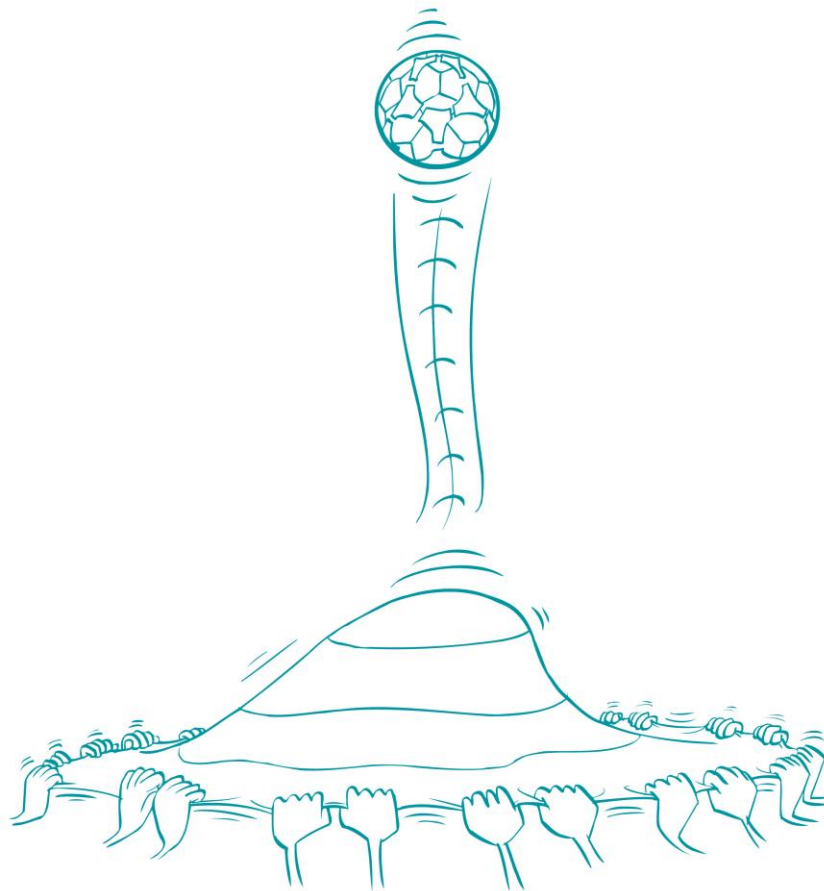




Play Leaders Games Pack



Animal Relay

Equipment Required

None

Activity

- Mark out two lines in the relay area
- Divide the class into equal teams
- Within the teams each team member is given an animal
- The first team member goes from the start line to the finish line pretending to be the animal they were given (making noises or animal actions)
- The rest of the team do the same thing – allocating a different animal to each team member
- For example, 1=horse, 2=caterpillar, 3=kangaroo, 4=crab, 5=frog etc

Around The World

Equipment Required

None

Activity

- The children start off on hands and knees to start the engines of the aeroplanes, going “RRRrrr, RRRrrr, RRRrrr” as they perform press ups
- They take off and land in different countries around the world
- Spain – Bull Fighter (partner is the bull)
- France – on bike saying “oh la la or bonjour”
- Italy – go skiing/snowboarding
- Japan – Pretend to be a sumo wrestler
- Scotland – highland fling
- Wales – round up sheep with border collies
- Australia – Kangaroo – singing
- America – Superman flying around singing theme tune

Ball Race

Equipment Required

Balls

Activity

- Children stand in a circle
- Pass a foam ball to two children on opposite sides of the circle
- Those two children race around the circle in a clockwise direction returning to their starting position
- As soon as they return to their original place, they pass the ball to anyone in the circle
- As soon as they receive the ball, they run around the circle, return and pass

Ball Run

Equipment Required

Large number of small balls or similar items to collect

Activity

- Put a cone at one end of a hall, fill it with balls, and get all the children lined up at the other end of the hall
- Leader then calls out facts that could apply to the players, such as; "If you are wearing something red" or "If you have a birthday in May" etc... (tip – questions can be more fun if you include questions that are more stupid or personal such as "If you cleaned your teeth this morning")
- If the question called out applied to any children in that round they have to run up and collect a ball (or whatever object they have to collect)
- First to reach a specified number (e.g. 10) wins. Or who collects the most by the time all are fed up with the game

Banana Tig

Equipment Required

A bib for each catcher

Activity

- Basically a game of tig.
- When someone is caught they stand with their hand straight above their heads like a big banana.
- To get freed someone who has not been caught can pull their hands down to their sides (like peeling the skin off a banana).

Base

Equipment Required

Cones

Activity

- Children have a “base” spot in the playing area e.g. cone on the floor
- On the signal from the leader, the children travel freely around the playing area
- When the teacher calls “Base and...” the children return to their spot and performs the instruction with noises e.g. base and crazy chickens, base and monkeys
- The teacher can direct how the children move, jogging, skipping etc
- Be imaginative

Bean Bag Shuttle

Equipment Required

4 bean bags per team, 4 hoops per team

Activity

- Divide the group into small teams
- Place four hoops in a zig-zag path in front of the start line
- Place four bean bags behind the start line
- Child 1 picks up a bean bag and runs to the first hoop, places the bean bag in the hoop and returns to the start line
- They then pick up the second bean bag and run to the second hoop and back
- They repeat this for the third and fourth bean bags
- The second person then runs to the first hoop, picks up the bean bag and runs to the start line dropping the bean bag
- They repeat this for the other three bean bags
- Other team members then repeat this
- Only one bean bag can be placed or retrieved at a time

Bean Game

Equipment Required

None

Activity

- Shout out different types of beans, the children have to do the actions for each bean type:
- Runner Beans – run around
- Jumping Beans – jump up and down
- String Beans – stand straight and tall with arms above head
- Frozen Beans – stand still
- Chilli Beans – Shiver
- Microwave Beans – children turn slowly in a circle with arms stretched out to the sides and then shout “Ping” whilst doing a star jump
- Beans On Toast – lie down

Beat the Ball

Equipment Required

Foam Ball

Activity

- Children stand in a circle
- Throw a foam ball to one of the children
- They pass the ball to the person on their left and then run around the outside of the circle in a clockwise direction, as the ball is passed from child to child around the circle
- The aim is for the “runner” to get back to their original position before the ball gets there
- If they get there before the ball does, the child holding the ball becomes the next “runner”

Body Parts

Equipment Required

None

Activity

- Players run around the playing area
- The leader calls out a number and a part of the body e.g. 4 hands
- Players then need to get into groups and join the right number of body parts
- The game continues with different numbers and parts of the body

Cat and Mouse Square Bash

Equipment Required

None

Activity

- Choose 2 children to be the “cat” and the “mouse”, the rest of the group are organised into a circle holding hands
- The mouse begins in the circle and the cat outside it
- They can both move in and out of the circle but only when the arms are raised
- If the cat catches the mouse they swap over for new children
- If not caught, they swap over after 1 minute
- The aim is for the circle to always help the mouse
- If playing with a large group divide into two or more circles

Cat & Mouse

Equipment Required

Bibs, Bands

Activity

- 2/3 children will be the Cats (place a band over their shoulder to recognise them). The remainder of the class will be Mice. The Mice will place a band sticking out of the back of their shorts like tails and as they run around the hall the Cats have to try and catch the tails
- If they catch a Mouse, they place a band over the Mouse who then becomes a Cat

Catch & Head

Equipment Required

1 Ball

Activity

- 1 player stands in the middle of a circle with a ball
- They throw the ball to one of the players in the circle and shout “head” or “catch”
- The receiver must follow out the instruction, if they can’t they must sit down
- The winner is the last player standing
- To make the game more challenging ask them to do the opposite of the instruction given

Catch the Pigeon

Equipment Required

Beanbag

Activity

- Players sit in a circle with one player sitting in the middle
- The person in the middle balances a beanbag on their head and closes their eyes.
- A player from the circle is chosen to creep into the middle of the circle and steal the beanbag.
- Once they have the beanbag they run round the outside of the circle and try to get back to their space before the person in the middle catches them.
- If they manage they become the person in the middle
- If they get caught, the first person stays in the middle for another go.

Catch the Thief

Equipment Required

Bean Bags

Activity

- In a circle, one child sits in the middle and closes their eyes
- Another person is silently chosen to go into the circle and rescue the gems (bean bags) without the guard hearing
- If the guard does hear, they shout "I can hear YOU" and then point their finger in the direction of the noise
- If they get it correct they get to choose the next guard
- If they get it wrong the thief continues

Catch Up

Equipment Required

Markers/Cones to set out the circuit

Activity

- In 2's, runners start opposite each other on the course
- On go, partners attempt to catch each other
- The leader can give a time/lap limit for this to happen

Caterpillar Rounders

Equipment Required

Bat, Ball, Cones

Activity

- Split the children into two teams
- One team are the batters, the other team are fielders
- 1st batter hits the tennis ball
- The aim is for the whole of the batting team to run to a given line/around cones and back before the fielding team can get into a line and pass the ball over their heads to everyone in the fielding team
- Swap sides

Chinese Dragon

Equipment Required

None

Activity

- This is a tag game with one player as the tagger
- If a player gets tagged they must join onto the back of the tagger to form a chain
- Links in the chain must stay attached or the game starts again
- Encourage safety

Clear the Garden

Equipment Required

Balls

Activity

- Two teams, facing across a line. Each team starts with the same number of balls.
- Teams have one minute to throw balls backwards and forwards into each other's court
- The team with the least number of balls in their court after one minute are the winners

Colours

Equipment Required

Ball

Activity

- This game requires the children to be in circles. Form two circles if necessary.
- One child starts the game by passing a ball to another anywhere in the circle
- As they throw the ball they call a colour
- The person catching the ball must quickly name something that is usually that colour, for example, red – post box.
- If they answer correctly the catcher runs around the circle back to their starting position to become the next thrower
- If not, the thrower remains the same

Cross Overs

Equipment Required

None

Activity

- Divide the group into four equal teams
- Each team lines up on a different side of the playing area
- Give each team a number or name
- Call out two numbers/names and mode of travelling
- The two teams use the mode of travelling you specify to get to the opposite side without bumping into anyone else
- To make it more difficult, call out all team numbers/names

Dodger

Equipment Required

None

Activity

- In two's, one chases the other, and tries to stay within an arm's length of the dodger
- When the leader blows the whistle both stop
- If the chaser can touch the dodger with one step they gain a point
- Change over

Domes & Dishes

Equipment Required

Marker cones

Activity

- Have the whole room covered in cones that are equally turned upside and downside.
- Split the children into 2 teams.
- Have one team responsible for turning the cones one way and the other team responsible for turning them the other way.
- Play for about 2-3 minutes.
- Then introduce balls, making sure this time they cover the ball with a cone or sit the ball in the middle of the cone.

Duck, Duck Goose

Equipment Required

None

Activity

- The children sit down in a circle facing each other
- One person is "It" and walks around the circle
- As they walk around, they tap people's heads and say "Duck" or "Goose"
- Once someone is the "treat" they get up and try to chase "It" around the circle
- The goal is to catch that person before they are able to sit down in the "treat" spot
- If the "treat" is not able to do this, they become "It" for the next round and play continues
- If they do catch the "It" person, the person tagged has to sit in the centre of the circle

Everyone's It

Equipment Required

Cones

Activity

- Divide the playing area into two equally sized areas and separate with cones
- Every child is a tagger and tries to tag everyone else in area one
- When a child is tagged they move to area two and perform an exercise of your choice (squats, jumping jacks, high knees etc) for a specified number of repetitions before rejoining the game
- If two children tag each other at the same time, they both go to area two to perform the exercise
- Change the exercise from time to time

E.T Tig

Equipment Required

A bib for each catcher

Activity

- This is basically a game of tig.
- If you are tagged you must stand still with one finger pointing skyward.
- To get freed someone who has not been tagged links fingers with you and says "ET phone home".

Farmer & Crow

Equipment Required

Bean Bags

Activity

- Divide the group into four teams
- Each team needs four bean bags and a cone placed at the opposite end of the space for the finish line.
- Each member of the team sits one behind the other, behind the start line
- The 1st person in the line is the “Farmer”, the 2nd is the “Crow”, the 3rd is the “Farmer” and the 4th is the “Crow” and so on
- The instructor calls out “Farmer sow your seeds” the 1st Farmer takes the seeds (the bean bags) and places them at equal intervals between the start line and finish line
- The Farmer then runs back and touches the “Crow” (2nd person in the line)
- The Crow must hop on one foot over each bean bag, touch the finish line, change foot, and hop back, picking up the seeds (bean bags)
- The Crow then passes the seeds to the 3rd person – the Farmer who plants the seeds again...and so on
- Each player must go once, the first team back and sitting in line wins

Farmer, Farmer May we Cross your River?

Equipment Required

None

Activity

- All children stand at one end of the hall and the farmer stands in the middle.
- The players shout out; “Farmer, Farmer may we cross your river?” The farmer replies with; “Only those wearing blue (any colour can be used) may cross my river.” Everyone that has blue on may cross the river safely.
- Everyone without blue on must get across the river without being caught by the angry farmer.
- When caught the players may sit out or help the farmer (the coach/leader should decide this before starting the game).

Fireworks Display

Equipment Required

None

Activity

- Ask children to move around the room in a variety of ways (jogging, skipping, side stepping etc)
- The caller calls out the name of a firework and the children have to perform the activity.
- Rockets – Stand tall hands above head
- Fizz Rockets – Twist and turn round the room
- Cartwheels – Arms round and round one then the other, then opposite together etc
- Bangers – Jump two feet clap hands
- Fountains – Jumping Jacks
- Sparklers – Twist all over
- Bonfire – Stand hop side to side

Follow the Leader

Equipment Required

None

Activity

- (Good way to control the intensity of the warm-up and allow for plenty of variety)
- Teacher or pupil led, as a whole class or smaller group
- Activities could include – walking, skipping, jumping, side stepping, jumping-jax, jogging, hop scotch, cross-over step
- Variety can also be shown in direction – forwards, backwards, sideways; shape – straight, curves, circles, zigzag; speed – fast, slow, on-the-spot; size of step
- Arms can also be added – punching-out in front, to the sides, above head; circling – both directions at the sides, or across the body; bicep curls – in front, at the sides
- Change the leader – leader steps to the side and goes to the end

Freeze Game

Equipment Required

One beanbag per person

Activity

- Every child places a beanbag on their head and moves around the area.
- If they drop the beanbag they must freeze.
- To continue playing someone else must pick their beanbag up for them (whilst still balancing theirs) and put it on their head.
- The leader can change the pace of the game by shouting run, jog, fast walk etc

Frost and Sunshine

Equipment Required

1 yellow band and 1 blue band

Activity

- Nominate one person to be FROST (and wears a BLUE band)
- Another person is SUNSHINE (and wears a YELLOW band)
- Everyone begins running about in the space and FROST tries to catch them
- When they are touched by FROST, they stand still (freeze)
- Sunshine can run around and touch the 'frozen' children to release (melt) them and they join in the game again.
- Sunshine cannot be caught
- Change FROST and SUNSHINE regularly
- You decide what muscles the children have to tag: examples could be shoulder, thigh, back, chest, head, arm, leg, ankle

Fruit Salad

Equipment Required

None

Activity

- Mark out two lines in the relay area
- Divide the class into equal teams
- Allocate each team member the name of a different fruit (e.g. 1 = banana, 2 = orange, 3 = apple, 4 = grape, 5 = pear)
- You call out the name of the fruit and then each team member with that label runs to the finish line and back – the first child back in place gains a point for their team
- If you call out "fruit salad", all children run to the finish line and back

Goalie

Equipment Required

Balls

Activity

- All players stand in a circle facing inwards with their legs wide open and their feet touching the feet of the people next to them
- Keeping 1 hand behind their back, the players must bend over and guard the area between their legs with their free hand
- The aim of the game is not to let the ball go through your legs
- If it does you must sit down
- If you are sitting down you can still roll the ball through the legs of other players
- The ball must stay on the floor
- You can only use your 'goalie' hand to stop the ball going through your legs and roll it towards other players
- The winner is the last person standing
- If playing with a large group divide into two or more circles

Golden Letter

Equipment Required

None

Activity

- Pick one person to be the "caller" they stand at one end of the activity area facing away from the rest of the group
- The rest of the group stand at the other end of the area facing the back of "caller"
- Before the game begins, the "caller" chooses a letter of the alphabet to be the "golden letter" and tells the rest of the group
- The "caller" then calls out random letters of the alphabet
- If the group have that letter in their name they can step forward 2 paces
- If the "caller" calls out the "golden letter" all players with this letter in their name go back to the start
- The object is for a player to reach the "caller" and then becomes the "caller"
- It is recommended that the number of times the "golden letter" can be called is limited to 3-5 times per game

Guard the Pirate Gold

Equipment Required

A Box/Basket, lots of small apparatus e.g. Balls, Bean Bags, Quoits

Activity

- A version of domes and dishes.
- Split the group into two teams – pirates and captains.
- Place hoops full of soft equipment around the room (eg bean bags, balls etc).
- Everyone moves around the room. The pirates remove the equipment from the hoops and throw it away
- The captains pick up the equipment and put it back into the hoop.

Here, There, Everywhere

Equipment Required

None

Activity

- Set up three stations: two at the sides of the room and one in the middle
- Gather all the children in the middle of the space.
- This is “Here”. One side of the space is “There” and the other side is “Everywhere”. Stand at the front of the group so they can see you issue directions
- Ask the children to move to either “Here”, “There” or “Everywhere” in any order you choose pointing to the relevant places as you do so. Begin by encouraging them to march to each area and gradually increase the intensity of the routine by altering to brisk walking, skipping and jogging
- To increase excitement you should aim to “trick” the children into moving to the wrong area:
 - “Come Over Here” (pointing to “There”)
 - “Go Over “There” (pointing to “Everywhere”)
 - “Go “Everywhere” (pointing to “Here”)

Hoop Relay

Equipment Required

Hoops

Activity

- Split the children into teams and set up a relay race
- The following ideas may be used
- Place hoops on the floor and jump in and out
- Hula Hoop around the waist, wrists or legs (not neck!)
- Skipping with hoop
- Rolling the hoop around an obstacle course using right hand then left hand

Hop Scotch

Equipment Required

Markers

Activity

- A fun relay. Split the group into teams of 5 or 6.
- Place the markers in a straight line
- Throw a bean bag down the line
- Hopscotch to the end of the line, turn and hopscotch back, stop-ping to pick up the bean bag (while standing on one leg)

Hopscotch Relay

Equipment Required

1 bean bag and 7 hoops for each team

Activity

- In groups of 3 or 4, each group sets up their hoops in a hopscotch formation
- Number one then throws the bean bag to hoop 1 and hop scotches to the end, running back to the wall and back, completing the hopscotch.
- They need to pick up the bean bag from hoop 1 on the way back and passing it to number two who throws into hoop 2 etc
- If the thrower misses the hoop they have to retrieve it and throw again

Horses and Ponies

Equipment Required

None

Activity

- Arrange the children into two teams
- One team listens for the word HORSES and the others listen for the word PONIES
- The teams line up facing one another, about one metre apart
- Start to tell a funny story or joke and slip in the words Horse or Ponies
- Whenever the horses team hear the word Horses they turn to run to the sidewall
- If the other team catches them, they must join the other team.
- The Ponies team listen for the word Ponies and they run to their nearest wall
- When everyone is in one team, the game is complete

Hot Potato

Equipment Required

Bean Bags

Activity

- Ask the children to stand in a circle
- One child is given a bean bag (these are hot potatoes)
- On your signal of “hot potato” the children quickly pass the bean bags around the circle.
- Continue to pass the bean bags around shouting “hot potato” every time the bean bag is passed
- Gradually increase the number of hot potatoes

Join the Dots Relay

Equipment Required

Grid of dot to dots on A4 paper, Cones, Pencils

Activity

- Split the group into teams of about 5.
- This game is a relay joining the dots on the dot to dots sheet to form small squares
- Each person in the pair takes it in turns to run to the sheet (being held down by a cone) and joins one dot to another aiming to form a square
- After 1 minute see which team has the most squares

Jungles on Fire

Equipment Required

None

Activity

- Ask children to stand at one side of the room.
- Name the children either a lion, tiger, monkey or bear
- Choose one hunter who stands in the middle of the room.
- The hunter calls any animal to cross the room from one side to the other and if you can tag them then they become a hunter too.
- If at any time the hunter calls 'Jungles on Fire' the whole class has to cross the room.
- The aim of the game is to have many hunters.
- Start the game again if children achieve hunter status quickly.

Kangaroo Tig

Equipment Required

A bib for each catcher.

Activity

- A basic game of tig.
- When you are caught you must bounce like a kangaroo on the spot.
- You can only get freed when someone comes up and bounces 3 times in front of you.

Leading From Behind

Equipment Required

Cones

Activity

- Split the group into teams
- In front of each team, place 4 or 5 cones spread out in a line with equal distance between
- Each member of the team must go around the cones (in and out) and back with their eyes shut.
- Another member of the team must be right behind them giving them instructions on where to go, for example, left, right, forward, backwards, large steps
- The team who do this the quickest are the winners.

Letters Game

Equipment Required

None

Activity

- Split the class into small teams of about 4.
- Give each team a letter and tell them to go to a space in the games hall and create that letter using everyone in the team.
- The coach/leader can be the judge and award points to the best teams.
- This game is good at the end of a session to calm the children down.

Mirror Mirror

Equipment Required

None

Activity

- Split the class into pairs
 - The partners should then take turns of copying one another's movements
 - Encourage children to start movements using their heads and progress down the body. For example, wave your hands, do the Highland fling
 - Lengthen the time of copying one another
 - Try two moves at once, ask the players to share their movement ideas
- SAFETY POINTS**
- Ensure playing space is large enough so that players do not collide

Mountain Goat

Equipment Required

Green Cones

Activity

- Place green cones around the middle of the space. Ensure they are well spread out.
- Organise the children along one end of the space
- Choose a player to be the Mountain Goat. Depending on the number of children playing you may need more than one Mountain Goat.
- To set the scene tell the children, the green cones are mountains which need to be avoided and not stepped over.
- The Mountain Goat makes a goat-like noise very loudly
- On this signal all the children must try to get to the other side by running around the mountains without being caught by the Mountain Goat
- If caught you then become a Wicked Mountain Tree and must stand still where you were caught. You cannot move but can tag people as they run past you.

North, West, South, East

Equipment Required

None

Activity

- You name each edge of the playing area “north”, “south”, “east” and “west”
- When you call one of the above names, the children run to the side of the playing area

Numbers Game

Equipment Required

None

Activity

- Everyone moves around the hall and the leader will shout a number
- Children must get into a group of that number and either sit down or hold hands. If someone doesn't manage to get into a group they are out.
- The leader can decide that if they are out they must sit out at the side of the playing area.
- *Alternatively:* If you don't want children sitting out you can just give the person that didn't get into a group a task to do i.e. a silly dance, bounce a ball ten times etc

Nutrition Race

Equipment Required

Cones

Activity

- Children run (or mode of travelling of your choice) around the playing area at random
- When you shout out the name of a healthy food or drink, the children speed up
- When you shout out the name of an unhealthy food or drink, the children slow down

Octopus Tag

Equipment Required

None

Activity

- One person is the catcher
- Once they tag a player, the tagged person has to stay where they are but can tag others with their hands

Out & Back Relay

Equipment Required

None

Activity

- Mark out the two sides of the relay area
- Divide the group into small teams
- The first child in each team runs, speed walks, jogs, side steps, high knees etc (mode of travelling of your choice) to the far side of the relay area and then back
- When they have got back, the next child in their team runs out and back

Over & Under Relay

Equipment Required

Balls

Activity

- Mark out the two sides of the relay area
- Divide the group into equal teams
- All children line up in their teams, with the child at the front holding a ball
- The front child passes the ball backwards over their head to the child behind them
- That child then passes the ball backwards by bending down and passing it through their legs
- This is repeated until the child at the back receives the ball – they then run to the front of their line and repeat the procedure
- The relay finishes when a team crosses the finish line

Passing By

Equipment Required

3 Marker Cones per team, 1 Large Ball per Team

Activity

- A fun relay.
- One person from each team stands at the passing cone
- The first person in each team runs forward, collects the ball from the passer, runs/dribbles around the next cone and back, returning the ball to the passer on the way back
- The next person repeats until all players in the team have had a turn
- Remember to alternate the passer

Pirates

Equipment Required

None

Activity

- The children are sailors on board your ship and you are the Captain Pirate!
- Use your imagination!! Act convincing!!
- The Captain Pirate will give commands to his crew, which they must follow:
- Port – Run to the Right
- Starboard – Run to the Left
- Bow – Run to the Front
- Stern – Run to the Back
- Scrub the Deck – Scrub the Deck
- Captains Coming – Stand Tall and Salute
- Crocodiles – Lie on your back and lift one leg to the ceiling
- Walk the Plank – Take 3 large lunges and star jump

Prisoners

Equipment Required

None

Activity

- Choose 2 or 3 people to be the chasers
- The children space out in the area
- At each end of the area is a space designated as the prison
- The chasers have to tag the others
- When tagged the chaser takes the player to either prison
- Other players may release the prisoners by touching them
- When all players are in the prisons new chasers are chosen and the game restarts

Rabbits & Radishes

Equipment Required

None

Activity

- Players get into pairs and stand back to back with their partner on a given line
- A A A A A A A A A
B B B B B B B B B
- All the A line are 'rabbits'
- All the B line are 'radishes'
- If you shout 'rabbits' all the rabbits run forward to a given line (approx 10m away) before the radishes can catch them
- If you shout 'radishes' all the radishes run forward and the rabbits try to catch them.
- You could try changing the start position to sitting down, lying down with feet touching etc!

Round the World

Equipment Required

Sponge ball, Cones

Activity

- Split the group into 2 teams.
- One team forms a circle with one ball.
- The other team lines up about 10 metres away from the circle.
- When the leader starts the game the team with the ball pass the ball around the circle and count the passes. Meanwhile the other team goes one at a time and runs round the circle.
- When all of the running team have completed a lap of the circle the passing team stops passing.
- Swap the teams over and the team that gets the most passes is the winner.

Scatterball

Equipment Required

Bat, Balls, Cones

Activity

- Split the children into two teams
- One team are the batters, the other team are fielders
- The bowler has 4 tennis balls
- The bowler bowls the 1st ball, the batter hits it and nobody moves
- The bowler bowls the 2nd ball and the same thing happens
- Repeat for balls 3 & 4
- Only after the batter hits (or misses!) the 4th ball does anyone move
- The aim is for the batter team to run to a given line/around cones and back before the fielding team can collect all 4 balls and return them to an upturned cone at the batters feet
- If the batter gets round, their team gets a point
- If the fielding team get the 4 balls in the cone before the batter gets back, they get a point
- Swap sides

Shark Attack

Equipment Required

Bands or Bibs, Cones

Activity

- Place cones on floor at random, spaced out (use half the number of cones as children playing)
- Select 2 or 3 children to be the Sharks (wear bands to recognise). The remainder of the class are the Fish
- The object of the game is for the Sharks to catch the Fish
- The cones are islands, which are the safe zones for the Fish
- The children run around the hall, NOT STEPPING ON THE CONES until you shout "SHARK ATTACK!!"
- The Fish try to stand next to a cone (toe touching) without being caught
- Once their toe is touching a cone they are safe! MAXIMUM: 2 per cone
- If a Fish is caught they become a Shark
- To add further excitement to this game, gradually remove some of the cones, so it becomes increasingly harder for the Fish to take refuge – you will end up with more and more Sharks each time until everyone is a Shark!

Signals

Equipment Required

None

Activity

- The leader agrees signals with pupils
- The class jog freely in and out of the playing area and respond to teacher signals e.g.
- Touch ground with your right hand
- Touch ground with your left hand
- Touch ground with both hands
- Sit down, stand up

Simon Says

Equipment Required

None

Activity

- Instruct the children to run around the playing area (or mode of travelling of your choice) in random directions
- You call out a series of instructions such as “jump in the air”, “touch your nose on the floor”, “hop on the spot”, etc which should only be carried out if you put “Simon says...” before the instruction
- Otherwise they continue running
- If a child performs an action not starting with “Simon says...”, then they perform a forfeit of your choice
- Use your imagination!

Skeletons

Equipment Required

None

Activity

- Kids in a circle with a space between them
- You choose a skeleton who runs in and out of kids
- They then tap someone on the way and get chased in and out of the circle
- If they catch a skeleton they keep going round and tap someone else who chases them back to their space
- They can tap anyone at anytime if they get tired

Skip, Hop, Tig

Equipment Required

None

Activity

- One player is chosen to be 'it'. Everyone else travels around the space while the person who is 'it' tries to catch them.
- The leader selects methods of travel e.g. skip, hop, jump,
- Once caught, players join chasers

Sleeping Pirates

Equipment Required

Blindfold, set of keys

Activity

- All the children except one sit cross legged on the floor in a circle
- The one left becomes the Pirate, who sits cross legged in the middle of the circle
- The Pirate needs to be blindfolded and has a large bunch of keys on the floor in front of him
- A nominated child, the "Raider" has to creep up to the Pirate and attempt to take the keys and return back to their place without the Pirate hearing them
- Once the "Raider" has returned to their place the Pirate has 3 guesses by pointing to who they think is the "Raider"
- The Pirate and the Raider should be swapped before each next go

Spiders and Flies

Equipment Required

Hoops or cones. A bib for each catcher.

Activity

- Choose two people to be the catchers (spiders) and give them an area to be their web, which can be simply a few coloured hoops per spider.
- The rest of the players are flies. The spiders have to catch the flies and put them in their web.
- The game ends when all the flies are caught. Whichever spider catches the most flies is the winner.
- You can add a variation in by allowing a fly that has not been caught the opportunity to free the flies in the web. The flies can be freed if a fellow fly runs one full circle around the web area.

Splat

Equipment Required

None

Activity

- Players form a circle with one in the middle
- This is a confusing, fast, keep-your-wits-about-you game
- When the player in the middle points at someone and says, “Splat”, that player crouches down
- The players on either side then shoot each other, shouting “Splat”
- The slowest on the draw is out and sits down

Statuses

Equipment Required

None

Activity

- The leader stands about 4 metres from the other players
- When the leader turns their back the players must try to move as quietly as possible towards the leader
- When the leader turns round to face the players they must stand very still like statues
- If the leader sees anyone moving they get sent back to the starting line and must begin again
- The first player to touch the leader wins and becomes the leader

Steps

Equipment Required

None

Activity

- A variation on beans with the following commands
- Baby Steps – Tiny steps
- Turtle Steps – Slightly larger steps than baby steps
- Monster Steps – Large steps / strides
- Rabbit Steps – Bunny hop jumps
- Tornado Steps – Steps taken while person spins around

Sticks Mania

Equipment Required

Hockey sticks, balls, hoops

Activity

- Divide the group into teams and set up a relay
- Using one hockey stick per team, get each child to dribble the ball to the end and back again
- Next, get them to dribble to the end of the room and dribble around a hoop, then back to the start

Sticky Muscle Tag

Equipment Required

None

Activity

- Nominate one person to be “It” they must chase everyone else round the room and tag them on a muscle (part of the body) i.e. thigh. That child must then run around with their hand on the area that was tagged
- If they get tagged again they have to put their other hand on that area too i.e. shoulder
- If they get tagged again they have to help the person who is “It”
- You decide what muscles the children have to tag: examples could be shoulder, thigh, back, chest, head, arm, leg, ankle

Stuck In The Mud

Equipment Required

None

Activity

- Select one or two “Taggers”
- The Taggers have to tag other children
- Once caught, the child stands still with legs apart
- They can be freed by another child running under their open legs

Tennis Cricket

Equipment Required

1 Ball & Racket

Activity

- 1 player stands in the middle of a circle with the racket
- The other players have to throw the ball to hit the legs of the player in the middle
- The player in the middle has to use the racket to hit the ball and stop it hitting their legs
- The player in the middle can't move their feet but must twist to hit the ball
- The player throwing the ball must do so from wherever they picked it up
- Successful throwers change places with the player in the middle
- Introduce more balls

Three Little Pigs

Equipment Required

Hula Hoops, 3 Cones

Activity

- Place the hula-hoops at either end of the playing area – one hoop represents the “wolf’s den”, and the other represents “mother (or father) pig’s den”
- The three cones represent the straw, stick and brick houses that the pigs’ built – scatter them around the playing area
- Choose one child to be the “big bad wolf” – they stand in the middle of the playing area
- Choose another child to be the mother (or father) pig – they stand in their hoop
- The rest of the group are split into three equal groups – each going to a house (i.e. they stand around the cones)
- The “wolf” then counts to 3, at which point the “pigs” in the chosen house run to one of the other houses while the “wolf” attempts to tag them
- Any “pig” that is tagged must go to the “wolf’s den”
- A “pig” can only be released from the “wolf’s den” if the “mother (or father) pig” sneaks over to the den at any time, and frees one “pig” only at a time
- “Mother (or father) pig” must return back to their hoop before they can rescue another “pig” from the “wolf’s den”
- If the “wolf” tags the “mother (or father) pig”, they must return back to their den

3 V 1

Equipment Required

None

Activity

- Divide the class into groups of 4
- Three children grasp hands forming a closed chain, and the fourth child (the “tagger”) stands outside this closed chain
- Designate one member of the chain to be caught, and then the tagger tries to tag that child
- The chain twist, turn and spin to avoid the designated person being tagged

Time Bomb

Equipment Required

Ball *If playing with a large group divide into two or more circles*

Activity

- All players stand in a circle, facing inwards
- Pass a ball around the circle
- Choose a player to sit in the middle and be the detonator. This player counts to thirty (silently)
- When they get to 20 they place one hand out, when they get to 25 they place the other hand out, when they get to thirty they shout “time bomb”
- The person with the ball when “Time Bomb” is shouted has to sit down with their legs stretched out.
- The detonator has to jump over the legs 5 times then the player sitting down jumps up and becomes the detonator.

Traffic Lights

Equipment Required

None

Activity

- Children start by standing around the playing area
- You call out either “GREEN!”, “AMBER” or “RED” at regular intervals
- Each colour represents a different mode of travelling
- For example:
- GREEN = run
- AMBER = run on the spot
- RED = stop
- LOLLIPOP LADY = stand with one arm in halt position, other hand waving children on
- TAXI = find a partner and join together by holding the waist of the person in front and continue moving around the room
- ROUNDABOUT = run in small circles
- BUS = hand up & pull the bell shouting ding dong, whilst moving around the room
- SPEED BUMPS = double foot jumping forward

Treasure Snatch

Equipment Required

Bean Bags

Activity

- The group divides into two teams, one at each end of the playing space
- The players sit on the floor and each team member is numbered
- One bean bag is placed in the centre of the playing space
- A number is called out
- The member of each team with that number has to run to the centre and try to pick up the treasure (bean bag) and return to his/her own side without being caught by the other player
- PROGRESSION: Increase number of beanbags and number of people called. For example, 4 bean bags in the middle, call out numbers 1, 2, 3, and 4.

Tunnel Relay

Equipment Required

Balls, Cones

Activity

- Mark out a finish and a start line in the relay area with cones
- Divide the group into equal teams, and give each team a foam ball
- All children line up in their teams, with the child at the front holding the ball – all children stand with feet at least 1.5 times shoulder width apart
- The child at the front bends down and rolls the balls through their legs and the legs of their team mates
- The child at the back receives the ball, grabs it, and runs to the finish line and back to the front of their team
- This is then repeated until a team reaches the finish line

Turtle Tig

Equipment Required

None

Activity

- Children move around the space in a variety of ways e.g. walking, skipping, jogging
- One child is the “catcher” and they try to tag the other turtles
- If a turtle is tagged, the child lies on their back with arms and legs in the air until turned over
- Other turtles can GENTLY roll over sick turtles and they can move again

Washing Machine

Equipment Required

Balls

Activity

- Mark out two lines in the relay area
- Divide the group into equal teams and give one ball to each team
- All children line up in their teams, one behind the other and must remain facing forwards
- The child at the front holds a ball
- They turn to the left (from the waist) and pass the ball to the child behind them
- The second child then turns to the right passing the child behind them
- This continues until the ball reaches the child at the back who then runs to the front
- The above continues until a team crosses the finish line

What's the Time Mr Wolf?

Equipment Required

None

Activity

- 1 player is chosen as the wolf
- The other players shout "What's the Time Mr Wolf?"
- The wolf replies with a time e.g. "it's 3 o'clock"
- Players ask their question again until the wolf shouts "it's dinner time!" at which point all of the players have to try to get across to the other side of the area without being caught
- Anyone who gets caught or moves at the wrong time becomes the wolf

Wheel Relay

Equipment Required

Cones

Activity

- Mark out a large circle with cones
- Divide the group into four teams
- Each team stands in a line meeting in the centre so they are in effect forming a wheel with each line forming a spoke
- The child on the outside runs clockwise around the wheel, while the rest of the team move forward one space
- When the child gets back to their team, they high five the next player, then move to the back of their line and sit down, while the next child on the outside runs around the circle

Wandering Ball

Equipment Required

Foam Balls

Activity

- Divide the class into groups of five and give each group one foam ball
- Each team works independently of the others
- One of the children stands in the middle while the others circle them and pass the ball from one to the other
- The child in the middle tries to intercept or catch the ball
- When caught/intercepted, the child who last threw the ball enters the middle

Who's got the Ball?

Equipment Required

1 Small Ball

Activity

- One person stands with their back to the rest of the group, holding a small ball
- They throw the ball over their head and someone in the group catches it and puts it behind their back
- The group then shout "Who's got the ball? I haven't got it, he hasn't got it. Who's got the ball?"
- The thrower then turns around and tries to guess who has the ball by asking them to perform various tasks, all pretending that they have the ball
- The thrower then chooses who they think has the ball
- If correct, they choose another thrower, if wrong, they swap with the character

Witches and Wizards Hat Race

Equipment Required

Hoops

Activity

- Organise the children into two teams and get each team to stand in a circle.
- One team are the witches and the other team are the wizards.
- Ask the teams to hold hands
- Each team needs to pass a 'hat' (hoop) all the way round the circle without breaking hands
- The team that gets the 'hat' back to the start the quickest wins the race.

Word Association

Equipment Required

Ball

Activity

- Players stand in a circle
- 1 player holds the ball and thinks of a word
- They shout the word out loud and throw the ball to another player
- That player has to catch the ball and think of a word they associate with the previous word
- They say their word before throwing the ball to someone else e.g. milk → cereal → breakfast → toast etc