

Playground Stencils for Loan



Playground Stencil Instructions

The North Bay Parry Sound District Health Unit is delighted to provide you with these playground game stencils to encourage physical activity.

Carefully follow the instructions below in order to make the best use of this resource.

1. Determine which stencil(s) you would like to use – see attached list of stencils
2. Ensure that the dimension of the game(s) that you have chosen will fit in your chosen space.
3. Ensure the space that you will be painting on is as clean as possible. Sweep the area surface to remove debris, pebbles, and sand.
4. If you are using these stencils on an outdoor surface, check the temperature. The spray paint works best at temperatures of 5 degrees above zero Celsius, or warmer. It is also best to choose a day with little wind. Spray paint must be used with the stencils. To order your paint, or for paint specifications click [here](#).
5. Lay out your chosen stencil as you want it to appear. Some stencils will require assembly. Lay down the pieces and use masking tape to hold the stencils together and to hold them securely to the surface you are painting on.
6. Follow all of the necessary safety precautions when using spray paint. Face masks, gloves, eye goggles and protective layers for shoes and clothes are recommended and not included in this lending kit. Carefully review the directions for use, safety precautions and first-aid information written on the can.
7. Spray the paint in the open sections of the stencil. Two thin layers of paint are better than one thick coat. Allow the paint to dry between coats and before lifting the stencil.
8. Remove any tape and place the stencil back in the carton that it came in.
9. Instructions for playing each game are included in the following pages.

Photos and game instructions have been provided courtesy of Fast Line Striping Systems (www.fastline.net)

Playground Stencils for Loan

[4-Square \(Big\)](#)

[Footprints](#)

[Hopscotch with home](#)

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[Speed/Agility Ladder](#)

To book any of the stencils, contact the North Bay Parry Sound District Health Unit at 705-474-1400 or 1-800-563-2808 ext. 5231.

Email:

healthy.schools@healthunit.ca

Please note: Stencils can be borrowed for a week at a time.



4-Square (Big)



Category	Ball
Age Range	8-12
# of Players	4
Size of Largest Pieces	48" x 48" & 12" x 80"
# of Pieces in Kit	17
Completed Size on Asphalt	14' x 14'
Cans of Paint Needed	2

Note: The Four Square stencil will require additional planning. The stencil provided is one quadrant of four that are needed to create the game. The stencil will have to be painted once, lifted and lined up according to the diagram, painted again and repeated another two times.

How to Play

A basic layout of a simple large square divided into four smaller squares provides for a game that is endless in variation depending on the skills of the participants playing the game. Overall size once painted is 14' by 14'.

Indicated by the name of the game, this game involves four players, one for each square. The purpose of this game is to displace the player who plays from square 1 or the "King" position. This player who plays from square 1 is the one who begins the game by serving the ball from the back corner of his or her own square. This player has the choice of serving the ball into any of the other 3 squares, choosing to allow it to bounce or not to bounce in any square before the opposing participant hits the ball into another of participants' squares.

The nature of the game allows for many people to be able to play the game within a short period of time due to "misses" that may occur. "Misses" can occur when a player does not successfully hit the ball into one of their opponents' squares, if they hit the ball out bounds, meaning out of the large square itself, or if they cause the ball to land on a line except on a serve. The person, who is responsible for the "miss", must exit the game and retreat back to the challenge line, thus allowing a player whom is waiting, into the game.

When this occurs, the players rotate around the square, leaving the newest player in square 4 and the person who was in square 2, is now playing from square 1, the "King" position and has become the opponent to eliminate.

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Footprints



Category	Misc.
Age Range	1-12
# of Players	Unlimited
Size of Largest Pieces	22" x 35"
# of Pieces in Kit	1
Completed Size on Asphalt	2'3" x 1'2"
Cans of Paint Needed	1

This unique stencil is a terrific addition or extra touch to the playground games once all the game stencils are painted and visual on your playground surface.

Footprints create a fun transition between games as once one game is complete simply follow the "footprints" to the next exciting playground game.

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Hopscotch with “Home”



Category	Hopscotch
Age Range	5-10
# of Players	Unlimited
Size of Largest Pieces	48" X 44"
# of Pieces in Kit	4
Completed Size on Asphalt	3'3" x 13'11"
Cans of Paint Needed	1

How to Play

After choosing the hopscotch design that best suits your needs, an unlimited amount of children may play the game. Using a pebble or a small object as a marker, the first player will throw it into square 1. They must then jump over this square and proceed through the numbers until they reach the end where they have to turn around and hop back through the course. Remember when there are two numbers side by side, you can put both feet down at the same time!

Once completing the course with your marker in position 1, you must throw your rock into square 2 and proceed just as before, however this time make sure you jump over square 2 as this is where your marker is. The player will then continue in this manner until he or she reaches the end or until this player either misses the appropriate square with the marker, or if their foot touches a line. If either of these things happens, the player loses their turn and the next player has a go. The first player to have successfully hopped all the way through the course is the winner!

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Mirror Me



Category	Game
Age Range	1-12
# of Players	Unlimited
Size of Largest Pieces	48" x 64"
# of Pieces in Kit	3
Completed Size on Asphalt	
Cans of Paint Needed	7

How to Play

Brighten up your playground and encourage bright minds with Mirror Me!

Fun variation of Simon Says and memory games. The goal of the game is to mirror the person across from you by repeating the pattern of steps they take on the various coloured circles. After each turn the pattern increases by one until the opposing player cannot mirror the pattern.

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Rocket Hopscotch



Category	Hopscotch
Age Range	6-12
# of Players	1 or More
Size of Largest Pieces	48" x 57"
# of Pieces in Kit	4
Completed Size on Asphalt	3'7" x 14'1"
Cans of Paint Needed	1

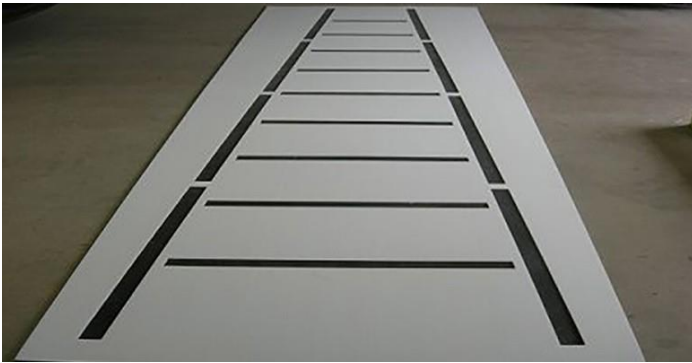
How to Play

The first player stands on "EARTH" and using a pebble or a small object as a marker, he or she will throw it into square 1. They must then jump over this square and proceed through the numbers until they reach the end where they have to turn around and hop back to "EARTH", picking up their pebble on the way. Remember when there are two numbers side by side, you can put both feet down at the same time!

Once completing the course, through numbers 1-9 in the above fashion, the player must stand on "EARTH" with their back turned to the game and attempt to throw their marker onto "MOON". If the player succeeds then they have won the game! If instead, the marker lands on a square, that square will become a free square on which that player can land on with two feet. If the marker does not land on the hopscotch at all, this player must carry their marker from "EARTH" to "MOON" in a fashion determined by the other players, i.e. on their head or foot.

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Speed/Agility Ladder



Category	Agility
Age Range	5-6
# of Players	Unlimited
Size of Largest Pieces	28" x 63"
# of Pieces in Kit	4
Completed Size on Asphalt	3' 4" x 15'
Cans of Paint Needed	1

How to Play

It is an excellent beginner game for young children as it allows them to learn how to stay within the line and to gain their balance. They can run, jump or hop up the ladder. As their skills improve they are able to do it with greater ease and at a faster pace.

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