

## GAMES AND ACTIVITIES WITH LITTLE OR NO EQUIPMENT

### Action songs:

Source: <http://www.macscouter.com/songs/Action.asp#ears>, accessed 11/5/2020

### *Do Your Ears Hang Low?*

[Tune: Turkey in the Straw, refrain]

Do your ears hang low?  
Do they wobble to and fro?  
Can you tie them in a knot?  
Can you tie them in a bow?  
Can you throw them over your shoulder  
Like a continental soldier?  
Do your ears hang low.

### *Little Bunny Fu-Fu*

Little bunny Fu-fu, hoppin' though the forest,  
Scoopin' up the field mice and boppin' them on the head.  
Along came the good fairy, and she said:  
"Little bunny Fu-fu, I don't want to see you  
Scoopin' up the field mice and boppin' them on the head.  
I'll give you three chances to change your ways, and if you  
don't obey, I'll turn you into a goon."

So the next day . . . [Repeat-two more chances . . . ]

So the next day . . . [Repeat-one more chance . . . ]

So the next day . . . [Repeat] "I gave you three chances to change your ways and you didn't obey, so now I'm turning you into goon. Poof! You're a goon. And the moral of this story is . . . 'Hare today and goon tomorrow.'

### *Alice the Camel*

Alice the camel has 10 humps, Alice the camel has 10 humps  
Alice the camel has 10 humps, so go, Alice, GO!!  
1, 2, 3, 4, 5, 6, 7, 8, 9.

[Continue with 9, 8, 7 . . . humps, until . . . ]

Alice the camel has no humps, Alice the camel has no humps  
Alice the camel has no humps, 'cause Alice is a HORSE!!

## ***Itsy Bitsy Spider***

("Cub Scout style" as taught by Kathy Wise)

The itsy, bitsy spider  
Climbed up the water spout  
Down came the spider and  
Washed the spider out  
Out came the sun and dried away the rain,  
So the itsy, bitsy climbed up the spout again.

## **Games**

Wastebasket basketball (with wads of paper)

### ***Group Knot***

Have the Scouts stand in a tight circle, with their hands in the center. Then the Scouts grab others' hands at random. The puzzle is then for the whole group to work together to get themselves untangled. Sometimes you'll find that the group has actually formed several smaller circles.

This may get frustrating if you've formed a troublesome knot, but let them keep trying.

### ***Line Up***

Line up: in order of size, birthday, address, shoe size, shirt color, etc. Variations include no talking, blindfolded, mute *and* deaf, etc. (communication)

### ***Stick***

Everyone in group touches stick at same time. Break stick in half and repeat. Continue until stick is very small. (it's easier to start with a simple goal and work up to a harder one...)

### ***Relay running races***

(source <https://kidactivities.net/18-fun-pe-games-needing-no-equipment/> accessed 11/5/2020\_

Running relay races are one of the simplest PE games needing no equipment. Take the class outside and divide them into groups of 3 or 4 people each. Have them run 100 to 200 meters each before moving on to the next person in the relay.

The mix-it-up relay race is fun variation of a normal relay running race. In a mix-it-up race, each person in a relay team will perform a different action. The first person may have to skip, the second may have to run backwards, the third can run normally, and the fourth can hop. This makes the race more exciting and enjoyable to watch.

### ***Cops and Robbers (Team tag game)***

There are many fun variations of tag that are useful for PE classes. In "Cops and Robbers", the PE class is divided into two teams — the cop team and the robber team. The cops will pursue the robbers to tag them. Once a robber is tagged, they must go to a section of the playing area that has been nominated as the "jail".

Robbers who have not been tagged can release their team mates by sneaking into the jail and tagging them. The game is complete when the cops have managed to round up all of the robbers. Playing this game in an outdoor area with plenty of places to hide can make it even more enjoyable.

### ***Red Light, Green Light***

This takes a fairly large group, about 10 children or more. Line up in two or three rows arms length apart. A chaser and an "it" are selected. The remaining children stand with arms extended to create "roads" where the chaser and "it" must run between during "Green Light". At random times, the leader shouts "Red Light" and everyone turns to their left, which now creates columns of "roads." Change back to "Green Light" after a few seconds. When the Chaser catches "it," the Chaser becomes "it" and a new Chaser is selected.

### ***Loop-de-loop***

Have the Scouts stand in a circle and hold hands. Start one hula hoop (or innertube, long loop of fabric, etc.) hanging over one pair of joined hands. Each person in the circle must pass the hoop/loop over him/herself and on to the next person - WITHOUT letting go of hands. I generally do this with 2 or 3 loop/hoops going at the same time in different directions.