

moving in different ways

Start by walking around the 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

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 in a 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.

equipment:

- bibs for catchers



let's have a ball!

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.

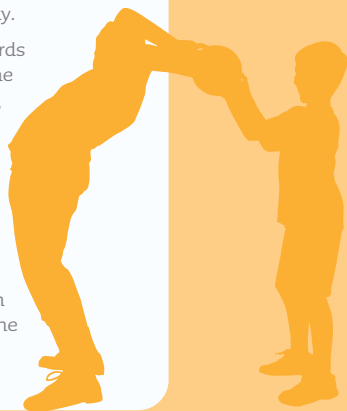
Over/Under Relay – Each team has a ball, first person passes ball backwards over their head, then the next passes it backwards between their legs, the next over their head and so on, until the ball reaches the back of the line, person at the back of the line runs to the front and the whole sequence starts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

equipment:

- soft ball
- per team



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 around 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 that body part then keep moving.

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

Jogging around 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 – you can't hurry a murray!

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, Allan 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:

- pair cards (kids can make up)



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 five star jumps!

equipment:

· just you!

