LET US Play

LET US Play is an easy way to increase the amount of physical activity all children get while playing games. By changing the rules , you can make sure everyone has a chance to play.

LET US Play Principles:

Removing **L**ines

Eliminating **E**limination

Reducing **T**eam Size

Getting **U**ninvolved Individuals Involved

Being Creative with **S**pace, Equipment & Rules

MaineHealth
LET'S GO!
5 · 2 · 1 · 0

GAME	DESCRIPTION		POSSIBLE MODIFICATIONS
Kickball	2 teams (kicking and fielding). Kicker runs bases. Kicker eliminated if player/base is tagged or if ball is caught by fielding team.	**L**	Entire kicking team runs the bases together
		E	Instead of outs count the number of runs the kicking team can score in a set amount of time
		T	Split large groups into two separate games
		U	Make these changes to help get more people involved
		S	Fielding team performs a task as a group
Dodgeball	2 teams. If player is tagged with the ball or if the ball is caught they are eliminated from the game.	**L**	—
		E	Have players switch teams when they are tagged with the ball
		T	Split a large game into two smaller games
		U	Make these changes to help get more people involved
		S	—
Relay Races	Teams of 6 or more. Players wait in line for turn. Start and finish at one side of the activity area.	**L**	Remove lines by modifying the type of relay race (e.g. teams start and finish in center, use different equipment and ways of moving)
		E	—
		T	Decrease number on each team
		U	Make these changes to help get more people involved
		S	—
Soccer	2 teams. 10 v 10. Goalkeepers on each team.	**L**	—
		E	—
		T	Split one large game (e.g. 10 v 10) into multiple smaller games (For example two 5 v 5 games)
		U	Make these changes to help get more people involved
		S	Remove goal keepers and reduce the size of the goals
Tag	One or more "chasers" attempt to "tag" or touch other players. Each tagged participant is eliminated.	**L**	—
		E	Have players who are tagged become additional chasers
		T	—
		U	Make these changes to help get more people involved
		S	Perform an active task when tagged, every game starts with multiple taggers

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