

Go Outside

Fly's UP Categories



What you need:

1 ball (tennis, soccer or football)

How To Play

Start in an open field, where there is space all around to run in all directions. One person is "IT" and they start with the ball. They choose a category (ex. Colors, Dogs, Soda, Numbers 1-10...) and announce it to the rest of the kids. Once the category is picked, all the other kids circle up away from "IT" and each choose something different from the category for that round. They tell each other so no one has the same one. "IT" doesn't listen in on what everyone is choosing. After this everyone meets back up to begin.

"IT" begins by throwing the ball high in the air while also calling out a word from the category. Once the ball is thrown everyone one starts running (including "IT") away from the ball unless their word from the category was yelled out by "IT".

If your word from the category was yelled out, you must race as fast as you can to get the ball wherever it landed. Until you reach the ball everyone else can continue running away. (If no one had that word, "IT" throws the ball again choosing a different word)

Once the ball is picked up, the player with the ball now yells FREEZE and everyone must stop where ever they are.

The player with the ball gets three steps in any direction and from there, they must try to tag the player of their choice with the ball by throwing it. The player they are trying to tag can move their body but can not move their feet! If someone is tagged, they are the new "IT", if not, the person throwing is the new "IT"