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Boyce, Richard/Recreation activities for



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RECREATION ACTIVITIES

for *for*
club meetings
4-H camp
group meetings
social events

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Cooperative
Extension Service
Colorado State University
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Appreciation is extended to Richard Boyce, Recreation Specialist,
Utah State University, for preparing this publication.

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of Agriculture. Lowell H. Watts, Director of Extension Service,
Colorado State University.

By law and purpose, the Colorado State University Cooperative Extension Service is dedicated to serve all people on an equal and non-discriminatory basis.

Activity is the Key

"When you're no longer active, you're no longer."

How can recreation help you to have a better 4-H Club?

1. Keep the kids coming If your meetings are fun, they will come.
2. Teach citizenship Kids can be taught fair play, right and wrong, how to get along--when they're having fun. They are ready to learn. They don't really learn unless they experience. Recreation is a chance to experience.
3. Make them healthy Research shows that behavior doesn't change much after students take classes in health. The 4-H way is learning by doing. Lead them in physical fitness. They will change their behavior because they are doing.
4. Excess emotion and emotion Wear them out first, then teach them. Lead active games outside on the grass; then take them inside and educate.
5. Prepare them for leisure time When your 4-H'ers are adults, they will have more leisure time than work time. Prepare them for it. Teach new skills, hobbies, interests, and activities.
6. Train leaders Recreation activity, given now, gives them an opportunity to develop leadership. They have a chance to teach and lead through recreation activities.
7. Recognition of achievement All of you want to be looked up to, to achieve, to belong. If your 4-H'ers can't find this in your club projects, maybe they can find it during recreation activities at club meetings or camp.
8. Fellowship Through activities, they can get acquainted, make new friends, have experiences together. Recreation fills these needs.

ACTIVITIES AND GAMES

Jogging--for physical fitness (See the Reader's Digest, March 1968)

Do you want to get in shape or get your kids in shape? Running is the best exercise to condition your body. Start slow and increase the distance you run on a regular schedule, or at least three times a week.

Possible projects:

1. Measure off (with your auto speedometer) 1/4, 1/2, 3/4, and 1 mile near your home. Make a chart and have your 4-H'ers run 100 miles. Keep track of their progress on the chart.
2. Consult the point system in the Reader's Digest. Get you and your 4-H'ers on the 30 points a week program.

Beater goes around

Active

Formation: circle

Age group: 8 to 15

Size of group: 20 or more

Equipment: roll of newspaper

All players stand in a circle; one player hands a roll of newspaper to another player and stands in his place. This player begins to beat his right hand neighbor who must leave his place and circle the group and return to his place. The beater circles the group and places the newspaper in the hands of another player.

Flying Dutchman

Active

Formation: circle

Age group: elementary grades

Size of group: 20 or more

All players stand in a circle holding hands. Two runners clasping inside hands, tag two other players by slapping their joined hands. The two pairs of runners must hold hands while they run around the circle in opposite directions back to the vacant place. The last couple back tags a new couple and so on.

Three deep

Active
 Formation: double circle
 Age group: 8 to 15
 Size of group: 15 to 30 or more

Players form a circle, two deep, facing center. Two players on the outside of the circle begin the game as runner and chaser. The runner may save himself from being tagged by stepping in front of one of the pairs of players, making the circle three deep at that point. The outside player must immediately leave or be tagged. If a player is tagged, he becomes the chaser. A runner may run in any direction he chooses, to the right or left or across the circle. However, he can only step in front of a player and make the circle three deep by moving into the circle from the outside to the right.

Variations: (A) two deep--where there is a single circle. The runner may save himself by stepping in front of another player, whereupon that player must run.

(B) Four deep--where the crowd is large, players may stand in rows of three around the circle.

(C) Hook on--players stand about the circle in couples with arms linked. The outside arm is held akimbo. The runner may save himself by linking on to one of the partners, then the other must leave immediately to keep from getting caught.

Overtake

Active
 Formation: circle
 Age group: 10 to adults
 Size of group: 15 to 30
 Equipment: two objects

Count off around circle by two's, give an object (ball, bean bag, balloon), to a number 1 and to a number 2 across the circle. At the starting signal, the number 1's pass their object around the circle trying to pass the object being passed by the number 2's. Do not have more than 30 in the circle.

Crows and Cranes

Active
 Formation: 2 lines
 Age: 6 to adult
 Size of group: 15 or more

Two lines facing four feet apart. Leader stands at one end and tells a story about birds. Every time he says the word "crows" side A chases side "B" back across the goal. Every time he says the word "Cranes", side B chases

side A back across the goal. If either side touches the opposite team during the chase, the person touched changes teams and sides. The game ends when everyone is on one side.

Four Squares

Type: Volleyball

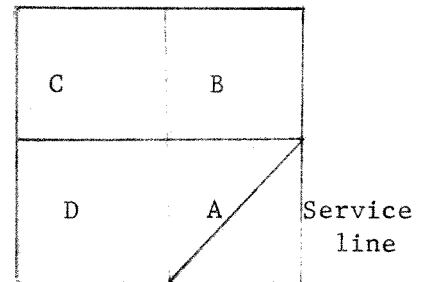
Playing area: Outdoor area 16 to 18 ft. square, divided into quarters.

Level: elementary, junior high

Equipment: volleyball, utility ball, kickball, or basketball.

How to play:

For grades 4 to 6, a 16-foot square is recommended; for grades 7 and 8, an 18 foot square is used. Four players play the games, but others should be in line for a turn as players are eliminated. The court's four quarters are lettered A, B, C, or D, on the bounce. It is a fault to step on or over the service line in A. If the serve hits a line, it must be taken over.



Play:

Player receiving the volley must keep the ball in play by striking the ball after it has bounced once and directing towards some other square. Play continues until one player fails to return the ball or commits a fault. A player who misses or faults must move to the rear of the line waiting for a turn, while the other contestants advance counterclockwise one square (for example, if B faults, player C moves to B, D to C, and B goes back to the end of the line). A new player moves into D.

Faults:

1. Failure to return the ball to another square after it strikes in player's area.
2. Striking the ball with fist or hitting it overhand.
3. Causing ball to land on a line, except on serve.
4. Allowing ball to touch any part of body except the hands.
5. Catching or carrying on return volley.
6. Returning a ball after a fault has been committed.
7. Stepping on or over service line while serving.

Soccum or War Ball

Active

Formation: Mass

Age: 6 to adult

Size of group: 20 or more

Equipment: Playground ball or volleyball

Players are divided into two groups on each side of center line. Back and side boundaries are established if played outside. If played in gym, there are no boundary lines except center line. Players throw the ball trying to hit each other below the waist. If players are hit with the ball, they go to side team area and wait to go back in the game. Players can catch the ball in flight to

get a team member off the side and back in play. If a player attempts to catch the ball and misses, he must go out and wait to come back in. Players cannot cross center line. Game is over when all players on one side are thrown out, and a new game is started.

Prison Base or Prison Dodge Ball

Active

Formation: mass

Age group: elementary grades

Size of group: 20 or more

Two teams face each other across a center line. Behind each team is a prisoner's base or area for persons captured to stand in. The object of the game is to cross the center line and reach the other team's prison base without being touched and at the same time protect your own base. If you reach the opposite base without an opposing team member touching you, you can take back a captured team member or a member of the opposite team. The game is over when one team is captured by the other team and imprisoned.

Prison Dodgeball--played the same as prison base except that you can throw the ball and hit a member of the other team to put him in prison.

Rope Jumping

1. Jump to music--rhythm
2. Regular jump
3. Jump and hop
4. Spin rope left hand and right hand
5. Jump and straddle legs front and back
6. Jump and straddle legs side to side
7. Jump and cross arms
8. Jump on one leg, left and right
9. Jump and run
10. Jump once--circle rope twice.

Categories

Just for fun

Formation: circle or lines

Age group: 10 to adult

Size of group: 6 to 30

Equipment: none

Start rhythm--slap legs twice, throw thumbs into the air on third count. The third count is accented. The leader starts the rhythm then names a category such as colors, cars, states, etc. The next person on the right on the count of "three" says "red" (for example, if the category is color). The next person says the name of another color, and on until someone cannot name a color in rhythm, or says a name of a color already named. If a person misses he is out, but continues to do the rhythm. You must remember who is out or you'll miss the next time around.

If a person misses, the next person names a new category. The game can be educational; for example, you could name types of materials (cloth), breeds of cattle, types of grain, etc.

Cities or Names

Active

Formation: circle or lines
 Age group: 6 to adult
 Size of group: 8 to 20
 Equipment: rolled-up paper

Players sit in a circle. "It" is in the center holding a rolled-up newspaper. Everyone in the circle takes the name of a city; this is done out loud so everyone can hear. No one has the same city. "It" points to someone to start--they get a free start. He says the name of a city in the circle. "It" tries to hit the person named before the person named calls out the name of another city. The object is to hit someone on the head with the newspaper before they call out another name. If that happens, "It" sits down and a new person becomes "It".

Balance Beam

1. Walk forward, arms at sides.
2. Walk backward.
3. Walk to middle, turn around, walk backward.
4. Walk to center of beam, then turn and continue sideward right.
5. Walk forward, left foot in front of the right.
6. Walk backward with left foot in front of the right.
7. Walk forward, hands on hips.
8. Walk backward, hands on hips.
9. Walk forward, pick up bean bag on beam.
10. Walk to center, kneel on one knee, rise, and continue to end of beam.
11. Walk forward, bean bag balanced on head.
12. Place bean bag on beam. Walk center, place bean bag on head, continue walking to end of beam.
13. Partners, hold stick; walk forward on beam and step over.
14. Walk backward; step over.
15. Pass under bar going forward, now backward.
16. Walk forward to middle of beam, kneel on one knee, straighten right leg forward until heel is on the beam and knee is straight; rise, walk to end of beam.
17. Hop on right foot full length of beam, then turn and come back.
18. Hop on left foot full length of beam, then turn and come back.
19. Walk to middle of beam, balance on one foot, turn around on this foot and walk backward to end of beam.
20. Stand on one foot; stick other leg straight out; put arms straight out; lower body, and come back up.
21. Two people pass while balancing on beam.

Social Recreation Leadership

A social recreation leader has the following responsibilities for a successful activity:

General problems in planning

1. Theme--skeleton around planning
2. Time--start and stop at certain times
3. Place--heat, vent, space
4. Crowd--group, age, number expected

Specific details

1. Pre-openers
2. Getting their attention
3. Getting them active
4. Getting them on their feet
5. Getting them into position
6. Getting partner (if necessary)
7. Teaching activity--dance or game

PRE-OPENERS

Up Down Up--Each person is given 12 beans as he arrives. Each tries to get as many counters from the others as possible. For example, John puts two beans in one hand and says: "Up Down Up Down Up." Jane guesses Up or Down. If she guesses right, she gets the two beans, if she guesses wrong, she gives John two.

Odd or Even--As folks arrive, give each a dozen beans, kernels of corn, or other counters. Each person then tries to get as many counters from the others as possible. For example, Don goes to Dorothy with a number of beans concealed in his hand, and says, "Odd or even?" Dorothy guesses "Odd" and, since Don has seven beans, Dorothy gets them to add to her counters. If the guess had been "Even", Dorothy would have had to give Don as many counters as he held. When the game ends, the person with the most counters wins.

Autographs--Each player is given a sheet of paper with descriptions on it. They are then given a certain amount of time to find and obtain the autograph of someone fitting each description. The one who gets all the autographs first is the winner.

GETTING THEIR ATTENTION

Dark Isn't It--The leader asks everyone to close their eyes and touch tips of forefingers. He then says to raise right finger 6 inches, and lower left finger 8 inches, etc. The punch line, after everyone has worked for a while, is "Dark isn't it?"

Ovation--Leader: "When my hands cross, clap your hands. Leader starts moving his hands starting very slowly and gradually faster. Stop after a few seconds of clapping. Leader: "That is the finest ovation I have had for a long time."

GETTING PEOPLE ACTIVE

If Your Happy and You Know it--Tune--How Do You Do Everybody How Do You Do.

1. If you're happy and you know it, say Amen. (Amen)
If you're happy and you know it, say Amen. (Amen)
If you're happy and you know it,
Then your life will surely show it,
If you're happy and you know it, say Amen. (Amen)
2. If you're happy and you know it, clap your hands (clap clap)
At the end of the verse, repeat Amen.
3. If you're happy and you know it, snap your fingers . . . clap your hands, say Amen.
4. If you're happy and you know it, stamp your feet . . . snap your fingers, clap your hands, say Amen.
5. If you're happy and you know it, stand up . . . stamp your feet, snap your fingers, clap your hands, say Amen.

Concentration--Leader says, "When I hold up one finger on my right hand, clap your hands once; two fingers, clap twice, all fingers, keep clapping. When I hold up one finger on my left hand, stamp once; two fingers, stamp twice, all fingers keep stamping."

Hand Clasp--Leader instructs everyone to interlock their fingers. Leader calls: "Those that have the left thumb on top are getting an "A" out of the class." (Or anything that would fit the theme of the party.)

GETTING PEOPLE ON THEIR FEET WITHOUT PARTNER

Chinese Toast--(Count 1, 2, and 3, 4) Leader demonstrates the toast chanting: "Let's give a Chinese toast to the committee." Give toast as follows:

- Stamp feet -- 1, 2, and 3, 4
- Slap thighs -- 1, 2, and 3, 4
- Clap hands -- 1, 2, and 3, 4
- Hit palms on table -- 1, 2, and 3, 4
- All stand, throw hands in the air, and shout, "Ha-a-a-a-a-committee."

The Bear Went Over the Mountain--Clap hands three times and with someone different each fourth time, as they sing, "The Bear Went Over the Mountain," or any good song in 4/4 time. They will have to get up after they have clapped the hands of those on the right and left. Leader may call, "Take the person you are with and march around the hall."

Elephant, Rhinoceros, Antelope--Everyone is seated around the hall with "It" in the center. "It" approaches a person and says, "Elephant" (or Rhinoceros, or Antelope) and counts to ten. Before he counts to ten the person in the circle must make the sign of the animal asked for. These are the actions: Elephant, fists doubled up and held on the nose for his trunk. Rhinoceros, fists doubled up and held on the forehead for his horn. Antelope, hands on ears, fingers up and out for antelope's horns.

Electric Shock--Everyone is sitting around the hall, leader has them all take hold of hands. He breaks the circle in one place and enters the circle opposite the break, thus creating two semicircles. The leader squeezes his partner's hand, and in turn the shock goes down the lines. The person on the other end raises his free hand indicating he received the shock. Play a few times and then, while still holding hands, the leader calls, "Hold hands in the air and bring them down when you receive the shock." The leader starts the music and calls, "Circle left", or plays "Hunter, Fox, Gun". They may bend their knees and straighten up with the shock if standing in a circle.

Opposites--One person walks up to someone on the side holding his ear and says, "This is my nose." The person spoken to holds his nose and says, "This is my ear," before the person counts to ten. If he cannot do it, the person becomes active and helps to get the rest on their feet, and no one sits down after once standing. As soon as all are up, the leader puts on the music and calls "Follow me" or "All circle."

Who's Your Neighbor--Sit around the hall and learn the first name of persons on the right and on the left. Leader walks up to someone on the side and points to him saying, "Right-Hick Hickey-Hokey-Pokey." The person to whom he has pointed must instantly respond with the name of the person to his right. If he fails to say the name before the final word "pokey", he must stand up and both must go to another until all are on their feet. They are now ready for a circle dance. The leader can say, "Left-Hick Hickey-Hokey-Pokey," if he chooses, and the person must name the person on his own left.

GETTING PEOPLE ON THEIR FEET WITH A PARTNER

Logan State Up Down--All players sit around the hall; each girl is given a small pebble or object. As she says, "Logan State Up Down Up Down," she alternately changes the position of her fists. The boy sitting down guesses whether the pebble is in the top or bottom fist. If the guess is correct, the girl has a dance partner. If it is incorrect, she continues around the hall until someone guesses correctly. This game may also be used as a tag dance.

Caboose--All players are seated around the hall. Several players (about one to every fifteen) are asked to step to center. Each of the leaders in the center chooses his favorite railroad to represent and is told he must see how many cars his train can get. Each leader runs up to a person of the opposite sex on the side and says, "My name is _____. I guess you know yours." The person addressed gives her name. The leader then moves his feet in rhythm, at the same time repeating the name given him. For example, if the girl's name is "June", the leader who is the train engine says:

"June" (pause)	"June" (pause)	"June, June, June"
Right foot forward	Left foot forward	R L R

As indicated, the feet slide forward and back at the same time. The leader then turns around so that "June" can hang onto his waist and they both shuffle across the floor to get another "car" on their train. Each time, from then on, when a new person is added, all those already in the train shout the new name and move their feet as described above. As each new person is added, all drop hands and

turn to face the opposite direction so that a new person is the leader each time. The winning team is the one with the most players attached when no one is left sitting. They are now ready for a line dance or line games.

Snowball--Have three or four couples start dancing. When the music stops, everyone on the floor goes to the side and gets a new partner. This is done until everyone is dancing. This dance is to be used only to start a dance. Once you get dancers on the floor, you want to keep them there.

Grand Star--Begin with a group of four men in a star-hold on each other's right hand. Revolve the star. Boys pick up girls and girls pick up boys by signaling with forefinger. Every man dances with the girl on the left, after all have been picked up.

Attention--A boy marches up to a girl as the music is playing. He gives her a salute and calls, "Attention". The girl immediately arises and returns the salute. The girl then calls "About Face". The boy does a military about face. They boy says "Fall In". The girl says "Forward March". The boy leads the march with the girl following, holding his waist. The boy goes to a girl and repeats the performance until all dancers are marching in a line around the floor. On the "About Face", everyone turns individually, and the leader ends up in the center of the line. A line dance or couple dance may follow if the leader will call, "Boys dance with the girl behind".

Rig-A-Jig-Jig--

	(Verse)	(Chorus)
1	As I was walking down the street,	Rig-a-jig-jig and away we go,
	down the street, down the street,	away we go, away we go.
2	A pretty girl (boy) I chanced to meet.	Rig-a-jig-jig, and away we go,
	Heigh-ho! Heigh-ho! Heigh-ho!	Heigh-ho! Heigh-ho! Heigh-ho!

The group is seated around the hall. Teach the song to the group--they continue to sing as the leader conducts the following actions:

During the first line of the verse, the leader walks around the hall. During the second line he stops, introduces himself to a girl, and she rises to accompany him around the circle. On the chorus they walk or skip (depending on the age) around the circle. As the song is repeated, they walk single file and each picks up a new partner. If the crowd is large, start with several leaders.

Back to Back--Whenever leader calls "back to back", all find new partners and stand back to back. Leader may call "ear to ear", "shoulder to shoulder", "nose to nose", or "shake hands", "pump handle", "royalty", "milkmaid", "garbage", "missionary". The only change of partner, however, is with the words "back to back". When music starts, all dance.

GETTING PEOPLE ACTIVE AFTER THEY ARE ON THEIR FEET

Chain Line--Everyone takes hold of hands, and the leader starts the music. At the same time he starts pulling the dancers into a circle. If many are left seated, the end man on the chain may pull them up. After all are in a chain line, a good leader may pull them into the following formations. No instructions are necessary, which makes the chain line a good beginner for dance parties.

1. Follow me: (chain line or marching) With a group that has once experienced fun with mixers and had good leadership, all you need to do is drop hands and say "Follow me." Leader dances different steps (swing, slide, swagger, etc.,) and the group all watch the step and try to imitate the leader.

2. Inside Out: The leader pulls the line into one big circle; next he pulls one side to the center and on through the other side until the circle of dancers is turned inside out. The leader drops his right hand and turns left, while the person on his right turns right. Both walk around to form the circle again.

3. Spiral: Pull the dancers into a tight spiral. The leader calls, "Stand still and do not let go of hands." At that time the leader ducks under arms and walks straight out, pulling the line with him.

4. Thread the Needle: The dancers are in one big circle or line. The leader reverses his direction, weaving in and out under arms of dancers, thus changing the direction of the line.

5. Unwinding Spiral: When the leader has wound the group rather tightly, he turns to face opposite direction and walks through the aisles formed by players, bringing them out of spiral formation. Hands are still joined.

Grand March-- Provide steady march music, or march song, and two file leaders who understand the movements. Dancers start marching single file. If the crowd is equally divided, have the men form a file on one side of the room and the girls on the other, both facing the front of the room where the director stands.

1. By Twos: The files separate, the leaders taking them along the wall to the back of the room where the two files meet and come up the center by two (in partners).

2. By Fours: When the double file reaches the front end of the room, partners stay together, and alternately the first couple goes to the right, the second to the left, third to the right, and so on. When the two files of couples meet at the back of the room, they come up the center by fours.

3. Circle Bridges: When the files of four reach the front end of the room, they divide in two again, one file of couples turning to the right, the other to the left. When the two files of partners meet at the back of the room, they continue marching toward each other and the file at the director's right forms a bridge by joining inside hands and holding them up high, under which the opposite file marches. (Both files of couples continue to march forward.)

Come Along All--Dancers stand or sit down shoulder to shoulder in a circle. A person in the middle of the circle walks around and takes someone by the hand, who in turn grabs someone else, etc. When the music stops, all return to own places and the person left out is "It". For a ballroom mixer, boys take girls and girls take boys. The leader calls, "Everybody dance with lady on the left", "March in double circle", or "Dance in a line." Variation: The circle faces out, and when the music stops, the dancers run to the closest vacancy they can find.

Stoop--The men are on the inside, the ladies on the outside. As the music starts ladies stand still--men march counterclockwise. When the music stops every man runs to his partner, takes her hands in his, and both stoop. The ladies march clockwise; the men go down on one knee to make a chair for their ladies. When the music stops, ladies run to their partners and sit on their knee.

Both men and ladies march (opposite direction). When the music stops, all find partners wherever they can and stoop or go to seats for the quiet games. Of course, the last person to stoop in each case is a "slow poke". For a dance mixer the man may also run back to the lady on his left. This is a good way to get dancers in line for refreshments. The leader says this time, "Instead of stooping, find your partner and line up for refreshments."

Little Tom Tinker--Four, eight, or sixteen drill lines face the head of the hall (usually as they march up center in a grand march). Divide the group into four sections (one or more lines to each section).

- Action:
1. "Little Tom Tinker got burnt with a clinker"
 2. "And he began to cry"
 3. "Ma, Ma"
 4. "What a poor boy am I."

After the first line gets through singing and marching through the first line of the song, the second line starts, and so on with lines 3 and 4. During first line of the song, dancers walk four steps forward. During second line of song, dancers walk four steps back. During third line of song, they raise hands over head twice singing "Ma". During fourth line of song, they turn around in place. Repeat three times.

Musical Madhouse--The dancers form a single circle, not holding hands. When the music begins, all march single file around the hall. The leader suddenly blows four blasts on the whistle. The march is stopped and the players form small circles of four with hands joined. Those left out of a small circle of four must stand in center until the next signal. One blast starts the march again in a single circle. The next signal may be six blasts, at which circles of six are formed. Whenever circles are being formed, those in the center try to join one. For a mixer, have the dancers keep in couples and exchange within the circle after the whistle is blown. A cap pistol may be used instead of a whistle. To form squares for square dancing, blow the whistle four times. For a threesome dance one boy has to find two girls.

Popularity--With the ladies on the inside, men on the outside, all march in single file in opposite directions. When the whistle blows, the ladies about face, hook onto a man's arm, and march with him--extras to center. When the whistle blows again, march in opposite directions. If there are two girls to one man, let a girl get on each side of a man. If there are still too many ladies, let them fall in behind him, as seven women on each man's coattail. Always have a few dancers left over to go the center.

Traps--The players march around the circle in couple formation. Two couples are designated to face each other and join hands. Partners' hands are held high so that the marching group can go under them. When the music stops, the hands

are lowered, attempting to catch as many couples as possible in the trap. Those caught form a new trap across the circle. The object is to be the last one caught.

BALLROOM MIXERS WITHOUT EQUIPMENT

Cinderella--All girls throw their right shoes into center; boys run for shoe, find girl wearing its mate, and dance with her. Boys may also throw their shoes in. Boys get two shoes for a threesome.

Across the Hall--Single circle. Forward and back, forward again and dance with the lady across the hall.

Make a Basket--Ladies hold hands and circle left, gents hold hands and circle right. Weave the basket. Men put arms over ladies' heads. Dance with lady on left.

March--Girls line up on one side of hall and men on other. All march to end of hall, turn, and march toward end center. Here the lines meet and form a double file down the center of the hall. The couples thus formed are partners.

Memory Mixer--Everyone joins hands in a circle with the man's partner on his right. Each man then asks the lady on his left for the next dance, the second lady on his left for the second dance, the third on his left for the third dance. When music starts, dance with the first lady. When the music stops, find the second lady, and so on.

DANCES

BINGO

Formation: Double circle
Position : Inside hands joined
Footwork : Left foot

Music : Bingo
Record: All sing
Rhythm: 4/4 Measures: 12

CALL

Ready walk
A farmer's black dog sat on his back porch
And Bingo was his name
A farmer's black dog sat on his back porch
And Bingo was his name
B-I-N-G-O, B-I-N-G-O, B-I-N-G-O
And Bingo was his name
B-I-N-G-O

INSTRUCTIONS

Walk: 16 steps, line of dance
Slide: Slide 16 steps (single circle) line of dance
Grand right and left: Face partner, shake hands then grand right and left 5 partners. On "O" swing your new partner. Walk again.

TETON MOUNTAIN STOMP

Formation: Double circle
Position : Conversation
Footwork : Opposite

Music : Teton Mountain Stomp
Record: Windsor 7615
Rhythm: 4/4 Measures: 8

CALL

Slide and stomp
 READY SLIDE
 Slide, together, side, stomp
 Now stomp 4 times
 Step stomp step stomp
 Step stomp right side
 Forward forward left side
 Back back right side
 Forward forward under the arm
 Change partners slide and stomp

INSTRUCTIONS

Slide and Stomp: Men facing the wall, step side, together, side, stomp; repeat to right.
Stomp: Step on left, stomp right, step on right, stomp left. Repeat.
Right Side: 4 steps. Turn to right side position, man facing line of dance, lady opposite. Walk in line of dance four steps.
Left Side: 4 steps. Turn to left side position and walk back in line of dance, ladies walk forward.
Right Side: Walk forward 4 steps. Turn girl under left arm. Take lady behind for new partner.

GETTING PEOPLE INTO GROUPS

Back to Back--(Groups of 6) Whenever leader calls "back to back", all find new partners and stand back to back. Leader may call "ear to ear", "shoulder to shoulder", "nose to nose", or "shake hands", "pump handle", "royalty", "milkmaid", "garbage", "missionary". The only change of partner, however, is with the words "back to back." When music starts, all dance.

Indoor and Outdoor Games, Relays, Circles

Sticks

1. Roll discs
2. Push pennies
3. Ride sticks 3 deep
4. Carry number 3
5. Jump sticks
6. Izzy Dizzy
7. Stab hoops

Paddles

1. Bat balloons
2. Fan ping pong balls
3. Play baseball
4. Roll discs
5. Balance balls
6. Push ball
7. Catch bean bags

Balloons

1. Paddle them
2. Kick them
3. Blow along ground
4. Blow up in air
5. Blow and break
6. Run and sit on and break
7. Bat over heads in line
8. Bat with hands in line
9. Pass under chin
10. Pass between foreheads
11. Run between knees
12. Bat and count 15

Ping Pong Balls

1. Blow on table or sheet
2. Blow along floor
3. Fan with paddles
4. Balance on paddles
5. Play baseball

Twine String

1. Lasso line
2. Wrap around individual
3. Ring pass
4. Clothesline

Blocks

1. Balance on head
2. Knock or push
3. Kick
4. Stand on
5. Stunts

Rope

1. Tug of war
2. Jump the rope
3. Swing with bag
4. Straddle rope
5. Pick up while jumping
6. Tie ball on end

Bean Bags

1. Toss
2. Overtake
3. Hats
4. Can it
5. Relay races
6. Stunts

Discs

1. Roll for accuracy
2. Roll with sticks
3. Roll with paddles
4. Step on them
5. Shuffle them under feet
6. Balance on head
7. Kick them
8. Push with sticks
9. Run between knees

PILLOWS

1. Ride the rail and pillow fight.
2. Stand on innertube and pillow fight.
3. Stand on innertube and pillow fight-touching ground between each hit.
4. Hop on one leg and pillow fight. Out when two feet touch ground.
5. Five stand on mat and fight.
6. Run and balance on head.
7. Line up with leader in front, leader tosses pillow to each one in line; they toss it back and squat down; first line down wins.
8. Kick to goal line.

BROOMS

1. Two hold above head and grip as the broom is pulled down.
2. Put one end on ground and crawl under.
1. Ride for stick horse.
2. Two ride.
3. Three ride.
4. Four ride.
5. Five ride.
6. Sweep a can.
7. Two carry one while straddle only--only support is the broom.
8. Two carry--one sit on as chair with arms around carriers necks.
9. Sit on the bristles and pull the other.
10. Roll a disk.
11. Put handle straight down in hole of disk and push to goal.
12. Two contestants seated hold broom with feet together, try to pull the other up.

ELASTIC BANDS

(Innertube sections)

1. Run around ankles.
2. Run around knees.
3. Run and crawl through while running.
4. Run two hand crawl through and run back.
5. Three legged race.
6. Crawl through.
7. Place one edge of band on instep of foot--hold other edge in hand--straighten up and run.

INNERTUBES

1. Roll for speed.
2. Run with innertube around feet.
3. Kick to pay.
4. Ride and jump. Feet do not touch the ground.
5. Roll for distance.
6. Throw for distance.
7. Throw for accuracy.
8. Roll for accuracy.

9. Line in one row.
 - a. Hop for distance inside innertube.
 - b. Hop for accuracy inside innertube.
 - c. Hop for speed inside innertube.
 - d. Hop for endurance inside innertube.
 - e. Jump for distance inside innertube.
 - f. Jump for accuracy inside innertube.
 - g. Jump for speed inside innertube.
10. Jump on innertube, feet separated and together.
 - a. Jump for balance.
 - b. Jump for distance.
 - c. Jump for speed.
 - d. Jump for accuracy.
 - e. Jump for height.
11. Crawl through.
 - a. Run and crawl through one tube.
 - b. Run and crawl through ten tubes.
 - c. Run with one foot inside, dragging the tube.
12. Pull for strength.
 - a. Two pull
 - b. Three pull
 - c. Four pull
13. Two run while tube is around their waists.
14. Tie four tubes together--one crawl inside--one roll him.
15. Tie four together, one run while standing inside.
 - a. Tie 10 together roll inside--tumble over.
16. Sit on tube--stand up--and run while arms hold innertube in place.
17. Put 20 on a rope and tie rope between trees for swing--one child in each innertube.
18. Float on water.

LET'S HAVE A COUNTRY CARNIVAL

BOOTH ATTENDANT
MUST INITIAL
 EACH SCORE

CHICKEN FEED - Pick the beans up with the straw and deposit in the upturned 'funnel hole' -- 30 seconds, 5 points per bean	
BEANS IN A BASKET - Toss the bean bags into the waste basket -- 3 bags, 10 points each	
RING A'LEG - Throw the rings around the leg of an upturned chair -- 3 trys, 5 points each	
DART THROW - Throw darts and 'pop' balloons -- 3 trys, 10 points each	
PEANUT TOSS - Toss peanuts into a cup located inside the dish pan for bonus points -- 10 trys, 1 point in pan, 5 in cup	
UMBRELLA TOSS - Toss jack balls into upturned umbrella without rolling them out -- 3 trys, 5 points each	
SKILL BALL - Roll balls into marked box -- 3 trys, marked points	
CHIPS IN THE CUP - Toss poker chips into muffin pans -- 5 chips, 5 points each	
SPOON IN THE BOTTLE - Drop plastic spoons into milk bottle -- 3 spoons, 15 points each	
RING TOSS - Throw rubber jar lids at ring toss board -- score as marked	
RING THE NUMBER - Toss washers on board -- score as marked	
PAPER PLATE IN BASKET - Toss paper plate into basket to stay -- 3 trys, 15 points each	
PENNIES IN EGG CARTON - Toss pennies into section of egg carton -- 5 trys, 10 points each	
CHOPSTICKS - Use sticks to pick up beans and place in dish -- 1 minute to try, 10 points per bean	
HOCKEY OFF - Hit sticks together three times, then try to get cotton 'ball' to your side -- 20 points	
BOWL TO BOWL - Use flat wooden spoon to lift cotton balls from plate to bowl -- 30 seconds, 10 points each	
BALL AND STRING - Throw ball to hit bottle ON THE RETURN -- 3 trys, 10 points	
BIG BLOW - Blow out lighted candles -- 3 trys, 10 points each	
FEED THE PLATE - With plate on head, reach to floor and pick up puffed wheat with plastic spoon -- 1 minute, 5 points each	
PIG'S TRY - Using the balls, roll three times to get through fence -- 3 trys, score as marked	
RING THE POLE - Toss the hoops over the pole -- 2 trys, 15 points each	
HOP-SCOTCH THROW - Toss the discs on the marked board for points -- 3 trys, score as marked	