



# **Dry Creek School**

## **Playground Expectations**

2009-2010

## **Freeze Bell Procedures**

Whenever students hear three quick whistles they are to:

- If they are on the grass or in a bark box they should walk safely and quickly to the blacktop.
- If playing tetherball, leave the circle.
- Once on the blacktop they should:
  - Stop the activity they are doing immediately.
  - Turn their bodies and look towards the adult that gave the signal.
  - Place any equipment on the ground, between their feet (whoever has it at the signal, places it on the ground).
  - Stop all talking, hands should be at their sides.
- Once the duty person releases them (with one long whistle) they are to **WALK** to their lines or if directions are given they should follow the instructions. At this time equipment may be *handed* to the person to whom it belongs. All equipment should be carried to and placed in the central cage or barrels. *Play is over*.
- When recesses overlap, or if a class is outside during a freeze bell, students should still follow the above procedure. Students should respect the signal whenever and wherever given and can resume play or their activity at the long whistle.
- If you are out with your teacher and on the grass in an activity, please pause to show respect for the signal and to listen for any instructions. You do not need to move, unless instructed to do so.

## **General Rules**

- Follow Freeze Bell Procedures.
- No water bottles on playground.
- Snacks and ice cream are to be eaten sitting down on:
  - ⇒ benches between boys and girls bathroom, or
  - ⇒ under windows along playground, or
  - ⇒ along front of bark box directly out from boys and girls bathroom.
- All trash should be picked up and thrown away in the nearest garbage can.
- No hands on games (No tag games, no wrestling, no roughhousing, no touch football).
- All students welcome to participate in **ALL** games during recess (no blocking games).
- Basketball is limited to 10 students per half- court.
- Ball wall for use with handball games only (No kicking the ball at the ball wall).
- The ball wall is the only wall that can be used to bounce a ball against.
- Kick only kickballs, and soccerballs (No kicking basketballs, volleyballs, red balls, or tetherballs).
- No kicking balls on the blacktop.
- While waiting in line, there is no “saving places” or “cuts”.
- Rock, Paper, Scissors is used to settle any dispute.
- No arguing with the game judge.
- No running in the bark box.
- Get drinks and use the restroom **BEFORE** the bell rings.
- Respect all boundaries.
- Walk to your line.

## **Playground Boundaries**

- 1) Play on blacktop from in front of A-Wing portables to directly out to the fence along Dry Creek Road. (Directly behind or in-between portables or classrooms is out-of-bounds).
- 2) Play on blacktop from in front of D-Wing portables to directly out to the fence along side field. (Directly behind or in-between portables or classrooms is out-of-bounds).
- 3) Play on grassy area behind bark box to directly out to the fence along the back of school.
- 4) A 5-foot wide area in front of the entire fence line to the fence is out-of-bounds.
- 5) Do not go into hallways or on the other side of the orange line without a pass.

## **Alternative Ways to Choose a Team/solve a conflict**

- Everyone puts a hand in and one person selects one without looking. That person goes to one team. Another hand is chosen and that person is on the opposing team. Continue choosing hands until everyone is on a team.
- A boy and girl are chosen as captains. They each take turns choosing a boy and girl for their team until everyone is on a team.
- All players whose birthdays are before July go on one team and those with birthdays in July or later are on the opposing team.
- Everyone counts off one, two. All ones are on one team and the two's are on the other team.
- Rock, paper, scissors. (Best out of 1 game).

## **Equipment Guidelines**

- **Slide:**
  - ⇒ Only go *down* the slide and go down sitting, feet first.
  - ⇒ Face steps when climbing the ladder.
  - ⇒ Do not stand up or jump off
  - ⇒ No sitting on or waiting on the slide (it should be used for sliding only)
  - ⇒ Use the guardrail until ready to slide down.
  - ⇒ Wait at the top step until the child at the top of slide finishes sliding down.
- **Bars- Jungle Gym:**
  - ⇒ Student's hands should be the last things to leave the bars.
  - ⇒ You must start crossing the bars from the side with the green marks toward the side with the red marks.
  - ⇒ You may only cross the bars if you can reach the bars without assistance.
  - ⇒ Do not climb on top of or stand on any bar.
  - ⇒ In order to twirl on the bars, you must have three body parts touching at all times. (2 hands and one leg or two legs and one hand must be touching to twirl on the bars)
  - ⇒ No pulling anyone off of the bars. No chicken fighting while crossing the bars.
  - ⇒ No "Cherry-drops" or "Death-drops"
- **Bark Box:**
  - ⇒ No running or tag in the bark box.
  - ⇒ Leave the bark in the bark box.
  - ⇒ No throwing the bark.

□ **Jump ropes:**

- ⇒ Jump ropes must not be swung in the air, above heads.
- ⇒ Do not tie the ropes to anything or anyone.
- ⇒ Use the rope to jump by yourself or with a partner/group.
- ⇒ Do not use the rope to lasso anything or anyone
- ⇒ Do not use the rope to play tug-o-war.

□ **Balls:**

- ⇒ Red balls are for 4-square, sock-out, and ball wall on the blacktop only.
- ⇒ Soccer balls and yellow balls are to be used on the grass only.
- ⇒ Basketballs are to be used on the basketball court only.
- ⇒ Do not kick basketballs, red balls, playground balls, volleyballs, or tetherballs.
- ⇒ Only play ball wall against the ball wall, not against the buildings.

# Games

□ **Tag:**

⇒ There will be **NO** tag games allowed at recess. Tag will be allowed at PE with the coach or your teacher.

□ **Tetherball:**

Object of the game: To wrap the ball around the pole in your direction

\*There are no “primary” or “intermediate” courts.

⇒ You are out when you:

- Catch, hold or stop the ball during play. (except primary students)
- You double hit the ball.
- Touch the rope or pole.
- Hit the ball with any part of the body other than hands.
- Step on or over the line.

⇒ Person already in serves and calls “sides”.

⇒ Person entering game calls “ways” (direction of hitting the ball).

⇒ The server must serve the ball and then let the opponent hit the ball once before they can hit it a second time.

⇒ If the ball is struck, the game is stopped. The game judge gets the ball and drops it on the pole. Whatever side it lands on, that player hits it and play continues. It’s like a jump ball.

⇒ After a player wins three times, he/she goes to the end of the line.

□ **Four Square:**

Object of the game: To get to square A. Student enters at square D. Players rotate toward square A. If A gets out, B moves to A, C moves to B, and D moves to C.

⇒ Square A begins the serve.

⇒ Hit the ball to everyone. You may not “team-up” against one or more players.

⇒ Use your open hand to hit the ball.

⇒ You are out when you:

- Hold the ball
- Stop the ball before hitting it.
- Let the ball bounce twice in your square.
- The ball you’ve hit lands on the line or outside the square you intended it to go into.

□ **Ball Wall:**

Object of the game: To remain serving as long as possible.

- ⇒ Player #1 serves the ball against the wall, bouncing it only once in the large square.
- ⇒ Player #2 hits the ball back after only one bounce so that it rebounds from the wall.
- ⇒ After a player wins three times, he/she goes to the end of the line.
- ⇒ No throwing the ball at anyone standing against the wall. No running to tag the wall.
- ⇒ Only two people in the ball wall square at any one time
- ⇒ Use your open hand to hit the ball (no throwing or hitting the ball with closed fist).
- ⇒ You are out when you:
  - Miss the ball
  - Hit the ball outside the line or in the space between the ball wall and yellow line. If the ball lands on the line, it's good.
  - Hit the ball after two bounces.
  - Stop the ball in any way before you hit it against the wall.

□ **Hopscotch:**

Object of the game: To be the first player to move your marker through all the numbers.

- ⇒ Throw the marker in the first square.
- ⇒ Hop over the first square into #2. Continue hopping on one foot through the hopscotch diagram, landing on two feet when numbers are side by side. Return through the diagram, picking up marker while still standing on one foot.
- ⇒ You are out when:
  - Your marker doesn't land in the right square or on the line of the right square.
  - You step on the line.
  - You don't hop over a square containing a marker.
  - You touch your free foot to the ground while hopping.

□ **Football:**

- ⇒ There will be NO football games of any kind allowed at recess. Football will be allowed at PE with the coach or your teacher.
- ⇒ You may not play any game where you are chasing a person who is running with a ball.

□ **Soccer:**

Object of the game: To make a goal.

- ⇒ Goalie will not be touched after he/she has touched the ball. Players must stand 10 feet away when the goalie kicks the ball.
- ⇒ The ball must pass over the goal line to score.
- ⇒ All other players may not touch the ball with their hands.
- ⇒ A throw-in is given to the team who does not kick the ball out of bounds. (A throw-in is two hands on the ball thrown from over the top of your head)
- ⇒ Ball is still in play on the line.
- ⇒ If the ball is kicked out of the end zone by the defending team or pushed out by the goalie, it is a corner kick for the opposing team.
- ⇒ If the ball is kicked out of the end zone by the team attempting to score, it is a goal kick for the defending team at the goal box line.
- ⇒ Direct kicks (free kicks) will be given for:
  - Balls touched by players hands.
  - Slide tackles.
  - Tripping opposing players.
  - Unnecessary roughness.

□ **Kickball:**

Object of the game: To score as many runs as possible.

- ⇒ Two teams are chosen (12 per team maximum)
- ⇒ On team plays in the field, similar to baseball. The other team is up to kick.
- ⇒ The team up to kick stands behind the backstop or designated line when waiting for a turn to kick.
- ⇒ Always try to kick a good pitch to speed up the game. Four balls is a walk or on the third strike you are out.
- ⇒ Balls must be kicked on or behind home plate or in front of designated line.
- ⇒ There are no stealing bases.
- ⇒ You cannot throw the ball at the runner, you must tag the runner or tag the base they are headed to before they get there.
- ⇒ Once a team has made three outs, the opposing team comes up to kick while the kicking team goes out to play the field.

□ **Basketball:**

Object of the game: To make the most baskets.

⇒ No more than 2 balls per basket.

⇒ To enter a game already in progress, you must provide another player to make even numbered teams.

⇒ ½ court is limited to 5 players per team.

⇒ Full court is limited to 10 players per team.

◆ **Traditional Basketball:**

- No grabbing other players with the ball, that is a foul and a free throw is awarded.
- Dribble the ball when moving with it. No walking with the ball, that is a turnover and the other team then takes possession of the ball.
- When a player passes or loses the ball out of bounds, the opposing team takes over possession from the spot it went out of bounds.
- When one team makes a basket, the opposing team takes the ball out of bounds under the basket and passes it in bounds to a teammate.

◆ **Freeze Out:**

- Each player has three misses before they are out of the game. After the first miss the player gets an O, after the second miss the player gets a U, after the third miss the player gets a T. This spells OUT and puts the player out of the game. The last player remaining is the winner.
- All players decide on the order of shooting.
- First player chooses a spot and shoots the ball. If they miss, the ball is passed to the next shooter and they choose their shot spot. If they hit their shot, the next player must shoot from that same spot. The next player must make that shot or they get their first letter.
- Play continues in this same manner.
- Players keep track of their own misses.

◆ **Around the Key:**

- The players choose six spots to shoot from.
- Each player shoots from each spot until a basket is made. A limit of three shots from any one spot should be set.
- The player finishing the round of six spots with the lowest number of shots taken is the winner.

□ **4 Corners:**

Object of the game: To stay of the corners of the 4-square diagram without losing your corner.

- ⇒ 4 players are standing on the four corners of the 4-square grid. One player is “it” and stands in the center of the grid.
- ⇒ The players on the corners must try to switch places with each other, while the “it” person tries to beat them to a corner.
- ⇒ If the “it” person gets to the corner before one of the other players, the player must go to the end of the line and a new “it” person comes into the center of the grid.
- ⇒ If the players on the corners successfully switch corners three times without the “it” person getting to a corner first, the “it” person must go to the end of the line.
- ⇒ The “it” person cannot guard any one corner.
- ⇒ The first person in line is the judge.
- ⇒ If a player and the “it” person are both on a corner, they are to leave their feet on the corner and the judge should go over and check to see who won the corner. There is no arguing with the judge about their decision.
- ⇒ There is no pushing a player off of their corner.

□ **Sock-Out:**

Object of the game: To be the server for as long as possible.

⇒ The game of sock-out is played by either with one player on each side or with two players on each side.

Level 1: Players serve and return the ball by catching the ball and then throwing it.

Level 2: Players catch the ball, drop it so that it bounces in front of them and then socks the ball back to the other side.

Level 3: Players block (stop the ball by using open hands) and lets it bounce at their feet and then socks it back to the other side.

Level 4: Players sock the ball back and forth from side to side without stopping or blocking it.

⇒ Rules:

- A player serves the ball across the line. A server may let the ball bounce once on their own side before sending it to the other side.
- The service must always be returnable.
- The same server continues to serve, as long as he/she wins.
- The receiving player must let the ball bounce once in their court before socking it back to the other side.
- The ball must be socked with a closed fist, either one or two fists.
- A ball that has bounced once into a court and then goes out of bounds is fair, and must be returned fairly before bouncing twice.
- Any ball which hits on the center line is played over again.

⇒ You are out when:

- You hit the ball out of bounds, and it does not bounce in your opponents square.
- The ball bounces twice in your square.