

By John Byl

Please share your ideas with us.

CAHPERD has made *Weird, Wacky and Wonderful – Ideas to Play With* a regular feature of the *PHE Journal*.

If you have ideas that you think should be published, please send them to the Editor at info@cahperd.ca.

Tarp Games

Tarps are strong, versatile, relatively inexpensive, and can be used for a variety of games, including parachute games where the tarp replaces the parachute. Use them for warm-ups, volleyball, mind games, and other fun games that you modify and create.

Warm-ups

Under-Frog

Get two (or more) tarps. One group holds their tarp high while the other group(s) runs underneath while holding their own tarp. Once the group is through, they hold up their tarp and the other group(s) goes beneath their tarp. This is a great game for outdoors, and can also be played in a gym (just be careful the teams do not run into a wall while going underneath a tarp.)

Group Sit-ups

Players sit on the ground holding the tarp. One side leans back to the ground and then returns with a sit-up, the other side gently lets the other side go back and then helps them come up. Each side of the tarp takes a turn and continues in a wave like action.

Lean On Me

This game is performed similarly to Group Sit-ups, but everyone starts in a standing position. Players lean back a little and the other side pulls them up. The group continues in a wave like motion circling the tarp.

Volleyball

Blind Volleyball

Place a tarp over a volleyball net so that players cannot see the other team. Play as with regular volleyball rules, but no balls may be hit in a downward direction (no overhead serves or spikes). Players will soon learn that surprise is important to gaining an advantage and will make low passes on their side so that the other team does not know where the ball will cross the net (tarp).

Scoop and Pass Volleyball

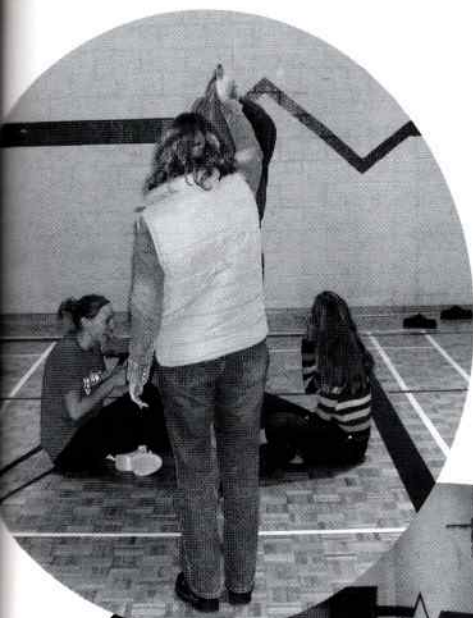
Two teams are each given a tarp. Play begins with one team having the ball on their tarp. They have one opportunity to flip the ball over the net and try and land it on their opponent's court (failure to do so results in a point for the other team). The other team tries to catch the ball in their tarp (failure to do so results in a point for the other team). From where the other team catches the ball, they must return the ball over the net. For added fun try different ball sizes.



Mind Games

Whose Who?

Two teams sit down on either side of a tarp being held by two officials. Each team picks a player to represent their team. The two players selected sit facing each other divided by the tarp. When both players are ready, the officials drop the net and the first player to say the other player's name gains a point for their team. Play until 10 points has been reached. This is a great game for the beginning of the year when people are getting to know each other's names, but equally fun even when everybody knows each other's names.



Quick Sand

Mark out a grid on a tarp using duct tape or markers. Mark out a pattern on a piece of paper. The object is for a group of players to find the pathway across the quick sand. Players line up in a line behind the tarp. One player stands on one of the squares at the edge of the tarp. If the square is not one of the squares on the pathway (marked with an X), then the referee with the quest sheet says, "Squish." That player then goes to the end of the line and the next person on the team goes to a different square. When a player stands on a square marked with an X the referee says nothing and the player knows that she is on the pathway. This player continues advancing across the quicksand until she/he stands in it (at this point the player goes to the back of the line and the next player goes. Play continues until everyone crosses the quicksand.

A few rules: only one player on the tarp at any given time and no markers (shoes) may be used on the quicksand (they would sink anyways).



John Byl is a Professor of Physical Education at Redeemer University College, President of CIRA-Ontario, a Director of CIRA, and enthusiast of games. He is also the author of two brand new resources: *Intramural Recreation – A Step-by-Step Guide to Creating an Effective Program* and *Co-Ed Recreational Games*. (Available through CAHPERD).