

## Traffic Lights

**Number of Players:** 1 + and a leader.

**Aim:** Great for warming up and getting active!

### **How to Play:**

Leader issues the instructions below in any order and the player performs the actions as quickly as possible. Play for two minutes then change, taking it in turns to be the leader.

**Red** – players stop.

**Amber** – players jump on the spot.

**Green** – players jog around.

**Traffic jam** – players walk around heel to toe.

**Car crash** – players fall down.

**Indicate (right or left)** – players wave arms up and down.

**Roundabout** – player goes around in a circle on the spot.

### **Variations:**

Player starts behind one line and must try to reach a line on the other side of the playing area while obeying the instructions.

## **Relay races**

**Number of Players:** 2+

**Aim:** General warm-up.

**Playing Space:** Between two lines or two markers.

### **How to Play:**

Leader divides players into teams. Suggest 4-5 per team to ensure minimal waiting. Players take turns to go, one per team, moving in a specified way between the lines:

Running; Walking; Hopping; Skipping; Hopscotch; Jumping two feet together etc.

Winner is the first team to finish sitting down with hands on heads.

## Ahoy Matey!

**Number of Players:** 1+ a leader

**Aim:** Warm-up and get active!

**Playing Space:** Rectangular area e.g. Third of a Netball court.

### How to Play:

Players start by jogging around the 'ship' (Netball court.) The Leader issues instructions and players perform the actions as quickly as possible.

**Port** – run to left hand side of ship.

**Starboard** – run to right hand side of ship.

**Stern** – run to back of the ship.

**Bow** – run to front of the ship.

**Abandon ship** – children move outside the ship and pretend to swim.

**Shark attack** – children swim back on-board ship and sit down.

**Captain's coming aboard** – children stand straight and salute.

**Climb the rigging** – children mime climbing.

**Scrub the decks** – kneel and pretend to scrub.

**Dance the hornpipe** – fold arms and dance.

**Torpedoes** – balance on one leg.

**Submarines** – lie on back with one leg in the air.

**Man overboard** – grab a partner.

**Man the lifeboat** – hold hands in groups of four.

**Freeze** – stand still.

### Variations:

Progressively increase speed and amount of instructions.

## Spy Kids!

**Number of players:** 4 +

**Aim of the game:** The 'Spy Kids' must be light on their toes to avoid being detected by the motion detector camera.

Children line up at the start two metres apart - they are now secret agents.

The leader is now the 'motion detector camera' and the children are the spies.

When the camera has their back to the group, the spies can move.

When the camera turns around, they must freeze to become invisible.

If any spies are caught moving in front of the camera, they must return to the starting line.

If any spies manage to make it to the end, they become the camera.

## **Follow the leader**

**Number of Players:** 2 +

**Aim:** General warm up.

**Playing Space:** Any large open space.

### **How to Play:**

Children all line up behind one leader. They follow behind the leader and copy their movements. Leader regularly varies the method and direction of travel. I.e. Skipping, hopping, side steps etc. Change leader after 30 seconds.

### **Variations:**

Ensure players are 2 metres apart for the socially distant friendly variety.

## Spring into Action

**Number of Players:** 1 +

**Equipment:** 1 X piece of chalk and 1 X tape per team. Clipboard to record scores.

**Aim:** To jump the highest!

**Playing Space** Wall or area which can be chalked on

**How to Play:**

Organise the group into equal teams of a similar height.

Mark a horizontal line on the wall for the team which everyone can touch when they are standing next to the wall with their arm stretched as high above their head as possible.

Players take turns to stand next to the wall, sideways on, and spring up to touch as high above the wall as they can. Another player in the team chalks where they have reached.

When everyone has had a go, use the tape measure to measure in centimetres how high each person reached above the line and then add up all the scores of each person in the team. Give the score to the leader. Have another go.

Have three turns and then add up all the scores.

The highest overall score wins.

## Left or Right?

**Number of Players:** 2+

**Equipment:**

Red (left), yellow (middle) and green (right) cones.

Set out three parallel lines (marked by red, yellow and green cones) at least 10m apart.

**Aim:** To be the first player back to the line and back

**How to Play:**

Players line up on the centre line (yellow). On the leader's command, they move to the red (left) or green (right) lines, depending on the instruction as fast as they can and back to their starting point.

The first player back wins a point. First to 3 points win the game.

**Variations:**

Move in different way – hopping, skipping, jumping, fast walking, etc.

## **Noodle Rats and Rabbits**

**Equipment:** 1 X 'noodle' per pupil.

**Aim:** To tag your partner with your 'noodle' before they escape!

### **How to play:**

Game starts with the Rats and Rabbits standing with their backs to each other.

Leader will shout 'Rats' or 'Rabbits.'

If 'Rats' are called, they aim to run to their safety line before the Rabbits can tag them with their noodle.

The same applies when the 'Rabbits' are called.

After two rounds, find a new partner to play with.



## Memory Game

**Equipment:** 1 X set of coloured cones per team.

**Aim:** To replicate leader sequence of movements.

**How to play:**

Children and leader have exactly the same coloured cones set out in front of them.

The leader performs a short sequence of movements associated with the coloured cones laid out in front of them. I.e. Touch red = 5 X star jumps, Touch blue = 10 lunges.

Once the leader has touched the appropriate cones, the children then perform the sequence.

Leader progressively increases number of 'cone touches' and speed of instruction.

**Variation:**

Working in pairs (2m apart) the children can challenge a partner to remember a sequence with different activities for each cone colour.

## **Noodle Cat and Mouse**

**Equipment:** 1 X noodle per player.

**Aim:** For the 'Mice' to avoid being caught by the 'Cats.'

### **How to play:**

Game starts with the Cats standing with their backs to the mice.

Leader whispers to the Mice: 'Ready, set, go!'

The Mice sneak up to the Cats and tip them with their noodle.

Once a Cat gets tagged, they chase the Mice back to their 'Safe Zone' and try to tag them with their noodle.

Each Cat who successfully tags a Mouse receives a point.

Swap roles after three rounds.

## Hit up Challenge

**Equipment:** Per player: 1 X tennis ball; 2 X cones; 1 X set of playing cards.

**Aim:** To collect as many playing cards as possible by completing 'hit ups.'

### How to play:

Each player sets their cones about 10m apart.

On the first cone they place their tennis ball; next to their second cone they place the stacked playing cards.

On 'Go!' players run from their first cone to the second cone and pick up one playing card.

They return to the first cone, read the number on the card and complete that number of hit ups (hitting the tennis ball up in the air with their hand.)

When they complete their hit ups, stack the card behind the first cone and run to pick up another card.

Play for a set amount of time. The player with the most playing cards at the end is the winner.

## Zip, Zap, Zoom!

**Number of players:** 5 +

**Aim of the game:** A great game to get the group thinking and reacting quickly!

### **How to play:**

Children form a circle and stand two meters away from each other.

One player starts the game by clap – pointing while saying, “Zip” to a player on his or her left.

That player will clap – point and say “Zap” to a player anywhere on his or her right.

Next, that player will clap – point while saying, “Zoom” to someone new anywhere in the circle.

The pattern of words repeats going, “Zip”, “Zap”, “Zoom”, “Zip”, “Zap”, “Zoom” etc.

If anyone hesitates or says the wrong word, they take a strike. eg. perhaps perform five quick star jumps.

Try to play the game with some speed to increase the chances of a mistake.

**Variations:** Add jumps or lunges to the clap phase.

## The Mirror Game

**Number of players:** 2 +

**Aim of the game:** Try to mirror your partner's actions!

**How to play:**

Children stand face to face with a partner, ensuring they maintain their two metre distance.

One child takes on the role of leader and performs a number of movements which their partner tries to copy. I.e. Jump up, touch the floor etc. Swap roles after 30 seconds.

To make it harder, increase the speed in which the actions are completed.

## Guess who at the zoo!

**Number of players:** 4 +

**Aim of the game:** A fun and active 'getting to know' the group game.

Children form a circle and stand two meters away from each other.

Select one child to be the zookeeper, who will stand in the middle of the circle.

The zookeeper will close his or her eyes and instruct other players how to move around the circle (skip, run, jump, etc.). Make sure to keep your distance.

When the zookeeper is ready, he or she says, "freeze", points to someone, and shouts out an animal.

If you are chosen, you have to make the sound of an animal that the zookeeper says.

The zookeeper has three chances to guess who made the sound.

The child who made the animal sound switches places with the zookeeper.

## Temple Run

**Number of players:** 2 + plus a Quest Leader.

**Aim of the game:** To listen to the 'Quest Leaders' instructions as to how to find the ancient temple containing treasures by avoiding obstacles along the way.

### **How to play:**

Children stand two metres apart and the Quest Leader tells a story about the journey to the ancient temple and the obstacles they face:

- **RUN:** Move your feet as quickly as possible.
- **STOP:** Stop moving your feet.
- **REACH UP:** Reach your arms up to collect coins
- **LEAN:** Lean your body to one side to avoid an obstacle.
- **JUMP:** Jump to go over an obstacle.

## Ninja Skipping Challenge

**Number of players:** 1 +

**Equipment:** 1 X skipping rope each

**Aim of the game:** To reach the highest Ninja belt for their age range!

### How to play:

Firstly, children will need to find a large safe space to perform their skipping challenge.

Pupils must start at the white belt challenge before they can progress to the next colour.

Pupils cannot skip a colour whilst progressing to the hardest belt (black).

BELT	YEAR 3	YEAR 4	YEAR 5	YEAR 6
White	2	6	8	12
Yellow	4	8	10	14
Orange	6	10	12	16
Green	8	12	14	18
Blue	10	14	16	20
Purple	12	16	18	22
Red	14	18	20	24
Grey	16	20	22	26
Black	18	22	24	28

### Variations:

Add a time limit for them to complete each belt.



## Foot Golf

**Number of players:** 1 +

**Equipment:** 1 X football per player; 1 X cone for tee off point; 1 X post and flag; 1 X hoop (hole.)

**Aim of the game:** To get the football into the HOLE (hoop) in the least amount of kicks.

Pupils work/travel in pairs but abide by 2m rule.

Kick the ball from the Tee/cone (this counts as pupils first kick)

Once the ball has landed and is static, pupil must kick towards the direction of the flag.

This is repeated until the ball is in the hole.

Pupils should only start the next whole when the pair in front have finished.

## **Badminton Battleships**

**Number of players:** 1 +

**Equipment:** Per player: 1 X racquet; 5 X cones; 5 X shuttles.

### **Game 1:**

Players play in pairs.

Each player scatters their cones in their partner's service box over the net.

On 'Go!' each player starts serving their shuttles at the opposition cones.

Every time they hit a cone, they remove that one from the game.

Winner is the player who can hit all the opposition cones first.

### **Game 2:**

Create 2/3 ships (3/4 cones joined together) and locate them around the service box.

Remove a cone from the ship every time they are hit.

The winner is the player who can hit all the oppositions ships first.