

## No-Touch Outdoor Games

Items needed include some way to mark 2m spacing (rope with a knot every 2 m, spray painted ground, hula hoops), buckets (one for each athlete), balls (many), chalk

- Scavenger Hunt Challenges
  - Each athlete gets same list but could send them to do/ collect in a different order if crowding is a concern
  - Examples of items to bring back:
    - Something yellow/ red..
    - A round rock
    - A stick with lichen on it
    - A long narrow leaf
    - A fairy wand\
    - A chewed leaf
    - An interesting piece of bark
    - A seedpod or nut
    - 4 different shaped leaves
    - A crown or hat for a frog
    - A sunset coloured leaf
  - Examples of challenges to do:
    - Run around 3 trees
    - Balance along a playground edge or log
    - Throw a rock or cone into a bucket
    - Jump rope 10 times
    - 2 attempts at best hand stand
    - Kick ball across a distance and back again
- Hide and Seek
  - Start and then safe again when on personal 'spot' (mark on rope, hoola hoop...spaced 2 m apart)
  - All athletes except the seeker find and hide in a designated forested area
  - If SEEN by seeker, and identified then caught. Ex. "I see Sally behind the big rock"
- Throw and Go
  - Each athlete has to throw a ball or rock or cone (or 2 or 3) into a bucket from a marked line. One they are all in then they run around a designated loop
- Follow the leader
  - Start by having a coach lead the spaced out group then allow for demonstrated athlete leaders to take turns
  - Examples include:
    - Hop like a frog
    - Walk backwards
    - Leap up
    - Skip
    - Twirl
- Simon (or Sally) says
- Rock/ Paper/ Scissors
  - Space athletes out in a line of at least 2 m apart

- Athletes pair up with person in front or behind and play rock paper scissors
- Winner moves up on line (goes out and around to get to spot) and loser stays in place or moves down.
- Race you!
  - 2 athletes or more pair off to race to a marked distance while staying in their 'lane' 2m apart
  - Add on: Coach will yell out a random challenge part way through race that must be completed before finishing race. Ex. 2 push ups, hop on one foot till end, spin around 2 times...
- Freeze punk!
  - Coach plays or sings music (use phone) facing away from athletes while athletes dance on the spot
  - When music stops they have to freeze
  - If coach turns around and catches anyone moving, they sit out till next round
  - Points for craziest dancing
- Chalk Challenge
  - Let kids create their own challenges using chalk that follows a path they have created on pavement
  - Athletes can then try out other ones
- Soccer bowl
  - Use filled up water bottles as pins and challenge athletes to knock them down from a far distance (throw or kick)
  - Coach is only one who touches 'pins' and puts them upright
  - Athletes are in charge of retrieving their ball
- All aboard Pirates!
  - Coach calls out a variety of pirate things to do. Fastest or most believable ship mate can then call out the next round
    - "Scrub the deck" on hands and knees scrubbing
    - "Climb the rigging" pretend to climb rope
    - "Captain's crook" "be sick"
    - "Captain aboard" salute and shout 'aye aye captain'
    - "Peg leg" hop on one leg
- Sweep up
  - Coach has long rope in middle and athletes stand around in wide circle (spaced) but close enough that they have to jump over the rope as it comes by along the ground, swinging in a circle
- Fill the bucket
  - Each athlete brings 1 item at a time to their own bucket and it's a race to fill it.
  - Items to fill bucket with:
    - Water, one cup at a time from a river/ pond...
    - Sticks
    - Rocks
    - Balls
    - Leaves
- Water balloon Biathlon
  - Set up a series stations of buckets filled with water balloons
  - Space corresponding garbage cans at each station dependant on age
  - Plan a ski course and penalty loop

- No Touch Orienteering
  - Set up an orienteering course with flags
  - At each station, have different coloured flagging tape pieces attached to a rope suspended from a rope strung between two trees.
  - On your orienteering map, label each station with the corresponding flagging tape colour.
  - Athletes need to collect one piece of flagging tape for each station.