

Understanding Simple Outdoor Games

Chapter 2: Simple Outdoor Games · Topic 1

Key Concept

A running race is a game where players run from a start line to a finish line, and whoever reaches first wins. Hide and seek is a game where some players hide and one player tries to find them.

Playing outdoor games with friends helps us stay active, make friends, and learn to play fair.

Hopscotch is a game where we draw numbered squares on the ground and hop through them in order, balancing on one foot in single squares and both feet in double squares.

Outdoor games also help us get fresh air and sunlight, which are both good for our health and mood.

Quick Revision Notes

- Outdoor games are fun games played outside.
- A running race goes from a start line to a finish line.
- Hide and seek has hiders and a seeker.
- Outdoor games help us stay active and make friends.
- Hopscotch uses numbered squares drawn on the ground.
- We hop through hopscotch squares in order.
- Outdoor games give us fresh air and sunlight.
- Fresh air and sunlight are good for our health and mood.

Practice Questions

- 1 Play a running race with friends or family.
- 2 Play a game of hide and seek.
- 3 Name two more outdoor games you enjoy.
- 4 Talk about why playing fair is important in games.
- 5 Draw a hopscotch grid and try playing it.
- 6 Spend some time playing outside today and note how you feel.