

# *moving in different ways*

Start by walking around hall.

Travel in different directions, to the corners, to the middle, zig zag (careful not to bump into anyone). When you pass someone give them: a smile, a scary face, a sad face, a high five.

Walk up on your tip toes, back on your heels, like Peter Kay! arm circles, marching. Ask children for suggestions.

Everyone travelling in the same direction: skipping, side steps, slow jog, heel flicks, faster running.

***Are we warmed up yet?***

**equipment:**

· just you!



# twenty questions

## How to play:

Everyone lines up side by side in a straight line. Leader shouts out questions if you agree you jog to the line/cone opposite and back.

## Sample questions:

Do you like chocolate/fruit/sweets/veg...

Do you have blonde/dark/long/short/no hair...

Are you a girl/boy/tom boy...

Do you have a pet dog/cat/hamster/goldfish...

Do you like jogging/football/rugby/swimming...

Ask the group for some suggestions for questions.

Alternate jogging with side steps, skipping, faster running etc.

## equipment:

- cones
- lines in gym hall



# tig games

equipment:

Have two/three catchers (depending on class size) and give them a couple of minutes to catch other children. Stop and select another two/three catchers, repeat three or four times.

**Tunnel Tig** – When you are caught stand still with legs apart. To be freed someone has to crawl through your legs.

**Airplane Tig** – When you are caught stand still, arms stretched out. To be freed someone has to go under your arm.

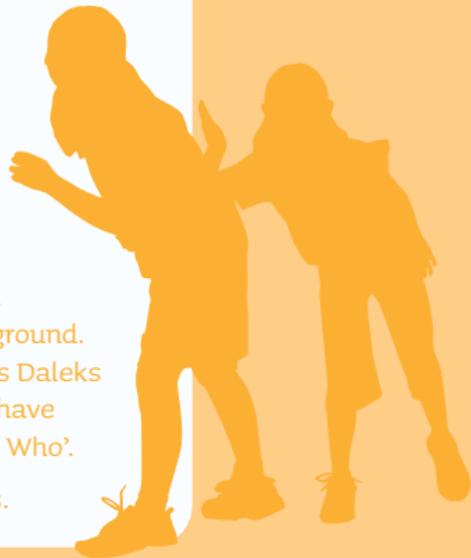
**Toilet Tig** – When you are caught stand still arms stretched out. To be freed someone has to pull your arm down, flushing motion!

**Disco Tig** – When you are caught you have to dance on the spot. To be freed someone has to copy your dance moves for five seconds.

**Hoopla Tig** – When you are caught stand with hands pointing to the sky. You can be freed by a pair of other players getting together, holding hands and hoopla-ing their 'ring' of hands over the caught person, taking it down to the ground.

**Dr Who and the Daleks** – A version of tig. One or two players are selected as Daleks (the catchers) and one or two are Dr Who's. Those tagged/caught by Daleks have to freeze, but players can only be released if touched by a player who is a 'Dr Who'.

The list of different tig games is endless. Ask the children for their favourites.



# lets have a ball!

equipment:

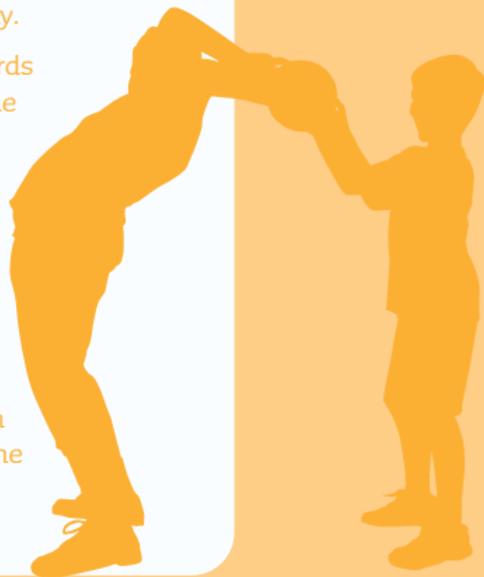
**Dodge Ball** – Pick one person to be ‘it’. Using a soft foam ball the catcher tries to hit other players below the knee. If you are hit you have to go to a corner and do five star jumps before joining back in.

**Divide into teams:** Over/Under Relay, Side to Side Relay and Tunnel Relay.

**Over/Under Relay** – Each team has a ball, first person passes ball backwards over their head, then the next passes it backwards between their legs, the next over their head and so on, until the ball reaches the back of the line, person at the back of the line runs to the front and the whole sequence starts again. Game ends when everyone is in their original position.

**Side to Side Relay** – The ball is passed back right side then left, then right... until it gets to the end. Person at the back of the line runs to the front and the whole sequence starts again. Game ends when everyone is in their original position.

**Tunnel Relay** – The ball starts at front of line again and is rolled between everyone’s legs at the same time! Person at the back of the line runs to the front and the whole sequence starts again. Game ends when everyone is in their original position.



# beans

Children walking/jogging around the hall.  
On command they have to be a different type of bean.

**Runner Bean** – run

**Broad Bean** – make yourself as wide as you can

**String Bean** – make yourself as thin as you can

**Jumping Bean** – jump

**Jelly Bean** – wobble

**Chilli Bean** – shiver

**Kidney Bean** – find a partner, join hands and turn round without letting go

**French Bean** – hand on hip and shout oh la la!

**Beans on Toast** – curl up very small.

**equipment:**

• loud voice!



# body parts

Start by walking then slow jogging around the hall.

Leader shouts out various body parts and the children have to touch the ground with the body part then keep moving.

Suggestions: right arm, left knee, tummy, back, elbow...

Jogging round the hall, on command join up with another person – e.g. feet to feet then separate and keep moving.

Other suggestions: joining hands, touching elbows, back to back etc.

## equipment:

- loud voice!



# ***pairs***

## **Famous athletes:**

Make up small cards with the names of famous athletes, one card with the first name, second card with the surname. The children are all issued with a card, they walk/jog around the hall or fields and on command have to find their partner.

## **Famous Scottish athletes:**

Yvonne Murray, Liz McColgan, Alan Wells, Lee McConnell...

## **Animals:**

Make up small cards with animal names, two cards per animal. Children are issued with a card with the name of an animal. On command they have to make the noise of that animal to find their partner.

## **Suggested animals:**

dog, cat, donkey, monkey, frog etc.

## **equipment:**

· just you!



# *simon says*

A variation of the 'Simon Says' game using running.

'Simon Says' run slow, fast, backwards, run 20 strides, stop, change direction.

You can only follow instruction if leader says 'Simon Says'.  
If you move when Simon doesn't say you have to do 10 star jumps!

**equipment:**

· just you!



# elephant stretch

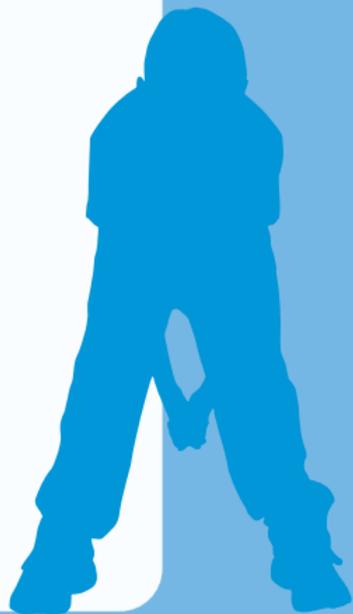
## **Direction:**

Put fingers together, then bend over slowly from a standing position. With your back straight, swing your arms back and forth like an elephant's trunk as you walk.

The elephant walk stretches out the shoulders, arms and strengthens the legs.

## **equipment:**

· just you!



# flamingo stand

## **Direction:**

Stand with your feet together and place your palms together in front of your chest with your fingers pointed up. Focus on a spot in front of you and bend forward from the waist. Bend one leg up and hold as long as you can. Straighten up to stand with your feet together. Then do the other leg.

The flamingo stand presents new difficulties. If a child is uncoordinated have, him/her stand and hold on to a chair or bring the leg just slightly off the floor. This exercise also strengthens and stretches out legs and ankles and focuses on balance.

## **equipment:**

· just you!



# inch worm

## **Direction:**

Assume a position where your feet are on the floor (shoulder width) while your hands are flat on the ground in front of you (also shoulder width). At the starting position, your butt should be high in the air; imagine you are making an inverted 'V' with your body. Walk your hands out as far as possible, and then walk your hands back to the starting position. Preferably, at the end position, your abs should be two to three inches off the ground and you will look like a flying superman.

The inch worm stretches and strengthens the back, shoulder, hamstrings, and gluteus maximus. It also strengthens the gluteus medius and the rest of the arm.

**equipment:**



# bear crawl

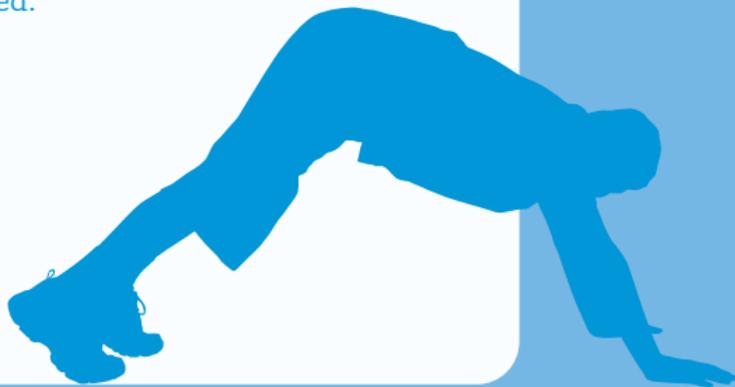
## **Direction:**

On all fours you move along the floor keeping yourself low. Chest remains off the floor as you should move at a moderate pace to avoid 'hopping'. The bear crawl can be done moving forward, backward or sideways.

The bear crawl stretches and strengthens the hamstrings, **gastrocnemius**, soleus, the gluteus maximus and back. It also teaches coordination, agility, and speed.

## **equipment:**

· just you!



# seal pose

## **Direction:**

Sit back almost on heels – not completely back on heels where it would hurt knees and ankles. Point fingers to the side like flippers. With back flat, lift chest to straighten elbows. Keep seat off heels and hold the pose. The seal pose will take some explanation and direction and correction to get right.

The seal pose stretches and strengthens the quadriceps, abductors, adductors, the sartorius, patella, and back. It also teaches balance, coordination, and agility.

If you are working with a large group, it would be advisable to have assistants and go over the poses with them before hand. Some of the children will do these naturally, some will have difficulty.

## **equipment:**

· just you!



# hares and hounds

Mark out an area with cones to run around (approx 200m).

Divide class into two groups, hares and hounds.

Hares will set off first jogging/running around the perimeter of the course, on command the hounds will set off and try and catch them.

As they set off they have to give a loud howl signalling the chase.

Points can be given for each hare the hounds pass.

Groups take it in turn to be hares or hounds.

## equipment:

- marker cones



# orienteering

Can we edit this copy?

Have children work in two's or three's. The object of the game is to visit all 12 cards in the correct order – walking, jogging or running.

The 12 cards should be in visible positions around the gym, hall, playground, field... The first time you do this activity keep the cards in order, e.g. 1-12 in a clockwise circle. This will make it easier for the group.

Each group is issued with a score card to record each card they visit. Give each group a letter A-H and their start position (this is on your sequence sheet). E.g. Letter 'A' start position four, Letter 'B' start position eight.

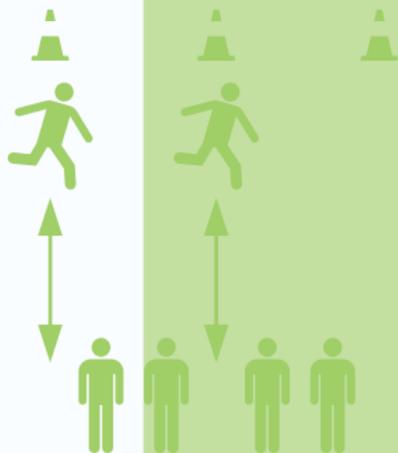
The start position is the first card the group will visit. When they find the card with that number on the top, they look for their letter and it will tell them the next card to visit. They do this until they reach the last card that should have an 'F' for finish. They then bring the card to the leader who will check they have visited all 12 points in the correct order.

Times can be recorded so the group can try to improve their time. You can also mix the cards up so that it takes longer to do.

Safety – If you don't want the groups to be carrying pens/pencils, why not attach a pen on a piece of string on each card.

## equipment:

- orienteering cards
- score cards
- stop watch



# scavenger hunt

Working with a partner or in a team, collect a series of items from around the field. Groups can walk/jog/run to find the item then bring it back to the leader, where they will be told of the next item to collect.

## **Suggested items:**

A leaf, a twig/stick, a person with blue eyes (not your partner), a daisy, a long blade of grass, a marker cone, a person with blonde hair (not your partner), a ball...

If indoors you could use different pieces of equipment in the gym/hall. You could collect an item of a certain colour or beginning with a certain letter.



## **equipment:**

- items/  
equipment  
for collection

# marathon challenge

As a class/group we are going to run a marathon – 26.2 miles. Mark out with cones an area in the playground (approx 200m).

With a partner, children walk/jog laps, receiving a stamp at the end of each lap on their score card. After an agreed amount of time (10-15 minutes), cards are collected and children help to add up the number of laps and see if they succeeded the marathon challenge.

Encourage all the children to keep moving, they can alternate walking a lap and jogging a lap if it is too difficult to jog continuously or with a partner run alternate laps like a relay.

## equipment:

- marker cones
- score cards
- stamp



26.2

# paper, rock, scissors

Make one centre line and two back lines at the ends of a yard field (leave space past these back lines so those running full hilt have room to stop). Split group into two teams. Each team then huddles at opposite ends of the field and chooses which hand signal to throw.

(In case you've forgotten: rock breaks scissors, scissors cuts paper, paper covers rock.)

The teams gather at the centre line, spread out facing each other. Together (and with gusto), all chant: 'Rock, paper, scissors, shoot!' On 'shoot', players quickly throw their pre-chosen selection. The team that loses the shoot must race for the safety of its own back line, trying to avoid being tagged by the winning team.

Any player who gets tagged must defect to the other side. If both teams throw the same shoot, all must quickly sit down. The last one to hit the ground switches teams.

## equipment:



# kerr plunk

The object of the game is to have the least amount of bean bags left in your hoop. Divide group into four teams. Each team is given a hoop with 10 bean bags in it.

Teams should be an equal distance apart.

On the leaders command the first person in each team picks up one bean bag and can place it in any of the other teams hoops. They then return to their team and the next person in the group does the same. Keep the game going for a set period of time. At the end the team with the least amount of bean bags is the winner.

## equipment:

- hoops
- bean bags
- whistle
- stopwatch



# tadpoles

Divide group into two teams.

Team one form a large circle in the middle of the hall.

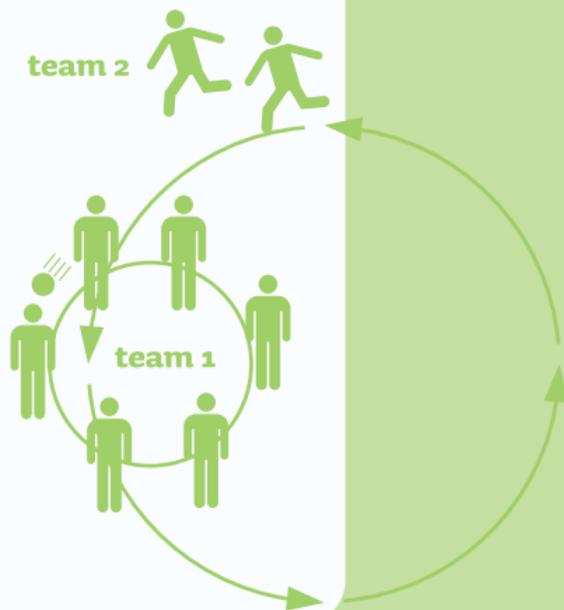
Team two line up one behind the other at the side of the circle.

Team one throw the ball to each other around the circle, counting the number of passes out loud. If they drop the ball they go back to zero.

At the same time, team two run one at a time around the circle (or hall if you want to make it longer). When the whole team have completed one lap they shout stop. Team two stop throwing and reveal their score. The two teams then change places and repeat to see who scores the highest.

## equipment:

- marker cones
- whistle



# scream team

Everyone lines up side by side. On go each player yells as loudly as he/she can while running in the opposite direction.

You can only run as long as you yell!

See who can run the furthest and scream the loudest.

You can also give children a marker cone to mark where they stop.  
Can they run further on their next attempt?

## equipment:

- marker cones



# clock in the tower

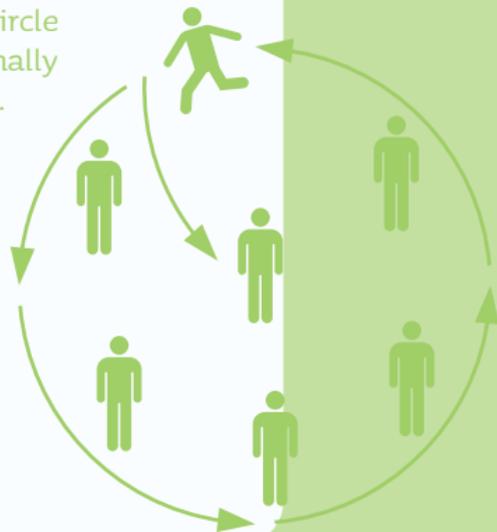
**equipment:**

Everyone stands in a large circle, number everyone one to six.

One person stands in the centre and says 'the clock in the tower strikes the hour...?'

The children with that number run around the outside of the circle and into the middle (through the space where they were originally standing) and the first person back to the centre is the winner.

That person then stays in the centre and repeat 'the clock in the tower strikes the hour...?'



# *follow the leader*

## *indian file*

### **equipment:**

- whistle

Divide group into teams of five/six. Team members line up one behind the other. Start with walking, the rest of the team follow the leader around the hall/field. Gradually introduce other activities – tip toes, arms out, skipping, jogging, running...

When teams are able to stay together, introduce Indian File running. When the leader blows the whistle the team member at the back of the line sprints to the front then they lead the group. Again when whistle blows the back marker sprints to the front.

When at the front the leader must ensure the groups stays together.



# luck dip game

See enclosed cards.

The whole group begins walking or jogging around hall/field. Every so often the leader stops the group and holds the lucky dip cards like a fan, face down.

Children take turns to pick a card which they read aloud to the rest of the group.

Everyone follows the instruction on the card.

## equipment:

- lucky dip cards



# port/starboard

Mark out a square/rectangle and give each side a name – Port, Starboard, Lifeboat, Bridge.

When the leader calls out one of the areas children must run to that side.

There are various other commands that you can call:

**Captain's coming** – children must stand to attention and salute

**Cooks coming** – rub your tummy and shout yum yum

**Man overboard** – children must sit down and pretend to row a boat

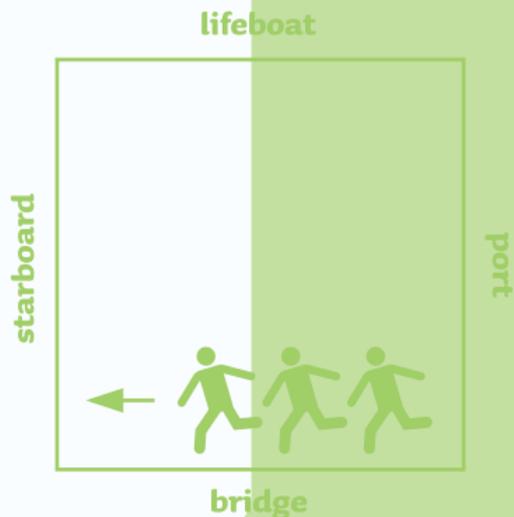
**Climb the riggings** – children must mimic climbing up a ladder

**Shark infested waters** – children must lie down on their fronts and pretend to swim

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

**equipment:**

- loud voice



# frisbee golf

Using Frisbees, split into small groups, first person throws Frisbee, everyone runs to where it landed, next person throws, everyone runs to where it landed, and so on until the group completes a circuit. How many throws did it take to run round the circuit?

**SAFETY!** Make sure groups are spaced out so none gets hit with a Frisbee!

Introduce hoops as targets. How many throws to reach target?

equipment:

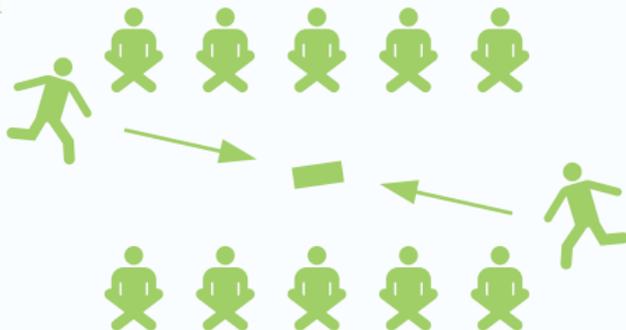
- frisbee



# steal the bacon

Divide group into two teams and give each child a number. Children sit in a line facing the other team about 10 metres apart. If there are 20 children in the group, number team 1-10. Number 10 in one team should sit opposite number one in the other, number two opposite nine and so on.

Place a bean bag in the centre of the group. The leader calls out a number and the two children with that number race to steal the bacon (bean bag). The person who grabs it first has to get back to their team before the other person tags them.



## equipment:

- bean bag

# tig relay

Can we edit this copy?

Divide group into four teams. Using a circle (marked with cones) each team stands at a point within the circle. Teams should be an equal distance apart. The first runners stand on the outside of the circle and has to run one lap before passing the baton.

The object of the relay is to try and catch the team in front and not to let the team behind you catch you before passing the baton to the next runner in your team. The leader should stand in the centre of the circle and if any team catches the team in front the whistle is blown to stop the runners. The team who caught the other team is awarded a point. Runners return to their start position and the relay starts again.

You may want to change direction or get teams to change places so each team has the opportunity to chase a different team.

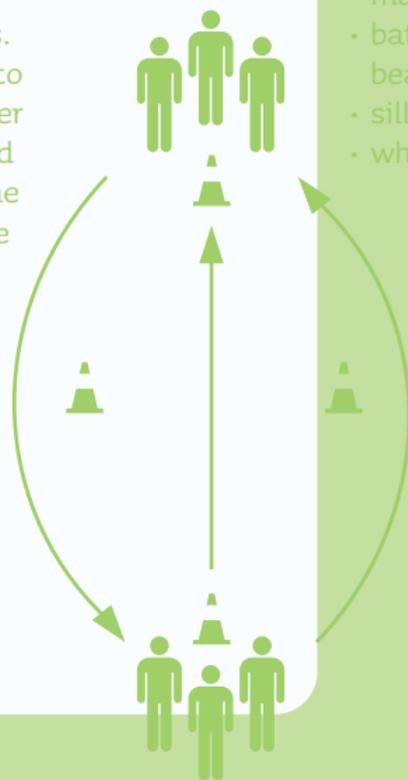


## equipment:

- marker cones
- batons or bean bags
- silly hats
- whistle

# Paarlaufs

This is a continuous relay. Mark out a large oval with cones. Set up several teams with even numbers and split them into two. Half the team stays at one side of the oval and the other half goes to another side. The first runner walks/jogs around the oval to their partner at the other side, who walks/jogs the remainder of the lap. The first runner cuts across the middle of the oval to meet his/her partner and then runs their half lap again. This can go on for a set number of laps or time.



## equipment:

- marker cones
- batons or bean bags
- silly hats
- whistle

# shuttle, obstacle and the mad hatters relay

**Shuttle Relay** – Divide group into teams, half team at one cone, half at cone 20-30 metres away. Runners run to cone in front and tig their team mate who then runs back. Relay continues until all runners are back in original position. Batons or bean bags can be used to pass to team mates.

**Obstacle Relay** – Introduce obstacles to a running relay, e.g. through hoops, in and out of cones, carrying objects...

**Mad Hatters Relay** – Instead of passing batons, pass hats! Santa hats for a Christmas relay, witches hats for halloween.

## equipment:

- marker cones
- batons or bean bags
- silly hats
- whistle



# space shuttle relay

First and second players run together inside a hoop and go around a turning cone. After they have turned around, they return to the team. The first player drops out and joins the end of the line. The second player picks up the third player and runs together to the turning cone. They proceed around, and back. The second player drops out and the third and fourth player run together around the cone and pick up the next player. The game continues until everyone on that team has had a chance to be in a hoop twice, working with a partner.

## equipment:

- marker cones
- batons or bean bags
- silly hats
- whistle



# countdown relay

Divide group into teams. Have two piles of cards – one set with vowels and one set with consonants on them. Children take turns running. They run to the turn around point, pick up one consonant or vowel card and bring it back to their team. Then the next runs, and so on.

Play for about 8-10 minutes. Children try to bring back as many cards as possible. Give the teams five minutes to make as many words as they can out of the cards they have gathered.

Teams earn one point for each three letter word, two for each four letter word, three for each five letter word and so on. Add up the points.

## equipment:

- marker cones
- batons or bean bags
- silly hats
- whistle

