Stick Flyer

There is no limit of players. You place two bricks 10 cm from anther and place the stick on them. Players are using another, longer stick to throw shorter stick on a bricks as far as possible. Person who gets the longest distance is the winner.

Age: 5 - ...

Place: outside on the field.

Equipment: 2 bricks, stick for throwing, and stick for flying

Rules: 1) Wait for your turn and don't interrupt others.



OUTDOOR SPORT AND RECREATION EDUCATION SUMMER SCHOOL 2012







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Catching (Ķeriņas)

Rules:

There is one lider and the other people must run away. The leader's tasks is to catch somebody. When he touch somebody, that person became a new leader.

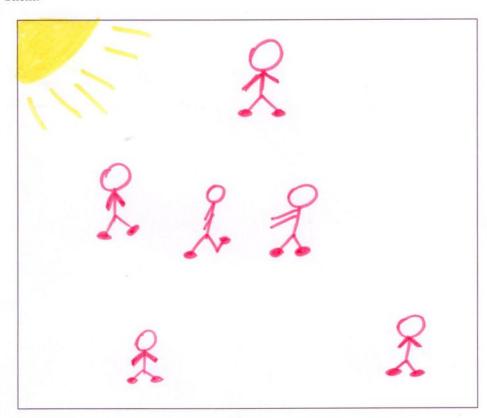
Age: 7<x

Place: outside, sports hall

Equipment:----

Modigication: People run on one leg

Shem:





LIVE YOUR LIFE



XX

Catching (Ķeriņas)

Rules:

There is one lider and the other people must run away. The leader's tasks is to catch somebody. When he touch somebody, that person became a new leader.

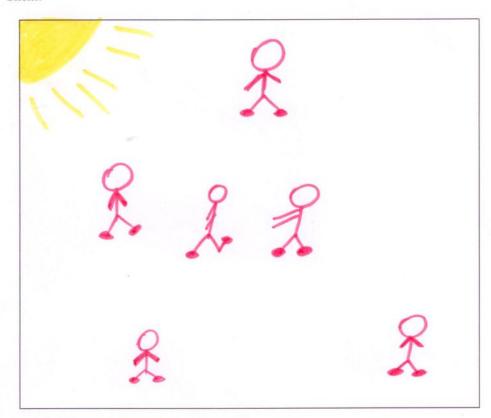
Age: 7<x

Place: outside, sports hall

Equipment:----

Modigication: People run on one leg

Shem:





LIVE YOUR LIFE



Last pair seperate (Pēdējais pāris šķirās)

Rules:

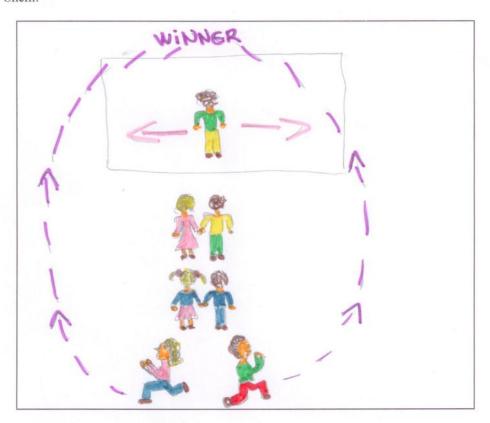
Players must stay in two line (in pair) boy and girl who hold a hands. The leader stay in back to the pairs in the square and he must say " last pair seperate" then last pair must run behind to leader. The person who is a leader must catch someone and if catch boy or girl, person who was catch make a new pair with the leader, person who stay alone is a new leader.

Age: 10<x

Place: outside or sport hall

Equpiment: -

Modification: The players can jump on right on left leg.



Hide "Tuck,- tuck" (Paslēpes ar Tuk tukiem)

Rules:

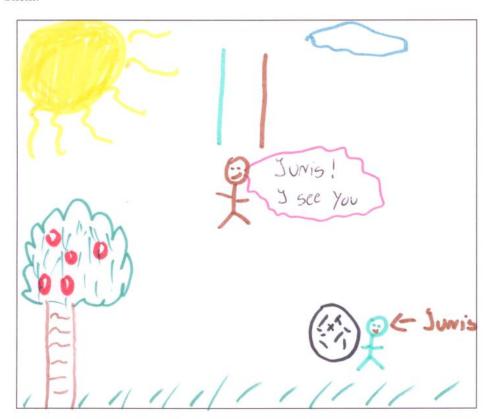
The game starts when in group choose one person who will bee a leader. The leader must stay back to the other, close eyes and start count to 50 and other people must hide in some place. When the leader end counting he must say " I'm looking". If he see somebody he must say name this person (I see Ana) and he must run fast to the counting place and say "Tuck, tuck Ana", buti f Ana will be firts in this place she must say " Tuck, Tuck for me". The leader need to find everyone.

Age: 10<x

Place: outside

Equipment: -

Modigication: people who hide can go to the counting places when they want.





Stone crash

(Akmeņu dzīšana)

Rules:

In this game people sit down in a one line and one person who is a leader stay in front of other and keep on the hand a small stone, the give the stone to someone but the other people didn't see who get a stone. In the next, leader must say ,, stone jump out'" and person who keep a stone must speed stand up and the person on his left and right side must stop him. In the next part of game the leader is person who had a stone.

Age: 6-12 years old

Place: everywhere

Equipment: one small stone

Modification: The lider choose to position (sitting or standing)





Rules:

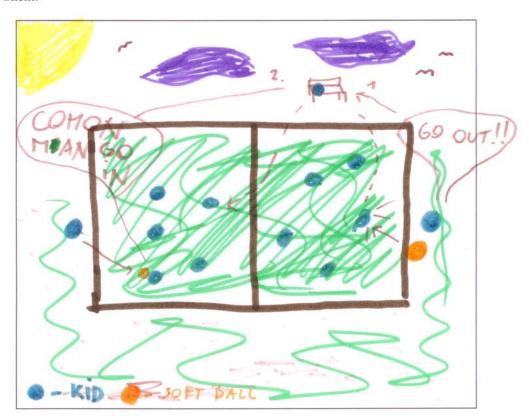
In this game people stay in square and one lider stay in one side and the secon leader stay in the other side the square. People who stay inside square run and leader must hit perason softly ball. Personwho was hit with the ball must go outside the square, but if person inside catch a ball he can choose one person who stay outside to come back.

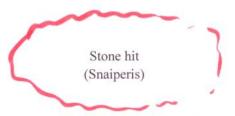
Age: 7<x

Place: sports hall and outside

Equipment: small soft ball

Modification: change throwing hands, smaller field and the biggest ball.





Rules:

People stay near the tree for example and try to hit it with a ball.

Age: 7<x

Place: outside

Equipment: small ball

Modifications: throwing hand, distance, close eyes.

Shem:



Life is FUN!

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