

# **OAK Hills Recess and Game Procedures**

**2016-2017**



## RECESS and GAMES

### The Purpose of Recess is:

1. Have fun
2. Play with your friends
3. Get some exercise
4. Get some fresh air

### To be SAFE we:

Walk out to recess

Walk, gentle jog, or skip on the blacktop and bark chips

Walk or climb on the playground structures\*

Stay within the boundaries (no play between first grade wing & gym)

Get permission from adult & a pass before leaving & report back upon return

Use recess equipment for intended purposes only\*

Keep bark chips on the ground

Play tag games only on the field

No food on the playground

### To be RESPECTFUL we:

Be a good sport, play fair, and listen to game judges

Share and take turns

Leave nature alone

Good Sporting Behavior is important in all activities 😊

### To be RESPONSIBLE we:

Use equipment responsibly and safely

Return playground equipment appropriately when done

Stop playing when whistle blows and line up quickly and quietly

Follow game and equipment rules

### To be KIND we:

Safe hands, safe feet

No capture games or games with pretend weapons

Use kind words

Include everyone

Walk around others' games

## **PLAYGROUND WEATHER CONSIDERATIONS:**

Duty person(s) will decide on availability of playground areas as wet and dry conditions can change throughout the day.

**GREEN** - Field, playground, blacktop, grass all open, all equipment available

**YELLOW** - No field. Blacktop and playground open, all equipment available except football, soccer balls, and kick balls

**ORANGE** - blacktop only open. All equipment available except footballs, soccer balls, and kick balls

**RED** - undercover open only, all equipment available except footballs, soccer balls, and kick balls

If using both under covered areas, a duty person must be at each covered area.

## **PLAY STRUCTURE AREA**

### **Swings**

Sit on bottom and face the school

No jumping out

Hold on to the chain with two hands

No pushing by students

No twisting or sideways swinging

Keep a safe space when moving around swings

If taking turns is needed, students can use 30-swing count system

### **Play Structures**

Walking or very gentle running on the play structure area.

A duty teacher can stop a game if deemed unsafe.

No climbing on top of monkey bars or horizontal bars

One person at a time on horizontal bars, ladders and rings

One direction only on horizontal bars, ladders, and rings

On horizontal bars, no standing on bar

Must keep at least one hand on monkey bars (no hanging just by knees)

Keep hands and feet on climbing structure while moving-3 points of contact

### **Slides**

Bottom only, feet first

No climbing up the slides

## **RECESS EQUIPMENT\***

Jump ropes are for jumping or jumping games on the blacktop not for tug of war or tying up people or to poles

Hula-hoops are for individual use only on the blacktop not for trapping others

Wall balls are for games to be played only on wall ball or 4-square courts  
NO KICKING wall balls

Basketballs are for basketball only on the blacktop.  
Soccer balls for soccer or kickball on the field

Footballs are for throwing, kicking, and catching on the field  
Kickball - may use a wallball on the kick ball field (north, grassy infield)  
Tetherballs are for tetherball poles only

## **FIELD AREA**

Soft tag games may be played on the field  
Hands and feet to self  
Running is allowed on the field

## **CONSEQUENCES**

Adults on duty have discretion to determine consequences based on severity and previous infractions.

Removal from equipment/activity for the remainder of recess

Time out for:

Throwing bark chips

Kicking the ball

Being disrespectful

Repeat offenses (after natural consequence of removal)

Referral Form:

Profanity, inappropriate language or gestures

Purposefully hitting another child

Fighting or physical aggression with intent to hurt or injure others

Harassment or bullying

Repeated accounts of being disrespectful

## **RECESS DISMISSAL**

At the end of recess, a duty person will blow the whistle 3 times. This is the signal for students to line up. All students are responsible for picking up and putting away loose equipment. When the majority of students are lined up, the whistle will be blown 3 times again, which the students will respond to with 3 claps. The first class silent and lined up straight will receive a tally mark from the duty teacher. There can be a tie. The class with most tally marks at the end of the month will be given 1 STAR card for each student. If the duty teacher decides there is too much noise after the first set of whistles, no class will have the opportunity to earn a tally but the whistles and claps will continue until quiet.

### **Duty Tips**

All duty personnel should position themselves in different areas and move about the playground making themselves visible and available to all students.

Duty people are in charge of regulating activities, if an activity is getting too rough, that activity can be discontinued for a few days.

Please do not get involved in games or conversation that will allow a small group to monopolize your time, or engage in long conversations with the other duty teacher(s); both of these make it difficult to perform adequate supervision.

Please minimize cell phone use.

Keep the principal and classroom teacher informed of persistent recess problems with individuals and/or groups (trackers, referrals).

Time out:

Please select time out within sight, for purposes of monitoring.

For recess infractions only, unless student's teacher is on duty

Amount of time is determined by the duty teacher based on previous

Time out will not be used as a consequence for incomplete student work.

Students in time out will not be allowed to talk or play with other students.

**Teacher Tips**

Remind students to wear coats on cold days, they will not be allowed to return to the classroom

Students should not return to classrooms during lunch and recess unless accompanied by a teacher or if they have a classroom pass

Please be on time to pick up your students from outside

All students must carry a pass to go to the library or restroom during recess

## All Playground Games at Oak Hills:

### The Purpose of Recess is:

1. Have fun
2. Play with your friends
3. Get exercise
4. ☺ Good Sportsmanship is important in all games.

### Good Sporting Behavior

1. Good sporting behavior is respectful, responsible, and kind. Teasing, laughing, making fun, chanting does not display good sporting behavior
2. If you are called out in a game, it is important to display good sporting behavior. No kicking or throwing the balls away, arguing with the judge, or being a poor sport.
3. If you win, it is important to display good sporting behavior

### Line Judge

1. The first person in line is the judge
2. The line judge has four jobs (just like a judge in a courtroom):
  1. Watch the game
  2. Know the rules
  3. Be fair, impartial & honest
  4. Make the call
5. Only the line judge can make a call.
6. The 'line' is not the judge and cannot make a call.
7. The people in line need to have BOTH feet on the blue painted line. Otherwise, you go to the end of the line.
8. Once the judge makes a call, there is no arguing.
9. If you argue with the referee you will be asked to find a different game.
10. Judges do their best, they are not perfect, all referees make mistakes, but their fair, honest, and impartial call will stand.
11. Only the judge can all a re-do, the players cannot.

## **Foursquare Oak Hills**

### **Object of the game:**

Advance to Square Number One and stay as long as possible.

The first person in line rotates into square #4, trying to advance to #3, #2, then into square #1.

Think of foursquare as a 'net game,' tennis, racquetball, badminton, handball, volleyball, wall ball. The strategy is the same; to move the ball around the court skillfully, short, long, down-the-line, cross-court... until you skillfully out-position the other player. In none of these games do you stop the ball to re-set during the play, fake the other player out, double-hit, hold the ball, carry the ball, or power hit the ball so that it never lands in the court.

**\*\*The key to this game is FOOTWORK and STRAGETY**

### **Serve:**

1. The server serves from square number One.
2. The server must serve from behind the serving line (or the back half of the court) in square Number One.
3. Server needs to ask "are you ready?"
4. The server drops or bounces the ball in front of them, in their own court, then serves with a two open hands-underhand (palms up-fingers down) serve.
4. The serve must be served into the diagonal square.
5. The serve must be a fair and 'returnable' serve. (Line judge can determine)
6. The receiver cannot ask for the ball to be served in a specific place.
7. The receiver must attempt to return a fair serve.

### **Striking the Ball**

1. The ball must be struck with TWO OPEN HANDS.
2. The ball must be struck with the PALMS UP, FINGERS DOWN  
This eliminates 'spikes,' slams, and 'sideways slams.'
3. It is a footwork game. If the ball bounces high, the player must move their feet to get into position to hit a legal hit.
3. No Fists at all
4. No One-handed hits. Must be two hands
3. No overhand hits at all.
5. The ball must be struck with both hands at the same time. NO DOUBLE HITS. Think of your hands as a racket. The ball must come

off your hands/racket quickly and cleanly. Anything else is a double-hit or a carry.

6. Two hands must contact the ball at the same time (or it is double hit)
7. No one handed hits. Must be 2 hands.
4. No carries. Your ball must come off the hands/racket without a 'carry.' If your hands are behind your body when you hit the ball, it will be a carry. At the point of contact, both hands necessarily must strike that ball in front of both your legs. This will put the player in a position for a clean hit.
5. There are no holds at all
6. There are no carries at all (the ball cannot remain on your hands for any amount of time. The ball has to come off the hands as if your hands are a racket.

### **Playing the ball**

1. This game requires footwork and strategy skill.
2. The ball **MUST** bounce one time in a players square before it is hit (it may not be played out of the air)
8. The ball may bounce **ONLY ONE TIME** in the square.
9. If the ball lands in a players square, the player must hit/touch it before it bounces in another square (no such thing as 'stealies').  
Another player from another square may **NOT** hit the ball until it lands in **THEIR** square.
10. No 'tea-parties' or friendlies. Back & forth & **BACK** again maximum, the next hit needs to go to a new square.
6. No teaming (ganging up on one person to get one person out). It cannot be 'personal.' If the line judge feels players are teaming, he/she can give a warning, and then call the player(s) out.
7. Outside lines are good.
8. Inside lines are out.
9. A player may step outside the outside boundary of their own square to play the ball.
10. A player may step only **ONE STEP** into another players square to play the ball and they cannot interfere with the other player.
11. Players must stay on their feet.
12. Roof is an out.
13. No fakes or interference.
14. No made-up rules.

## Oak Hills Wall Ball

Think of wall ball as a 'net game,' tennis, racquetball, badminton, handball, volleyball, wall ball. The strategy is the same; to move the ball around the court skillfully, short, long, down-the-line, cross-court... until you skillfully out-position the other player. In none of these games do you stop the ball to re-set during the play, fake the other player out, double-hit, hold the ball, carry the ball, or power hit the ball so that it never lands in the court.

**Wall ball is a skill game:** Thus the rules:

### Serve:

1. The server is the player coming into the court.
2. Receiver must be 'ready' before the server serves. Ask, "Are you ready?"
2. The serve must hit above 'the line' on the wall and bounce out at least six feet from the wall to be a fair serve.
3. The serve must land inside the court boundaries, to be a fair serve.
4. The serve must be a fair & returnable serve.
5. If the server is a beginner or in first or second grade, he/she may have a second try if the first serve is not a fair serve.
5. If the receiver is "ready" and the serve is fair, if the receiver makes an error or is unable to return the ball he/she is out.

### Striking the ball:

1. *The ball must be hit 'quickly and cleanly off the hands'.*
2. No holds or carries, or catches of any kind.
3. It is best to use two hands clasp together or make a fist. If you use an open hand it is extremely difficult to avoid 'carrying' the ball.'
3. You cannot 'carry' the ball
4. You cannot 'hold' the ball
5. You cannot walk with the ball or bounce it in the air to maintain possession or double bounce or double hit.

### Playing the Ball

1. **ONE BOUNCE.** The ball is first hit by a player. It must then bounce on the ground ONE TIME before hitting the wall. After the ball hits the wall, a player may either hit directly off the wall

- or let the ball bounce ONE time on the ground before hitting it.
2. If a player allows the ball to bounce more than one time, he/she is out.
  3. Players must alternate hits.
  4. Boundary lines are good.
  5. If a ball comes off the wall and hits a player, that player is out.
  6. If a player is hit by a ball BEFORE it hits the wall, it is a DO-OVER.
  7. Blocking. You may not block the path of the ball so that your opponent is unable to play the ball. You will be called out.
  6. No bus stops (two hits).
  7. No windows (double-bounce)
  8. No 'fakes' of any kind or you will be called out.
  9. If there is interference on the court, it is a do-over.
  10. Players waiting in line must stand OUTSIDE the court. If the ball hits a player standing on in inside the line, it is a do-over.
  11. You may not make-up rules. We will play by the Oak Hills Wall ball rules.

## **Tetherball**

**Object of the game:** To wrap the rope completely around the pole.

### **Serve:**

1. The player that rotates into the court is the new server.
2. The server starts the game with a fair serve.
3. A fair serve is: The server does a gentle toss or bump to themselves, then hit/strike the ball from the toss or bump. The serve must be a 'returnable serve' (just like in foursquare or wallball), to get the game underway.

### **Play:**

1. The game is started with a serve (fair/receivable/gentle hit)
2. Players can hit/strike the ball with an open hand or closed hand. They can hit the ball with one hand or two hands, however it is easier to avoid a carry if you hit with a closed fist.
3. The players cannot hold or carry or throw the ball in any way. The hit must be a clean hit or strike.

4. Players may not grab, hold or touch the rope.
5. Players may not 'throw' the ball.
6. Players must stay on their own side of the court to play the ball
7. A player may not step into the neutral zone or they are called out. A player may step 'on' the neutral zone line, but may not step into the neutral zone.
8. A player cannot touch or grab the pole.
9. There are no 'double-hits.' However if the ball hits the pole and then bounces off the pole and back onto a player's side, then they can hit it a second time.
10. The 'roof' is an 'out'
11. There are no 'friendlies'
12. There are no 'made-up' rules. At Oak Hills, players will play by the correct tetherball rules. (The first person in line cannot make up rules for the game).
13. If one player wins three games in a row, they will rotate out and give a new player an opportunity to play.

## **SPIDER**

Play is on a four-square court, one person in each corner (flies) and one person in the center (spider).

When two flies trade places, the spider tries to get to the open corner. If successful, the spider stays in the corner and the fly goes to the end of the waiting line with the first person in line becoming the new spider.

The flies can trade spaces anytime, however, if they are not moving and trading spots, the spider can call 'SPIDER' and the flies must leave their spot immediately (within one to two seconds) and trade spots. If a fly does not leave their spot, they are out. When calling 'SPIDER', the spider must be in the center spot and the flies must be in a corner, at least 20-30 seconds between SPIDER calls.

If a player slides or dives, or pushes to get a spot they are out. If two people get to a spot at the same time, the line judge determines who was there first, if both were there at the same time, the players do 'rock, paper, scissors.

## **Oak Hills Team Games**

### **Oak Hills Basketball**

1. Players need to create fair teams to begin the game
2. Players must stay on their feet at all times. If you fall down, the foul is on the person who fell down and the other team gets the ball out of bounds.
3. There is no 'fouling,' any contact is considered a foul, the other team gets the ball out of bounds. Basketball at school is a no-contact sport.
4. Remember to pass the ball, it is a team sport.

### **Oak Hills Soccer**

1. Players need to create fair teams to begin the game
2. Players must stay on their feet at all times. If you fall down, the foul is on the person who fell down and the other team gets the ball out of bounds.
3. There is no 'fouling,' any contact is considered a foul, the other team gets the ball out of bounds. Soccer at school is a no-contact sport.
4. There is no 'slide-tackling' at school.
5. Remember to pass the ball, it is a team sport.

### **Oak Hills Football**

1. Players need to create fair teams to begin the game
2. Players must stay on their feet at all times. If you fall down, the foul is on the person who fell down and the other team gets the ball out of bounds.
3. Two-hand touch only, there is no tackling.
4. Remember to pass the ball, it is a team sport.

## **Kickball at Oak Hills**

**(Mrs. Musser's friendly game of kickball)**

**Every Player is an asset to the team-No way to fail game ☺.**

In this game, since we bat through the line up, every batter can only help the team, every batter is an asset to the team, even if they get out, they may bring a runner home, or simply get out, but every time have the possibility of scoring a run for the team which they could not accomplish if they don't go up to bat.

### **1. We bat through the line-up**

- a. Which means every person on the kicking/batting team bats ONE time, then we switch
- b. The advantages of this are:
  - i. Everyone, even the reluctant players get a turn at bat/kick.
  - ii. It doesn't matter what the batting order is because everyone gets one turn at bat. It stops the jockeying to get a turn at bat....

### **2. We count the Runs a team makes, not the Outs.**

- a. If we are batting through the line-up, a team may have 5 or 6 outs. The If there is an out, no run is scored.
- b. So, we count the RUNS a teams scores for each inning ☺

### **3. No strikeouts.**

- a. The batter/kicker cannot strike out.
- b. Having the teacher pitch has several advantages:
  - i. Every pitch is a hittable or kickable pitch.
  - ii. There is no favoritism
  - iii. It's totally fair and even
  - iv. Speeds up the game (a lot)
  - v. \*\*If the teacher pitches, I usually have a student play the pitcher 'fielding position' again to make it fair. I try not to field the ball but let a student field the ball.
  - vi. Reluctant students are more likely to risk a turn at bat.

### **4. Encouragement verses put-downs**

- a. Better players can think of themselves as helpers/teachers/coaches. Many students are still learning the game. So, if a teammate makes an error, it is helpful to make a positive comment like 'good catch', and then explain whatever rule needs to be explained...kindly.
- b. Three put-downs = take away one run.
- c. We are still learning.

**5. Other Baseball/softball/kickball rules:**

- a. NO SLIDING (automatic out)
- b. No Throwing the bat (unless kickball) or automatic out.
- c. No stealing
- d. No leading off.
- e. The base-path (and the base itself) belongs to the runner not the fielder

**6. Pop fly**

- a. A pop fly that is CAUGHT in the air, the hitter or kicker is out, but the base runners get free backs to the base they were at.
  - i. It is simpler this way and far less confusing.

**7. Tag outs**

- a. Everything is considered a force out.
  - i. Which means, a fielder must get the ball to the base BEFORE the runner gets there.
  - ii. There is no need to tag the runner at the base.
- b. If the runner is running between bases, you may tag them if you have possession of the ball. No Throwing the ball at the runner (no peg-outs)

**8. As a fielder, if you do not know what to do with the ball:**

- a. Throw it to the pitcher
- b. Throw it to the base you are closest to (first base, second base...)

**9. As a fielder, it is helpful to look** at the runners and decide where you could throw the ball (first base, second base, home...?) It is even helpful to call that out to your teammates before the pitch occurs.

**10. Once the pitcher has possession of the ball** and is standing on the pitching mound, runners can no longer advance/keep running. They must stop

(if a runner is more than half-way to the next base, they go forward, if less than half-way, they go back).

**11. As a fielder, play your own area/position.**

- a. If you are on a base, stay at the base, ready to catch the ball
- b. If you are a fielder, field the ball then throw it to a base-person, don't try to make the play yourself.
- c. As a fielder, play your area, don't run all over and play everyone's position.
- d. Trust your teammates and throw the ball to them. Even if they miss, you will be making the right play and the next time, it will be better.
- e. We are learning and every time we make the right play, we get a little better and more confident.

**OAK HILLS 500 THROWING GAME**

Small Groups 3-5 people. No Large group games.

Start game with one person as the thrower, the other players are the 'catchers' and stand approximately 20 feet away.

**Thrower:**

1. Only gets FIVE THROWS TOTAL.
2. The thrower 'Calls': 100, 200, 300, 400, or 500/jackpot
3. There ARE NO:
  1. Dead of Alive (the ball MUST be caught in the AIR, it cannot be picked up off the ground...(thus NO dog-piling ever).
  2. Mystery box (calling the number after the ball is thrown)
  3. Toilet Flushes (calling no points after the ball is caught)
4. If a player gets 500/Jackpot before the thrower has completed his/her five throws, the person who caught the 500/Jackpot is immediately the new thrower.
5. Throws to an area, not a specific person
6. Throws in an arch (or rainbow shape)

**Catchers:****1. Cannot:**

Push or shove.

Fall down. Must STAY ON FEET. If fall down, NO POINTS at

all.

**2. Can:**

Position & move around

3. Ball must be caught in the AIR, no pick-ups off the ground.

4. Must stay on their feet. If a player falls down--NO POINTS.

**General:**

1. If a player gets 500 twice, on the third turn, make sure everyone has had a turn, before they get another turn.

**Oak Hills Bump/Knock-Out (basketball game)**

1. TWO balls only. Period.
2. No 'after-bumps' of any kind. Period.
3. 'Bumps' must be TOWARD the basket (not to the side or backwards).
4. You may not bump the ball out of a players hands
5. The pass back to the next person in line must be a 'catchable pass.'
6. 3. If the pass back to the line is errant, good sportsmanship is to pause until the first person has possession of the ball before continuing the game.
7. No friendlies (dribbling slowly before passing it to the first person in line, to allow 'your friend' more time to make their basket).
8. The first shot, must be an attempt at a basket.
9. If you win the game, you are FIRST the next game.
10. If you are out, you must stand to the side, not underneath the basket.
11. You may not interfere with the game in any way.
12. If you kick the ball, you are out.
13. If you are out, you may not throw or kick the ball 'away', if you do, you are out of the game.
14. The judge is the 3rd person in line.
15. There are two ways to play bump, ultimate and regular.  
Regular is you are out until the next game starts.

Ultimate is when you get back into the game when the person who got you out, gets out.

Either game is ok, but players must agree before the game starts.