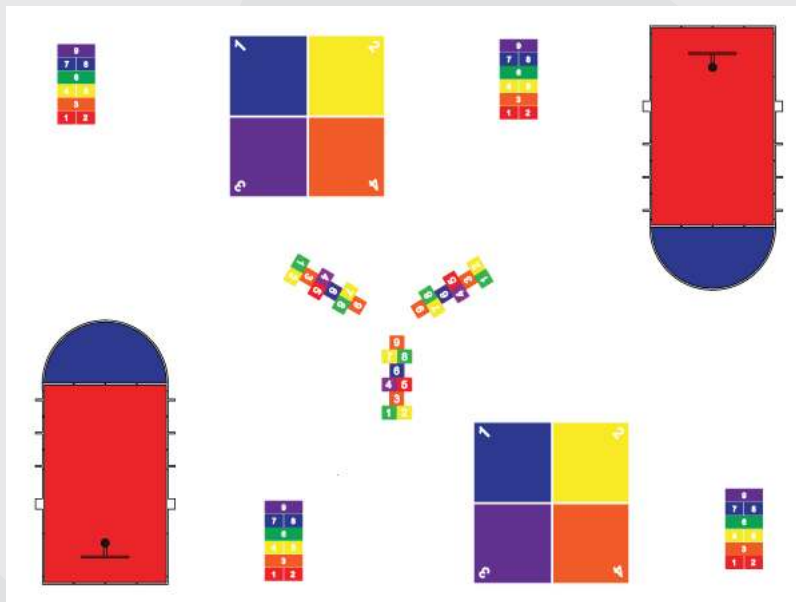


Fit Kids Stencil Package

Game Ideas

Includes: Basketball Court Key
Four Square/Box Ball
Classic Hopscotch
Modern Hopscotch

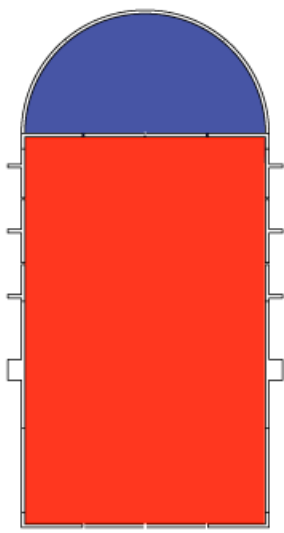
PLEASE NOTE THAT THE LAYOUT SHOWN BELOW IS ONLY ONE OF NUMEROUS APPLICATIONS POSSIBLE.



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GAME IDEAS

FOR THE

BASKETBALL COURT KEY

Product Number: 11-4W-035

This stencil can be used on the playground, in the gymnasium or on the driveway. These are some variations:

1. **H-O-R-S-E:** Organize a group of children to play. Choose one player to take the first shot from anywhere. If player one makes the shot, the second player in line must attempt the same shot. If the second player misses, he gets the letter H and the next player becomes the shooter. If player two makes it, the third player also must try. When a player misses a shot, the next player gets a free shot that, if made, must be imitated by the next player. If all players in the group make the initial shot, the player who shot first shoots again from anywhere. Every time a player misses a shot that is an imitation of the prior player's shot, he gets another letter. The last player who hasn't earned all five letters in H-O-R-S-E is the winner.
2. **Knockout:** Have a children line up at the foul line in a straight line and give the first and second players basketballs. Blow the whistle and have the first player in line shoot. As soon as he lets go of the ball, the second player in line can take a shot. If the first player makes his shot, he must grab the basketball and pass it to the third player in line, who can then shoot. If the first player misses, he must grab his own rebound and make his shot before the next player makes his shot. If he fails, he is out of the game, but still gives the third player the ball. Players who make their shots in time go to the back of the line. This pattern continues until one player wins.
3. **Twenty One:** Organize a group of children to play. Choose one player to take the first shot from anywhere outside of the key. If she makes the shot, she wins two points. If she misses, all players try to rebound and the one who gets the ball must clear it by dribbling out beyond the court key before attempting a shot. Players should agree on how far out. All other players defend against her. Every shot made beyond key is worth two points. After a shot is made, the player goes to the foul line and takes as many free throws as she can make in a row. Each foul shot is worth one point. If a player misses a foul shot, everyone can attempt to rebound and gain possession of the ball. The ball must be cleared after every missed shot. The first player to 21 wins.

Any questions? We're here to help – call us at (800) 681-0684!

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GAME IDEAS

FOR THE

FOUR SQUARE - LARGE

Product Number: 11-2W-015

The object of the game is to eliminate players in higher numbered squares so you get to the top-ranking, 4th square.

1. New players enter into the number 1 square and the ball is served out of the number 4 square. During play, the ball may be hit with one or two hands, from the elbow down to the hands, open or closed fist.
2. The player in the number 4 square, the server, serves the ball to the player, the receiver, in the number 1 square. The serve is delivered from the back corner of the square. The receiver must return or hit the ball back into any other square before it bounces again.
 - a. First serves are meant to place the ball fairly into play and must be returnable by the receiver.
 - b. Faults are allowed only once for both the server and the receiver if deemed unreturnable by the receiver or if the receiver hits the ball out of bounds, into their own square or on an inside court line.
 - c. If a fault is called, the server performs a second serve. If the player faults a second time, then they are out.
3. Each time the ball enters any square, the player in that square must return the ball into another square to stay in the game.
 - a. Inside Lines: The ball is not permitted to hit the inside lines of a square. Inside lines are those lines that separate the squares and cross at the center.
 - b. Outside Lines: The ball is permitted to bounce on an outside line but not beyond an outside line. The outside lines are those lines that form the perimeter of the court.
4. The game continues until a player 1) allows the ball to bounce twice or more before returning it; 2) hits the ball out of bounds; or 3) or breaking a rule. Players are not allowed to touch the player or ball within another square.
5. Each time a player is out, that square becomes available and the remaining players move up to a higher numbered square to make the number 1 square available to the incoming player.
6. Players that are out must go to the end of the line, to the side of the game and wait their next turn to play.

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GAME IDEAS

FOR THE

CLASSIC HOPSCOTCH

Product Number: 13-1W-045

The object of the game is to accumulate the most bases.

1. The player(s) begin by standing at the starting position at the bottom of the game. The game starts with the first player throwing the marker to space # 1, which must land within that space. Players decide if the space includes the outline or not.
2. The player hops on one or two feet, depending upon the adjacency of any spaces, skipping the space with the marker but proceeding to the home space above the 9, turning around, hopping back, picking up the marker at the space before that of the marker and resting at the starting position at the bottom.
3. If the player stumbles, they are allowed to recover and to continue their turn if no body parts touch the lines between or around the spaces. If they do touch a line, they forfeit their turn and the next player can begin playing.
4. After a player finishes the round and succeeds, that winning round player stands at the starting position, turns their back to the game and throws the marker backwards on the hopscotch. Whichever space the marker lands is considered his/her "base." If the marker is thrown beyond or outside any space the player repeats it until it lands within a space.
5. That player can use this space from here on; however, the other players are no longer allowed to touch that space. They have to skip or jump over that space.
6. As the game progresses additional spaces may become "bases," requiring additional spaces to be jumped over and so the game gets more difficult after each round.
7. The game ends when a player can no longer jump to a space. The winner is the player that accumulates the most bases.

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GAME IDEAS

FOR THE

MODERN HOPSCOTCH

Product Number: 13-1W-046

The object of the game is to accumulate the most bases.

1. The player(s) begin by standing at the starting position at the bottom of the game. The game starts with the first player throwing the marker to space # 1, which must land within that space. Players decide if the space includes the outline or not.
2. The player hops on one or two feet, depending upon the adjacency of any spaces, skipping the space with the marker but proceeding to the home space above the 9, turning around, hopping back, picking up the marker at the space before that of the marker and resting at the starting position at the bottom.
3. If the player stumbles, they are allowed to recover and to continue their turn if no body parts touch the lines between or around the spaces. If they do touch a line, they forfeit their turn and the next player can begin playing.
4. After a player finishes the round and succeeds, that winning round player stands at the starting position, turns their back to the game and throws the marker backwards on the hopscotch. Whichever space the marker lands is considered his/her "base." If the marker is thrown beyond or outside any space the player repeats it until it lands within a space.
5. That player can use this space from here on; however, the other players are no longer allowed to touch that space. They have to skip or jump over that space.
6. As the game progresses additional spaces may become "bases," requiring additional spaces to be jumped over and so the game gets more difficult after each round.
7. The game ends when a player can no longer jump to a space. The winner is the player that accumulates the most bases.

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