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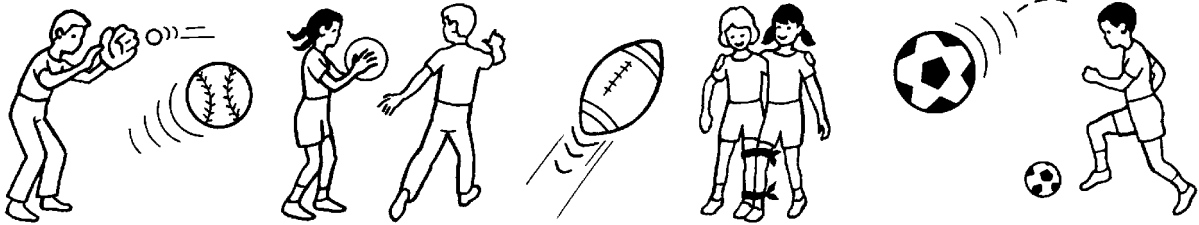
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## Newspaper Race

### Equipment:

- two newspaper sheets per player

### Where to Play:

indoors or outdoors

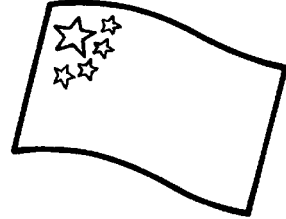
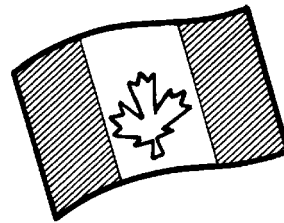
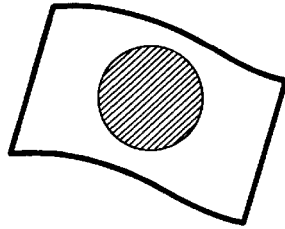
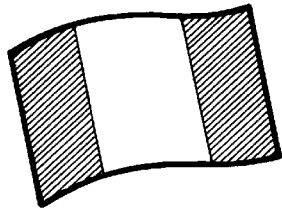
### Number of Players:

four or more

### Directions:

Divide the players into two teams, and have them line up behind the start line. Give each player two sheets of newspaper. The first players leave the start line, race to a predetermined turning point, and return to the start line. While they are racing they may only move by stepping on their pieces of newspaper. A player may step on one paper, lay the other one down and step on it, pick up the one he or she just stepped off of and drop it down for the next step, etc. The first team to get all of their players back across the starting line is the winner.





## Hoops—Greece

### Equipment:

- a hoop of plastic, rubber, or an inflated tire tube for each player
- a stick for bowling (rolling) for each player

### Where to Play:

outdoors

### Number of Players:

one or more

### Directions:

Hoop rolling has been a form of exercise for many years. Historically, there are references to it dating back to Ancient Greece (300 B.C.). To begin this modern version of the game, a player holds the hoop with one hand, fingers pointed downward. The player then bends slightly and flings the hoop forward. He or she runs after the hoop and tries to keep it rolling with one hand or a stick. Once two or more individuals have mastered hoop rolling, then a variety of games may be played. Try Hoop Haces, Hoop Relays, Hoop Targets, Follow the Hoop Leader, etc. If the hoop is big enough, the player may even try to jump through it while it is rolling.

