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## Outdoor pe games with no equipment

By MK Editor, May 23, 2021 This post is brought to you by CROSSNET, a four-way volleyball net that was designed with the physical education teacher in mind. With just a click of a button and detachment of poles you can easily set up your net to be a variety of heights. This provides gym teachers and volleyball coaches with easy flexibility allowing them to use CROSSNET with both their younger and older students. There are so many classic outdoor Physical Education games (soccer, kickball, flag football...) that are great for getting kids moving while encouraging teamwork and strategy along with strength and endurance. But that doesn't mean you have to keep it classic every time the bell rings. Here are eight of the best outdoor PE games, using balls, beanbags, flags, hula hoops or no equipment at all, for keeping things fresh and fun on days when it's time to head outside and team sports just won't cut it. Great for any age group, freeze tag is just like regular tag, except when a student is tagged, they must freeze with their feet planted widely apart; then they can be unfrozen only when another student crawls through their legs. Teachers can support group cooperation by encouraging students to unfreeze as many of their classmates as possible, and even award points to students who do the unfreezing. While this game works great as an indoor gym activity, it can be even more fun outdoors, where there is plenty of room plus more potential for obstacles and twists. In Crazy Hoops, students build teamwork and strategy skills along with math skills as they work together to grab colored beanbags from a central location and bring them back to drop into their team's hula hoop. The teacher assigns point values to each color of bean bag; five points for beanbags that match the team's hula hoop color, ten points for other colors, and one point for white, for example. If your students are working on fractions or negative numbers, you can incorporate those skills as well (purple beanbags are worth -10 points, for example, or each purple beanbag divides the team's total points by two). There are also numerous ways to add twists to this game: You can allow students to use a turn to grab a beanbag from an opponent's hula hoop and drop it back into the main pile, or instead of locating the main pile in a central spot, divide the beanbags by color and locate the piles in several different areas that students will have to run, climb or crawl to reach. This game is great fun when played the traditional way, with two teams, each with its own territory, and one flag per team to guard or steal. Capture the Flag gets even more fun, however, when you switch things up. Try selecting one spy per team, secretly and at random, who gets one chance to steal the flag belonging to their supposed team and bring it back to their actual team. Or, for a fast-paced twist, use balls instead of flags and incorporate rules about throwing the "flag" to teammates in order get it back to the home base as quickly as possible. If you have a large PE class, try playing a chaos version of the game by dividing the field or court into multiple sections and having the same number of teams and flags compete for the win. Have students throw soft foam flying discs into buckets, baskets, cardboard boxes and other goals positioned all around your outdoor playing space. This game can be played by taking turns in a big group or in teams, and you can incorporate extra rules, such as having students dance in place for five seconds if they don't land the frisbee in the goal in three or fewer tries. This four-square version of volleyball is a super-fun take on the traditional game. Incredibly easy to set up, with adjustable height levels for any age group, it's a blast for kids from elementary up through high school. CROSSNET targets throwing and catching skills and helps kids develop their hand-eye coordination, while tapping into their competitive natures. It doesn't take up a lot of room, making it perfect for days when you're setting up stations outdoors for students to cycle through. You may also be interested in the Best Indoor PE Games for Kids. This classic game offers great plyometric exercise and balance training along with silly fun. Multiple teams of three or four students each can play at once on multiple hopscotch grids, racking up cumulative team points and competing to win. It's easy to switch things up in hopscotch to keep everyone engaged. For example, instead of writing numbers in the squares, have students draw animals, like cats, dogs and frogs, or write down the names of exercises, like jumping-jacks, squats and high-knees, in the squares. When students toss a marker onto a square, they have to make the corresponding animal sound or perform repetitions of the specified exercise before they can begin hopping. Another twist is partner hopscotch, in which two students hopping along two grids drawn close together must hold hands as they strive to hop with balance and accuracy. Divide students into teams of four, and set up one cone per team with a tennis or Wiffle ball balanced on top. Have students take turns rolling other balls toward the cones, trying to topple them over. When the ball on top falls, the student who toppled it must try to chase it down and grab it within five seconds to win a point for their team. They also must set up the cone and ball on top for the next teammate to take their turn. Students develop teamwork along with speed and agility in a beanbag relay, which can be held on an outdoor track or blacktop, in an open field, or in nearly any other outdoor space. Set out cones or other markers, divide students into teams, and give each team three beanbags. Teams line up at the starting point with their beanbags, and the first runner from each team runs with one beanbag to drop it at the first marker. Then they race back to grab a second beanbag and run it to the second marker, and finish up by repeating with the third beanbag and marker. When they return to the starting point, they tag the second runner's hand so the second runner can retrieve all the beanbags in reverse — racing to the first marker, grabbing the beanbag and running it back to the starting line, racing back to the second marker for the second beanbag, and so on. Marathon Kids is all about running, but not necessarily about speed. We believe in getting kids moving by motivating them to cover cumulative distances over time, but we don't really care about how fast they go — unless they or their coaches want to work on developing their speed. If you have students in track or who are simply interested in improving their running speed and endurance, Fartlek runs are a great way to kick things up a notch. No, Fartlek training isn't a PE game, per se — and yes, you'll have to allow your students extra giggle time to adjust to the silly-sounding name ("fartlek" is a Swedish word that means "speed play"). But soon they'll recognize the serious fun that Fartlek runs can be. Whereas regular interval training has runners recover between higher-intensity intervals by walking or even stopping altogether, Fartlek training has athletes continue running at a steady pace between bursts of speed, which helps condition both the body and the mind to build speed and endurance. Best of all, the natural challenge and variations inherent in Fartlek training can keep students motivated and engaged. Marathon Kids is on a mission to get kids moving. The nonprofit organization offers physical education programming and tools through Marathon Kids Connect, a FREE, cloud-based platform that makes tracking and reporting on kids' physical activity simple. One of the best sources for fun are outdoor games without equipment. You don't need to have equipment to have a good time as these 25 fun outdoor activities will show you. While having equipment does open the doors for a number of fun outdoor activities, it is not the only way to have a good time. There are many outdoor games that will keep you entertained and laughing all day. And there is no equipment to worry about setting up or putting away. All you need is a few friends or the family, and the fun can begin. You can find yourself in situations where you need some games to play, but don't have any equipment. Camping or spending the day at a park are great times for games, but you don't want to lug around a bunch of equipment. With our guide to the top outdoor games without equipment, you can still have a great time. Our games can be for large or small groups and all ages and the only thing you need is a sense of fun.5 Outdoor Games For Adults Without EquipmentWhether it is a birthday celebration, a family barbecue, or an adult-only getaway, it is a good idea to have activities on hand. Outdoor games are a great way to keep a group of adults amused for hours and with these games, you don't have to worry about spending hours setting them up or taking them down. All you need is participants.1. Hide-N-SeekA classic game that everybody loves. Kids love it and adults will too. Adults can hide in covert places that kids may not think of, so it will be a little more challenging than the classic kid version. Pick an adult to start counting while everyone else hides. Designate a spot for home base, so players can run home to be safe once they are found. The last person to be found will be the person to search for the next round.2. Red RoverDivide the group into two teams. Each group forms a line, all players holding hands. Lines need to be facing each other, close to twenty feet apart. The teams take turns yelling out "Red Rover, Red Rover, let (name of person on opposite team) come over". The person whose name is called, needs to run towards the other line and try to break through the hands. If they break through, they get to take someone back to join their team, but if they do not they have to stay and join that team. Play continues until one team has only one person and they are not able to break through.3. Wheelbarrow RacesDivide the group into pairs and everyone lines up. Select a point in the distance to serve as the finish line. The pairs all need to form wheelbarrows. One player gets to join their hands and knees, then lifts their legs to they race to the finish line. One player walking or running while the other has to walk on their hands. Kids can play this game with ease, but it is very entertaining for adults too.4. Relay RacesDivide the group into teams of four. Each team needs to have the same number of people. Mark out a race area and have the teams line up at the starting point. The first player then runs to a certain point and back to tag the next person in their team. This continues until the last player crosses back over the start line. That team is the winner. You can change things up by walking backwards, skipping, or hopping instead of running.5. Entertainment CharadesThe group can be divided up into two teams or smaller groups. Every player in the team takes a turn to act out a movie, television show, song, or book for the others on their team to guess. The team with the most correct guesses after a specified time wins.5 Outdoor Kids Games Without EquipmentAny time you have a gathering of kids, it is a good idea to have some games planned. But what about if you do not have any equipment with you? Have no fear, there are several games kids can play without equipment and they will have all the fun they can handle.1. Red Light Green LightOne child is the traffic light and the others line up at the opposite end of the yard or play area. The traffic light yells out light colors. Turning with their back to the group, they yell "Green Light" and the group runs or walks towards the traffic light. The goal is to get as close as possible before the light changes. The traffic light then turns yelling "Red Light", and everyone needs to freeze. Anyone that is spotted moving has to go back to the start. The first person to tag the traffic light is the winner and will be the traffic light for the next game.2. Crack The WhipAll the kids line up and hold hands. One child at the end is chosen to be the leader and they begin to run. The goal is to run quickly and change directions frequently. The tail of the line, or "whip" gets moved with more force than the others in the line making it harder to hold on. If the child at the end falls off the whip, they can try and get back in the line, aiming to get somewhere closer to the middle so there is a new whip at the end.3. Shadow TagThis is a creative version of the classic game, tag. You don't need equipment, but you do need the sun. On a sunny day, you play tag as regular, only you must tag the shadows of a person using your feet. Because the position of shadows change during the day, this game is a little more challenging the closer to noon that you play.4. Sharks and MinnowsThis is another variation of tag that kids love to play. One person is the shark and everyone else is a minnow. There needs to be a set playing area to run within and the shark stands in the middle. The minnows start on one side and the opposite side is the base. Minnows all start walking toward the shark and at any point, the shark can yell out "Shark Attack". When this happens, the minnows can run to the base, trying to avoid getting caught. If a minnow is caught, they become the shark.5. Poison FrogHave all the kids form a circle. One child is picked to be the frog and another child will be the detective. The detective sits in the middle of the circle. The poison frog, also sitting in the circle, starts "killing" off the players by sticking their tongue out at them. The kids can make their deaths as dramatic as possible which distracts the detective who is trying to identify the poison frog. Once identified, a new poison frog and detective are picked.5 Outdoor Group Games Without EquipmentFamily gatherings, birthdays, and camping trips often bring groups together of all ages. Having some planned games and activities to do is a great way to get everyone together for a good time. These games are perfect for outdoor fun and can be for all ages. So, bring the group together and try out these equipment-free games.1. Everyone's ItThis is a fun version of tag where everybody is it. All players have to put their non-preferred hand on their head. Then all players run around trying to tag people by touching their elbows. Play must be within a specific area and the last person playing is the winner. The fun is in trying to keep away from everyone instead of just one person.2. British BulldogsThis is one of the most popular games for all ages and is a variation of tag. All players start at one side of the playing area with one person picked to be it. They have to wait in the middle of the play area. When they say go, everyone needs to run to the opposite side without being tagged. If a player is tagged, they join the bulldog in the middle. The winner is the last player to be tagged.3. Wink MurderYou need at least 6 players for this game and the object is to "murder" as many people as you can before being caught. Get everybody to sit in a circle with one person sitting out to be the selector. Everyone in the circle closes their eyes as the selector walks around twice. During this time, they select the "murderer" by tapping them on the head. Everyone opens their eyes, stands up and the game begins. Within a specific area, the players all walk around looking at each other, and the murderer "kills" people by winking at them. Once "killed" players need to count silently to 5 and then lie down on the ground. Players cannot talk to each other about who the murderer could be. If you have a suspect, you are to yell out "I accuse" and then name a player. If they are right, they win and if they are wrong, the selector will tell them, and they have to leave the area of play.4. Light The DynamiteSplit the group into teams that are the same size, with each team having a minimum of 4 players. If there are less players in the teams, then you can change the repetitions of exercise that are performed to keep things fair. Each team needs to sit in a straight line with an arm's length between each player. Designate each player in the team as either a "fuse" or "dynamite". All players get into a plank position and a non-player yells "Light The Dynamite". The first player in each line is activated. If they are a fuse, they roll over, do 10 sit-ups and tag the next person. If the next player is a fuse, they do the same thing. If the player is dynamite, all players in the team have to jump up and do 10 jumping jacks. The first team to get through the chain of fuses and dynamite wins.5. Captain's OrderThis game is simple and quick to play for a large group. One person is chosen to be the captain and all other players are the crew. You need to prepare a list of commands before the game starts for the captain to yell out to the crew. Popular actions include:Captain On Deck: all players have to salute the captainBow: players run to a designated spot (the bow of the boat)Clear The Deck: players have to do headstands or handstands and keep their feet of the groundFind North: players get into groups of three and all point in one directionYou can come up with as many commands as you want. Any player that does not follow the order correctly is out. The crew member that completes the order last is also out. Whichever crew member completes all orders correctly without getting out is the next captain.5 Outdoor Family Games Without EquipmentWhen you get the family together you will want time for catching up, time for eating, and time for games. Many family gatherings involve a lot of people of all ages, so you need games that are simple and fun for all ages. The more that can play, the better. With these outdoor games without equipment, the whole family is in for nothing but laughs and fun.1. Octopus TagGive yourself a lot of room for this game. Pick one player to be the octopus and have them stand in the middle of the play area. Every other player is a fish and they need to line up along the side of the play area. The octopus calls out, "I am the octopus, full of black potion. Let's see if you can cross my ocean!" All the fish run across the ocean. Any that are tagged by the octopus become crabs and they have to stay where they get tagged, with one foot planted. Any players tagged by a crab also become crabs. The game continues until only one fish is left as the winner.2. Duck Duck GooseThis classic kid's game is perfect for the whole family. The rules are simple, and the game is fun. Have everyone sit in a circle, with one player to be "it". This person walks around the outside of the circle touching each player on the top of the head. They call out either duck or goose to each player. If you are a duck, you stay seated, but if you get called goose, you have to get up and chase the person who is "it". You need to tag the person before they get back to your seat in the circle. If the goose tags them, they can rejoin the circle, but if not, they are now "it".3. Cops and RobbersDivide the group into two teams for this game, as evenly as possible. There will be a cop team and a robber team. Specify an area of play for the game as well as a space that is going to be jail. Then, let the fun begin. The cops will have to chase the robbers and if tagged, they have to go to "jail". Robbers that have not been tagged can release their partners by sneaking to the jail and tagging them. The game is over when the cops get all the robbers in jail. Players can run around and hide to avoid being tagged.4. Leap Frog RaceAnother children's classic game that adults can play too. Split your family into groups of two, with the players being ideally the same height. Mark out a course for the races and have each team line up at one end. The teams need to race to the other end, leapfrogging over each other. You can also add exercise pit stops to make the race more interesting. When you get to certain points in the race, each team has to stop and perform a certain exercise such as 5 jumping jacks.5. Jockeys UpDivide your group into pairs, ideally with each person in the pair being similar in weight and height. One person in each pair is a "horse" and the other is a "jockey". The horses stand in a circle in the middle of the jockeys, facing the back of the person in front of them. The jockeys do the same thing in a larger circle around the horses and facing the opposite direction. A non-player yells out "Horses go" and the horses start galloping around their circle. They then yell "jockeys go" and they do the same. When the leader calls out "Jockey's Up" each jockey has to find their horse and jump on their back. The last team to do this is eliminated and the winners will be the last ones left.5 Outdoor Games Without Equipment For Two PlayersWhen you have kids, there are many times when a friend is over and the two of them need something to do. Chances are they will be asking for something to do frequently. So, it is a good idea to be prepared. Have a few of these outdoor games without equipment ready to go, so they can get outside and have fun. These games are perfect for small groups or when you only have two kids.1. Funny RunningEach kid takes turns picking an animal. The game is to run across the play area as the animal that is called out. They can choose from monkeys, elephants, lions, turtles, and birds. While kids of all ages can play this, younger children will especially enjoy running in these funny ways.2. Simon SaysOne kid gets to be Simon first and they must tell the other player what to do. They can shout commands such as "touch your nose" or "jump on one foot". The commands will either begin with "Simon says" or not. If they do the other player must obey but if they do not say "Simon says", the other player should not do the action. If they obey without "Simon says" being said, they are out. It is then their turn to be "Simon". This game is usually played with larger groups, but it is also fun for two kids.3. Racing WarSet up a racecourse with a start and finish line. Each time the kids race, select a different style for them to do. They can have races by running, hopping, skipping, walking backwards, crab walking, and crawling. Keep track of the winner of each individual race and the kid with the most wins overall is the race war winner. 4. Nature To NatureOne of the players is in charge of the nature guide around the yard or park. They are to locate an item such as a leaf, rock, flower, or twig, anything they can find within the play area. They show this to the other player for ten seconds and then hides it away. The other player has until a count of 100 to find another item that is similar to the one the guide showed them. Each player gets 5 turns to be the guide and the winner will be the one who had the closest matches after 5 rounds.5. Playground OlympicsDesignate events for the Olympics, including crab walks, long jump, swinging, sliding, jumping jacks, racing, and climbing. You can add any events you can think of to the list for the kids to take part in. The goal is for the kids to get as many points as they can and the winner will get to choose the surprise, such as choice of dessert or next game to play.Helpful Tips For Playing the Best Outdoor Games Without EquipmentWhen you need to entertain a group of people, the best place to be is outdoors. As you can see from our list, there are many outdoor games you can organize that don't involve equipment. Many of these can be played quickly and simply without spending time setting up and taking down. Before you pick the games to play, there are a few tips to remember.Choose games according to the age of your players. This is important when playing with family as you may have young and older players.Location matters: Make sure you have enough space for the games you choose to play. If a lot of space is needed for running, you may want to consider heading to a park or playing field.Stay hydrated: Most of the games involve physical activity, so make sure you have plenty of water on hand for all players.Final ThoughtsWhether you have a large group of people or just a few kids, playing outdoors is one of the best ways to spend time. The best part about the outdoors is everything you need is already there. With our list of 25 outdoor games without equipment, all you need to bring is yourself, friends, and family. Having fun has never been easier.

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