

# Whitman Elementary School Playground Standards

The purpose of playground rules is to keep all our students safe on the playground. We expect all our students to cooperate with these rules.

Students will:

- Eat snack in snack-area by the library.
- Leave snack-area free of trash before leaving.
- Walk; not run, to all areas.
- Not play in the bathrooms.
- Avoid walking through games in progress.
- Follow the game rules at all times. Classroom teacher will cover rules for each game/area. A copy of the game rules is available upon request.
- Use good sportsmanship at all times.
- Practice social skills and manners.
- "Freeze"; get off playground equipment; hold balls, ropes, etc.; and squat at bell.
- At the whistle, walk to put equipment away; then walk to line-up.
- Use the bathrooms/drinking fountains before the bell rings.
- Stay in designated play areas. Stay away from classrooms and out of hallways.
- Share space and equipment with other students.
- Be accountable for school equipment.
- Follow the Cougar Code—Polite, Positive, Prepared, Prompt, Precautious

Please read and sign. Return bottom portion to your child's teacher.

\_\_\_\_\_ ✂ \_\_\_\_\_ ✂ \_\_\_\_\_ ✂ \_\_\_\_\_

My child and I have reviewed and understand Whitman's Playground Standards.

\_\_\_\_\_  
Student's signature

\_\_\_\_\_  
Parent's signature

\_\_\_\_\_  
Date

# Hopscotch Games

## English Hopscotch

Equipment: Beanbag or marker for each player

# Of players: two or more

|   |   |
|---|---|
| 3 | 4 |
| 2 | 5 |
| 1 | 6 |

Game: The player jumps through the squares in sequence as numbered holding the beanbag between the feet, jumping, of course on both feet at once. In the game's most difficult form the players is allowed only one jump from each square. A jump that keeps the player within the same square is counted as a miss. Dropping the marker is also counted as a miss.

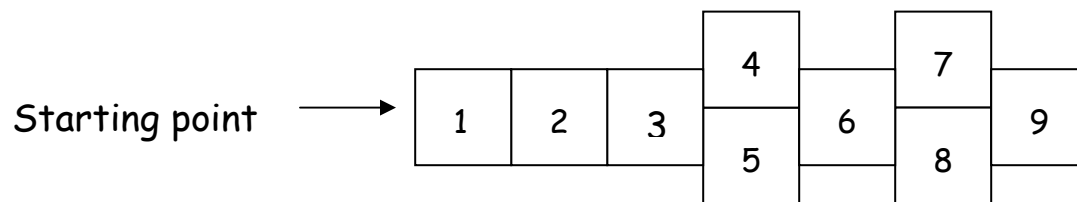
English hopscotch may also be played with two players to a team. If the first player misses, the second player begins where the first missed.

## Finland Hopscotch

Equipment: marker for each player

# Of players: two or more

Game: The first player in line takes a position in front of area 1, tosses the marker into area 1 and proceeds to play as follows:



- Hop into area 1, landing on one foot; pick up marker; hop out of court; and return to starting point
- Throw marker into area 2. Hop into area 1, then 2, pick up marker, and hop out of court.
- Continue up through all areas and out again. In areas 4-5 and 7-8, both feet may touch the ground, one foot in each area.

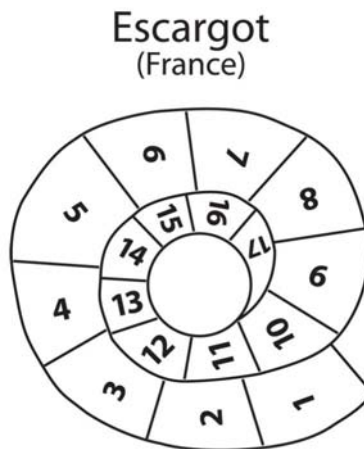
The following fouls, or misses, result in loss of turn:

- Touching a line with feet at any time
- Changing feet while hopping
- Using two feet anywhere except in straddle position in areas 4-5 and 7-8

## Snail or French Hopscotch

Equipment: circular hopscotch court that looks like a snail  
Optional--chalk or markers (one for each square)

# Of players: two or more



Game: Players hop on one foot through the court (one hop only to each square or space) until reaching the center space where they may stand on both feet to rest. When rested, they hop out again over the same course. Players may stand as long as they wish in any space to get balance or rest, but only on the hopping foot; they may not take any extra hops there.

Variation: Once you have successfully completed the course, choose any space, except center, to place a marker or use chalk to draw initials. That space now belongs only to that player. No other players may use that space. A hop into another player's space is considered a foul. Play continues until it is impossible for anyone to make it into the center. The person with the most squares is the winner.

# Nine Square

Equipment: Playground ball

# Of players: 8 or more

|   |   |             |
|---|---|-------------|
| 4 | 3 | 2           |
| 5 | X | 1<br>Server |
| 6 | 7 | 8           |

Game: One player stands in each square. The player in area 1 starts play by dropping the ball with two hands and from the bounce, hitting it underhand with two hands, directing the flight of the ball so that it bounces in another area, except the center, "X." The player in the receiving square keeps the ball in play by hitting it underhand

off the first bounce only, and by directing the flight of the ball to one of the other areas. Play proceeds until one of the players commits a foul by:

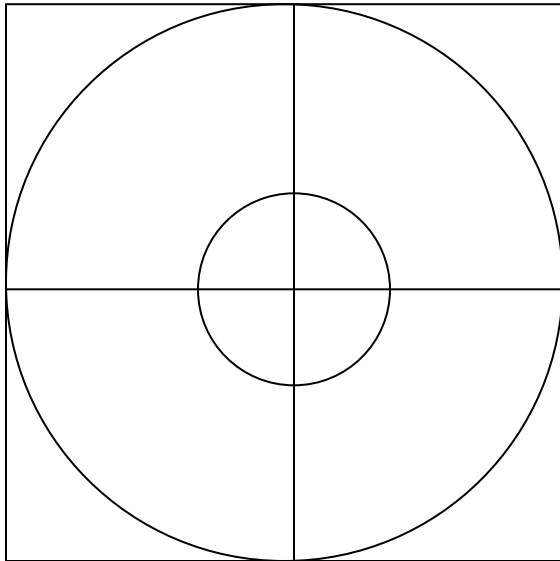
- Hitting the ball out of bounds, on a line, or into the "X" square
- Failing to return the ball properly
- Stopping the ball before it bounces in own area
- Striking a ball with closed hand or fist
- Being hit by a ball while standing in one's own area
- Batting down on the ball (spiking)
- Holding the ball
- Allowing a ball to bounce more than once before striking it

When a foul occurs, the offending player goes out to the line. Players behind the offending player all move up one area and a new player comes in as server. The object of the game is to rotate to Area 1 and stay there. The server in Area 1 always puts the ball in play. The next player in line will act as referee if players do not agree on a foul.

# Four Corners

Equipment: A four-square area, preferably with center circle

# Of players: five or more



Game: The area used is a circle square. The first four students stand on a corner of the square; the fifth player stands in the middle of the circle square. When the player in the middle calls out, "Change corners," all players in the corner must run to another corner than the one they just occupied. The center player must try to occupy any corner before another corner does. The student left without a corner goes to the end of

the line. The next person in line becomes the new center player and the sequence continues.

# Four Square

Equipment: Playground ball

# Of players: 2 or more

|   |             |
|---|-------------|
| B | C           |
| A | D<br>Server |

Game: One player stands in each square. The player in area D starts play by dropping the ball with two hands and from the bounce, hitting it underhand with two hands, directing the flight of the ball so that it bounces in the A, B, or C area. (Ideally the server, D, should stand in the outside back corner of Area D when serving.) The player in the

receiving square keeps the ball in play by hitting it underhand off the first bounce only, and by directing the flight of the ball to one of the other three areas. Play proceeds until one of the players commits a foul by:

- Hitting the ball out of bounds or on a line
- Failing to return the ball properly
- Stopping the ball before it bounces in own area
- Striking a ball with closed hand or fist
- Being hit by a ball while standing in one's own area
- Batting down on the ball (spiking)
- Holding the ball
- Allowing a ball to bounce more than once before striking it

When a foul occurs, the offending player goes out to the line. Players behind the offending player all move up one area and a new player comes in as server. The object of the game is to rotate to Area A and stay there. The server in Area D always puts the ball in play. The next player in line will act as referee if players do not agree on a foul.

# Wall Ball

Equipment: Wall ball court, playground ball

# Of players: two

Game: The player on the far side of the court, across from the entry circle, is the server. The server starts by bouncing the ball on the ground and, as it comes up, hitting it at the wall with an open hand. The ball must bounce only once at least a foot away from the wall and then hit the wall at least higher than one foot on the wall. A server has two tries to make a correct serve. The other player hits the ball back and making sure it bounces only once at least a foot away from the wall and when it bounces back up to hit the wall, make sure it hits it over a foot high on the wall. Play proceeds until one of the players commits a foul by:

- Hitting the ball out of bounds or on a line
- Failing to return the ball properly
- Allowing a ball to bounce more than once before it hits the wall
- Allowing a ball to bounce more than once before hitting the ball
- Causing the ball to bounce less than a foot from the wall
- Causing the ball to bounce less than a foot high on the wall
- Striking a ball with closed hand or fist
- Being hit by a ball
- Batting down on the ball (spiking)
- Holding the ball
- Hitting a ball over the wall

When a foul occurs, the offending player goes out to the line. The remaining player becomes the server. The next player in line will act as referee if players do not agree on a foul. Wall ball may not be played on the side of a building.

# No Rules Basketball

Equipment: Basketball court—full, half, or a hoop\*—and a basketball  
(\*If using a free-standing hoop, set it up in a four-square area that will act as the boundary lines for the game)

# Of players: two or more

Game: Players divide themselves into teams, and if playing on a full court, choose a backstop that is theirs. Have one person throw the ball in; the person who catches the ball starts for their team. Players are allowed to dribble, walk, or run with the ball, and can take as long as they want to move the ball down the court, as long as they are moving in the court. There are no penalties for traveling or double dribbling in this game. Players are NOT allowed to take the ball away from the player with the ball. Other players can only get the ball after the ball is thrown for a basket, if the ball is dropped, or the ball caught during a pass. If a member of one team commits a foul, the ball goes to the other team. Fouls include:

- Failing to move with the ball down the court toward one's basket (standing still and just holding the ball)
- Trying to take a ball away from another player
- Trying to spike another player with a ball
- Throwing the ball out of bounds
- Not keeping hands and elbows to oneself

Each team receives two points for each successful shot. The team at the end with the highest point total wins.

# Kickback

Equipment: 1 or more non-rubber playground balls

# Of players: two or more

Game: This game can *ONLY* be played on a dirt field. Players divide themselves into teams or groups. The person who brought the ball to the game gets to start. The game can have more than one ball in play at one time. The kicker drops the ball and kicks it toward the other group of players. Another player, on the opposite side, catches the ball, drops it, and kicks it back. No score is kept, as many balls may be flying across the field at once. If a member of one team commits a foul, the ball goes to the other team. Fouls include:

- Holding the ball
- Trying to take a ball away from another player
- Kicking a ball directly at another player
- Kicking the ball out of onto the blacktop area or into the play structures
- Not keeping hands, elbows, knees, and/or feet to oneself

Take care not to kick the ball near or at the fence. Any ball that goes over the fence is lost. Stay well away from both the red and blue play structures so the ball will not go into those areas. When kicking the ball make sure you have plenty of room so you will not strike, kick, or hurt other players around you.

# Tetherball

Equipment: tetherball and tetherball court

# Of players: two or more

Game: Two players stand on opposite sides of the tetherball circle court and may not step into the opponent's half of the circle court. The object of the game is to wind the ball completely around the pole, by striking it with one or both hands, open or closed.

One player is selected to serve. The server's opponent is given the choice of the side of the court on which to play and the direction in which the server will serve the ball. Play proceeds until one of the players commits a foul by:

- Hitting the ball with any part of the body other than the hands
- Holding or catching the ball during play
- Touching the tetherball pole with the body
- Touching the rope
- Hitting the ball twice before the opponent has a chance to hit it
- Serving the ball and winding the rope completely around before the opponent has a chance to hit the ball at least once
- Striking a ball with closed hand or fist
- Stepping into the opponent's half of the court

When a foul occurs, play stops and the game is forfeited to the opponent. The next player in line will act as referee if players do not agree on a foul. The winning player stays in the court and becomes the server in the next game.

# Mass Soccer

Equipment: soccer ball and two goal nets or cones to mark a goal area

# Of players: two or more

Game: Divide players into two groups and assign each a goal. To start, each team lines up on the end of the field in front of their goal. Place the ball in the middle of the field. On the starting signal, both teams run forward to try to get the ball. The team whose players get the ball try to make a goal into the other team's goal. If using goal nets, the ball must make it into the net to score a point. If using cones or lines to mark the goal area, a goal is only made if it goes through the cones/past the line, below shoulder level. There are no set positions and players are allowed to roam free in the play area. There are no goalies. No players on the field are allowed to use their hands to touch, contact, or control the ball in any way. During the game, if a ball goes out-of-bounds, the ball is put into play by a member of the other team (not the team that sent the ball out of bounds). The ball is thrown in from the spot where it went out of bounds using both hands to toss the ball over the head with two feet planted on the ground. The ball can be thrown into any spot, other than into the goals, on the field. If a member of one team commits a foul, the ball goes to the other team. Fouls include:

- Holding the ball
- Touching the ball with your hands, other than on a throw in
- Trying to physically take a ball away from another player
- Kicking a ball directly at another player
- Kicking the ball out of bounds
- Not keeping hands, elbows, knees, and/or feet to oneself
- Rough play

# Wiggle Wagons

Equipment: wiggle wagons and cones to designate a course area

To ride:

- Sit with bottom on the seat
- Start by kicking off, in a seated position, with both feet
- Place feet where indicated, next to handle on wagon
- Continue going by wiggling body and handle to provide forward motion
- Follow cones once around designated course
- Use feet to slow down or stop
- When finishing course, slow down to a stop and hand-off wagon to the first person in line
- While waiting in line, wait along the hallway area, staying out of the wiggle wagon course

Riders will immediately lose turn if they are:

- Not riding while seated
- Using feet to continue to drive wagon
- Cutting in front of other riders
- Not staying in the course area
- Hitting or bumping into other wagons
- Yelling at riders to hurry up
- Not waiting in line properly