

ROUTINE PLANNING: EXAMPLE OF CATCH-IFING CAPTURE THE FLAG

Name of Activity: Tribe Raiders of the “Sacred Eggs”

Equipment: Four or six buckets, 3 balls or beanbags (eggs) per bucket, cones to define boundaries, and “identity scarves” – one per person participating (different color for each team and other colors for optional medicine man/woman)

Plastic Hoop: Optional depending on if you have safety zones. One for each team’s area.

Background: The eggs are the power source for the tribes, they need them. So other tribes want as many eggs as possible and will steal them while protecting their own.

Organization:

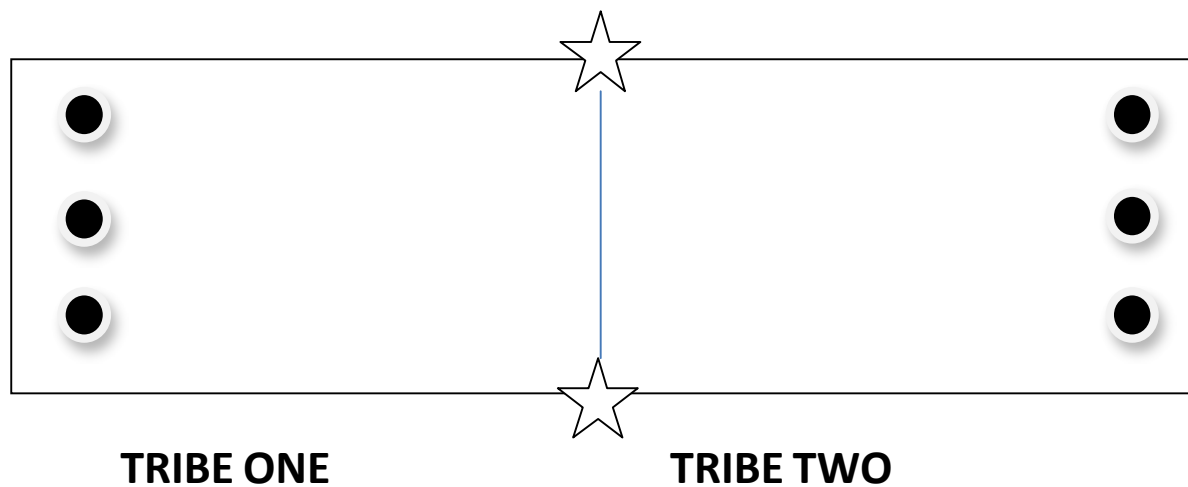
1. Set up boundaries of playing field with clear outer edge, and clear marking for the middle of the field across.
2. Place buckets at each end of the field with 3 balls inside
3. Line up at midfield and break the group into two groups – each representing a “tribe”.
4. Hand out scarves based on group: Pink scarves are the Panthers and Green scarves are the Gorillas.
5. Demonstrate the game - ball retrieval, tagging procedure, and re-entry task with a nearby bucket.

Description:

1. The goal is to protect your tribe’s buckets while trying to steal the sacred eggs from the other tribes buckets.
2. You can only carry one egg at a time and must place it in your tribe’s bucket to have it count.
3. When you “TAG” someone, you must remove their scarf. After getting their scarf, you give it back to them and they must return to their home side (see #4-5).
4. If you are tagged with an egg, you must put it down where it is and a “medicine man/woman” or member of the **home tribe** must return it to their bucket.
5. If you are tagged, you must return to your side – complete a task – and return to the game.
6. You can steal back stolen eggs.
7. This game is timed and at the end, the goal is to see who has most eggs in their home tribe bucket when the time runs out.

Variations:

1. You can choose to have a “medicine man/woman” on each team with different colored scarves – they can have a special role or power: like they can throw eggs to their home side or can be the only one to pick up eggs off the ground
2. You can even pick one color ball to be a rotten egg that minuses a point and the tribes can try to plant it in the other teams buckets
3. If an egg is left on the ground for a certain time, it becomes rotten and is removed or the home tribe can earn it back with a physical task.
4. There are zones that players can be tagged in and there are safety zones. Safety zones are coned off (or you can use a hoola hoop) in the other tribes homeland. When in a safety zone, you must complete a task (like 15 jumping jacks) – when those are done, you must leave the safety zone. There are only 3 people allowed in the safe zone at a time.



Teaching Suggestions:

1. To get kids into groups, in a line, have one kid step forward, the next step back – repeat
2. Explain how was this “Classic Game” CATCH-IFIED by offering more activity for all involved, no elimination and more tasks.
3. This is not a limited space game. Kids need a space to be able to run in. Can change size of space/ number of balls/buckets for different size and age groups.

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