



OUTDOOR GAMES



I.P.K.K.F.
BRESHIA
Dibër

J.O.U.D.G.
БРЕШИЯ
Дебър



ERASMUS+ PROJECT "LET'S SHARE OUR GAMES"



Erasmus+



Enjoy



Why is it important to play outdoor games?

Outdoor play also enables children to enjoy the natural environment and learn to seek out exercise, fresh air, and activity. There is something fundamentally healthy about using the outdoors. Thus outdoor play develops disposition for the outdoors, for physical activity, and for care of the environment.



OBSTACLE GAME



This game is a competitive game. For this game we need 6 hula hoops (3 yellow and 3 pink) and for the end of game 1 hula hoop (red). The games start with the hula hoops which are located in a line (3 yellow in one side and 3 pink in another side). Children must pass the hula hoop with jumping on them, and after they should crawl under the green metal. After this they have an obstacle and a triangle tool in which there is a ball above, the children must take a ball (this is repeated 3 times) and the balls the child must move them in the red hula hoops which is located after the obstacles. The child who passes and places the ball first, is the winner.



PARACHUTE GAME



For this game we need a colorful parachute and balls. Balls should place above the parachute. Children should move the parachute according to the instructions given to them by the teacher and not let the balls fall down. The area should be open and clear of obstacles. Everyone should follow the teacher's/leader's instructions, and play gently.

Benefits of Parachute Play for Children

- Encourages cooperation
- Reinforces turn-taking and sharing
- Works the arms, shoulders, and torso
- Promotes communication and language skills
- Develops a sense of rhythm
- Introduces physical activity as fun
- Offers exercise for the upper extremities and torso
- Encourages range of motion and reaching
- Creates a sense of belonging as they find others who share their interests
- Exercises the mind as they work together and follow directions

WOODEN LARGER RING TOSS



Ring toss, also known as quoits, is a great lawn game for younger kids to practice their aiming skills and master their hand-eye coordination. This version of ring toss is designed to be used either indoors or outdoors and is just the right size for kids. The set includes (1) solid wood target base with scoring numbers and 5 hoops. Simply throw the rings onto the pegs from a set distance. Each peg has a corresponding score and the team with the highest score wins. The set is easily set up with no tools needed and just as quickly can be broken down and stored for play at a later time. We use two set of Ring Toss, for two players, to make the game competitive.

