



PE Activity and Games Pack

SCAVENGER HUNT

ACTIVITY

- Children must find objects and items from around the house
- Give a list to each player of objects to find or an adult could describe each item at a time for children to go and find in turn.
- Use colours and other adjectives to describe the objects in detail. For example – find something Blue * to sit on.
- Objects and items could be any of the following or those of your own.
- Something... You can eat. With buttons. To read. Made of plastic. That makes a noise. That floats. That tells time. To eat with. You can wear.

SCORING SYSTEM

- Score a point if you can return with the item within a set time. (30 seconds as a guide time)
- If playing with 2 or more, then you can score first child back wins.

EQUIPMENT

- No set equipment for this game. Use whatever you have around the house, it really could be anything!



MAKE IT EASIER

- Use the list of objects and items to play with, children will be able to refer back to it if they aren't sure or can't remember which item is next.
- Set a longer time to find each item (1 minute as a guide)

MAKE IT HARDER

- Use adjectives to describe the objects.
- Give clues or use riddles to describe the objects or items.

TOP TIPS

- Use your imagination, the objects you use could be everyday items or the treasures you have hidden away.

OUTDOOR SCAVENGER HUNT

ACTIVITY

- Children must find objects and items from an outdoor area. (back garden / park / playground)
- Give a list to each player of objects to find or an adult could describe each item at a time for children to go and find in turn.
- Use colours and other adjectives to describe the objects in detail. For example – find something green and prickly.
- Objects and items could be any of the following or those of your own.
- Something... Yellow. 3 kinds of leaves. A seed. Something you can eat. A Y shaped stick. A worm. A stone or rock. A bug. A pinecone.

SCORING SYSTEM

- Score a point if you can return with the item within a set time. (30 seconds as a guide time)
- If playing with 2 or more, then you can score first child back wins.

EQUIPMENT

- No set equipment for this game. Use whatever can find, it really could be anything!



MAKE IT EASIER

- Use the list of objects and items to play with, children will be able to refer back to it if they aren't sure or can't remember which item is next.
- Set a longer time to find each item (1 minute as a guide)

MAKE IT HARDER

- Use adjectives to describe the objects.
- Give clues or use riddles to describe the objects or items.
- Set a time limit (5 minutes as a guide time) and see how many of each item you can find in that time.

TOP TIPS

- Use your imagination.
- Get foraging and find the most obscure things you can imagine.

HUMAN ROCK, PAPER, SCISSORS

ACTIVITY

Play a simple game of Rock, Paper, Scissors – with a twist

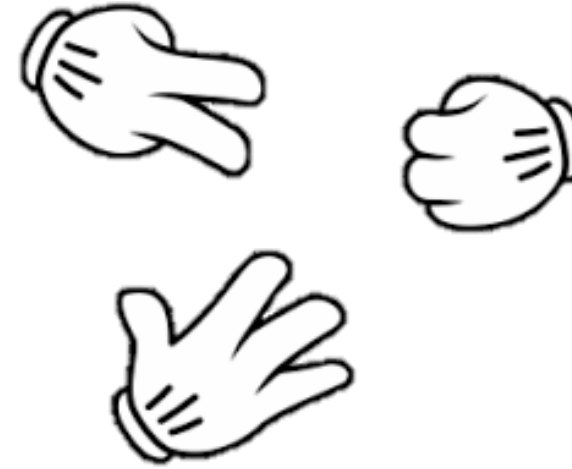
- Rock: The player will bend down and hug their knees and curl into a ball to look like a rock.
- Scissors: The player will stand with legs shoulder-width apart and both hands behind their head, so they look like scissors.
- Paper: The player raises their hands and makes their body very flat like a sheet of paper
- This could also be done with two teams and hoops set out as a pathway to work towards one another to do rock, paper, scissors.

SCORING SYSTEM

- Rock beats Scissors
- Scissors beats Paper
- Paper beats Rock

EQUIPMENT

- No equipment, find a friend and get playing!



MAKE IT HARDER

- Children must be running on the spot before showing their action
- Perform a set number of an exercise before showing your action. For example, 5 star jumps or 10 tuck jumps

TOP TIPS

- Call out ROCK PAPER SCISSORS... SHOOT
- Both players show their choice on the word shoot.

MUSICAL STATUES

ACTIVITY

Choose one person to be control the music.

- When the music starts, everyone else dances, the crazier the better.
- When the music stops, the dancers must freeze in their position.
- Anyone caught moving after that is out.
- Play continues until there is one person left, this person is the winner

SCORING SYSTEM

- Each round one child is eliminated from the game.
- Last child standing is the winner

EQUIPMENT

- No equipment needed, grab some friends, some music and get dancing!



MAKE IT EASIER

- Children must sit down when the music stops
- The last child to sit down is out for that round.
- Players are not eliminated each round, to keep everyone active.

MAKE IT HARDER

- Children must stop and hold a specified position or exercise. For Example, hold a plank position or a squat hold.
- You could use different yoga positions such as Star, Cat, Airplane or Giraffe.

TOP TIPS

- The wilder the dance moves the harder it is to freeze and hold a position.
- Play the song for varied lengths of time to keep children guessing.

CHARADES

ACTIVITY

- Aim of the game is to act out a subject, a book title, a famous person's name, a saying, a movie title or a song title to other players.
- You are not allowed to talk or say anything to give clues. Use actions and mimes to act out your given topic.
- The starting player should choose something the others will be familiar with.
If you like designate a category like sports, pop music or Disney.
- Whoever guesses correctly earns the chance to act out their title, or you could play in teams!

SCORING SYSTEM

- If a person guesses the topic or subject, then they win a point.
- This person then gets to act out the next topic or subject.

EQUIPMENT

- No equipment needed, grab your friends and have some fun!



TOP TIPS

- This is a really fun game to have a laugh and enjoying watching each other acting.
- The more obscure the topic or subjects the better.
- Try doing it with a partner to see what things you can come up with together but remember no talking.

SHADOW TAG

ACTIVITY

A tag and invasion game with a simple objective, don't get caught!

- In this version of Tag, players tag each other's shadow with their feet instead of tagging an opponent's body.
- Invaders must avoid getting tagged.
- Once tagged invaders must stand still. To be freed and return to the game a fellow invader must give you a shadow high 5.
- Taggers attempt to tag and freeze as many invaders as they can.
- Play for a set length of time.

This must be played on a sunny day.

SCORING SYSTEM

- Tagger must try to tag as many people as they can.
- 1 Point for each invader who is frozen at the end of the set time.

EQUIPMENT

- No equipment, just a bit of sun to create a shadow.



TOP TIPS

- Set an area which has no surrounding objects which shadow falls into your playing zone.

BOWLING

ACTIVITY

- Set up 10 targets at one end of the space; lay these out in a triangle shape.
- Using a ball, each player takes it in turns to roll the ball towards the targets.
- Count how many targets you knocked over then reset for the next turn.
- Each player has 5 turns.
- The winner is the player with the most points at the end.

SCORING SYSTEM

- 1 point for each item knocked down
- Player with the most points at the end of 5 rounds wins

EQUIPMENT

- Small ball
- 10 items to use as pins to knock down



MAKE IT EASIER

- Use a bigger size ball or heavier weighted ball to make hitting and knocking down the pins easier.

MAKE IT HARDER

- Use more pins to make scoring harder.
- Start from further away so rolling from a greater distance

TOP TIPS

- Aim for the middle pin
- Move the knocked over pins out the way between shots

BOCCIA

ACTIVITY

- This game can be played standing up or sitting down.
- Choose a place to throw from and place a marker 5 steps away.
- Each player needs 3 balls or pairs of socks.
- Players take turns to throw or roll their ball towards the marker.
- Once all players have thrown or rolled their ball, the ball that is closest to the marker is the winner

SCORING SYSTEM

- Player with the ball closest to the marker is the winner of that round
- Player with the most points at the end of 5 rounds wins

EQUIPMENT

- Small ball or rolled up pair of socks
- Marker (to use as a target to aim at)



MAKE IT EASIER

- Place the marker closer to the throw line
- Use a bigger marker so that the target is easier to hit

MAKE IT HARDER

- Start from further away so rolling from a greater distance

TOP TIPS

- Step forwards with one foot, bending the knee, release the ball along the ground using your opposite hand.

BATTLESHIPS

ACTIVITY

- Use a clear table and divide in half.
- Each player places 3 ships (spots) on their half
- Players take it in turns to try and bounce a ball onto their opponent's ships.
- If they hit, turn the spot over, if they miss continue as normal.
- Players take it in turns to try and bounce the ball on the other ships
- First player to hit all 3 of their opponent's ships is the winner

SCORING SYSTEM

- Players score points by bouncing ball on opponent's spot
- Player how hits all 3 spots first wins

EQUIPMENT

- Table
- Spots (to use as ships)
- Table tennis ball or similar



MAKE IT EASIER

- Use something bigger as a ship so that targets are easier to hit.

MAKE IT HARDER

- Make a rule that the ball must bounce before hitting the spot (direct hit doesn't count)

TOP TIPS

- Try to position your ships in different places to make it difficult

HEAD, SHOULDERS, KNEES, CONE!

ACTIVITY

- Remind the children of the song 'Head, Shoulders, Knees and Toes'
- In pairs stand opposite each other with a cone in the middle equal distances from each person.
- Explain to the children that the teacher is going to go through and say Head, Shoulders, Knees and Toes and they need to complete the action.
- At any point the teacher can say cone and the first person to pick up the cone wins a point.

SCORING SYSTEM

- Each time they manage to pick up the cone before their partner they score 1 point.

EQUIPMENT

- Cones



MAKE IT EASIER

- Stand closer to the cone top make it easier and say the commands slower to allow the children more time to complete the task

MAKE IT HARDER

- Stand further away from the cone top make it harder and say the commands quicker to make the children follow the command quicker.

ELEPHANT FOOTBALL

ACTIVITY

- Everyone stands in a circle, feet touching and legs wide apart, one hand behind the back.
- The aim of the game is to score a goal by hitting a soft ball through someone else's legs with the hand not behind the back.
- You can only hit the ball with the flat of your hand.
- You can also stop the ball going through your legs with the flat of your hand.
- If a goal is scored the person who conceded starts the next go.

SCORING SYSTEM

- The player who has scored the most goals wins.

EQUIPMENT

- Small soft ball



MAKE IT EASIER

- Children are allowed to use either hand.
- Can roll the ball, as opposed to hitting it with your hand.

MAKE IT HARDER

- Only one hit at a time
- Children are not allowed to stop the ball with the flat of their hand before striking it.

TOP TIPS

- Bend your knees and have your hand out in front of you ready to hit or stop the ball
- Keep your eyes on the ball

CLAP CATCH

ACTIVITY

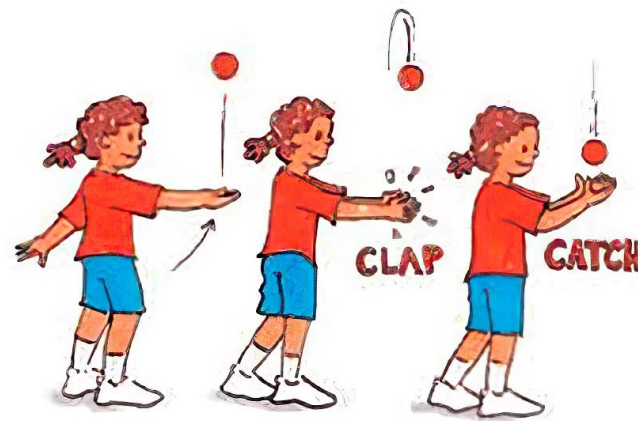
- All the children are to stand in a circle.
- They throw the ball to anyone they would like in the circle saying the child's name before passing it to them.
- The child receiving the ball must clap their hands once before catching the ball.
- If the child drops the ball or doesn't clap before they catch the ball, they are out.

SCORING SYSTEM

- The last player left standing is the winner.

EQUIPMENT

- Balls



MAKE IT EASIER

- To make it easier use a bigger ball that is easier to catch.

MAKE IT HARDER

- To make it harder use a smaller ball that is harder to catch.
- Increase the number of claps that are required before catching the ball.

TOP TIPS

- Keep your eyes on the ball when trying to catch the ball
- Make sure you are looking and listening for when the ball is going to be passed to you.

VIDEO TAPE

ACTIVITY

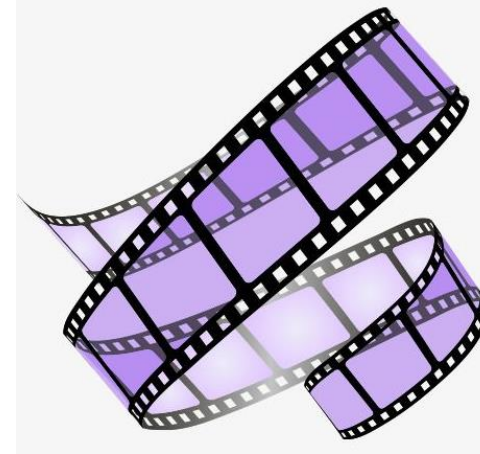
- Moving around the room in all different directions the teacher is to call out the different commands and the children.
 - 'Fast Forward' – Run
 - 'Rewind' – Backwards
 - 'Pause' – Stop
 - 'Record' – Spin around
 - 'Slow motion' – Move as slow as you can

SCORING SYSTEM

- No scoring needed just get started and enjoy!

EQUIPMENT

- No equipment needed, just a big empty space to move around!



TOP TIPS

- Make sure that you are looking at what is around you.
- Use as much of the space as possible
- Add in more moves if the children can think of some!

HOOP BALL

ACTIVITY

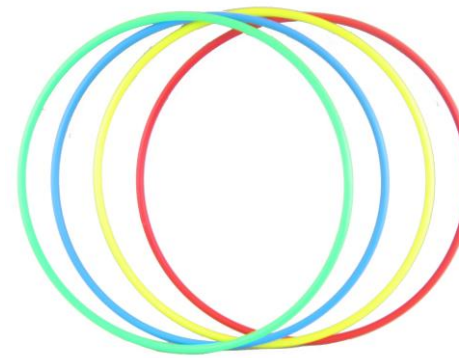
- This game is played in pairs.
- Set out a hula hoop on the floor with two sports places 3-5 metres either side of it.
- Each pair has one ball, ideally basketball.
- The aim of the game is for the people in the pairs to take turns to try and throw the ball so that it bounces in the hoop (on the first bounce) if they successfully do that then they score a point.

SCORING SYSTEM

- Players score one point for bouncing the ball inside the hoop.
- First player to an agreed points tally wins (e.g. 3 points / 5 points).

EQUIPMENT

- 1 hula hoop between two children.
- 1 basketball between two children.
- 2 spots to mark throwing point.



MAKE IT EASIER

- The throwing line is moved closer to the hoop.
- Make the size of the hoop bigger to increase the target area.

MAKE IT HARDER

- Begin with a throwing line from a further distance.
- Make the hoop smaller to demand a more accurate shot.

TOP TIPS

- Step into the bounce pass to generate more power.
- Focus on the target.
- Hands should finish pointing to the target once you've released the ball.

PROTECT THE TOWER

ACTIVITY

- Children play in an open space and form a circle around the Tower (cricket stumps, box, bin, an object that is tall and of a reasonable size).
- One player is designated as the protector of the tower and is allowed to touch the ball with their hands or body but not the feet.
- Children (throwers/rollers) may retrieve the ball from inside the circle area but have to go back to the perimeter of the circle to throw/roll.
- After each successful hit of the target, the guard is rotated (the person who hits the target guards the bin next).

SCORING SYSTEM

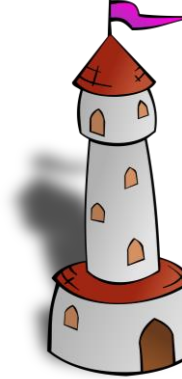
- 1 point is scored for each successful hit on the target.

Or

- Throwers who hit are rewarded by swapping places with the protector. Protector at the end of the game wins.

EQUIPMENT

- Tower of some kind (cricket stump, bin, box)
- Tennis ball
- Cones to mark out a circle for the throwers.



MAKE IT EASIER

- Make the tower bigger so the throwers have a better chance of hitting.
- Allow throwers to throw from a closer distance.

MAKE IT HARDER

- Add in another protector to help defend the tower and make it harder to hit.
- Throwers must stand further away.
- Make the tower smaller so that the throwers have to be more accurate.

TOP TIPS

- Move the ball quickly so that the protectors don't have chance to set themselves and block your shot to the target.

BEAN GAME

ACTIVITY

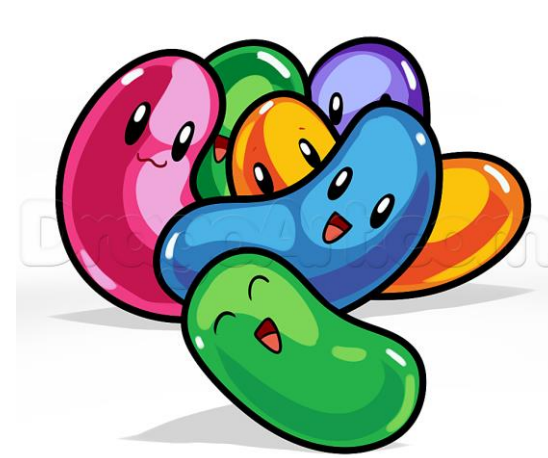
- Moving around the room in all different directions the teacher is to call out the different commands and the children.
 - 'Runner Bean' – Run on the spot
 - 'Jumping Bean' - Jumping
 - 'Coffee Bean' – Fast running
 - 'French Bean' – Walk up on tiptoes and say 'ooh la la'
 - 'Jelly Bean' – Shake like jelly
 - 'Baked Bean' – Curl up in a small ball on the ground
 - 'Broad Bean' – Move around as wide as you can

SCORING SYSTEM

- No scoring needed just get started and enjoy!

EQUIPMENT

- No equipment needed, just a big empty space to move around!



TOP TIPS

- Make sure that you are looking at what is around you.
- Use as much of the space as possible
- Add in more moves if the children can think of some!

TIME OUT

ACTIVITY

- Aim of the game is to try to stop an exercise as close to a given time as possible.
- Children will be given a set of time to perform an activity for, they must then stop when they think the time has elapsed.
- One person has the stopwatch and calls out a time (eg, 20 seconds).
- The 'controller' calls 'go' as they start the stopwatch.
- Everyone performs the exercise (running on the spot, star jumps etc) stops and calls their own name when they think 20 seconds is up.
- The person who stops closest to the time scores a point and takes charge of the stopwatch next time.
- Change the time and exercise each time.

SCORING SYSTEM

- A point is awarded to the child who is closest to the set time.

EQUIPMENT

- A stopwatch



MAKE IT HARDER

- Get children to stand back to back so that they can't see when other people have stopped or think that the time is up.

TOP TIPS

- Get children to count the time in their heads or quietly so as to not put each other off.
- Keep the time short (no more than a minute).

CAT & MOUSE

ACTIVITY

- Two children are chosen, one as the cat (the chaser) one as the mouse.
- The rest of the class need to stand in a circle holding hands with the cat standing on the outside and the mouse stood on the inside.
- The children holding hands walk in a circle saying the following rhyme; 'what time is it? Just struck nine. Is the cat at home? He's just about to dine!'
- When the rhyme is finished the children stop moving and the cat starts to chase the mouse. The mouse is allowed to move in and out of the circle, but the cat must remain on the outside. The mouse can only be in the circle for a maximum of 10 seconds at a time.

SCORING SYSTEM

- If the cat catches the mouse, the mouse becomes the new cat and a new mouse is chosen.



MAKE IT EASIER

- Allow the cat to go inside the circle for a maximum of 10 seconds at a time if they are struggling to get the mouse.

MAKE IT HARDER

- The mouse could have two bibs tucked into their trousers as tags. The cat would then need to pull both of the mouse's tags out in order to have caught them.

MR MEN

ACTIVITY

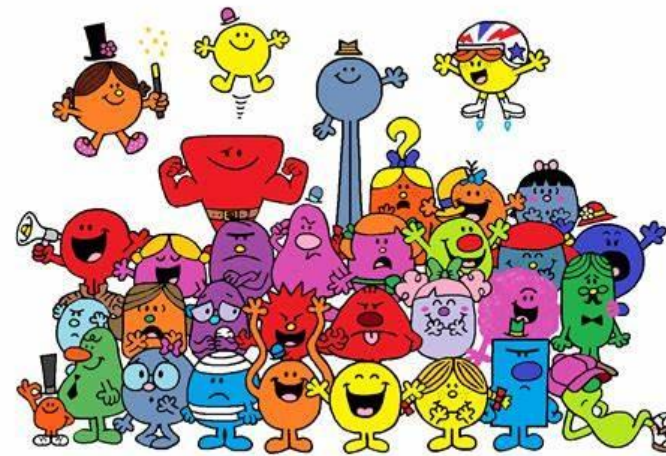
- Moving around the room in all different directions the teacher is to call out the different commands and the children.
 - 'Mr Slow' – Move slowly
 - 'Mr Rush' – Move fast
 - 'Mr Bounce' – Bounce around
 - 'Mr Muddle' – Walk backwards
 - 'Mr Small' – Crouch down and duck walk
 - 'Mr Strong' – Move flexing your muscles

SCORING SYSTEM

- No scoring needed just get started and enjoy!

EQUIPMENT

- No equipment needed, just a big empty space to move around!



TOP TIPS

- Make sure that you are looking at what is around you.
- Use as much of the space as possible
- Add in more moves if the children can think of some!

FOXES AND BUNNIES

ACTIVITY

- Choose 3 children to be foxes, the rest of the children will be bunnies.
- The foxes are to move around the space on all fours and the bunnies are to hop.
- The foxes try to catch the bunnies by tapping them on the back, once a bunny has been caught by a fox, they freeze.
- The rest of the bunnies are now to tap the bunnies that are frozen on the back to defrost them.
- Swap the foxes during the game.

SCORING SYSTEM

- When a bunny gets tagged by the foxes they are to freeze.
- Bunnies can only be defrosted once they have been tug by another bunny.

EQUIPMENT

- Bibs for the foxes



MAKE IT EASIER

- Have less foxes so that it's easier to avoid being tug.

MAKE IT HARDER

- Have more taggers so that its harder to avoid being tug.

TOP TIPS

- Keep moving as much as possible so that you are harder to catch!

FOLLOW THE LEADER

ACTIVITY

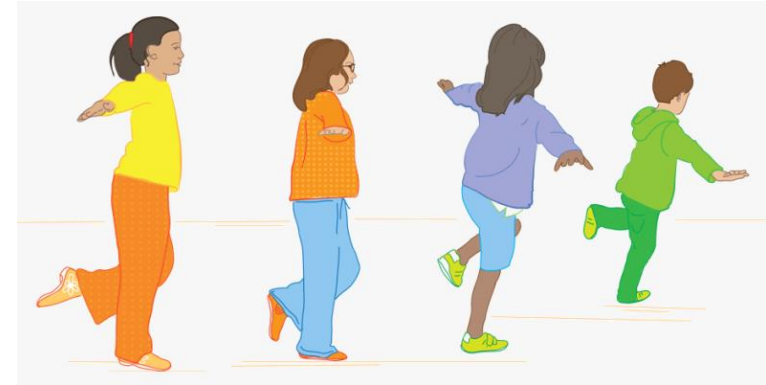
- Ask one child to be the leader, the rest of the class are to make a line behind the leader.
- The child at the front should think of an action.
- The other children should follow, completing the same action.
- Support the children with examples if needed e.g.
 - Marching
 - Tiptoeing
 - Side Stepping
 - Star Jumps

SCORING SYSTEM

- Every 2 minutes change the leader of the line

EQUIPMENT

- No equipment needed!



TOP TIPS

- Try to keep up with the people in front and keep an eye on the movements that need to be copied.

PIRATES BOOTY

ACTIVITY

- Scatter equipment all around on the floor, e.g. beanbags, cones etc
- Split the children in to two groups
- Each team has to collect all the treasure and put it in to their teams' hoops. Using different colours for each team would make this easier to see.
- The children can only take one piece of treasure at a time.
- Once all of the treasure has been collected, count up the number of items each team has to see who has the most.

SCORING SYSTEM

- One point per piece of treasure.
- The team with the most points wins

EQUIPMENT

- Hoops, beanbags, cones



MAKE IT EASIER

- Place the treasure closer to the teams so that they don't have as far to travel when collecting.

MAKE IT HARDER

- Once all of the treasure has been collected by the teams allow them to go and steal from other teams. This can only be done one person at a time from the team, and they can only steal one piece of treasure at a time.

TOP TIPS

- Look at which team has the most pieces of treasure to steal from.

MUSICAL BODY PARTS



ACTIVITY

- Get the children to find a space, play some lively music to move along to.
- When the music is stopped the teacher is to call out a body part.
- The children are then to make sure that the body part that is called out is touching the floor.



TOP TIPS

- Make sure that you are looking at what is around you.
- Use as much of the space as possible
- Add in more moves if the children can think of some!

SCORING SYSTEM

- No scoring needed just get started and enjoy!

EQUIPMENT

- No equipment needed, just a big empty space to move around!

HUMAN KNOT

ACTIVITY

- Stand in a circle and join hands with the other people in the circle.
- Everyone in the circle is then to mix up and create a knot with their arms going in and out of each other but not letting go of each others' hands.
- Then get 2 or 3 people to stand on the outside of the knot and try and untangle them without them letting go of each others' hands.
- You should then all end up with a circle of children at the end.

SCORING SYSTEM

- No scoring needed just get started and enjoy!

EQUIPMENT

- No equipment needed, just a big empty space to move around!



TOP TIPS

- Work together as a team
- Time how long it takes to untangle the knot
- Race against another team to see who can untangle the knot first

DOCTOR DOCTOR TAG

ACTIVITY

- Split the children into two teams. Bibs and none bibs.
- Each team has a secret doctor that the other team must not know about.
- The teams try and tag each other, and the tagged child must stay still like a star.
- The only person that can untag others is the doctor who must do so without being noticed.

SCORING SYSTEM

- A team wins when they tag the other teams doctor.

EQUIPMENT

- Bibs



MAKE IT EASIER

- Have just one person tagging

MAKE IT HARDER

- Have more taggers so that its harder to keep track off who is tagging and who is the doctor

TOP TIPS

- Watch where you are going
- Keep checking for who is freeing people have been tug.

THROUGH THE HOOP

ACTIVITY

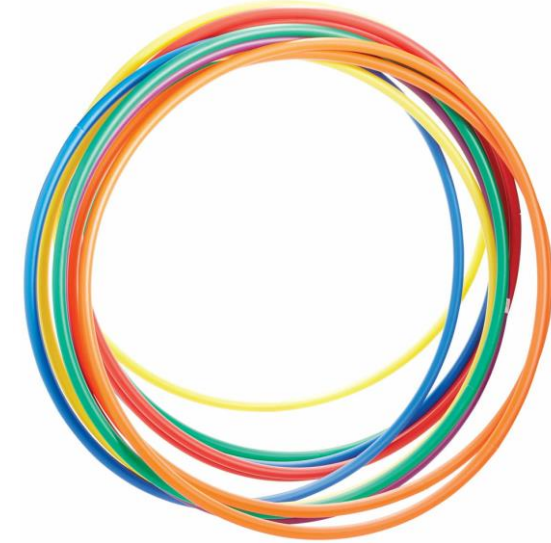
- Split the children into teams. Both teams must join hands and must try and step through the hoop without letting go of each others' hands.
- The team that does this the fastest wins.

SCORING SYSTEM

- The team that completes the task first wins.

EQUIPMENT

- Hoops



TOP TIPS

- Teamwork and communication is key for this activity working.

COPS AND ROBBERS

ACTIVITY

- Split the class into two teams and name them cops and robbers.
- Place 4 hoops around the room each a different colours, eg red, yellow, green, blue.
- Place a pile of beanbags in the middle of the hall using the same colours, eg red, yellow, green, blue.
- The cops are to put the bean bags in to the correct colours hoops and the robbers are to put them into the wrong-coloured hoops.

SCORING SYSTEM

- 1 point for every bean bag that is in the correct coloured hoop for the cops.
- 1 point for every bean bag that is in the wrong-coloured hoop for the robbers.

EQUIPMENT

- Hoops, Bean Bags, Bibs



MAKE IT EASIER

- Use less colours so that cops have less hoops to sort the bean bags into.

MAKE IT HARDER

- Move the hoops further away so that there is a bigger distance for them to travel when moving the beanbags.
- You could also get the children to move in different ways such as skipping, hopping, moving backwards etc.

TOP TIPS

- Work together as a team.

WHAT TIME IS IT MR WOLF?

ACTIVITY

- One player is chosen to be Mr Wolf
- The other players stand in a line on the opposite end of the playground. This line is referred to as home.
- Mr Wolf stands with their back to them and the players chant 'what time is it Mr Wolf'.
- Mr Wolf replies with different 'o'clock' times which indicates the number of steps forward the players are allowed to travel.
- The game continues until Mr Wolf thinks the players are getting close enough to catch in which he replies, 'dinner time'.
- The first child that Mr Wolf catches before they reach the 'home' line becomes Mr Wolf.

SCORING SYSTEM

- When the players are caught by the wolf before they get to the home line they become the next wolf.

EQUIPMENT

- Large space!



TOP TIPS

- Be aware of the space that you are moving about in so that you don't bump in to anyone else.

DUCK DUCK GOOSE

ACTIVITY

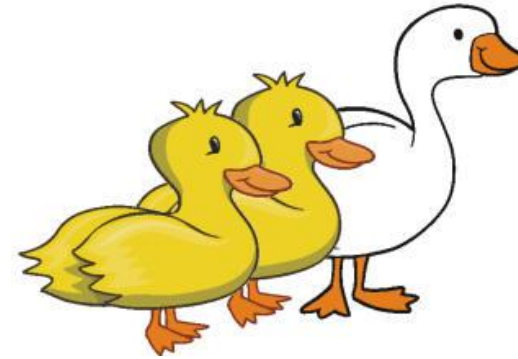
- The children sit or stand in a circle facing inwards.
- One child is chosen to be it first.
- The child who is 'it' walks around the outside of the circle, tapping each child on the shoulder, saying 'duck' each time.
- When the child who is 'it' chooses another child to name 'goose' the goose must chase the first child around the circle trying to catch them before they can get to the geese's place.
- If they catch them, they may now have a turn at being it.

SCORING SYSTEM

- No need for point scoring, just grab some friends and play!

EQUIPMENT

- No equipment needed, just find some space and play!



TOP TIPS

- Always go clockwise around the circle so that it is easier for the children to know which way they must run when being chased or if they are the tagger.
- Only run around the circle once back to the geese's place.

SIMON SAYS

ACTIVITY

- One person is 'Simon' and starts by saying 'Simon says...' followed by an action.
- Everyone then copies the action.
- If Simon gives an instruction without saying 'Simon says' beforehand, anyone who does that action is out.
- The last person still playing becomes Simon for the next round.

SCORING SYSTEM

- Each time you do the instruction when told you get 1 point.
- If you do the instruction without 'Simon says' being said, then you lose a point.

EQUIPMENT

- No equipment needed, just some space!



TOP TIPS

- Make sure that you are listening carefully to the instruction that is given as to if they say 'Simon says' or not.
- Do not copy others as they may be wrong!

SUNSHINE TAG

ACTIVITY

- Pick two or three children out of the group to become taggers.
- When a child gets tagged they are to stand like a star.
- Give 4 children a ball and these children are going to free the people that are stuck. The children are to go around passing the ball to the children that are stood like a star.
- If the child stood like a star can catch the ball, they are then to pass the ball back to the thrower and then they are free to run again.

SCORING SYSTEM

- No point scoring, play the game for 3 or 4 minutes then changes the taggers and the people with the balls.

EQUIPMENT

- Soft balls, bibs for the taggers



MAKE IT EASIER

- Use bigger balls such as dodgeballs which will be easier to catch.
- Have more people with a ball to free others and less taggers.

MAKE IT HARDER

- Use smaller balls which will be harder to catch.
- Have more taggers which will mean the people who are freeing others will have to work harder.

TOP TIPS

- Make sure the person who you are throwing the ball to is looking at you and has their hands ready to catch.
- Use your voice to communicate with others.

LILY PAD TAG

ACTIVITY

- Place spot markers on the floor, enough for one per child.
- Choose one person to start as the tagger. The tagger is a frog and has to jump from spot to spot trying to tag another child.
- The rest of the class are to run around the spots trying to avoid the frogs.
- If they get tug by a frog they become a frog and start jumping from spot to spot also.
- Continue the game until all of the children have been caught.

SCORING SYSTEM

- No points to be scored, keep going with the game until all of the children are frogs.

EQUIPMENT

- Spots and a large area



MAKE IT EASIER

- Place the spot markers further apart so that it is easier for the runners and harder for the frogs to catch people.

MAKE IT HARDER

- Have the spot markers closer together to make it harder for the runners.
- Have more than one frog to start tagging.

TOP TIPS

- Make sure that you are watching where you are running/jumping so you don't bump into others.

NOUGHTS AND CROSSES

ACTIVITY

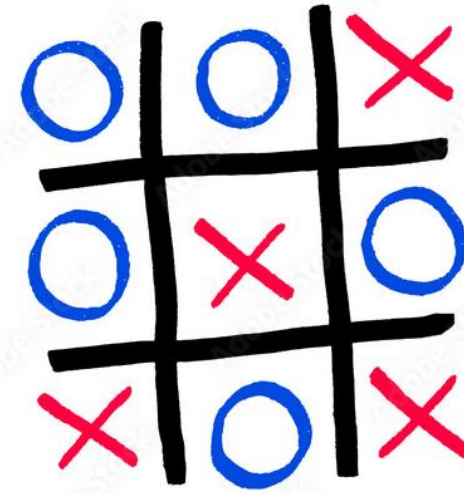
- Mark out the noughts and crosses grid using chalk/line markers or skipping ropes.
- Split the group into two teams.
- One at a time from the teams they run to the grid and place there nought/cross into the grid. You could give them chalk to draw it on the floor or give them two different coloured cones/bibs to use.
- The first team to get 3 in a row of there shape/colour wins.

SCORING SYSTEM

- No point scoring needed.
- Repeat as many times as you would like. The losing team could do a forfeit.

EQUIPMENT

- Chalk, bibs, cones, line markers



TOP TIPS

- One person is to go at a time from the teams.
- Think about your placement of your shape/colour as to if you can block the other team from winning as well as where you want it from your team.

FRUIT SALAD

ACTIVITY

- Gather all the students to stand or sit in a circle.
- Think of 4 or 5 different fruits and go round the circle and tell each of the children the fruit they are going to be. For example go round and say apple, orange, banana, pear.
- Once they all know which fruit they are, the teacher is to call out one of the fruits. All the children that are that fruit will then run once clockwise around the circle back to their space as quick as they can. EG, teacher calls out apple and all the apples run around back to their space.
- Once the children have got the hang of it, call out more than one fruit at a time, or shout fruit salad which is everyone.

SCORING SYSTEM

- No scoring needed

EQUIPMENT

- No equipment needed, just plenty of space



TOP TIPS

- Ensure all the children are running in a clockwise direction to minimize the risk of bumping.

Parachute Games



BALL IN THE BUCKET

ACTIVITY

- Break into two or more teams around the parachute
- Each team will have a different coloured ball.
- The aim of the game is to get the other teams balls to go into the hole in the middle while trying to keep their own ball from going in the hole.
- The team with their coloured ball left at the end of the game wins.



TOP TIPS

- Make sure you work together as a team to try and get the other teams balls to go down the hole.
- Communicate is key to working together!

EQUIPMENT

- Parachute
- Different coloured ball for each team
- A bucket to catch the balls in under the parachute.

POPCORN

ACTIVITY

- Ensure that everyone is spread out around the parachute.
- Place several balls and beanbags on to the parachute.
- Work together to try and get all the beanbags and balls off the parachute and on to the floor.
- If you want to challenge yourselves, time how long it takes to get all of the objects off and then try and beat your time!



TOP TIPS

- Make sure you work together as a team to try and get all of the equipment off the parachute as quick as possible.

EQUIPMENT

- Parachute
- Balls
- Beanbags

BOUNCING BALLS

ACTIVITY

- Spread the group out around the outside of the parachute standing.
- Place 5-10 balls on top of the parachute.
- Select 2-3 children depending on the size of your parachute to go underneath. Their job is to try and knock all of the balls off the parachute from underneath.
- The rest of the group need to work together to try and keep the balls on the parachute.



TOP TIPS

- Keep your eyes peeled and your hands ready to move the parachute as you never know where the balls may go!

EQUIPMENT

- Parachute
- Balls

MUSHROOM

ACTIVITY

- Ensure that everyone is spread out around the outside of the parachute.
- While standing, lift the parachute to waist height.
- Count to three and on three, all lift the parachute above your head, crouch down and pull the parachute edges down behind you to sit on it.
- This will then create a mushroom shape with everyone inside!
- A great space for a story or even playing a little game!



TOP TIPS

- Make sure you all lift it up at the same time and sit on it at the same time to make a nice mushroom shape!

EQUIPMENT

- Parachute

SHARK ATTACK

ACTIVITY

- From a sitting position, hold the parachute at stomach height and stretch your legs underneath the parachute.
- Select 1 or 2 children to go under the parachute to be the sharks. Their job is to crawl around under the parachute and pull on the legs of someone sitting around the outside. If that child is pulled under then they become the shark.
- While this is happening have 2-3 people around the outside of the parachute who are standing that will be the lifeguards. Their job is to try and save anyone that gets sucked under by the shark by pulling them back out.



TOP TIPS

- Make sure you are nice and gentle when capturing a child and rescuing a child!

EQUIPMENT

- Parachute

CAT AND MOUSE

ACTIVITY

- From a sitting position, sit with your legs crossed under the parachute holding it at stomach height. Make lots of waves with the parachute.
- Select one child to go underneath the parachute to be the mouse, their job is to try and move around as much as possible so that they don't get caught.
- Select one child to go on the top of the parachute and be the cat. Their job is to try and catch the mouse as quick as they can.
- Once the mouse has been caught choose two new people for the next round.



TOP TIPS

- When you are the mouse under the parachute try and be as small and low to the ground as possible so you can't be seen! This will make it harder for the cat to catch you!

EQUIPMENT

- Parachute

ALL CHANGE

ACTIVITY

- Everyone is to be stood around the edge of the parachute holding it at stomach height.
- Working together take the parachute down to the floor and then up high above your heads.
- When the parachute is up high the teacher is to say, 'swap places if' and then a statement. This could be anything from hair colours, to food that they like or games that they like to play.
- Everyone that this statement applies to in the group should run under the parachute and swap places with someone else before it comes back down.
- For example, 'swap places if you like pizza!'



TOP TIPS

- Make sure you work together to lift the parachute up at the same time.
- Try and think of different statements that could be called out.

EQUIPMENT

- Parachute

VOLLEYBALL

ACTIVITY

- Break into two teams around the parachute.
- One team is to try and knock the ball off of the other side, past the other team and on to the floor to score a point.
- Each team can take it in turns to try while the other team try to stop them.
- One point can be given each time one team knocks the ball off.



TOP TIPS

- Make sure you work together as a team to try and knock the ball off but to also defend and keep the ball in.

EQUIPMENT

- Parachute
- Bibs for the two teams
- One ball

SHOE SHUFFLE

ACTIVITY

- From a standing position, hold the parachute at chest height.
- Select a number of children in the group to take off one shoe and put them underneath the parachute.
- Then select one or two children to sort out the shoes back to their owners while the parachute is lifting up and down.
- To make it harder set a timer so that they have to go against the clock to get the shoes back to the correct owner.



TOP TIPS

- Try to make it difficult for the person who is handing the shoes back out by going up and down with the parachute more often.

EQUIPMENT

- Parachute

TURTLE SHELL

ACTIVITY

- The parachute becomes a giant turtle shell with everyone underneath it on hands and knees.
- Everyone must work together to get the turtle to move around with everyone underneath it.



TOP TIPS

- Make sure you work together as a team to move at the same time.

EQUIPMENT

- Parachute