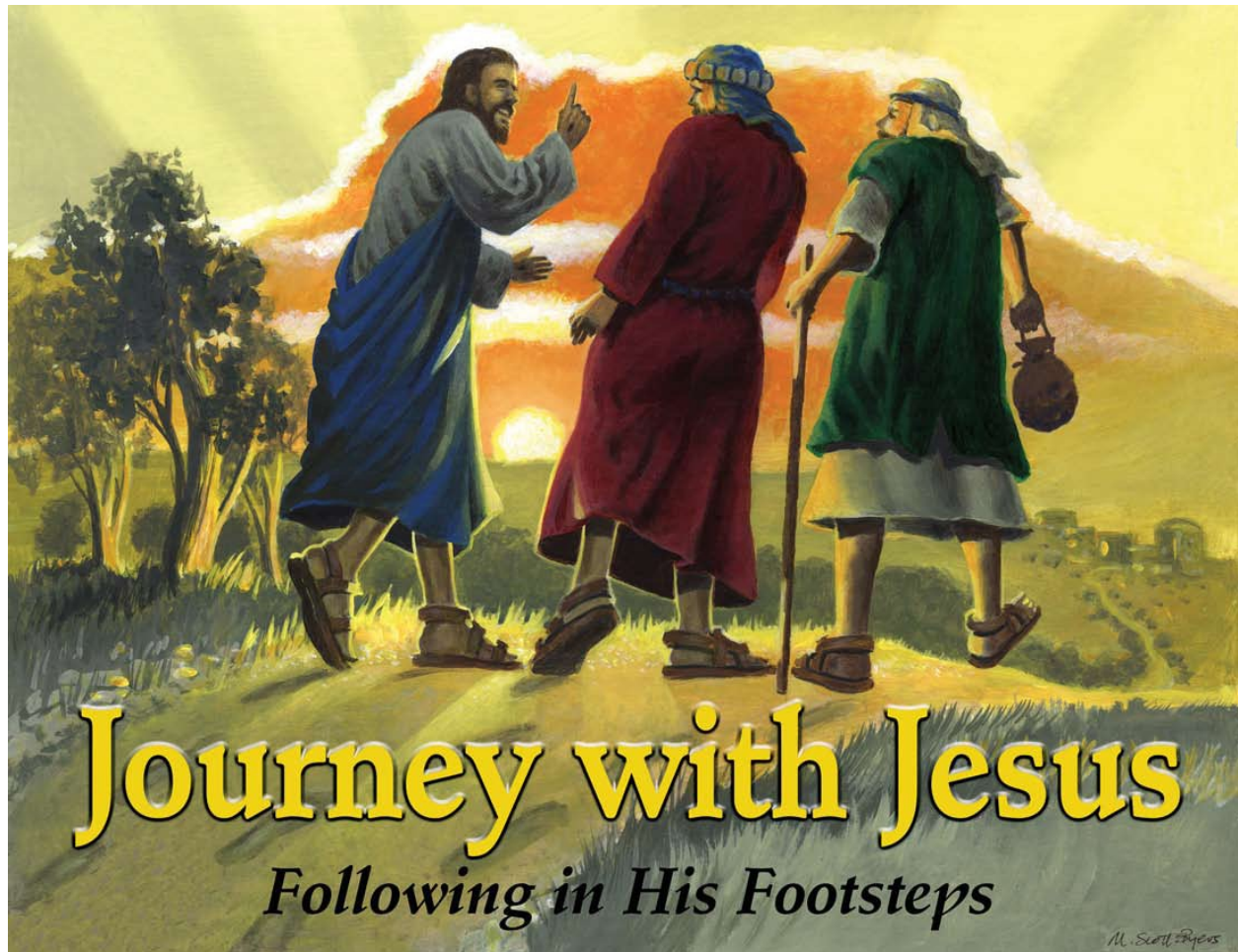


Vacation Bible School

Pick up Your Feet

**Recreation Ideas for Children
and
Early Childhood—Older Years**



Jana Cummings wrote the material for the Children's Recreation. Debbie Bertrand simplified the games for Early Childhood—Older Years.

Session 1

For Younger, Middle, and Older Children (Entering Second Through Seventh Grades)

The Big Frizz

Bible Story: Jesus Teaches Us to Be a Friend: *The Four Friends* (Luke 5:17-26)

Goal: To work together as a team to retrieve as many Frisbees® (flying discs) as possible in the allotted time and learn that the four friends worked together to bring a crippled friend to Jesus

Resources needed: Hula hoops (1 per team, different colors if possible); flying discs (25 per team, 10-12 children per team); masking tape; permanent marker; whistle

Preparation: Place a piece of masking tape on the discs. With a permanent marker, label twenty-five discs with the number "1." Label twenty-five discs with the number "2." If more than two teams are playing simultaneously, label twenty-five more discs for each team playing at one time. Each team will also be assigned a hula hoop (different colors if possible). Scatter the hoops and discs around the recreation area (inside or outside). For younger children, the discs may be a little closer to the hoops but place a few of them further out to make it challenging.

Guide the activity:

1. Decide how much time each game will be allotted. Four minutes is the suggested time for each game.
2. Divide the children into two or more teams (10-12 children per team). Assign each team a number (1, 2, 3, etc) and a color of hoop. Make sure each team knows their team number and which hoop belongs to their team.
3. Choose a child from each team to be the "catcher." Ask the children to sit down as you explain the rules.
4. Explain the rules for the game:
 - a. The disc may be thrown in any direction by completing a pass to a team member. The team members must decide how best to get a disc to the catcher. Remind them to work one disc at a time, possibly starting with the closest discs first. The teams may have to form a line to pass the disc from one team member to the next in order to get it to the catcher. Emphasize working together as a team like *The Four Friends*!
 - b. The catcher stands with one foot in the hoop and one foot outside the hoop. The catcher must catch the discs as the team members throw them. The catcher may move around as long as one foot is in the hoop and one foot is on the outside of the hoop.
 - c. After a team member catches a disc, the team member must come to a complete stop. The player may only take one step to throw the disc to the next team member or to the catcher.
 - d. A point is scored when the team "catcher" receives a disc (with the appropriate team number) from a team member. Teachers should be assigned to watch each team's hoop.
 - e. Play continues until time is called and points are counted. Of course, don't emphasize winning as much as working together as a team.
5. After explaining the rules, spread the children all over the playing field and blow a whistle to begin. Watch as the fun begins!

Session 1

Simplified version for Early Childhood—Older Years (Entering Kindergarten and First Grade)

The Big Frizz

Bible Story: Jesus Teaches Us to Be a Friend: *The Four Friends* (Luke 5:17-20, 24b-26)

Goal: To work together as a team to retrieve as many Frisbees® (flying discs) as possible in the allotted time and learn that the four friends worked together to bring their crippled friend to Jesus

Resources needed: Hula hoops (1 per team, different colors if possible); flying discs (10 per team, 5-6 children per team); large tubs or laundry baskets (to hold discs, 1 per team); 9" x 12" construction paper (colors that match hoops, 1 piece per hoop); marker; whistle

Preparation: Write large numbers (1, 2, 3, etc) on the pieces of construction paper and tape the paper in the middle of the hoop (colors should match) if inside or place small rocks or something heavy to hold down the paper if playing outside. Place the hoops and discs around the recreation area (inside or outside).

Guide the activity:

1. Divide the children into two or more teams (5-6 children per team). Assign each team a color of hoop. Line the children up behind their hoop. Place the basket of discs at the end of the line (behind the last child).
2. Choose a child to be the "catcher." The catcher stands inside the hoop. The catcher must receive the discs as the team members pass them. Tell all the children to sit where they are and listen to the rules of the game.
3. Explain the rules for the game:
 - a. The last child in line will pick a disc from the basket and pass it overhead to the next child in line. The disc continues up the line until it reaches the catcher. The catcher lays it down inside the hoop. After the catcher has laid the disc down, the last child runs to the front of the line. Then, the last child begins the process over until all the discs are in the hoop. When all the discs are out of the basket and inside the hoop, the team will sit down to signal they are finished. Wait for all the teams to finish.
4. After explaining the rules of the game, blow a whistle for the teams to begin the game. Emphasize working together as a team like *The Four Friends*!

Session 2
For Younger, Middle, and Older Children
(Entering Second through Seventh Grades)

Noodle Ball

Bible Story: Jesus Teaches Us About Caring for Others: *The Good Samaritan* (Luke 10:25-37)

Goal: To work together as a team to score goals and learn that we must always be good kind to each other

Resources needed: Pool noodles (1 per child, cut in half); trash can or bucket (large); goals (2 soccer or hockey goals or cones placed on either end of playing field to form a goal or masking tape (if playing inside) or field paint (if playing outside); ball (1 soft, size of volleyball); stop watch or timer; whistle

Preparation: Set up goals on the playing field using any of the options above. Place noodles in a large trash can or bucket. Draw or tape out of bound lines down the sides of the playing field if needed.

Guide the activity:

1. Divide the children into two teams (about 10-12 children per team). Choose one child from each team to be the goalie. Ask the children to sit down and listen to the rules.
2. Explain the game rules:
 - a. Only the noodle may touch the ball to move it forward towards the goal. The goalie also uses a noodle to defend their goal.
 - b. Children may pass the ball from team member to team member in order to move it along the playing field.
 - c. The opposing team will attempt to change the direction of the ball towards their goal.
 - d. A goal is scored when the ball crosses the goal line.
 - e. If the ball goes out of bounds, the facilitator will place the ball back in bounds at the spot where it went out.
 - f. Noodle infractions include: hitting other people and using hands or feet rather than the noodle. A "time out" area may be set up for breaking the rules.
 - g. While scoring is the goal of the game, the team who demonstrates the most "neighborly play," earns ten extra points at the end of each game.
 - h. Ask the children to stand and line up in the middle of the field, facing their goal. Allow the goalie to take his or her position. Blow a whistle to signal the beginning of the game. Set a timer or stop watch before starting the game. When the allotted time is over, blow the whistle to stop the game.
3. Tell the children that a whistle will blow to begin and end the game.
4. When the game is over, ask the children to bring the noodles and place them in the trashcan or bucket. Remind them that everyone needs to do their part to clean up.

Session 2
Simplified version for Early Childhood—Older Years
(Entering Kindergarten and First Grade)

Noodle Ball

Bible Story: Jesus Teaches Us About Caring for Others: *The Good Samaritan* (Luke 10:25-37)

Goal: To work together as a team to score goals and learn that we must always be good kind to each other

Resources needed: Pool noodles (1-2); trashcan or bucket (medium-size); balls (2-4 soft, size of volleyball); masking tape or field paint; whistle

Preparation: Cut the noodles in half. Place them in a trashcan or bucket. Create long rows (about 3' wide by 12' long) on the playing field with masking tape (inside) or field paint (outside). Tape or paint a line at the end of the rows for the goal line.

Guide the activity:

1. Divide the children into teams (5-6 per team). Place the teams in the rows. Tell them to sit down as you explain the rules.
2. Explain the rules:
 - a. Only the noodle may touch the ball.
 - b. A goal is scored when the ball crosses the goal line.
 - c. After scoring the goal, the child will bring back the ball to the start line for the next child.
 - d. Noodle infractions include: hitting other people and using hands or feet rather than the noodle. A "time out" area may be set up for breaking the rules.
 - e. A whistle will blow to signal the start time.
3. Ask the children to stand up. Give the first child in each row a noodle. Place the ball on the floor in front of the child. Remind the child not to touch the ball until the whistle blows.
4. Signal "start" by blowing the whistle. When all the teams have rolled the ball over the goal line, ask the children to sit. Play again if time allows. The children need ample time to exercise their bodies!
5. When recreation time is over, ask one child from each team to bring the noodles and ball to you.
6. Thank the children for following the rules!

Session 3
For Younger, Middle, and Older Children
(Entering Second through Seventh Grades)

Grid-Lock

Bible Story: Jesus Teaches Us About Loving Others: *Zacchaeus* (Luke 19:1-10)

Goal: To figure out the "grid-lock" pattern and weave through a maze from "start" to "finish" and learn that Zacchaeus found a way to see Jesus

Resources needed: **Resource Item 1: Grid Lock Diagram;** 8 ½" x 11" white copy paper or cardstock; masking tape (if playing inside) or field paint (if playing outside)

Preparation: Copy the grid-lock diagram on white copy paper or cardstock. Tape or paint a grid on the floor or ground that is five columns by five rows, with each square being one foot by one foot. If more than ten to fifteen children are playing at one time, you will need extra grids so that each child is not waiting a long time to play. Extra grid-lock diagrams will be needed, also.

Guide the activity:

1. Line the children around the outside of the grid. Remind them to watch as the other children attempt to solve the "grid-lock."
2. Children will start, one at a time, attempting to complete the maze. Each square is only used one time. Children may move forward, backward, or diagonal, but may not skip over any squares.
3. Using the **Grid Lock Pattern (Resource Item 1)**, the teacher will let the child know if the square choice is correct or not. If the square is correct, the child may proceed to another square until the child chooses a square that is not correct (according to the pattern). When the child makes an incorrect choice, he or she returns to the back of the line. The next child in line proceeds along the path previously taken by the first child. The child continues to choose squares. The child continues until a wrong choice is made. Continue playing the game until the maze has been correctly walked according to the pattern and a child crosses the finish line.
4. At the end of the game, tell the children that the crowds were in "grid-lock" when Jesus came to town. Zacchaeus had to find a way to see Jesus. He decided to climb a tree! Compliment the children on the way they listened and followed directions.

Session 3

Simplified version for Early Childhood—Older Years (Entering Kindergarten and First Grade)

Weave Through an Obstacle Course

Bible Story: Jesus Teaches Us About Loving Others: *Zacchaeus* (Luke 19:1-10)

Goal: To have fun weaving through an obstacle course and learn that Zacchaeus found a way to see Jesus—he climbed a tree

Resources: Cones (6-8); masking tape or field paint; small basketball hoop, tub or laundry basket; ball (small and soft); whistle

Preparation: Lay out an obstacle course on the floor or outside in the grass. Use the cones, masking tape or field paint to map out the course. Place a small basketball hoop, round tub, or laundry basket at the end of the course. Make a line about two to three feet from the hoop or basket. Make the course as challenging as possible.

Guide the activity:

1. Line the children up behind the starting point of the obstacle course. Ask the children to sit down as the rules are explained.
2. Explain the rules:
 - a. Walk or run through the obstacle course carrying the ball.
 - b. At the end of the course, throw the ball through the hoop or into the tub or laundry basket from the designated line on the floor or ground. Show the children the line on the floor.
 - c. The other children must wait for the whistle to blow before going through the course. Only one child at a time will go through the course.
 - d. Tell the first child to listen for the whistle or bell to begin.
3. Ask the first child to stand up. Give the child the ball. Blow the whistle for the first child to begin. Allow each child to finish the course before starting the next child. Allow each child to go through the obstacle course.
4. Tell them that Zacchaeus had to find a way to see Jesus. He finally decided to climb a tree!

Session 4

For Younger, Middle, and Older Children (Entering Second through Seventh Grades)

Stone Roll

Bible Story: Jesus Loves Us: *The Resurrection* (Matthew 28:1-12; Mark 16:1-11; John 20:1-18; Luke 24:1-12)

Goal: To work together as a team to roll the "stone" down the playing area across the goal line and to remind them that the stone was rolled away and Jesus was alive

Resources needed: Large rubber ball (about 3' diameter); 4 cones; masking tape or field paint; whistle

Preparation: Set two cones on one side of the playing area to form a goal line. Set the other two cones on the opposite side to form another goal line. Mark the center of the field with masking tape or field paint.

Guide the activity:

1. Divide the children into two teams (10-12 per team). Assign each team a goal. Have them sit down while you explain the rules.
2. Explain the rules:
 - a. The goal of the game is to get the ball past the team's goal line. The team must push the ball against the opposing team towards their goal. The ball begins at center field.
 - b. A point is scored when a team pushes the ball across the team's goal line.
 - c. There are no goalies for this game. Everyone is on the field at the same time.
 - d. If the ball goes out of bounds, the game starts over at center field or court.
 - e. A teacher will keep score as the teams score goals.
 - f. At the end of the allotted time, a whistle will blow to signal "stop."
3. Instruct the children to go the middle of the field or gym floor. No one should touch the ball. When the whistle blows, pushing the ball begins!
4. At the end of the allotted time, blow the whistle to stop. Ask the children to leave the playing field and line up with their teacher.

Session 4

Simplified version for Early Childhood—Older Years (Entering Kindergarten and First Grade)

Stone Roll Relay

Bible Story: Jesus Loves Us: *A Happy Day* (Luke 24:1-12)

Goal: To work together as a team to roll the "stone" down the playing area across the goal line and to remind them that the stone was rolled away and Jesus was alive

Resources needed: Rubber kick-balls (2-4); masking tape or field paint; whistle

Preparation: Use the masking tape or field paint to mark a beginning and ending line for the game. Make the rolling area approximately ten to twelve feet long.

Guide the activity:

1. Divide the children into teams (5-6 per team). Place the children behind the starting line and have them sit down to listen to the rules
2. Explain the rules:
 - a. The first child rolls the ball down to the finish line and back to the starting line. The child goes to the back of the line and sits down.
 - b. Then, the next child rolls the ball down and back. The game continues until all the children have rolled the ball and are sitting down.
 - c. All the teams will do the relay at the same time. They must wait for the whistle to blow to begin.
3. Allow all the teams to finish. Praise all the teams for running fast and rolling the "stone."
4. Do the relay as many times as you can in the allotted time. Children need to take part in physical activity as much as possible.

Session 5
For Younger, Middle, and Older Children
(Entering Grades 2, 3, 4, 5, 6, 7)

Palestine Partner Kickball

Bible Story: Jesus Teaches Us to Tell Others About Him: *Go and Tell Others* (Matthew 28:16-20; Luke 24:13-53; Acts 1:1-11)

Goal: To play kickball with a partner and to hear that Jesus wants us to tell others about him

Resources needed: Bases (4, if outside) or colored masking tape (if inside); beach ball (4-5)

Preparation: Place the bases on the field or make a masking tape base on the floor to form a baseball diamond. The distance between the bases may be adjusted according to the age of the children.

Guide the activity:

1. Divide the children into two even-numbered teams. A teacher will be the pitcher (roller of the ball) for each team. If there is an odd number of children, the children can rotate the pitching responsibility and one player would sit out during the kicking rotation.
2. A time limit may be set before the game begins. Make sure that both teams have an equal number of times to kick the ball.
3. The teacher will decide which team kicks first.
4. The kicker and the players in the field are paired up with another child. Their arms must be linked when kicking and fielding the ball. They must work together to catch the ball and get the runner out.
5. Explain the rules:
 - a. You must have a partner at all times, on the field and kicking.
 - b. When kicking, one of the children kicks the ball and both run to the base.
 - c. The players in the field may run and tag the runners with the ball or throw the ball to hit them.
 - d. The kicking team must run the bases just like in baseball. To score a run, the children must cross over home base without being hit by the ball.
 - e. For safety reasons, when the kicking team is kicking, the children, who are waiting to kick, must sit on the ground away from the kickers.
 - f. To move the game along, a five-run rule may be used.
6. After the game, remind the children to tell their friends about Jesus. Remember that Jesus loves you very much. Praise them for being good team members.

Session 5

Simplified version for Early Childhood—Older Years (Entering Kindergarten and First Grade)

Palestine Kickball

Bible Story: Jesus Teaches Us to Tell Others About Him: *Go and Tell Others* (Luke 24:3-49)

Goal: To kick a ball and run to a base and to hear that Jesus wants us to tell others about him

Resources needed: Bases (2, if outside) or colored masking tape (if inside); beach ball (4-5)

Preparation: Place one base on the field as home base and one out in the field as another base or make masking tape bases on the floor. The distance between the bases should be about twenty-five feet.

Guide the activity:

1. Divide the children into two teams.
2. A time limit may be set before the game begins. Make sure that both teams have an equal number of times to kick the ball.
3. The teacher will decide which team kicks first.
4. One team will be in the field to catch the ball and try to get the runner out by touching the runner with the ball before he gets on the base. The child kicking the ball will run to the base in the field and try to get back home before the ball touches him or her. The game for preschoolers is mainly a running game. Each child needs a turn kicking the ball. Do not keep score. Ask the children to sit down and listen to the rules.
5. Explain the rules:
 - a. Kick the ball and then run to the base (demonstrate).
 - b. The players in the field need to catch the ball and try to touch the runner with the ball (demonstrate) or throw the ball and try to hit the runner (demonstrate).
 - c. For safety reasons, when the kicking team is kicking, the children, who are waiting to kick, must sit on the ground away from the kickers.
7. After the game, remind the children to tell their friends about Jesus. Remember that Jesus loves you very much. Praise them for being good team members.