

## Playground Stencils for Loan



## Playground Stencil Instructions

The North Bay Parry Sound District Health Unit is delighted to provide you with these playground game stencils to encourage physical activity.

Carefully follow the instructions below in order to make the best use of this resource.

1. Determine which stencil(s) you would like to use – see attached list of stencils
2. Ensure that the dimension of the game(s) that you have chosen will fit in your chosen space.
3. Ensure the space that you will be painting on is as clean as possible. Sweep the area surface to remove debris, pebbles, and sand.
4. If you are using these stencils on an outdoor surface, check the temperature. The spray paint works best at temperatures of 5 degrees above zero Celsius, or warmer. It is also best to choose a day with little wind. Spray paint must be used with the stencils. To order your paint, or for paint specifications click [here](#).
5. Lay out your chosen stencil as you want it to appear. Some stencils will require assembly. Lay down the pieces and use masking tape to hold the stencils together and to hold them securely to the surface you are painting on.
6. Follow all of the necessary safety precautions when using spray paint. Face masks, gloves, eye goggles and protective layers for shoes and clothes are recommended and not included in this lending kit. Carefully review the directions for use, safety precautions and first-aid information written on the can.
7. Spray the paint in the open sections of the stencil. Two thin layers of paint are better than one thick coat. Allow the paint to dry between coats and before lifting the stencil.
8. Remove any tape and place the stencil back in the carton that it came in.
9. Instructions for playing each game are included in the following pages.

Photos and game instructions have been provided courtesy of Fast Line Striping Systems ([www.fastline.net](http://www.fastline.net))

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To book any of the stencils, contact the North Bay Parry Sound District Health Unit at 705-474-1400 or 1-800-563-2808 ext. 5231.

Email: [healthy.schools@healthunit.ca](mailto:healthy.schools@healthunit.ca)

**Please note: Stencils can be borrowed for a week at a time.**



## 4-Square (Big)



Category	Ball
Age Range	8-12
# of Players	4
Size of Largest Pieces	48" x 48" & 12" x 80"
# of Pieces in Kit	17
Completed Size on Asphalt	14' x 14'
Cans of Paint Needed	2

Note: The Four Square stencil will require additional planning. The stencil provided is one quadrant of four that are needed to create the game. The stencil will have to be painted once, lifted and lined up according to the diagram, painted again and repeated another two times.

### How to Play

A basic layout of a simple large square divided into four smaller squares provides for a game that is endless in variation depending on the skills of the participants playing the game. Overall size once painted is 14' by 14'.

Indicated by the name of the game, this game involves four players, one for each square. The purpose of this game is to displace the player who plays from square 1 or the "King" position. This player who plays from square 1 is the one who begins the game by serving the ball from the back corner of his or her own square. This player has the choice of serving the ball into any of the other 3 squares, choosing to allow it to bounce or not to bounce in any square before the opposing participant hits the ball into another of participants' squares.

The nature of the game allows for many people to be able to play the game within a short period of time due to "misses" that may occur. "Misses" can occur when a player does not successfully hit the ball into one of their opponents' squares, if they hit the ball out bounds, meaning out of the large square itself, or if they cause the ball to land on a line except on a serve. The person, who is responsible for the "miss", must exit the game and retreat back to the challenge line, thus allowing a player whom is waiting, into the game.

When this occurs, the players rotate around the square, leaving the newest player in square 4 and the person who was in square 2, is now playing from square 1, the "King" position and has become the opponent to eliminate.

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## Alphabet Hopscotch



Category	Hopscotch
Age Range	6-10
# of Players	1 or more
Size of Largest Pieces	48" x 49"
# of Pieces in Kit	4
Completed Size on Asphalt	7'2" x 7'4"
Cans of Paint Needed	2

### How to Play

This is a playground game that can be used to assist children in using their alphabet. It can be played in one of two ways. The first and most common way of playing this game is to jump from A to B, B to C, C to D, and so on without touching any of the lines until reaching the end of the alphabet. This way could be more challenging for younger children as some of the letters could be placed quite a distance from one another and some may not be able to jump that distance!

The second way that can be used to play this game is to spell names, places or things and spell them out by jumping to each letter. This way can be played by anyone as the difficulty of the words can increase or decrease depending on the age and abilities of the children playing.

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## Bull's Eye Toss



Category	Games
Age Range	7-10
# of Players	2 or more
Size of Largest Pieces	48" x 50"
# of Pieces in Kit	6
Completed Size on Asphalt	15'4" x 7'4"
Cans of Paint Needed	2

### How to Play

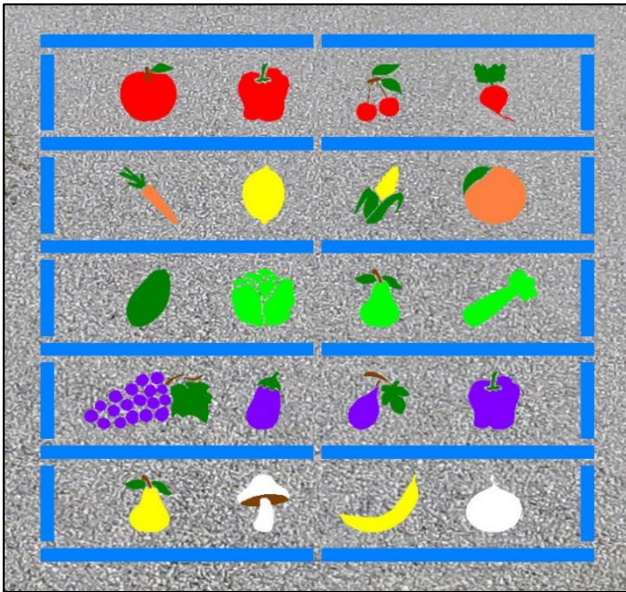
Two or more players can play this game. Each player will take turns standing behind one of the lines and tossing their markers onto the bull's eye area.

The lines are numbered 1-5, each line being more difficult than the previous. Each player can throw from the same line or depending on their skill level each child can be placed on a line that will give everyone an equal chance of winning. Each child will throw two or three markers and add up their score to see who can obtain the highest score.

Highest score wins

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## Five A Day! Fruits & Vegetables



Category	Educational
Age Range	7-12
# of Players	Unlimited
Size of Largest Pieces	48"x 80"
# of Pieces in Kit	2
Completed Size on Asphalt	6' x 6'1"
Cans of Paint Needed	1

### How to Play

An unlimited amount of children may play the game. Using a pebble or a small object as a marker, the first player will throw it into the first square. They must then jump over this square and proceed through the fruit until they reach the end where they have to turn around and hop back through the course. Once completing the course with your marker in position 1, you must throw your rock into the second square and proceed just as before, however this time make sure you jump over the second square as this is where your marker is. The player will then continue in this manner until he or she reaches the end or until this player either misses the appropriate square with the marker, or if their foot touches a line. If either of these things happens, the player loses their turn and the next player has a go. The first player to have successfully hopped all the way through the course is the winner!

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## Footprints



Category	Misc.
Age Range	1-12
# of Players	Unlimited
Size of Largest Pieces	22" x 35"
# of Pieces in Kit	1
Completed Size on Asphalt	2'3" x 1'2"
Cans of Paint Needed	1

This unique stencil is a terrific addition or extra touch to the playground games once all the game stencils are painted and visual on your playground surface.

Footprints create a fun transition between games as once one game is complete simply follow the "footprints" to the next exciting playground game.

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## Giant ABC Circle



Category	Agility
Age Range	7-12
# of Players	Unlimited
Size of Largest Pieces	48" X 88"
# of Pieces in Kit	9
Completed Size on Asphalt	20' X 20'
Cans of Paint Needed	4

### How to Play

Can be used to play any number of games that require children to stand in a circle.

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## Giant Dartboard



Category	Games
Age Range	10-12
# of Players	Unlimited
Size of Largest Pieces	48" x 81"
# of Pieces in Kit	11
Completed Size on Asphalt	14' x 14'
Cans of Paint Needed	4

### How to Play

Can be used to play any number of games that are played on a standard dartboard.

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## Hopscotch with “Home”



Category	Hopscotch
Age Range	5-10
# of Players	Unlimited
Size of Largest Pieces	48" X 44"
# of Pieces in Kit	4
Completed Size on Asphalt	3'3" x 13'11"
Cans of Paint Needed	1

### How to Play

After choosing the hopscotch design that best suits your needs, an unlimited amount of children may play the game. Using a pebble or a small object as a marker, the first player will throw it into square 1. They must then jump over this square and proceed through the numbers until they reach the end where they have to turn around and hop back through the course. Remember when there are two numbers side by side, you can put both feet down at the same time!

Once completing the course with your marker in position 1, you must throw your rock into square 2 and proceed just as before, however this time make sure you jump over square 2 as this is where your marker is. The player will then continue in this manner until he or she reaches the end or until this player either misses the appropriate square with the marker, or if their foot touches a line. If either of these things happens, the player loses their turn and the next player has a go. The first player to have successfully hopped all the way through the course is the winner!

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## It's Your Choice (Conflict Resolution Circle)



Category	Educational
Age Range	7 - 12
# of Players	Unlimited
Size of Largest Pieces	
# of Pieces in Kit	5
Completed Size on Asphalt	7' 4" X 7' 4"
Cans of Paint Needed	1

### How to play:

This colourful and imaginative game helps children deal with the day today problems that they encounter, such as teasing, protecting one's property, bullying and handling arguments. Players lose turns when they don't respect someone's rights or refuse to mediate a problem, and get another turn when they help others solve problems or express their feelings.

This is a great game for solving conflicts between students in a fun, imaginative way. An essential addition to your playground game area.

It is available in French and English.

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## Mirror Me



Category	Game
Age Range	1-12
# of Players	Unlimited
Size of Largest Pieces	48" x 64"
# of Pieces in Kit	3
Completed Size on Asphalt	
Cans of Paint Needed	7

### How to Play

Brighten up your playground and encourage bright minds with Mirror Me!

Fun variation of Simon Says and memory games. The goal of the game is to mirror the person across from you by repeating the pattern of steps they take on the various coloured circles. After each turn the pattern increases by one until the opposing player cannot mirror the pattern.

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## Pin-Wheel Circle Hopscotch



Category	Hopscotch
Age Range	6-10
# of Players	4
Size of Largest Pieces	48"x48"
# of Pieces in Kit	4
Completed Size on Asphalt	7'4" X 7'4"
Cans of Paint Needed	1

### How to Play

Decide which is your hopping foot and who goes first. Whichever foot you choose is the foot you will hop on both to go to the center and to go back out.

Hop through the snail to the center. Start with square 1.

Hop only once in each square. Do not hop on any lines or you will lose your turn. You may rest when you reach the center.

Turn and hop back to the beginning. Repeat steps 2 and 3 for a second time.

If you have hopped in and out successfully you may choose a square as your "house." Put your initials in the square. You can use this space to rest and other players must skip over the square.

The game is over when it becomes impossible for anyone to hop to the center. The player with the most squares at the end is the winner.

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## Playground Math Calculator



Category	Educational
Age Range	8-12
# of Players	Unlimited
Size of Largest Pieces	47" x 67"
# of Pieces in Kit	2
Completed Size on Asphalt	6' x 4'10"
Cans of Paint Needed	1

### How to Play

To begin the game, the player must jump on the "on" square. Next, the player must jump on any number from 0-9 based on what question they decide to ask their opponents. For example, let's say that the player jumps on the number 6. Next, the player jumps onto the "x" sign, making this a multiplication problem. Then this player jumps on another number of their choice. Let's say that this number is 3. This player then must jump onto the "=" sign.

Now, the second player must figure out the answer to the question presented by the first player and jump to it. Since the answer to the question that the first player asked is  $6 \times 3 = 18$ , the student must jump to both the 1 and 8 squares. After answering the question, the second player must also jump onto the "off" button. If player two gets the answer correct, then it is their turn to ask the first player a question of their choice. This game can involve more than just two players and if so, just continue going through the players allowing each to ask a question. If a player happens to answer incorrectly or step on a line then they will lose a point. All players start with five points.

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## Playground Pond



Category	Agility
Age Range	3-10
# of Players	Unlimited
Size of Largest Pieces	44" x 48" & 19" x 54"
# of Pieces in Kit	13
Completed Size on Asphalt	25' x 25' Dependent on layout
Cans of Paint Needed	3

### How to Play

An unlimited amount of children may play the game. This is a game of imagination and activity, at each stage of the game the children can pretend to be the animal performing the action laid out direction. Swim like a fish, walk like a duck, hop like a frog, etc. This game will increase a child's coordination and agility. This game also assists in word recognition in doing the stated activity. Game layout can be as long or short as you playground game area allows.

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## Rocket Hopscotch



Category	Hopscotch
Age Range	6-12
# of Players	1 or More
Size of Largest Pieces	48" x 57"
# of Pieces in Kit	4
Completed Size on Asphalt	3'7" x 14'1"
Cans of Paint Needed	1

### How to Play

The first player stands on "EARTH" and using a pebble or a small object as a marker, he or she will throw it into square 1. They must then jump over this square and proceed through the numbers until they reach the end where they have to turn around and hop back to "EARTH", picking up their pebble on the way. Remember when there are two numbers side by side, you can put both feet down at the same time!

Once completing the course, through numbers 1-9 in the above fashion, the player must stand on "EARTH" with their back turned to the game and attempt to throw their marker onto "MOON". If the player succeeds then they have won the game! If instead, the marker lands on a square, that square will become a free square on which that player can land on with two feet. If the marker does not land on the hopscotch at all, this player must carry their marker from "EARTH" to "MOON" in a fashion determined by the other players, i.e. on their head or foot.

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## Shapes Hopscotch



Category	Hopscotch
Age Range	5-12
# of Players	Unlimited
Size of Largest Pieces	46" x 80"
# of Pieces in Kit	4
Completed Size on Asphalt	6' x 11'6"
Cans of Paint Needed	1

### How to Play

An unlimited amount of children may play the game. Using a pebble or a small object as a marker, the first player will throw it into square 1. They must then jump over this square and proceed through the squares counting the shapes until they reach the end where they have to turn around and hop back through the course and pick up your marker along the way. Once completing the course with your marker in position 1, you must throw your marker into square 2 and proceed just as before, however this time make sure you jump over square 2 as this is where your marker is. The player will then continue in this manner until he or she reaches the end or until this player either misses the appropriate square with the marker, or if their foot touches a line. If either of these things happens, the player loses their turn and the next player has a go. The first player to have successfully hopped all the way through the course is the winner!

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## Shuffleboard Court



Category	Court
Age Range	7-12
# of Players	2 or More
Size of Largest Pieces	36" x 81"
# of Pieces in Kit	5
Completed Size on Asphalt	6' x 10'2"
Cans of Paint Needed	1

### How to Play

A coin is tossed to decide who starts. Thereafter, the winner of the previous "end" starts the next. Players slide their four weights alternately. The weight must pass over the first line and not drop off the table in order to count. It is normal for a player to deliberately knock already played weights in such a way that opponent's weights might fall out of play while the player's weights cannon into an advantageous position.

Once all weights have been pushed down the outdoor court, the scores for the turn are calculated. A weight which lands on the near line or between the lines scores 1 point; a weight which lies on the far line or between the far line and the end of the board counts 2 points and a weight which hangs over the end of the table counts 3 points. If no weights are in scoring positions then the weight nearest to the near line scores 1 point.

For a two player game, the player who scores 11 points first wins the "end". The target score would sometimes be greater when there were more than two players.

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## Snakes & Ladders



Category	Games
Age Range	6-12
# of Players	Unlimited
Size of Largest Pieces	48" x 68"
# of Pieces in Kit	19
Completed Size on Asphalt	11'5" x 11'4"
Cans of Paint Needed	4

### How to Play

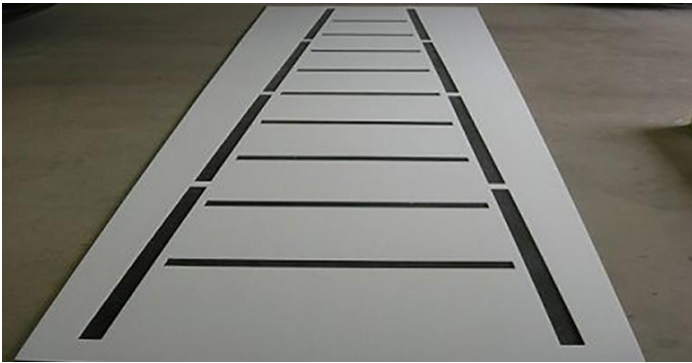
An unlimited amount of children may play the game. The game requires either dice or a spinner (not included). Each player in turn will either roll or spin and move along the board the number of space they received. Landing on a square with a snake's head will send them sliding down the snake to the square with the end of the snakes tail in it. Landing on a square with the bottom of a ladder will allow them to climb to the square at the top of the ladder.

The winner is the first player to reach the end of the board.

Game includes; the board, 3 ladders, 4 snakes, "start" and "end", you design where the snakes and ladders get placed for painting.

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## Speed/Agility Ladder



Category	Agility
Age Range	5-6
# of Players	Unlimited
Size of Largest Pieces	28" x 63"
# of Pieces in Kit	4
Completed Size on Asphalt	3' 4" x 15'
Cans of Paint Needed	1

### How to Play

It is an excellent beginner game for young children as it allows them to learn how to stay within the line and to gain their balance. They can run, jump or hop up the ladder. As their skills improve they are able to do it with greater ease and at a faster pace.

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## Triangle Hopscotch



Category	Hopscotch
Age Range	6-10
# of Players	1 or More
Size of Largest Pieces	26" x 89"
# of Pieces in Kit	3
Completed Size on Asphalt	8' x 6'11"
Cans of Paint Needed	1

### How to Play

The main purpose of this style of hopscotch is for the players to always face the number 10 which is at the top corner of the triangle, even if this means hopping backwards which in one direction it does! This can be tricky and is what makes this game different from the rest!

While in play, the first player hops into square 1 and then jumps sideways to square 6. The player then hops diagonally forwards to square 10 and then proceeds to jump diagonally backwards to square 1 again and then hops out of the triangle.

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Last updated: 29-May-18