

Games for XC Skiing

- ❑ Tag
- ❑ Frozen Tag
- ❑ Amoeba Tag
 - one person is 'it', they tag someone and are partnered with them
 - the pair then tag someone else and they join to make a group of 3
 - the group of 3 tags a 4th person and then the group of 4 divides into 2 groups of 2
 - each group of 2 tags people until they each get to 4 and then those groups divide into 2 groups of 2
 - keep going until everyone is tagged
- ❑ Group Tag
 - one person is 'it', each time they tag someone they join on the group
 - the entire group is 'it'
 - keep going until everyone is tagged
- ❑ Octopus / Polar Bears on the Ice
 - this is like Dodge Ball with people
 - there are two lines of safety and one person who is 'it'
 - the group of people skis from one safety line to the other (when they are called) while the person who is 'it' tries to tag them between the two lines
 - anyone who is tagged is frozen to the ice but can tag anyone who runs by
 - the group (when called) continues to ski from one safety line to the next until everyone is tagged
- ❑ Red Light, Green Light on hills
- ❑ What Time is it Mr. Wolf?
- ❑ Soccer
 - you'll need one ball and two goals
 - have the students take one ski off to play
- ❑ Relay Races
 - downhill races
 - 3-legged races
 - take one ski off and put all the skis a certain distance away, have students races to their ski, put on their ski, and race back
- ❑ Action Songs while moving
 - Head and Shoulders, Knees and Toes
 - Singin' In the Rain
- ❑ Simon Says
- ❑ Numbers
 - call out a number and the kids have to get into a group of that number
 - anyone not in a group of the number called is out and gets to watch the rest
- ❑ Damsels, Knights and Horses
 - have students pair up and form a circle
 - one student is on hands and knees between the legs of the other student
 - call out 'Damsels' and the student on all 4's gets up, runs around the circle (in the same direction), when they get back to their partner they jump into their partner's arms
 - partners switch so the runner stands still and the standee runs
 - call out 'Knights', students run around the circle to their partner and sit on partner's knee
 - switch

- call out ‘Horses’, students run around the circle to their partner and jump on partner’s back
- now that everyone knows the actions, play so that the last ones back are out
- no body checking, hair pulling, or biting
- ❑ Soccer
 - you’ll need one ball and two goals
- ❑ Relay Races
 - 3-legged races
 - Dizzy Lizzy
- ❑ Huckle Buckle
 - have the kids pair up and line them up facing each other
 - call out “Huckle Buckle...(name 2 body parts - eg. hand to knee)
 - each partner puts their hand to their partners knee
 - hold the pose until it’s decided who the last
 - last couple is out and they can help judge other couples who should be out
 - keep calling out body bits
 - it’s amusing to see who’s the quickest
- ❑ Predator
 - one person is ‘it’ and must remain within a small circle in the middle of a boundaried area – they are the Predator
 - within the boundaries, everyone else will go and hide while the ‘predator’ sleeps (counts to 30 out loud)
 - the predator awakens and ‘hunts’ for the prey from within the circle
 - the predator looks for colours of clothing or calls out the names of the people that they see (no guessing, they have to see the ‘prey’)
 - an adult or the guide can help eliminate the guessing by checking out each ‘sighting’ and saying “yes” or “no”
 - the people who are caught come into the predator’s circle **BUT** are not allowed to say where others are hidden because that’s not fair (yet)
 - when the predator can’t find anymore prey then he/she and all the caught prey will go to sleep and count to 20
 - everyone else will try to move closer
 - the object is for the prey to be as close to the predator as possible without getting caught by the end of the game
 - each time the predators sleep, reduce the number to count
 - **note:** the prey do not have to move if they feel they have a great spot to hide
- ❑ Owls and Crows
 - divide the kids into two groups and line them up facing each other about a meter apart
 - one team is Owls and one team is Crows
 - Owls are wise and like truths and whenever they hear a truth they chase the Crows
 - Crows are mischievous and like untruths and whenever they hear a lie they chase the Owls
 - each team has a line of safety to get behind before they are tagged by the other team
 - if individuals are tagged by the opposing team, they join the opposite team
 - the instructor calls out statements that may or may not be true (the group can decide)
 - if the statement is true, the Owls chase the Crows and try to tag as many as possible before they all get across the safety line and vice versa
 - the object is to get everyone onto your team
- ❑ Wizards, Giants and Dwarves
 - a variation on Owls and Crows – same set up – two teams, two safety lines, etc.
 - create an action for Wizards, Giants and Dwarves

- Wizards beat Giants, Giants beat Dwarves, and Dwarves beat Wizards (it doesn't matter whether you remember the order of who beats who or not)
 - give each team a minute to decide (in secret) what action their team is going to do (adults may have to help with this process)
 - on the count of 3 each team does their action and the winners chase the other team and try to tag them
 - all those who were tagged join the opposing team
 - go again
 - object is to try and get everyone onto your team
- Battleship / Shipwreck
- create an area with a ship, a shore, port and starboard
 - create actions for climb the rigging, captain's comin', hit the deck, captain's daughter's comin', swab the deck, etc (make some up)
 - start calling out the directions or actions