

Principles of **LET US Play**

LET US Play

is an easy-to-use set of techniques to maximize the amount of physical activity all kids get while playing games. The techniques allow staff to modify the games kids love to ensure everyone has a chance to join in.

LET US Play Principles were developed by Policy to Practice in Youth Programs (P2YP). Learn more at: www.p2yp.org/training/get-kids-active

Removing **L**ines

Eliminating **E**limination

Reducing **T**eam size

Getting **U**ninvolved staff and kids involved

Being creative with **S**pace, equipment, and rules

Try the simple game modifications using LET US Play that are found on the back of this page.

Check out the LET US Play videos and posters for more information on how program leaders can use the LET US Play principles to enhance the games children love and staff already know how to play.

www.p2yp.org/training/get-kids-active/let-us-play-videos

www.p2yp.org/training/get-kids-active/let-us-play-posters



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continued

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 given amount of time
		T	Split large groups of kids into two separate games
		U	Make these changes to help get uninvolved kids involved
		S	Fielding team performs a task as a group
Dodgeball	2 teams. If child is tagged with the ball or if the ball is caught they are eliminated from the game.	L	—
		E	Have players switch sides when they are tagged with the ball
		T	Split a large game into two smaller games
		U	Make these changes to help get uninvolved kids involved
		S	Have players switch sides when they are tagged with the ball
Relay Races	Kids in teams of 6 or more. Kids 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 of kids on each team
		U	Make these changes to help get uninvolved kids involved
		S	Remove goal keepers and reduce the size of the goals
Soccer	2 teams. 10 v 10. Goalkeepers on each team.	L	—
		E	—
		T	Split one large game (e.g. 10 v 10) into two smaller games (e.g. two 5 v 5 games)
		U	Make these changes to help get uninvolved kids involved
		S	Remove goal keepers and reduce the size of the goals
Tag Games	One or more “chasers” attempt to “tag” or touch other players. Each tagged participant is eliminated.	L	—
		E	Have kids who are tagged become additional chasers
		T	—
		U	Make these changes to help get uninvolved kids involved
		S	Kids perform an active task when tagged Every game starts with multiple taggers