



Activity One:

# BACKYARD GAMES RULE

Name \_\_\_\_\_ Date \_\_\_\_\_

Tag, catch, flying disc toss, horseshoes, croquet, hula hoop marathons, kickball, badminton – there are a lot of sports and games you play right in your backyard or on the playground. All of these sports and games were invented by someone. The game of basketball was invented in 1891 using peach baskets for hoops. The Frisbee® you throw around today actually started out as pie tins! College students started playing catch with pie tins from William Russel Frisbie's bakery in the 1940s.

Sometimes a great idea comes from combining a few other good ideas. Volleyball was invented in 1895 by William G. Morgan, who was trying to blend the ideas from basketball, baseball, tennis, and handball. He originally called it "mintonette."

How could you create your own backyard game or sport? Start by thinking about what you love to play. List your favorites below. Next to each, write how you would make that game better or give it a twist.

## MY TOP 5 BACKYARD GAMES OR SPORTS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## MY TWIST ON IT

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Now, pick one game from your list. On a separate piece of paper, answer these questions about it in a brainstorming exercise called SCAMPER:**

- **Substitute:** How else can this game be played? How can I change it to do that? What other equipment can I use?
- **Combine:** How can I combine this with another game or purpose?
- **Adapt:** What else is like this? What could I copy and add to it? How can I change it?
- **Minify:** How can I make the game smaller or miniature? (For example, mini-golf is a miniature version of playing a very long—and serious!—game of golf!) Should I use less equipment or fewer rules?
- **Magnify:** How can I make it bigger? Higher? Longer? Add something? Require more of something?
- **Put to other uses:** Is there a new way to play or use the game or piece of equipment? Other places to play it?
- **Eliminate:** What to take away? Condense or combine some things?
- **Reverse:** Turn it backward? Upside down?
- **Rearrange:** Swap or trade rules, equipment, or steps?

***Kids, enter your new game in the Move It Challenge! Visit [www.moveitchallenge.com](http://www.moveitchallenge.com).***