

Active Playground Stencil Kit



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Playground Stencil Instructions

The Thunder Bay District Health Unit is delighted to provide these playground game stencils to encourage physical activity. This kit includes stencils that were designed to be used as an outline for painting permanent asphalt games on outdoor surfaces.

Carefully follow the instructions below in order to make the best use of this resource.

Determine which stencil(s) you would like to use. There are eight to choose from:

Four Square: measuring 12 ft x 12 ft

Traditional Hopscotch (with Home): measuring 4 ft x 12 ft

Alphabet Hopscotch: measuring 7 ft x 7 ft

Swamp Hopscotch: measuring 7 ft x 7 ft

Fox & Geese: measuring 20.5 ft x 20.1 ft

Water-gility: measuring 15.3 ft x 7.3 ft

Hollywood: measuring 4.5 ft x 7.3 ft

Maze: measuring 15.3 ft x 15.3 ft

New York Hopping Game: measuring 4.5 ft x 3.4 ft

Instructions:

- Ensure that the dimension of the game(s) that you have chosen will fit in the chosen space.
- Ensure that the space you will be painting on is as clean as possible.
- Check the temperature. The spray paint provided works best at temperatures of 5 degrees above zero Celsius, or warmer. It is also best to choose a day with little wind.
- Lay out your chosen stencil as you want it to appear. Some stencils will require assembly. Lay down the pieces and use masking tape to hold the stencils together and to hold them securely to the surface you are painting on.

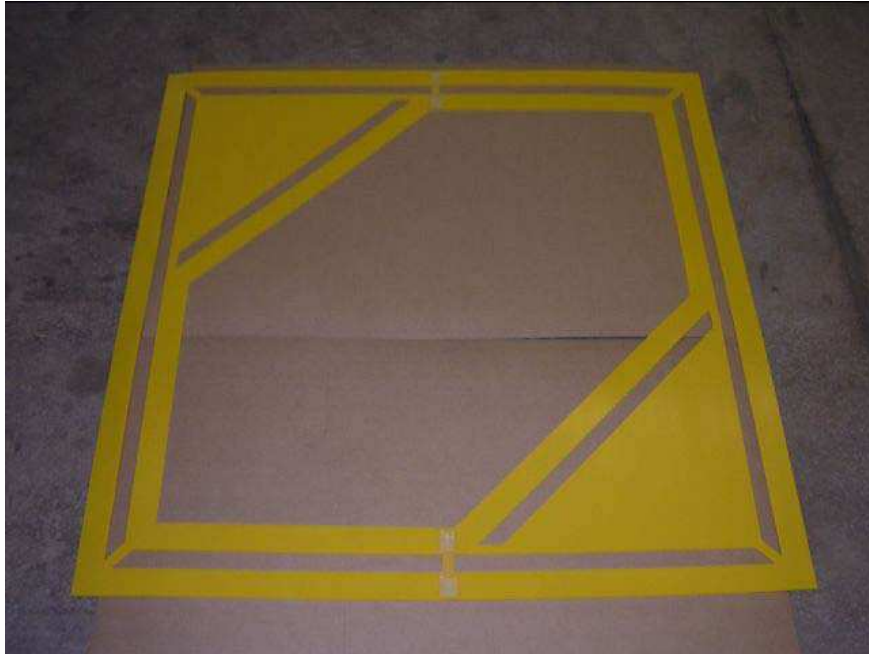
Note: The Four Square stencil will require additional planning. The stencil provided is one quadrant of four that are needed to create the game. The stencil will have to be painted once, lifted and lined up according to the diagram on page 3, painted again and repeated another two times.

- Follow all of the necessary safety precautions when using spray paint. Face masks, gloves, eye goggles and protective layers for shoes and clothes are recommended and not included in this lending kit. Carefully review the directions for use, safety precautions and first-aid information written on the can.
- Spray the paint in the open sections of the stencil. Two thin layers of paint are better than one thick coat. Allow the paint to dry between coats and before lifting the stencil.
**Important – Allow the cardboard stencils to dry before placing in the carrying bag!
Wash off the plastic stencils before the paint dries.**
- Remove any tape and place the stencil back in the carton that it came in.

Instructions for playing each game are included in the following pages.

Instructions and photos provided courtesy of Fast Line Striping Systems Manufacturing & Distribution, www.fastline.net

Four Square



(Photograph of stencil that must be painted four times as per the diagram on page 3)

HOW TO PLAY THE GAME

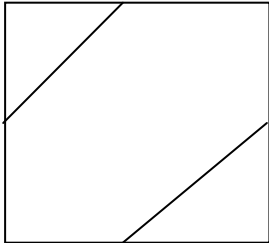
A basic layout of a simple large square divided into four smaller squares provides for a game that is endless in variation depending on the skills of the participants playing the game.

Indicated by the name of the game, this game involves four players, one for each square. The purpose of this game is to displace the player who plays from square 1 or the "King" position. This player is the one who begins the game by serving the ball from the back corner of his or her own square. This player has the choice of serving the ball into any of the other 3 squares, choosing to allow it to bounce or not to bounce in any square before the opposing participant hits the ball into another of participants' squares.

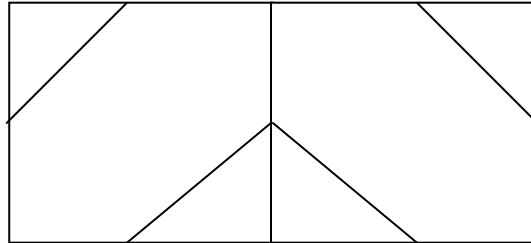
The nature of the game allows for many people to be able to play the game within a short period of time due to "misses" that may occur. "Misses" can occur when a player does not successfully hit the ball into one of their opponents' squares. For example, if they hit the ball out of bounds, meaning out of the square, or if they cause the ball to land on a line except on a serve. The person, who is responsible for the "miss," must exit the game and retreat back to the challenge line, thus allowing a new player into the game. When this occurs, the players rotate around the square. The newest player starts in square 4 and the person who was in square 2 is now playing from square 1, the "King" position, and has become the opponent to eliminate.

Diagram for Painting the Four Square Game

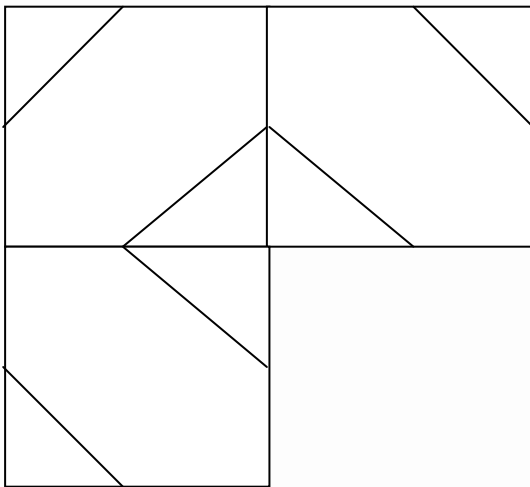
Step 1: Paint the top right quadrant.



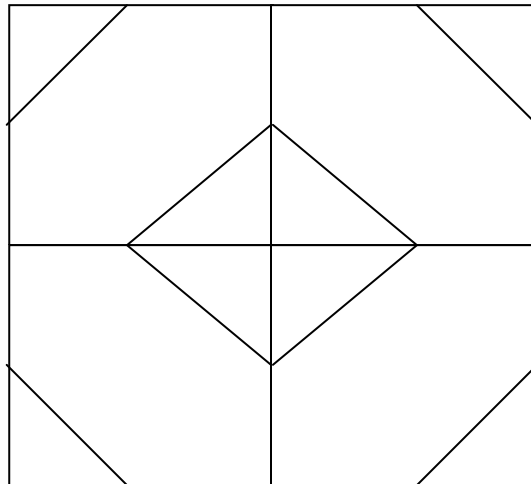
Step 2: Once quadrant 1 is dry, lift the stencil and flip horizontally to the right so the image will match the diagram below. Paint and let dry.



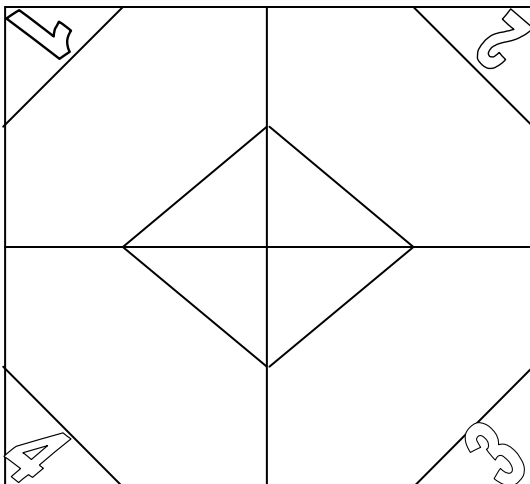
Step 3: Move the stencil from quadrant two to below quadrant one so that the lines match up to the diagram below. Paint and let dry.



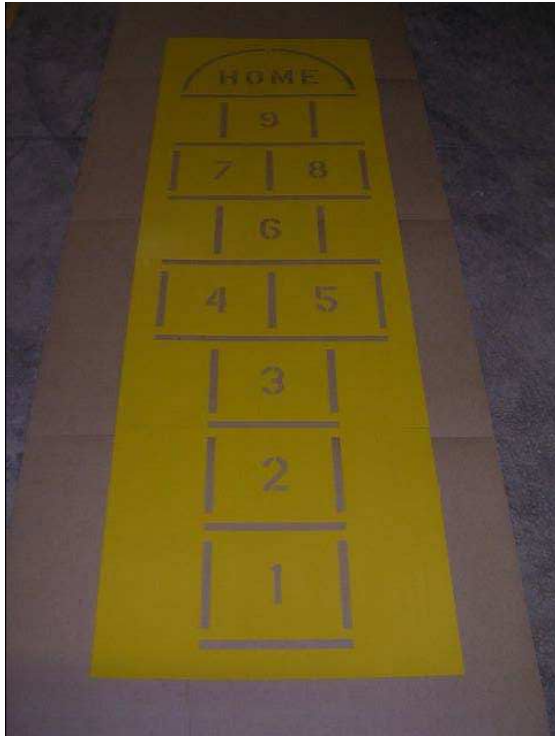
Step 4: Lift the stencil and flip horizontally to the right so that the lines match up as shown on the diagram below. Paint and let dry.



Step 5: Paint numbers from 1 to 4 in each corner.



Traditional Hopscotch (with Home)

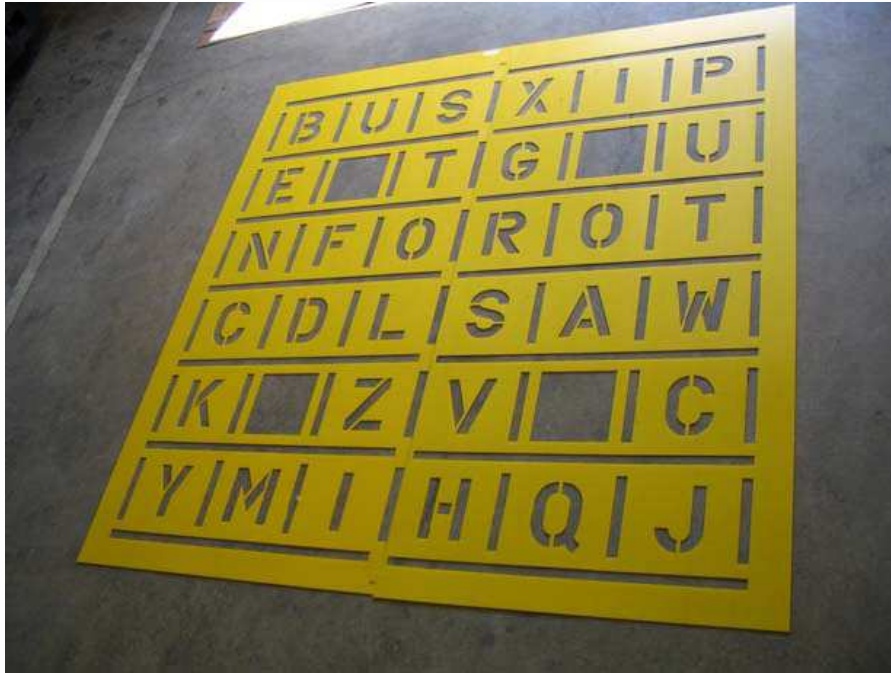


HOW TO PLAY THE GAME

This game is an original that everyone can enjoy. It is an excellent beginner game for young children as it allows them to learn how to jump on one foot, gain their balance, and recognize the order of elementary numbers. There are varieties of different designs that can be used for hopscotch and some variation of rules for different designs, making this basic school yard game challenging for children of various ages. Hopscotch is a game about throwing, hopping and not falling over!

An unlimited amount of children may play the game. Using a pebble or a small object as a marker, the first player will throw it into square 1. They must then jump over this square and proceed through the numbers until they reach the end where they have to turn around and hop back through the course. Remember when there are two numbers side by side, you can put both feet down at the same time! Once completing the course with your marker in position 1, you must throw your rock into square 2 and proceed just as before, however this time make sure you jump over square 2 as this is where your marker is. The player will then continue in this manner until he or she reaches the end or until this player either misses the appropriate square with the marker, or if their foot touches a line. If either of these things happens, the player loses their turn and the next player has a go. The first player to have successfully hopped all the way through the course is the winner!

Alphabet Hopscotch



HOW TO PLAY THE GAME

This is a playground game that can be used to assist children in using their alphabet. It can be played in one of two ways. The first and most common way of playing this game is to jump from A to B, B to C, C to D, and so on without touching any of the lines until reaching the end of the alphabet. This way could be more challenging for younger children as some of the letters could be placed quite a distance from one another and some may not be able to jump that distance!

The second way that can be used to play this game is to spell names, places or things by jumping to each letter. This way can be played by anyone as the difficulty of the words can increase or decrease depending on the ages of the children playing.

Swamp Hopscotch



HOW TO PLAY THE GAME

This game involves a lot of activity and even more imagination. This being "Swamp" Hopscotch, players should imagine themselves in a swamp setting, somewhere wet, hot and humid. The swamp area is in the middle of the court and the lines separating the squares are swampy waters, which can be infested with frogs, leeches and even crocodiles! The many squares numbered from 1 to 14 are the dry patches of land on which players are supposed to remain upon in order to maneuver through the swamp.

The game begins with players starting in square 1 and each player must hop on one foot through the numbers until they reach 14. If they can complete this successfully, players are then to jump backwards on one foot through the numbers until they reach 1. However, as tired as players may be, this is not the end of the game! Players must now jump all the way back to the 14 square but this time they must only jump on odd numbers, until the third time, when they must jump on only the even numbers. This game can be made more difficult by changing up the sequence of numbers that must be hopped on! Make sure not to jump on those lines or fall into the swamp, or else you might be out of the game!

Fox and Geese



HOW TO PLAY THE GAME

The object of Fox and Geese is to be the first goose to make it to the hen house (inner circle) without getting tagged by the fox. This person then becomes the fox for the next round of play.

First, choose a player to be the fox. The fox stands in the hen house and the other players are geese, who stand at various places along the outside circle. To start the game, the fox calls out, "Geese, geese, gannio! How many geese have you today?" The geese reply, "More than you can catch and carry away!" The geese then run around the outside of the circle or on the spokes while the fox chases them. The geese try to make it to the hen house without getting tagged by the fox. The first goose to make it to the hen house without getting tagged becomes the fox in the next round.

This game can also be played with all the geese starting at the hen house and running from there. When the fox tags a goose, the goose must wait in the hen house until all the geese are tagged. The last goose tagged is the fox for the next round. Encourage the players to come up with their own rules and game variations.

Painting Instructions:

There are 16 pieces with this game. When laying it out, begin with the centre piece labelled #1. From there, work your way out starting with the upper left hand corner piece labelled #2 and so on. The last piece, which is the fox, can be placed wherever you prefer.

Water-gility



HOW TO PLAY THE GAME

This game is a simple race. Two children race at the same time, each running on two rows of seeds. Each child must step in every seed in their two rows from one side of the watermelon to the other. The first to reach the other side is the winner. Children benefit from agility and co-ordination as they navigate and step on each seed. Watching the children race is similar to football players doing a high knee exercise through a row of tires.

Another way to play this game is to have each child run one way, turn around and return to the other side.

Painting Instructions:

There are 12 pieces with this game. When laying it out, begin with the upper left hand corner piece labelled #1. From there, work your way across the top and fill in the outer pieces first. Next, fill in the middle of the game with the remaining four pieces.

Hollywood



HOW TO PLAY THE GAME

The object of the game is to jump in numerical sequence from 1 to 9 and then, finally, to Hollywood. Each child will start on the Start square and begin the sequence.

- From 1-2: Big hop (and land facing Hollywood)
- From 2-3: Spin and jump to land in space 3 away from Hollywood
- From 3-4: Spin and another big hop to land in space 4 facing Hollywood
- From 4-5: Spin again for a small hop to land in the centre
- From 5-6: Spin to face square 6 and a small hop to land in square 6
- From 6-7: Another spin and a big jump to land in space 7
(most difficult as the player has to spin 180 degrees)
- From 7-8: Same as 4-5
- From 8-9: Same as 1 – 2 or 3 – 4.

Depending on the skill, agility and strength of the players, they could also try hopping on one foot or timing how long it takes to get through the game.

Maze



HOW TO PLAY THE GAME

The object of the game is to finish negotiating the maze before your opponent. One player starts the game inside the maze in the centre. The other player starts at the outside entrance to the maze. Players have to move quickly to get in or out.

Players could also try hopping on one foot, hopping on two feet, walking on all fours, skipping or crab walking through the maze.

Painting Instructions:

There are 16 pieces with this game. When laying it out, begin with the centre piece labelled #1. From there, place the next three inner pieces. Then, start with the upper left hand corner piece labelled #5 and work your way around the outer edges.

New York Hopping Game



HOW TO PLAY THE GAME

With New York hopscotch, there are 10 squares drawn in three rows of three, with space around each square. The top square is #10 and the other nine are numbered in any order around the perimeter.

A player must throw a marker into square # 1, and then hop from squares 2 to 10 in order. The player then stretches to grab the marker on square # 1. The player then tosses the marker to square # 2 and hops down from 10 to space # 1. The player then grabs the marker and tosses to square #3, hops from 2 to 10 and then stretches for the marker. Repeat for all numbered squares.