



## **RUBBER CHICKEN 17944**

### **ACTIVITY SUGGESTIONS**

#### **CONTENTS**

1        x        Rubber Chicken

#### **APPLICATIONS**

- Help teach hand-eye co-ordination, co-operative skills and creativity through movement
- Tactile and visually stimulating for sensory exploration
- Stimulates the imagination through creative play
- Fun way to encourage concentration and participation
- Helps improve catching skills

#### **SUGGESTED ACTIVITIES**

Adapt these activities according to the skills and abilities of your players.

##### **Super Chicken Tag**

Requires: 4 – 6 foam balls, 4 – 6 rubber chickens, an appropriately-sized open space  
 Designate 4 – 6 clients as taggers called 'wolves'. Designate another 4 – 6 clients as 'super chickens' and the rest as 'barnyard chicks'. Give the wolves a foam ball to tag with. Give the super chickens a rubber chicken to rescue with which also makes them immune from a wolf's tag. Barnyard chicks that are tagged must assume a 'rescue me' position (e.g. down on one knee) until a super chicken comes by and gives them the rubber chicken. The rescued barnyard chick then becomes a super chicken and must rescue tagged barnyard chicks.

Use music to indicate when the game stops and starts. Music playing indicates GO; STOP when the music stops.

The objective of the tag game is for the wolves to tag as many barnyard chicks in the allotted time as possible. Emphasize that the super chickens have the responsibility of rescuing all tagged barnyard chicks – this is a good way to show that giving can benefit others. The suggested time for any one set of wolves to be taggers is 2 – 3 minutes.

To vary the difficulty, increase/decrease the number of taggers and vary the length of time the game is played

Safety:        clients should look where they are running  
                  tag softly  
                  don't throw the rubber chicken in this game

##### **Cluckers**

Requires: 6 – 8 rubber chickens, an appropriately-sized open space  
 Designate 4 – 6 taggers within the group. Give each tagger a rubber chicken. On the command GO (or the music starting), the taggers must chase and try to tag another player with the hand not holding the rubber chicken. When they tag a student, they must cluck three times, then run away. The person tagged must also cluck three times, then find another student to tag. There are no 'tag backs' so the newly tagged player must find someone new to tag.

##### **Capture Three Fish**

Requires a bucket of chickens (one for each group), one plastic hoop per group, four small cones, one large cone per group, an appropriately-sized open space  
 The object of the game is to capture three rubber chickens in your group's hoop. Divide the group into equally-sized smaller groups. Place the four small cones in a large square in the centre of the room. One rubber chicken per group should be placed inside this square. Place a large cone and a plastic hoop in front of each group. Groups are equally spaced around the centre square, with about 20' to 30' to the centre. On the command GO, the first person from each group runs out to

the centre and picks up one rubber chicken and returns it to the group's hoop. The first person then tags the next person (relay style) who then can take a chicken from any other hoop without being prevented from doing so. The first group to get three rubber chickens in their hoop first wins the game.

As a variation for more able players, use other objects e.g. balls, bean bags that are a multiple of three with the matching number of groups. The object of the game would then be to collect three of a kind in their hoop. This would necessitate the number of groups also being a three.

### **Jugglin' Chickens**

Requires: one rubber chicken per player, an appropriately-sized space

Start with one chicken in the dominant hand. Grasp the chicken by the head and throw it so that it does one flip in the air. Repeat till you can catch it by the head. Repeat the same procedure with the non-dominant hand.

Try a figure-of-eight throw. Grasp the chicken by the head with the dominant hand. Begin with the chicken in the player's dominant hand. Throw across the body making the chicken flip in the centre of the throw, and catch the chicken's head with the non-dominant hand. Repeat the same procedure, but begin with the non-dominant hand. Challenge the players by asking them to count how many successful trips the chicken makes from the dominant hand back to the start i.e. without being dropped. For a variation, try to add a second chicken. Follow the same pattern, but the throw must be co-ordinated between the dominant hand (first throw) and the non-dominant hand (second throw). The pattern sequence is: throw one (dominant), throw two (non-dominant), catch one (with the non-dominant hand) and catch two (with the dominant hand). This will lead the player to the correct sequencing for juggling three objects. It is important that the player looks at the centre of the figure-of-eight and not at the ends. Encourage players to be aware of their peripheral vision, as this will help them to anticipate the path of the rubber chicken.

### **Chicken Exchange**

Requires: one to two rubber chickens per player and an appropriately-sized space

Pair players and give them two rubber chickens each. Players throw a chicken to each other's dominant hand, standing approximately 3' to 4' apart. Then throw the chicken to non-dominant hands. Vary the hands and add the second chicken to increase the challenge.

### **Flipping Chickens**

Requires: one rubber chicken per two students, one net per two students, one plastic hoop for each group of students, an appropriately-sized space

Begin with groups of two players per net. Give them one rubber chicken and allow plenty of room around each player. Try to throw the chicken up and into the net. As a variation, make the chicken flip once in the air, twice, three times ..... Throw the chicken into the hoops, varying the difficulty by using hoops of different sizes. Throw in relays to encourage turn-taking.

### **Rubber Chicken Balance Challenges**

Requires: one to two rubber chickens per player and an appropriately-sized space

#### **Static**

Balance the chicken on various body parts, adding a second rubber chicken to increase the difficulty. Challenge players to find different body height levels to balance the chicken on.

#### **Dynamic Balance**

Attempt to move with the chicken balanced on your body. As a variation, walk in straight lines, zig-zags, in a circle, at different speeds, in pairs

### **SAFETY**

Always supervise the use of this product.

Do not throw the chicken at someone who is unable or not ready to catch it

Allow an appropriate amount of space and remove any obstacles