**Omnikin All-Active Games**

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[**Omnikin on YouTube**](https://www.youtube.com/user/officialomnikin)

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**\*\*Bladder maintenance** - powder the latex bladders regularly because temperature and humidity changes cause the material to breakdown; the needle inflated balls must be blown up skin tight or the valve will move and you will not be able to get to it to inflate or deflate; deflate and store the balls when not in use for an extended period of time; bladders can be stored in a baggie with powder or corn starch

**Double Circle Games (Omnikin 48”, 40” or 36”)**

A group forms two concentric circles, the players that make up the inside circle facing those who form the outside circle. Use preferably a 48” KinBall or 36-40” will work also.

1) **Roulette**: Have the players pass the ball between the two circles as many times as possible within a certain time. Can be done overhead or on the ground.

2) **Indiana Jones**: Have the group roll the ball trying to tag a player running between the circles. Designate one way.

Variations:

* you can let circles change direction of the ball
* when the runner is tired they may tag another circle player to take their place.
* challenge runner to complete 5 laps before being tagged by the ball

3) **Indiana Jones Relay:** First person runs one lap while being chased by the ball then they tag the next person in the circle and this continues for a designated time or until a runner gets tagged with the ball. How many successful runners? A student may pass their turn to the next person by letting them know when they are tagged to go ahead. No individual should be made to run. We are not in the business of embarrassing our players.

4) **Power Ball**: Position a player between the two circles who runs to touch the ball while it is being passed around. They may change directions to make it more challenging.

5) **Squirrel Chase:** Use two balls, preferably 24” or larger, inside the circles. Designate one ball the chaser and the other the chasee. On signal, the chase begins. Players try to push the chaser ball along the floor attempting to “catch” the fleeing ball. To make it more challenging, when the group hears a signal (whistle, clap, stop music, etc.) the action reverses and the chaser now becomes the chasee and vice versa. Just like little squirrels do in the trees. ☺

6) **Race Track-**Have a large group form two sets of concentric circles, each with its own ball. The groups race to see which one can do a set number of laps in the shortest time.

**FAN FAVORITES!**

**POISON BALL** - Play inside or out (grass). Designate a playing area about the size of half a basketball court. With a class of 20+ divide into two games and use 3 18” Omnikin balls for each game. Participants try to take possession of a ball and roll it around the floor using their hands. When they get close to someone, they may roll the ball to hit the person or pick the ball up and attempt to use a chest/push pass to hit the person with the ball below the waist. Anyone hit by a ball must go to a wall/station (recovery zone) and do an activity to get back into the game (30 jumping jacks, 5 push-ups, 30 jump rope, 10 burpees, 10 sit-ups, 10 volleyball passes, etc.) There is a different activity at each wall and if you are hit additional times, you must go to a different wall/station each time. When hit, put your hand on your head so everyone knows you are walking to a recovery zone.

Rules:

* you are not sidelined if you are hit above the waist
* no limited possession time as long as you are rolling the ball
* once you stop/pick up the ball you have 5 seconds to roll/throw it at someone; foul - go to the recovery zone and complete an activity task
* you may not possess the same color/type ball consecutively; foul - go to the recovery zone and complete an activity task
* no stealing - go to the recovery zone and complete an activity task
* no kicking - go to the recovery zone and complete an activity task
* any rules can be modified as long as safety is not compromised

Variations:

* go to recovery zone if hit below the shoulders
* no throwing, only out if the ball is rolled
* dribble with feet and kicking to tag
* team poison
* catch a ball/defend yourself with a ball—let participants decide on the rule..out or not
* if a ball is thrown at you, you may defend yourself with a ball in your possession; you are not poisoned if you maintain possession
* if you catch a thrown ball, the person who threw the ball must go to the recovery zone
* you may steal the ball – can cause problems with some groups

**Momentum** - Two teams of equal ability level, 4-6 on a team. Use one Omnikin Air Ball/24" or Multi-color/33". Designate goals at the end of each playing area (a basketball court is good) can be a mat, taped area on the wall, a number of goalies protecting the goal line, cônes, etc. The object is for players to keep the ball moving by pushing/hitting it with an open hand or dribbling and passing to make a point by having the ball score at the goal area.

Rules:

* may not pick-up or catch the ball; except goalies
* the ball must be in continuous motion

Scoring:

* one point for every time the ball hits the designated goal
* after a score, the ball just continues to be in play
* an individual can only score one point at a time; a teammate may get the rebound and immediately make an additional point

Variations:

* allow kicking
* with large groups, arrange three games the width of a basketball court
* with large groups, play a sideline game - number teams and sideline players keep the ball in play
* an individual can score three consecutive points

**Reverse Blob Tag-**Two or three taggers choose a giant Omnikin ball (36” or above preferably) and attempt to roll the ball and tag the “blobs.” Blobs join together (via noodles, hands, other equipment) in groups of 6-8 ideally. Blobs must stay attached and avoid getting tagged. If tagged, blobs divide in half. Object of the game is to have the biggest blob at the end of the round.

\*This game is a modification of one of our favorite instant activities of all time, Blob Tag (Blob taggers chase others in hopes of tagging others who then join their blob!

**Avengers-** 4 teams, 4 superheroes with [different defensive or offensive superpowers](https://docs.google.com/spreadsheets/d/1Yx0FdAsyVW4A90PDC-P4j0bHSwoKUxgqTjvAUc7mVmo/edit?usp=sharing) (check link for the heroes we LOVE). Some of the students’ favorites are Hulk (can throw Omnikin Six boulders), Thor (block any thrown objects with hammer), and Captain America (cannot be tagged on back half of body as his shield protects!)

When tagged, fitness frozen (push-ups, planks, curl-ups) or take a knee on the ground. A teammate can unfreeze you by jumping/leaping over you, throwing your team’s equipment to you, or by tapping your foot. “Offensive” superheroes have powers/equipment that helps them tag other teams (throw Omnikin balls, tag with or throw long noodles, etc). Defensive superheroes are more difficult to tag but have short tagging implements (small noodles, hands only, etc.)

\*Always have two “defensive” and two “offensive” teams to balance the superpowers and provide for some amazing interactions between the different teams! Thor vs Iron Man, Black Panther vs. Spider-Man, Captain America vs anyone! This game is executive functioning at its finest with all the quick decision-making that occurs!

\*If you see there are many frozen players, you can always give players one (1) “self-heal” per round where they can unfreeze themselves because, well, they’re SUPERHEROES!

**Ultimate Omnikin** - Played using the same rules as Ultimate Frisbee, but use the Ominkin football. Divide the participants into groups of 4 or 5 according to skill levels. Designate a playing field for each two teams and goal lines at opposite ends of the playing field. The object is to pass the football down the field to your teammates and score by a teammate catching the football behind the designated goal line.

Rules:

* anytime the football hits the ground there is a change in possession.
* players cannot run with the ball...catch it on the move and you may only take three steps
* players in possession of the ball may throw it in any direction
* players may not guard the player in possession of the ball
* no body contact
* the player in possession of the ball must throw it within 5 seconds
* the person in possession of the ball may pivot in any direction to throw it overhand or underhand forward, laterally or backwards

Variations:

* all players must touch the ball before a score can be attempted
* may not throw back to the same player who threw it to you
* may score at either goal line; when playing this way, if an attempt is made to score and it is incomplete, the opposing team gets possession and must take it back to the midline before attempting to score

**Omnikin® BIG BALL Basketball**

This is a modification to traditional team basketball using Omnikin Six Balls. Create teams 8-10 to limit size of teams to ensure maximum inclusion for everyone. Place the step ups, floor mats, or cones on each end of the playing area to designate the “hoop” for each team. One person from each team will stand on the elevated surface/inside the cones while holding the hoop becoming a human hoop!

The rest of the players will play traditional basketball with the oversized ball. Like traditional basketball, the object is to shoot the ball through their team’s hoop!

Players in possession of the ball can dribble or shoot but may not be in possession of the ball for more than three-four dribbles then must use a pass to advance the ball towards the hoop.. The person holding the hoop can hold it low or high up and can move the hoop in an attempt to get the ball to go through the hoop providing higher shooting percentages than regular basketball and exponentially more SLAM DUNKS! The hoop holder must keep the hoop parallel to the floor at all times!

Defensive players may steal passes and block shots only. Defense cannot steal the dribble and must back away from their person if they have the ball. Defense may “goaltend,” meaning when a shot attempt is made the ball can be swatted away at any point. The kids (especially basketball players) LOVE this! An exception is any defensive person sticking their hand through their opponent’s hoop to block a shot is not allowed.

After a shot has been attempted, the hoop holder must immediately change jobs with a teammate. The game does not stop to change jobs. Play is continuous!

**Inoculation\Breakout –** Divide the playing area into 3 zones. Use the Omnikin Six color balls. Divide the class into 6 color teams. Assign each 2 color teams a playing zone. One color team is the germ group, the other is the vaccine group. The object is for the germ team to pass their ball around and avoid having their ball hit by the vaccine groups ball. The vaccine group passes their ball around and attempts to hit the germ ball. Once caught, players may not move with the ball. If the germ is hit, color teams change actions using their same color ball. To be successful, the ball must be hit, not the person holding the ball. Higher level play challenges two vaccine color teams against one germ color team.

\*\*\***Healthy Habits/Down with the Sickness Modification**

It’s the Battle vs the Bugs! White Blood Cell team (WBC) attacks virus/bacteria aka Bugs. Bug team represented by bigger Omnikin targets (36” Multicolor, 24” Airball or other Omnikin products larger than Omnikin Six balls) and WBC attacks the bugs with 18” Omnikin Six balls. Ultimate rules when you have the ball, you can only pivot. Bug team tries to move targets quickly so WBC doesn’t catch up and blast the bug ball! Teacher can choose a target number of “bug hits” for each round in order for the WBC to be successful and beat the bugs. Switch teams after a 1-2 minute round.

Healthy Habit Modification

-Immune boosters (represented by Omnikin Six balls) are healthy habits that strengthen our immune system. For the first round, WBC only given 1-2 immune boosters. We don’t want them be able to reach the target number of hits as they don’t have enough healthy habits to make the immune system strong. In the second round, we have a healthy immune system and WBC gets all six Omnikin Six balls and should eclipse the target number and then some!

-The game illustrates that we have the power to BOOST our immune system by implementing daily (or almost daily) healthy habits. In the first round, we only had 1-2 healthy habits and the bugs win and we get sick (elementary PE teachers, cue the vomiting noises now!). But in the second round, we have numerous healthy habits that make our immune system strong and we either fight off the sickness or we only have mild symptoms.

-Healthy habits we commonly highlight are: **drink water**, e**xercise at least 60 minutes a day**, **sleep** 8-12 hours (depending on age of students), **Plant POWER** (eat more fruits and vegetables), **avoid artificial ingredients** (in your food and household products), **play outdoors/limit screens**, **FEEL YOUR FEELS** (talk about feelings with a friend or trusted adult, journal, talk to a counselor or therapist, etc),

**Six Hoops Catch**- Six color teams of 4-6 players. Use the Omnikin Six 18" colored balls and preferably corresponding colored pinnies. Spread 6 hoops/circle ropes around the playing area. One person from each team is the defender while the other team members move around the playing area passing the ball to score in the other teams’ hoops.

Rules:

* defender may not step inside the hoop to guard it
* players may not move once they catch a pass from a teammate
* everyone on the team must catch the ball before an attempt to score is made
* no body contact
* team member must catch the ball with their foot in/on the hoop/rope
* if a defender deflects the ball, the attack team must move to a different hoop to score; if it is their last hoop, they must move to the designated team task space to complete an activity before they may try the last hoop again; ex. jump rope 50 times, 25 push-ups, 30 sit-ups, 50 jumping jacks, etc. Each team member must contribute to the task.

Objective:

* each team must attempt to make a catch in each of the other 5 teams hoops/ropes
* the individual games continue until every team member has had an opportunity to play defense

Variations:

* make it a timed event - if the teams finish in the allotted time, they are successful
* once one team finishes, play stops and each team gets a point for each successful catch in a hoop
* at the end of the challenge, the teams with the highest score win....or not
* put a bowling pin or some other target in the middle of the hoop/rope circle and teams must knock it over or off stand to count

**Six Hoops Guarding -** Divide the students into partners. Spread six hoops/circle ropes around a large playing area with an Omnikin ball target in each circle and a set of partners assigned to guard the target. Use a variety of balls (gator, football, volleyball, tchoukball) and give one to each set of partners that are not guards. Using passing or kicking skills, the partners attempt to move the ball around the playing area and knock the Omnikin ball out of the circle. Guards must stay outside the circle. Partners who knock the ball out of the circle switch places with the guards.

**Four-Square Omnikin -** Divide the playing area into quadrants A, B, C, D with boundaries using nets, cones, ropes, lines, mats, VB poles, etc. Divide the class into four groups and put each in a quadrant of the playing area. Using an Omnikin Six ball, designate A square as the serving square. Ball is served to any of the other 3 squares. Receiving square must then strike the ball using an acceptable volleyball skill into another square. If a team makes a mistake in playing the ball or hits it out of bounds, they must move into square D and all other teams move around closer to square A. The challenge is to get to square A.

Variations:

* quadrant dividers can be low or high - four-square tennis/volleyball
* allow or rule that the ball bounces one time
* scoring points can be introduced
* use more than one ball
* use specific striking or sports skills
* determine starting square by rock, paper, scissors

**Hot and Cold Tag** – Use the Omnikin Six colored balls for this activity. The colors blue, green, and purple are designated as the “cold” colors. The colors red, yellow, and orange are designated as the “warm” colors. Three players will be the freezers for this game and will hold a “cold” color ball. Three other players will hold “warm” colored ball so that they can unfreeze players that have been tagged with a “cold” colored ball. When the game begins, the cold players will move/dribble around the playing area and attempt to tag anyone else without a ball with their ball to freeze them. Frozen players will sit on the floor and wait to be saved by a “warm” color ball. Players with a “warm” colored ball will toss their ball to a frozen player to unfreeze them. When the player is unfrozen, they keep the warm ball and must try to unfreeze another player because they now have possession of the “warm” colored ball. Play each round for a designated period of time then choose new freezers. There should be no running, just fast race walking. Players should not look over their shoulders to watch chasers or they may run into another player.

**CONQUERORS** - Play inside or out (grass). Use one Omnikin Six ball. Designate two/four students to be the starting “conquerors” (discuss conquerors in history). Conquerors move and pass the ball around the playing area to other conquerors in an attempt to tag others. All other students must attempt to evade the “conquerors”. I do not allow running, only fast walking. The teacher must stress when moving away from taggers, students must watch where they are going so they will not run into another student. Penalize anyone who looks over their shoulder when evading the taggers. Those who are tagged become a conqueror. For large classes, set-up two or more games. Those four or five that avoid getting tagged become the new game conquerors. If they have already had a turn, they pick a substitute.

Rules:

* conquerors may take no more than two steps to tag a student
* tag > below the shoulders
* if a student looks back while running they are put in the recovery zone - perform a task until the next round or after completing a designated task they may re-enter
* when tagged, get a pinnie/flag/wrist band and become a conqueror
* head shots do not count
* may tag by using an underhand toss within 6 feet of a person

Objective:

* no points, just a switch starting players with those who have not been tagged

Variations:

* allow throwing, limit to a chest pass or underhand throw with contact below the waist

**OMNIKIN® SUPER BALL (FOOTBALL)**

1) Kick-Off Points - 2 teams of 3 - 5 players – hiker, holder, kicker/hiker, punter – teams alternate kick-offs made within boundaries. Each time the ball is caught in the air, the team gets 2 points and 1 point if the ball is caught off a bounce. Receiving team kicks back to their opposing team. This continues until a designated number of points are made or each team player has had a turn to kick, then switch with another group. If ball is kicked outside the boundaries, the kicking team must kick again. Rotate positions.

2) Kick and Catch - Each team or 5-6 has a Super Ball (football). One player holds the ball for the kicker. The kicker kicks the ball to their teammates. The player who catches the ball runs to become the new holder or passes to another student who becomes the new holder. The old holder rotates to become the new kicker and play continues. Any player may attempt to receive the kick but all players must take a turn as the holder and kicker. Teams score 2 points for each ball caught in the air and 1 point for each ball caught after it bounces. The team that finishes first scores 3 additional points but is not necessarily the winner. Finishing first means every player has had a turn as the holder and kicker. The winning team has the highest point total.

3) Five Passes – Small teams of 3 – 5 players of equal skill level. One team has possession of the super ball and must try to make 5 complete passes while the other team tries to interfere with a pass preventing completion of the task. All players with or without the ball may move around the playing area. Person with the ball cannot be guarded and must throw the ball within 5 seconds or there is a change of possession. If the team with the ball drops it or cannot complete a pass due to good defense, the teams automatically change possession. Switch team attempts as needed. Rotate teams around so all get to challenge others.