

play
day

GAME

GA-GA



Play
matters

82% of parents believe that children today do not spend enough time playing outside.

Take
action

One flyer or well-written article could catch the attention of key city officials and other public figures who can help take your advocacy efforts to a whole new level.

INSTRUCTIONS:

Number of Participants:

8+ people, age 5+

Materials:

Ball (volleyball, soccer ball, kickball)

Description:

Ga-Ga is a popular game played with a ball in a wide, enclosed space. The object of the game is to use only your hands to hit the ball at the other players, while avoiding getting hit yourself. The ideal game site should be an enclosed space clear of any debris.

Steps:

Start the game by having a designated person yell "Ga" and everyone else yell "Ga" back, to signal they are ready to start the game. The designated person should throw the ball against one of the walls or up in the air. Once the ball has bounced once, it is live and the game begins.

If a player is hit by the ball anywhere from the waist down that player is eliminated. Eliminated players should stand to the side of the playing area and remain stationary. If the ball bounces off of the eliminated players by accident, the game should continue as if the players represented walls.

When there are only two players left, it becomes a showdown. In the showdown, the remaining players are only allowed to touch the ball three times in a row. Last one standing without being hit, wins the game!

Variation: If you have boards enclosing the area, ask eliminated players to crouch outside the boards (they are free to move around outside of the boards). In this version, the eliminated players can try to hit the ball and get other players eliminated. If they do so, they can replace the player they successfully eliminated.

