

# Get Moving

A collection of  
Street Games



This booklet has been  
produced by  
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# History of street games

The foundation of street games can be traced back hundreds of years and swings and elements of games have been found in Crete dating back to 1600BC. Children of the wealth done most of the playing as they had the money to build and purchase toys and games for their enjoyment. Hoops, kites, tag and swords were all common place on the streets of our ancestors and these games have been passed down from generation to generation over the centuries.

Many games of these times have been updated changed and rules places of them to encourage fairness in the games the children played. Furthermore the change in social attitude throughout the centuries has lead to the banning or disappearance in some games, which were old fashioned or had cruelty to animals in the game.

Technology has played a part in the development of street games. Wood and metal would have be the main materials used in the early part of the games children played. However with the discovery of rubber in the



18th century, this lead to the growth in ball games been played. Cultural and travel changes around the world also lead to new games been traded between nations. Trade lies to China lead to the import of kites into the western world and these became a kid favourite over the next number of years.

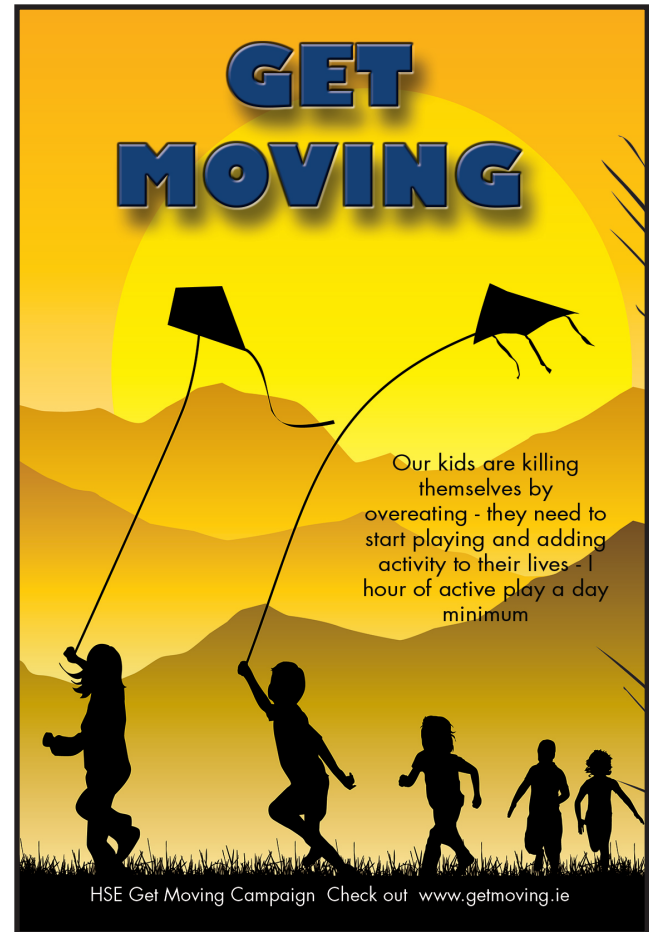
In this country, Ireland, much of the games played were of British influence. That been said each country had their own variation of the game. There was a massive growth in street games in the 1900's in Ireland. Many of the street games played today originated for this period in history. Ball games, tag, marbles, bicycle riding, and

make-believe games such as cops and robbers were among the favourites of boys for over 60 years.

Skipping, tag, hopscotch, and dolls were high among girls. More highly organised games with fixed rules, such as football, rose in popularity among boys as a result of the expansion of television and radio.

Play became a major part of life in the lives of children and the community. So much so that laws were passed to enable communities to have areas and streets for play. English Law in 1938 provided local authorities with the powers to close streets for children to play out on between 8:00am and sunset. The controlled environment of the playground is now the places where games are played. The street is no longer the arena of play.

Street games have been a fixture in the childhood of a child for centuries. However, over the last 15 years, there has been a decrease in the level of children playing these games due to the increase in technology-based games via Xbox and Playstation and the development of social media. The street game is now disappearing, however, the hope is to reignite this spark with the creation of this product.





**1 in 4**  
 CHILDREN DOES NOT  
 PARTICIPATE IN ANY  
 FREE-TIME PHYSICAL  
 ACTIVITY.

CHILDREN SPEND AN  
 AVERAGE OF  
**7.5 hours**  
 A DAY USING  
 ENTERTAINMENT  
 MEDIA



LESS THAN  
**25%**  
 OF HIGH  
 SCHOOLERS  
 TAKE DAILY  
 GYM CLASSES



EACH DAILY  
 HOUR OF TV  
 INCREASES  
 THE PREVALENCE  
 OF BEING  
 OVERWEIGHT  
 BY **20%**.



## Is Your Child Getting Enough EXERCISE?

As daily physical education diminishes in schools, parents are looking for alternative outlets for their children to get exercise each day. By understanding the facts, parents can help move kids from playing video games and into a routine that inspires consistent physical activity.

**74%**  
 of children ages 5 through 10 do not get enough EXERCISE

**12.5 million**  
 kids aged 2 to 18 are considered obese.

**60 minutes**  
 Children need of play daily with moderate to vigorous activity to maintain a healthy weight.



Over the past three decades, childhood obesity rates in America have tripled. Let's look at some reasons why...

Many parents with kids in elementary school don't believe that schools are doing enough to help their kids stay active...

**35%**

Believe too little time is set aside for gym class.

**26%**

Believe there is not enough playground equipment.

only **4%**  
 of elementary schools provide DAILY PHYSICAL EDUCATION CLASS for the entire school year.

**7.5**  
 hours/day

Average amount of time 8 to 18 year olds spend on entertainment media including TV, computers, video games, cell phones and movies.



**22%**  
 of schools don't require physical education class at all.

# CHILDHOOD OBESITY

**1/3**

of all children and adolescents are overweight or obese.



Childhood obesity has more than tripled in the past 30 years.

Overweight adolescents have a **70 PERCENT** chance of becoming overweight adults.



**INCREASED RISK OF** Heart Disease  
Diabetes  
Stroke  
Cancer



**2/3** of high school kids consume soda or sports drinks 1+ times a day.

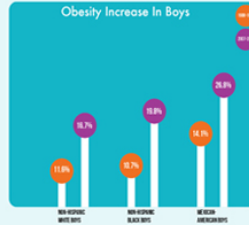


Children 8 to 18 years old spend an average of **3 Hrs. Per Day** in front of the television.

**NEGATIVELY IMPACTS:** Learning  
Sleep  
Self Esteem



## childhood OBESITY



**1 in 3** CHILDREN ARE OVERWEIGHT



**33%** WATCH MORE THAN 3 HOURS OF TV



KIDS EAT **50%** OF RECOMMENDED VEGETABLES



**1 OF 3** MEALS IS FAST FOOD



**30%** MORE IN HEALTH COST



PORTIONS **2 TO 5** TIMES BIGGER



SNACK SIZES HAVE GROWN



DRINK LESS POP MORE WATER



CHOOSE HEALTHIER CHOICES



INCREASE ACTIVE PLAY



SOLUTIONS

# How to Play

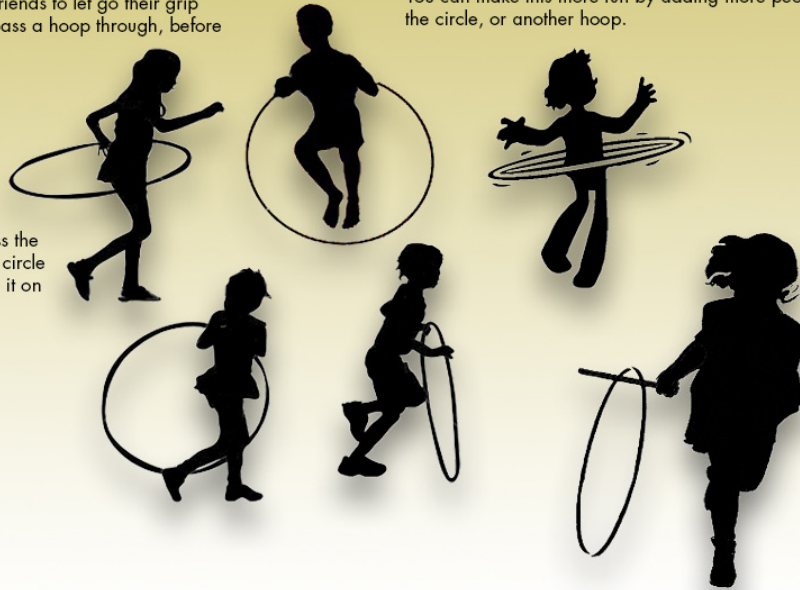
## What you need

Hula Hoop, Few friends

## Rules

Have a group of friends form a circle holding hands. Get two friends to let go their grip long enough to pass a hoop through, before re-joining them.

The task is to pass the hoop around the circle without dropping it on the ground.



# Hoops

The hoop has to pass through each persons body and then pass to the next person until it returns to the starting point.

You can make this more fun by adding more people to the circle, or another hoop.

# How to Play

# Skipping

**What you need** - Open space  
Rope long enough for 2-3 people

## Rules

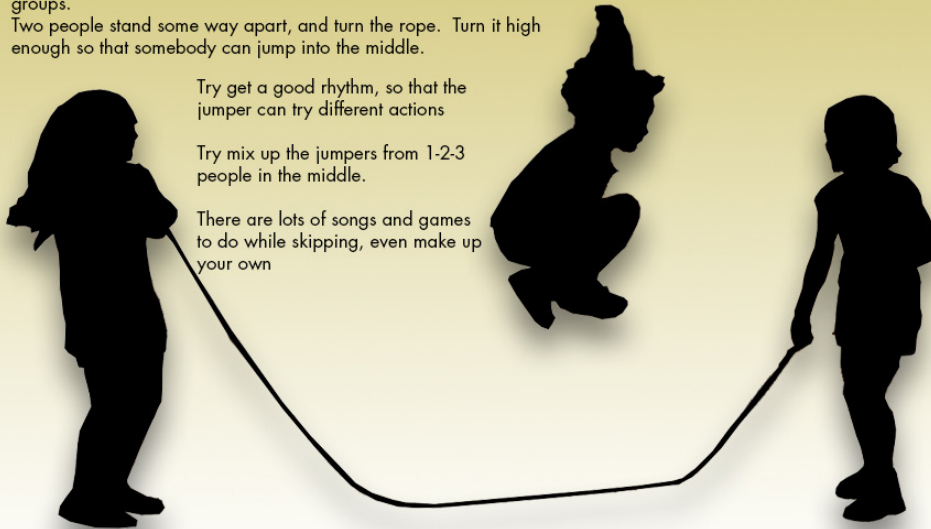
You can do skipping on your own, however it is mainly done in groups.

Two people stand some way apart, and turn the rope. Turn it high enough so that somebody can jump into the middle.

Try get a good rhythm, so that the jumper can try different actions

Try mix up the jumpers from 1-2-3 people in the middle.

There are lots of songs and games to do while skipping, even make up your own



# How to Play

## What you need

String or chalk to make a circle  
Set of marbles with variety of sizes  
Hard surface

## Rules

Marbles involves rolling or throwing your marble to try and hit the other players marbles out of the circle.

Draw or make a circle on the ground. Each player puts a number of marbles into the circle. Each player stands behind a line or sits close to the circle and aims to hit the marbles out of the circle.

# Marbles

Take turns on rolling, throwing or flicking the marbles towards the circle

If the marble goes out of the circle you can keep the marble, if it stays within the circle the next player has a go to try win a marble

Carry on having turns, until all marbles are gone from the circle.

The person with the most marbles at the end wins.



# How to Play

## What you need

Lamp post or a tin can  
You and a few friends  
Good hiding place

## Rules

One person is picked to be the 'finder'. They count to 10 with eyes closed while everyone else playing the game hides.

The 'finder' must then go find the people.

Once they see or find a person they must be touching the can and shout out "tip the can I see \_\_\_"

If you are caught you must come out and go to the 'can'

If the 'finder' moves away from the can, and someone who is hiding tips the can, they release the people who are caught.

The game is over when the finder catches everyone, or the first person 'caught' is not freed by someone, they will be the 'finder' in the next game.

# Tip the can



# How to Play

## What you need

Chalk  
Stone/marker for each player

## How to play

Draw out ten squares, big enough to fit your feet into.

Toss a stone on square one from the start. You will hop over square one and pick up on the way back towards start.

Hop over square with stone in it to the next free square using one foot or both. Don't put both feet in a single square.

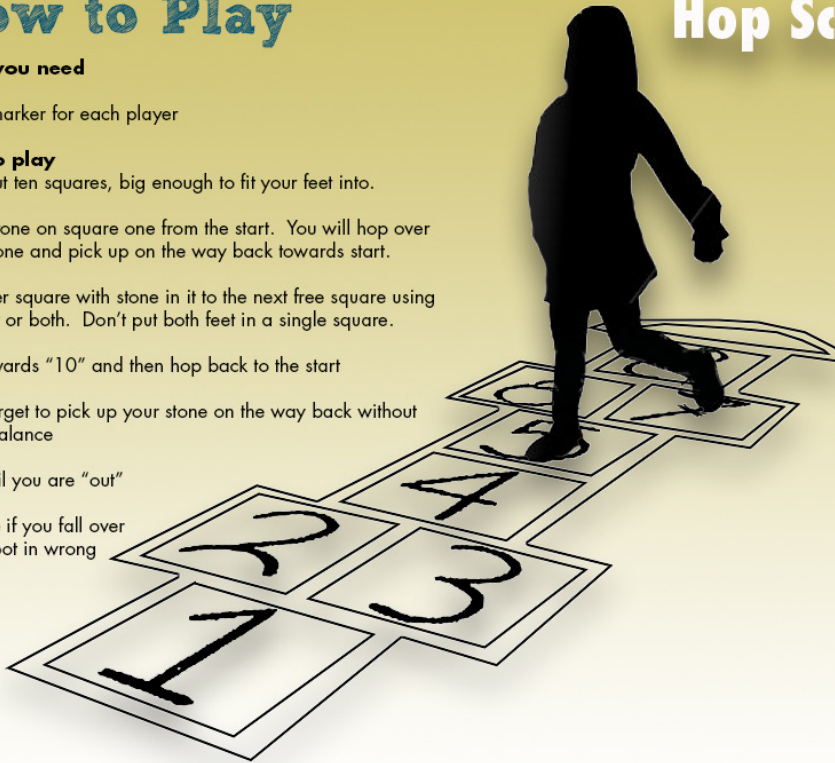
Hop towards "10" and then hop back to the start

Don't forget to pick up your stone on the way back without losing balance

Play until you are "out"

You lose if you fall over  
or put foot in wrong  
square

# Hop Scotch



# How to Play

## What you need

Large area  
Few friends (no limit)



# Chasing

## Rules

There are many forms of chasing. The basic rules will always be the same. There is always a person or group as "it" (hunter) while the rest of the people try to escape being caught.

Tag is the easiest form of chasing. One person is picked as "it" They chase the rest of the group. If the "it" tags another player, they become the new "it"

Another form is "snow and ice". Same rules as tag. However, once tagged you have to freeze and stay in the same place. You can only move again once somebody from your team touches you to release you from your freeze.



# How to Play

# Red Rover

## What you need

Large area, laid out  
Between 6-8 people

## Rules

Red rover can be played in two ways. With one person in the middle of the area or with two teams at either end of the area.

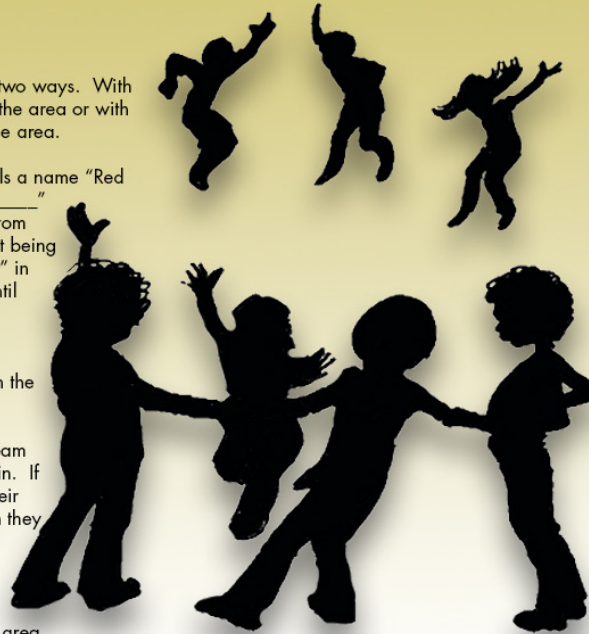
The person in the middle calls a name "Red Rover, Red Rover, I call \_\_\_\_\_"

That person must try to get from one area to the other without being caught if they do become "it" in the middle. This continues until there is only one left.

With two teams, each person calls one person from the other team

They must run towards the team and break through their chain. If they do that they return to their own team. If they don't then they become part of the opposite team.

The objective is to get your team to the other side of the area.



# How to Play

## What you need

Two people  
Some songs to clap to

## Rules

Two people stand a little way apart, facing each other, and clap each others hands to a song or chant.

You can make the clapping pattern up as you go and try different actions like patting shoulders, hands and legs

Try getting faster and faster with both singing and clapping, the objective is to go as long as possible before making a mistake

# Clapping



# How to Play

## What you need

Bat/Tennis Racket, Cones/Jumpers, Tennis Ball

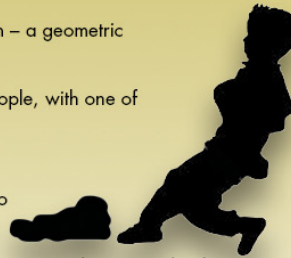
## How to play

The rounders field should be laid out in the form of a pentagon – a geometric shape with 5 sides

The children are divided into two teams of about five to six people, with one of them batting and the other catching.



One child from a team bowls to another child on the batting team. The child on the batting team tries to hit the balls as far away as he can so that he can run to as many bases as possible before the opposing team catches the ball.



If you are stuck at a base you cannot move until the next person bats the ball away and you can complete a runs - which counts as one score.

## You are "OUT" if...

The ball is caught with two hands on your go.

Somebody catches the ball as you are running between bases.

You hit three strikes when batting the ball.

Your whole team is out if the ball caught with one hand, in this case the teams are switched

If somebody is knocked out they can only be brought back into the game with a home run

# Rounders

# How to Play

## What you need

Two opposite kerbs

Ball



# Kerbs

## Rules

Each person stands behind their kerb and kicks the ball, trying to hit the opponent's kerb,

If you hit the kerb, you gain control of the ball and move to the centre of the road.

For the centre you gain 5 points for every shot you hit (warning: if you miss be quick to run back to your own kerb because your opponent can steal your points if they hit you).

Be creative with your shots, because different styles will earn you more points.

