

GAMES

— SUITABLE FOR —

GROUP ATHLETICS *in* INDIAN SCHOOLS



*A love for play remains as long as
the spirit of youth is still active,
although the nature of the game
changes as age increases*

By

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Group athletics include all pupils of a school and emphasize loyalty to members of society, alertness, judgment, justice, fair play, and clean sport.

Games which require planning and effort to overcome obstacles are of real worth.

Man reveals his age by the games and way he plays.

The success of any movement depends largely upon intelligent direction. The degree of success attained depends upon the amount of clear thinking and energy expended.

GAMES SUITABLE FOR FIELD ATHLETICS.

BALL PASSING RELAY.

The opposing teams line up in single file, parallel to each other, and with about $2\frac{1}{2}$ feet between the men. Each man places his right foot directly to the right about 2 feet and leans forward. The leader, who is the last man in each line, is given a basket ball or some other object that will roll and at the command "Go" runs to the head of the line, gets in position and remains in line, and passes or throws the ball backward between his legs and the legs of all other members of his team to the last man in line, who runs to the head of the line and follows the action of the former player. This continues until each man has taken his turn in running with the ball. The team whose leader heads the line first, after all the other members of his team have taken their turn in running with the ball, wins.

This game may be varied by each team having a goal about 50 feet away which must be touched by each runner when he passes from the foot of the line to the head with the ball.

BASKET BALL RELAY.

The opposing teams line up in relay position on each side of one of the goals. The leader of each team is given a basket ball which is marked to distinguish it from the

other. At the command "*Go*" he runs to the opposite end of the grounds and throws a goal or makes five honest attempts to do so. If in five attempts he is not successful, he may return to the basket at the starting end of the court just as if a goal had been thrown. He repeats the same performance at the home basket, and upon the ball passing through the basket, or upon five honest attempts to make it, the second member of the team may take his turn, and so on until the last member of the team has played. The last player must throw the ball through both baskets. The team whose last player throws both goals first wins the contest.

TUG-OF-WAR.

Mark off three parallel lines about 5 feet long and 3 feet apart. The contesting teams should line up on each side of these lines in single file and take hold of a rope, leaving a distance of about 3 feet or 4 feet between the men, so that they will have space in which to pull. In the middle of the rope tie a handkerchief or some white object. The rope should be placed at right angles across these parallel lines, with the white object directly over the center line. At the command "*Pull*" each team tries to pull its opponents out of position. The team that first pulls its opponents so that the white object passes over the line nearest them wins, or if at the end of three minutes neither team has won, the team that has the white object nearest them from the center line wins the contest.

INDIAN WRESTLING.

The competitors put forth by their respective captains lie on their backs, right side to right side. Each puts his right hand on his opponent's shoulder. At count one the right legs are brought up to a vertical position and again at count two. At three the legs are interlocked and the one who turns the other gains the point. The team having the greatest number of points wins the contest.

CRAB RELAY.

The teams line up in relay position. In front of each team and at a distance of 40 feet mark a circle 3 feet in diameter. Each competitor at the command "*Go*" runs backward on all fours (hands and feet), touches a foot or hand inside the circle, stands erect, returns and touches off the second man, who runs in the same manner as the first. The team whose last man crosses the home goal first wins the game.

HOPPING RELAY.

The opposing teams line up in relay position. Each player in turn hops to the opposite goal, which should be not more than 60 feet away, touches it with hand or foot and hops back. Changing feet at any time is not allowable.

BROAD JUMP RELAY.

In a line and about 3 feet apart mark a starting point for each team. The first player on each team toes the

starting point and makes a standing broad jump. Toeing the marks of his heels, the second man jumps, and from the marks of his heels the third man jumps, and so on until each man has jumped once. The team jumping the greatest distance wins.

HOP, SKIP, AND JUMP RELAY.

This game is conducted the same as the broad jump, except each player in turn makes a continuous hop, skip, and jump instead of a broad jump.

STRAIGHT RUN RELAY.

The opposing teams line up in relay position, each man runs to the opposite goal, returns, and touches off the next man. The team finishing first wins.

WAND WRESTLING.

A wand about 30 inches long is used. Two contestants, chosen by the captains of their respective teams, stand opposite each other and catch hold of the wand. The right hand of each must be on the outside and the left hand between the hands of the other contestant. The wand is then elevated horizontally to the level of the eye and each contestant, by slowly pressing down, tries to keep the wand from turning in his hands. The one in whose hands the wand turns loses, and two contestants are chosen as before. The side having the most victories wins the game.

DOUBLE RELAY.

This relay is run the same as the straight run relay, except each team is divided into two equal groups. The groups of the same team are placed opposite each other at the goals, which should be about 150 feet apart. The leader of each starting group, toeing the line, at the command "*Go*" runs forward and touches the first man of the opposite group and then passes off the playing space. The player touched off runs forward and touches the next player from which the leader came and passes off the playing space. This continues back and forth, each player running in one direction only, until the last player crosses the starting line. The team wins whose last player first crosses the starting line.

WALK AND RUN RELAY.

The opposing teams line up in relay position. The leader of each team at the command "*Go*" walks to the opposite goal, 100 feet away, where he touches it with foot or hand, turns and runs back to the starting point, touches off the next man, who goes through the same performance. This continues until the last man has returned to the starting point. Care must be taken to keep one foot on the ground all the time while walking.

PULL-UP.

In this game each player grabs a horizontal bar in turn and chins it as often as he can. The body must be let down each time until the arms are extended to full

length. The feet must not touch the ground. The team having the greatest number of pull-ups wins the contest.

PICK-A-BACK RELAY.

The contesting teams line up in relay position, except the leader of each team, who stands at the opposite goal. This leader at the command "Go" runs to the starting line, gets man No. 2 on his back and carries him to the opposite goal, where man No. 2 dismounts, returns, and gets No. 3. This continues until the last man has been carried to the opposite goal where he dismounts and returns to the starting line. The team wins whose last man first returns to the starting line.

ARCH BALL.

The opposing teams line up in single file parallel to each other, with a distance of about $2\frac{1}{2}$ feet between each player. The leader of each file, holding a basket ball, toes a line drawn across the field, and at the command "Go" passes the ball back over his head to the next player, who passes it backward as rapidly as possible to the next member of the team, and so on until it reaches the last player in the line. This player, with the ball runs forward to the front, toes the line (the other players meantime stepping backward), and passes the ball in the same manner as the first player. This continues until each member in turn has toed the line and the leader has run forward to his original position and holds the ball aloft. The team whose leader first returns to his original position wins.

BACKWARD AND FORWARD RELAY.

The teams line up with their heels touching the starting line and backs toward the other goal. The leader of each team at the command "*Go*" runs backward to the other goal. Touching this goal, he runs forward to the starting line and touches the outstretched hand of the next man on his team, who runs in the same manner as the leader. This continues until each man runs in his turn. The team finishing first wins the contest.

POTATO RACE.

Mark off two parallel lines about 60 feet long and about 10 feet apart. At the ends of each line place receptacles about 18 inches deep. The opposing teams line up in relay position. The leader of each team at the command "*Go*" runs down his line to the opposite receptacle, in which there are four potatoes, takes one, runs back, and places it in the empty receptacle. He continues this until he has placed the four potatoes in the home receptacle. The next member of each team in like manner removes the potatoes from the home receptacle to the other one. He runs back and touches off the next member of the team, and the game is continued in this manner until all have taken part. The team whose last member first completes his task wins.

OBSTACLE RELAY.

There are many ways of conducting this relay, and its amusement and tests of agility depend upon the origi-

nality and ingenuity of the instructor. The following is a very simple relay: The teams having lined up in relay position, the leader of each runs to the opposite goal, which should be not less than 100 feet away. On his way he turns a somersault, and on his way back crawls through a barrel or over some obstacle. He then touches the player next in line, who goes through the same performance. The team whose last man crosses the starting line first wins the contest.

ROOSTER FIGHT.

A circle about 10 feet in diameter is marked off. Each captain chooses a man, who with folded arms, stands on one foot on the circle opposite his opponent. At the command "*Go*" the two competitors hop into the ring and try to push each other out. The one who is put out of the ring, puts both feet to the ground, or unfolds his arms loses. Two other players are chosen and the game continues, until all have taken part. The side having the greatest number of victories wins.

NORTH AND SOUTH.

Mark off two parallel lines on the playground with a space of 8 feet between them, which is known as neutral ground. An object having eight or more equal sides (an even number of sides is necessary) is used for the game. Paint half of the sides white and the other half black, alternating as much as possible. The teams line up on each side of the neutral ground. The referee rolls this

object down the neutral ground between the lines of contestants, and when it comes to a rest, if a white side turns up the team designated "South" must turn and run to its goal, 50 feet away, while the team known as "North" follows and tries to tag them. The players who are tagged drop out of the game and their companions continue without them. If a black side turns upward, the team designated "North" turns and runs to the goal on their side of the grounds, followed by the "South." This continues until one of the teams is reduced to three men or less. The team thus reduced first loses.

SQUARE PULL.

For this game, a strong stick about 2 feet long is used. Two contestants, who are chosen as in wand wrestling, seated opposite each on the ground with the soles of their feet touching, grasp the stick with both hands. The arms and legs should be extended and the stick grasped horizontally between them and exactly over their feet. Upon the command "*Pull*" each player tries to pull his opponent up, and the one who lets go the stick or is pulled up loses. This is continued until all the players have participated, and the team having the most victories to its credit wins.

