

DIZZY IZZY

Items Needed: Bat for each team

You need a large space and spotters standing along the borders. Place a bat at the end of the field away from where each team is lined up. Tell them to run to their team's bat one by one.

The runner puts his or her forehead down on the top of the bat, places the other end of the bat on the ground, and runs around the bat five times in each direction. Then the runner dashes back to his or her team and tags the next runner.

The fun in this game is the dizziness and that people can't run straight when they are dizzy. People will get dizzier if they have to bend at the waist to run around the bat so use short bats for kids. And be sure you set up lots of safety spotters and play on a soft surface so it won't hurt too much if people fall down.

