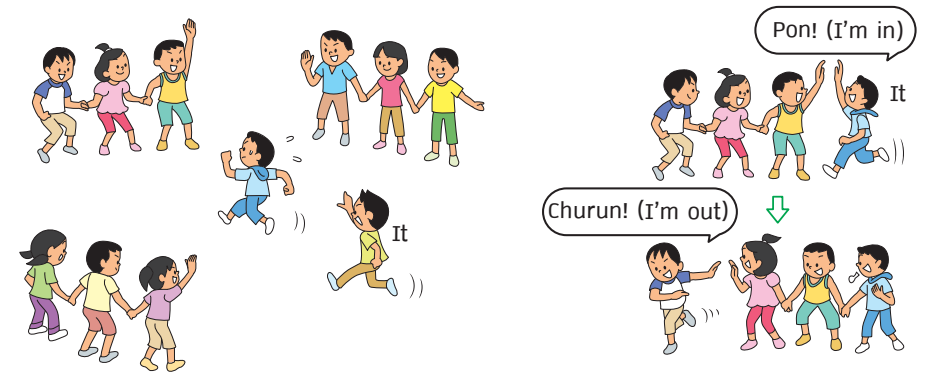


Figure 25

Figure 26

Wakuguri Kyoso (Thread-the-Hoop Relay)

How to play

1. Children (8–10 in number) stand in a circle holding hands.
2. The first child places a hula hoop on his/her arm.
3. With the starting call, pass the hoop over your head and down your body and pass it to the next person until the hoop goes round (Figure 27).
4. Compete with multiple teams and the fastest team to pass the hoop around wins the relay.

Variations

- ▶ Children can stand in a line instead of a circle.
- ▶ You can use a plastic rope instead of a hula hoop.
- ▶ You can make the relay trickier by using a hoop with a smaller diameter.

Precautions

- ▶ Some adolescents may feel uneasy to hold hands with the opposite sex. The leader can stand in between them or make boys' and girls' teams so as not to force them to hold hands and spoil the fun.

Elements of Physical Fitness

- ▶ Dexterity
- ▶ Flexibility

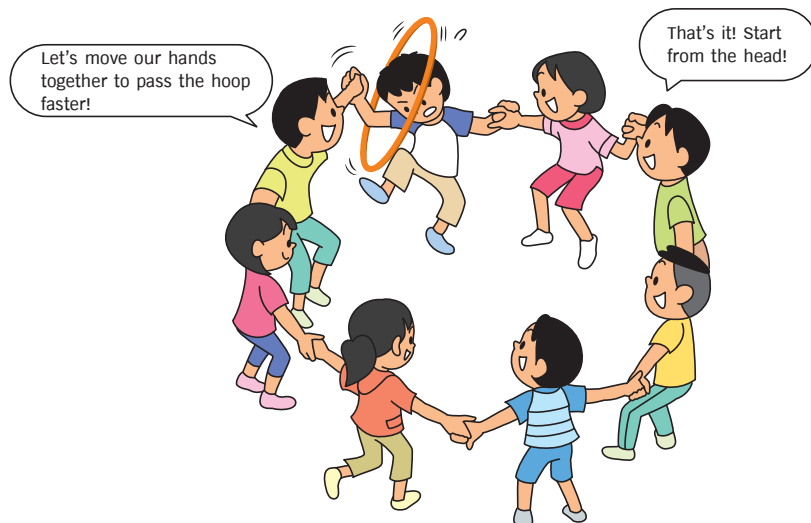


Figure 27

Naganawa Tamatsuki Tobi (Team Jump Rope)

How to play

1. Three to four children start jumping a long jump rope and when another child comes in, one gets out (Figure 28).
2. See how many children can get in (or get out) without stopping.

Variations

- ▶ Instead of starting with three or four children, let each child come in and start the game when you have three to four children jumping.
- ▶ Once the children get used to the game, make it more fun by having them enter and exit at the same time.
- ▶ When they are good at the game, change the rule to jumping twice before entering and exiting so that they can enjoy jumping rhythmically.

Precautions

- ▶ Do not push the person in front when you enter.
- ▶ Take turns turning the rope.

Elements of Physical Fitness

- ▶ Jumping power
- ▶ Dexterity
- ▶ Cooperativeness



Figure 28

Shippo Tori Oni (Tail Tag)

How to play

1. Give a towel to each player and have them stuff a small part of it into the waistline of their shorts. Each player tries to grab the tail of his/her partner.
2. Even if a player has his/her tail removed, he/she can continue playing the game.
3. When the allotted time is over, the child with the most towels wins the game (Figure 29).

Variations

- ▶ Adjust the size of the court according to the number of players.
- ▶ The longer the tail, the easier it is to be removed. You can adjust the length of the towel depending on the physical strength of the child.
- ▶ Instead of an individual match, you can make teams compete over the number of towels.
- ▶ Child may use a plastic string instead of a towel.

Precautions

- ▶ Be careful not to let children bump into one another.

Elements of Physical Fitness

- ▶ Instantaneous force
- ▶ General endurance
- ▶ Agility
- ▶ Running ability

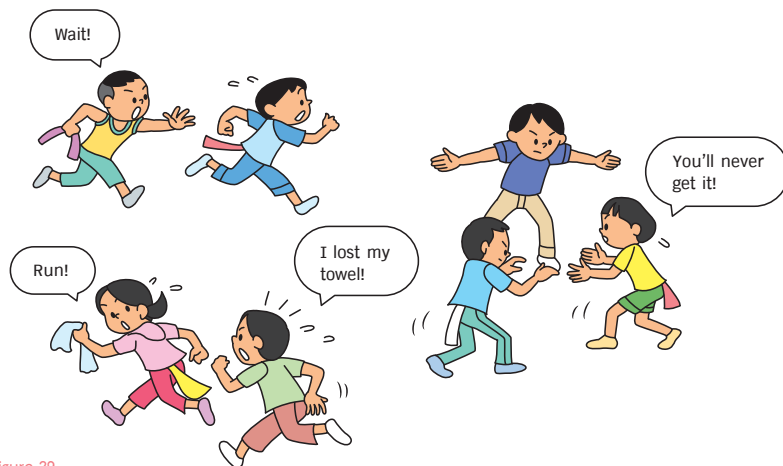


Figure 29

Shinbun-ni-Henshin (Newspaper Mimic)

How to play

1. Divide the group into pairs (Players A and B) and make them stand face to face with Player A holding a newspaper.
2. Player A throws the newspaper up, folds it in half, rolls it or tears it.
3. Player B mimics the movement of the newspaper (Figure 30,31).
4. Player A and B switch roles.
5. The game is to enjoy mimicking the various movements of the newspaper.

Variations

- ▶ Playing the game in a big group with a single leader would also be enjoyable.
- ▶ Using a plastic bag or cloth instead of newspaper would also be entertaining.
- ▶ The game becomes exciting if the player quickly changes the shape of the newspaper.

Precautions

- ▶ Players may slip if the newspaper is left on the floor. Put away unused newspaper to continue the game.

Elements of Physical Fitness

- ▶ Ability to express oneself
- ▶ Flexibility



Figure 30

Figure 31

Mukade Dodgeball (Centipede Dodgeball)

How to play

1. Draw a court of 6 meters square.
2. Make two groups (A and B) of four. Group A enters the court and selects a leader, and the rest of the Group place their hands on the shoulders of the child in front to make a chain.
3. Group B stands outside the court and throws the ball to hit the child at the end of the line (Figure 32).
4. Group A stays safe even when the ball hits members other than the one at the end of the chain.
5. Group A and B switch roles to compete which team can hit the player at the end of the chain faster. The defending team loses if the hands are removed from the shoulders.

Variations

- ▶ Make the court smaller.
- ▶ Use a ball of different size or softness.

Precautions

- ▶ Do not throw the ball at the face.
- ▶ Do not pull the shirt of the child in front when moving around in a chain.

Elements of Physical Fitness

- ▶ Agility
- ▶ Dexterity
- ▶ Throwing skill

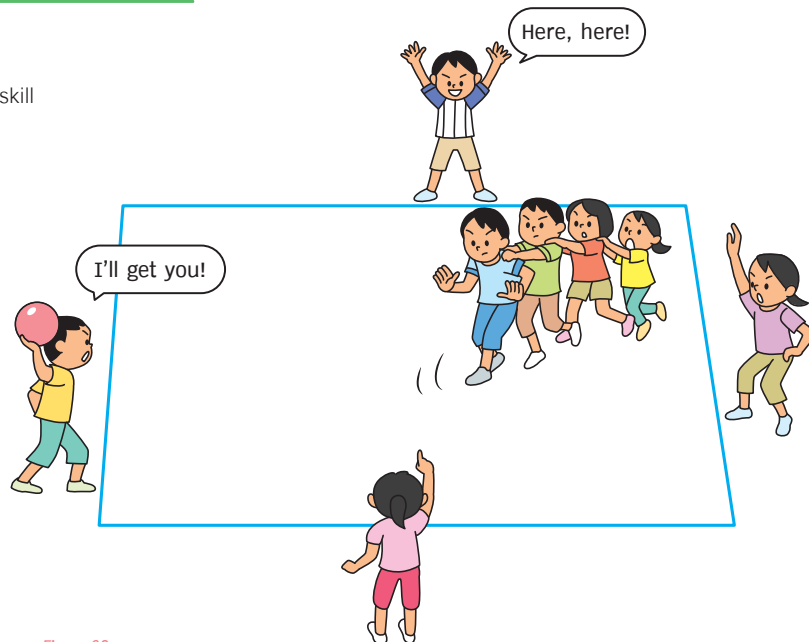


Figure 32

Osama Dodgeball (King's Dodgeball)

How to play

1. First, each team selects a king and informs the other team who their king is.
2. The rules are basically the same as in normal dodgeball.
3. The players hit by the ball have to go out of the court.
4. The team that hits the opponent's king wins the game (Figure 33).

Variations

- ▶ It would be fun to play "Undercover King's Dodgeball (Kakure Osama Dodgeball)" in which the teams do not disclose who their king is and play the game guessing the opponent's king.
- ▶ You could add fun to the game by using a ball of different size or softness depending on the ability of the members.
- ▶ The game will be more thrilling if played on a smaller court.

Precautions

- ▶ If you have too many members in one team, some players may not have a chance to throw the ball. The best number of members would be around eight. Make the court small so that everyone has the chance to throw the ball.

Elements of Physical Fitness

- ▶ Throwing skill
- ▶ Dexterity

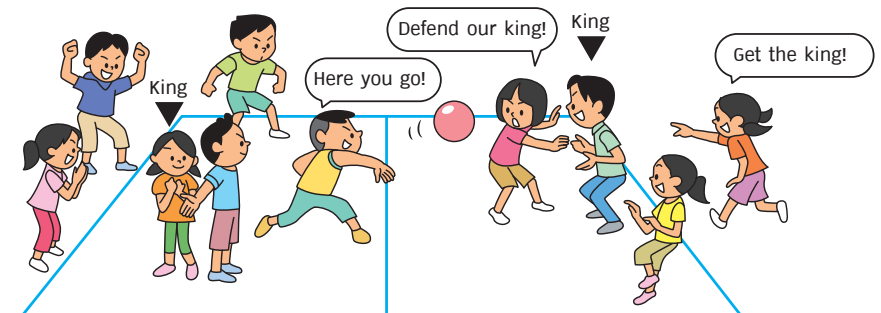


Figure 33

X (Cross and Catch)

How to play

1. Stand face to face 4-5 meters apart.
2. Throw the ball underhanded with both hands.
3. The player gets a bonus of one step forward if he/she catches the ball with arms crossed.
4. The player loses if he/she drops the ball (Figure 34).

Variations

- ▶ Try using different types of balls.
- ▶ Give a bonus of two steps forward if the player catches the ball one-handed.

Precautions

- ▶ It is against the rules to aim at the face.
- ▶ Use a soft ball instead of a hard one to avoid spraining a finger.

Elements of Physical Fitness

- ▶ Dexterity
- ▶ Throwing skill

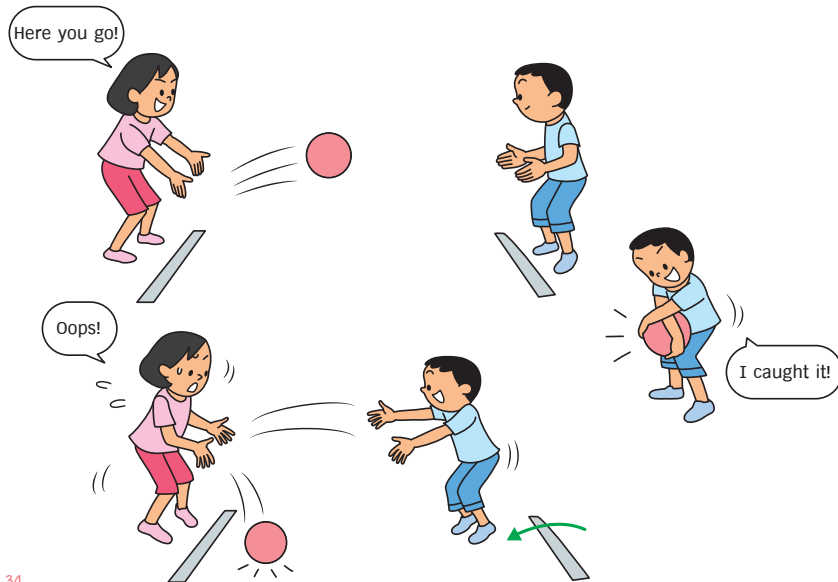


Figure 34

Bakudan Game (bomb game)

How to play

1. Play on a square court. Set up a net in the middle and scatter balls on either end of the court.
2. Divide the group into two teams and make them stand on each side facing the net.
3. At the starting call, the children run, get a ball in their territory, and throw it into the opponent's territory with a running jump. They should attempt to throw the ball as far as they can.
4. Children stop throwing at the final call and count the balls in their own territory. The team who has the smaller number of balls win the game (Figure 35).

Variations

- ▶ The game can be played without a net.
- ▶ Let the teams plan their own strategies.
- ▶ To make the game more exciting, mix in a few lucky balls of different color for extra points, e.g. 3 points.

Precautions

- ▶ For the safety of the players, select a suitable type of ball, including size and softness, depending on the children's age.
- ▶ Make sure the players know the rules, such as "grab just one ball" or "don't throw the ball from the side of the net."

Elements of Physical Fitness

- ▶ Throwing skill

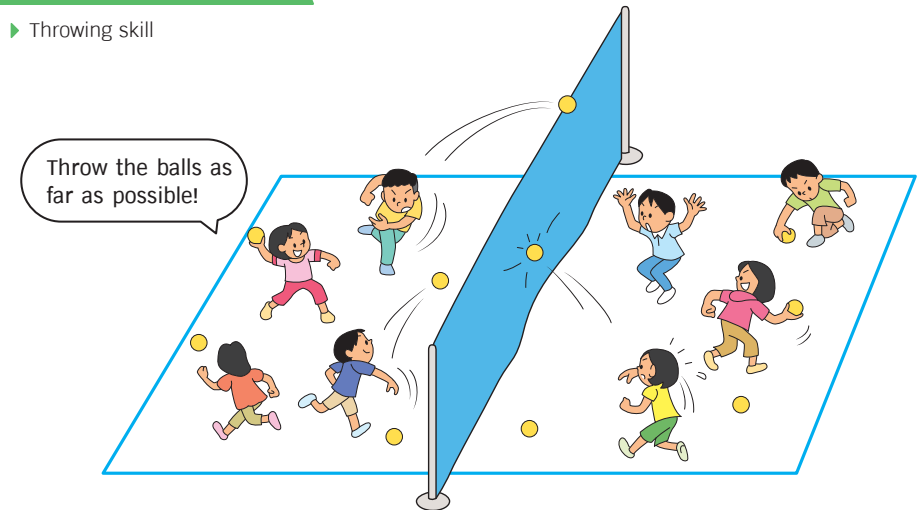


Figure 35