

Arm and Leg Tag

Description

Players run around the defined area. All players can tag someone's arms or legs but only using their arm. If they tag an arm the player cannot use it and must place it behind their back. If they lose both arms they have to keep moving out the way but can no longer tag anyone else.

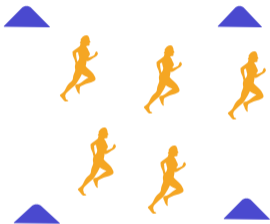
If a player loses a leg they have to hop. If they lose both legs they have to sit down and are out of the game.

Adaptations

If someone is out they can do 10 star jumps to get back in or agree with pupils what they can do to get back in.

Equipment

none



Main Skill

Speed and agility

Experiences & Outcomes HWB Indicators

HWB 0.21a, 1.21a, 2.21a

HWB 0.22a, 1.22a, 2.22a

Hula Hoop Hot Potato

Description

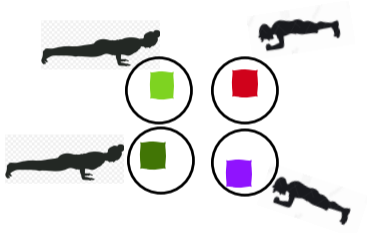
Students get in groups of four and are each given a hula hoop and a bean bag (or you can use several bean bags). Lay down the hoops in the shape of a square on the floor and put the bean bag in their hoop. On "go," students get in a pushup position (plank), positioned with their hands behind their hula hoop. The object of the game is to stay in that position while using one hand to throw your bean bag into someone else's hoop, but also keep any bags from getting into their own hoop. The goal is to have the fewest bean bags in your hoop when time is called.

Adaptations

Plank can be knees or toes and can also be elbows or hands

Equipment

Hoops and bean bags



Main Skill

Strength, Balance

Experiences & Outcomes

HWB Indicators

HWB 1.21a, 2.21a

HWB 1.22a, 2.22a

Caterpillar Races

Description

Divide the class into four teams (two teams will sit out and cheer on the other teams as they take turns) and the two "racing" teams must sit down in a line with their knees bent and keep a hold of the ankles of the person behind them. Mark a finish line and once the whistle is blown, teams must scoot along, without letting go of the ankles of the person behind them, scooting forward and inching along like a caterpillar until they reach the finish line.

Equipment

none



Main Skill

Strength, Balance

Experiences & Outcomes

HWB Indicators

HWB 0.21a, 1.21a, 2.21a

Cone obstacle course

Description

Set out cones and allocate them a number and an exercise, for example:

1. Mountain climbers
2. Fast feet
3. single leg touches
4. high knees

Shout out a number and players run to that station and perform the exercise.

Adaptations

Change any of the exercises or add in more or less exercise to make it easier or harder.

Complete each exercise for longer to make it harder. Make the exercises easier and simpler for younger children.

Equipment

cones



Main Skill

**Coordination,
Balance, Speed and
agility**

Experiences & Outcomes HWB Indicators

HWB 0.22a, 1.22a, 2.22a

Luck of the draw

Description

Players start along a line in teams. Set out 3 lines or cones ahead of them.

Pick a card from the deck and the first player completes that number of repetitions at each line and then runs back. For example:

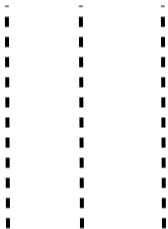
- Line 1 - jumping jacks
- Line 2 - squats
- Line 3 - one leg toe taps

Adaptations

Increase the distance they need to run between lines. Change the exercises to suit the children you are working with

Equipment

cones, playing cards



Main Skill

**Coordination,
Balance, Speed and
agility**

Experiences & Outcomes HWB Indicators

HWB 0.22a, 1.22a, 2.22a

Reaction Ball

Description

Set out cones as goals. Split players into pairs. Each pair defends their goal and work as a team to do so. The other pair roll the ball to try to score a goal.

Get the players to stay on their toes, constantly moving waiting to react to the ball

Equipment

cones and balls



Adaptations

Move closer or further away to make it easier or harder. Use a larger or smaller ball or goal



Main Skill

Reaction time, Speed and agility

Experiences & Outcomes HWB Indicators

HWB 0.22a, 1.22a, 2.22a

Relay Race

Description

Set out 2 cones and have players do the following:

Run to the cone - 5 jumping jacks - run back

Run backwards to the cone - 5 jumping jacks - run backwards back

Side step to the cone - 5 jumping jacks - side step back

Skip to the cone - 5 jumping jacks - skip back

Time the relay and try to beat the score

Equipment

cones



Adaptations

If working in teams then tag each player and take it in turns

Main Skill

Reaction time, Speed and agility

Experiences & Outcomes

HWB Indicators

HWB 0.22a, 1.22a, 2.22a

Tic Tac Toe Relay

Description

Set out 9 cones for each team.
The team play against another team to win 3 in a row. They can only play one at a time and have to tag the next person before they can go.

Equipment

cones and bean bags



Adaptations

Time the game and try to beat the time.



Main Skill

Speed and agility

Experiences & Outcomes HWB Indicators

HWB 0.22a, 1.22a, 2.22a

Active Bingo

Description

Place activity cards in the centre of the circle with teams around the edge. Each team has a bingo card. Players take it in turns to run to the middle and turn over a card and come back to their team and perform the activity for your allocated time - start with 5 seconds.

Keep going until a team shouts Bingo

Equipment

bingo cards



Adaptations

Increase the time for each activity or the number of repetitions to make it harder. Adapt the activities to make them easier or harder for the children you are working with



Main Skill

**Speed, coordination,
fitness**

Experiences & Outcomes HWB Indicators

HWB 0.22a, 1.22a, 2.22a

Giants, Elves and Wizards

Description

Similar to "Rock, Paper, Scissors" but for teams. The rules are: Giants beat Wizards, Wizards beat Elves, and Elves beat Giants. There are two teams, and team members consult secretly to determine what their character will be. Once they decide, everyone comes to center court and on the count of three, they all do their action. The losing team runs back to their side end of the court, and the winning team tries to tag them. Whoever is tagged joins the other team for the next round.

Adaptations

Choose any theme

Equipment

none



Main Skill

**Speed, coordination,
fitness**

Experiences & Outcomes HWB Indicators

HWB 0.22a, 1.22a, 2.22a

