



Lunchtime Supervisors

Resource Pack



Individual Games	Team Games	Paired Games	Chasing Games	Circle Games
SGV- PASSION	SGV- HONESTY	SGV- TEAMWORK	SGV- RESPECT	SGV- SELF BELIEF
Animal Statues	Relay Races	Add a Movement	Shark Attack	Duck, Duck, Goose
Bean Game	Dishes and Domes	Cat and Mouse	Base Tag	Tangles
Captains Coming	Cross the Swamp	Rats and Rabbits	Bouncy Tag	Beat the Ball
Farmer, Farmer	Hunt the Clues	Blindfold Course	Animal Tracks Tag	Beat the Clock
Follow My Leader	Invent a Game	Noughts and Crosses	High Five Tag	Circle Races
Fox and Geese	Pass along the Line	Shadow Tag	Chain Tag	Goalie Game
Simon Says	Pile up the Points	Skipping Games in Pairs	Statues Tag	Group Juggle
Traffic Lights	Totally Tennis	Rock, Paper, Scissors	Bib Tag	Hoop Circle
What’s the Time Mr Wolf	Capture the Flag	Skipping Games in Groups	Dodgeball Tag	Parachute Games
Action Dice	Rob the Nest	Target Games	Stuck in the Mud	Pass the Rocket
Bean Bag Push	No Rubbish in My Yard	SGV- DETERMINATION	River Crossing	Circle Dodgeball
Cross the Stream	Bench Dodgeball	Aiming Challenge	Cops and Robbers	Circle Chase
Dragon’s Treasure	Roller Ball	Golf 1	Pac Man	
Hoop Games	Submarine Tag	Golf 2		
Jump for Points	Secret Agent Dodgeball	Hoopla		
Skipping Games on Your Own		Zone Hitting		
		Beach Ball Blast		



Action Dice



- Stand in a circle, each child takes it in turn to roll the dice.
- The child who rolled the dice then runs around the circle the number of times shown on the dice, while the other children complete the activity related to the number.
- Once the child has returned to their place the dice is rolled by the next child.

1- Jumping	2- Running on the spot	3- Hopping
4- Star jumps	5- High knees	6- Skipping on the spot

Space: Circles in a large area

Task: Complete action

Equipment: Giant dice

People: Let children make up the action before running

EASIER

Keep the circle quite close together.

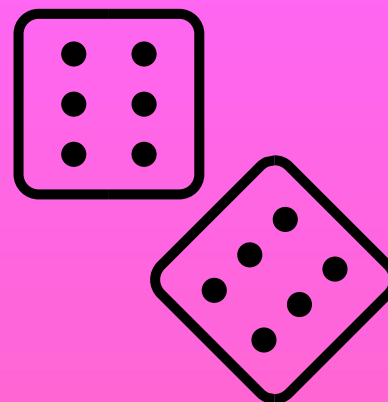
HARDER

Make the circle larger.

Pupils come up with different actions.

EQUIPMENT

Giant Dice





ANIMAL STATUES



- Call out the name of an animal.
- Everyone moves around like that animal until someone shouts 'ANIMAL STATUES!'
- Children then adopt the form of that animal as a statue.
- Anyone caught moving becomes a judge.
- Repeat the process until the last 'statue' standing is made the winner.

Space: Stay on a spot or line, could make it larger or smaller

Task: Change animal each time someone calls out

Equipment: Balance a bean. Bag on part of their body

People: Give different roles when 'out'

EASIER

You could make suggestions.

HARDER

Children to choose individually.

EQUIPMENT

N/A





Bean Bag Push



- Each child must stand behind their cone and hold the bean bag in their dominant hand.
- All at once they must push their bean bag with one hand, to see who's goes the furthest distance.
- Once everyone has pushed their bean bag, go and place the second cone where it landed and collect the bean bag.
- Repeat to see if they can beat their distance.

Space: Large field or hall

Task: Push bean bag the furthest distance

Equipment: Cones and bean bags

People: Each child should try and beat their own distance

EASIER

Allow to push the bean bag with two hands.

HARDER

Push the bean bag from different positions e.g. sitting or kneeling.

EQUIPMENT

Two cone for each child

One bean bag for each child





Bean Game



- Call out one of the following beans for the children to act out:

Jumping Bean	Jumping up and down
Chilli Bean	Shiver
Runner Bean	Run around
Mr Bean	Pretend to drive a car
Jelly Bean	Move around wobbling like jelly
String Bean	Make a tall thin shape

Space: Stay on a spot or let children walk around

Task: Change bean after each action

Equipment: Could act out with children

People: Get one of the children to call out the beans

EASIER

Use less calls to make it simpler.
Demonstrate the actions while calling.

HARDER

Use more calls.
Make up more of your own.

EQUIPMENT

N/A

Extra Beans:

Baked Bean	Crouch on the floor in a ball
Broad Bean	Make a star shape
Beans on Toast	Crouch down and then jump up
Frozen Bean	Stand very still
Full of Beans	Dance around
Magic Bean	Go around waving your wand



Captain's Coming



- Call out one of the following phrases for the children to act out:

The captain is coming	Salute the teacher
Brush the deck	Pretend to brush the deck
Man the lifeboats	In 2's, row sitting down or standing
Shark attack	Wave hands in the air and run around
Rats aboard	Move feet very quickly
Scrub the deck	Pretend to scrub the deck

Space: Stay on a spot or let children walk around

Task: Change bean after each action

Equipment: Could act out with children

People: Get one of the children to call out the beans

EASIER

Use less calls to make it simpler.
Demonstrate the actions while calling.

HARDER

Use more calls.
Make up more of your own.

EQUIPMENT

N/A

Extra Phrases:

Jellyfish	Shake arms and legs around
Port	Run to the left side
Starboard	Run to the right side
Climb the net	Mime climbing a ladder
Man overboard	Link arms with the person next to you



Cross the Stream



- Place the skipping ropes on the floor parallel to each other and place the coloured spots at different points between the ropes.
- Children should now attempt to cross the stream using the stepping stones without touching the ground.
- Children should try stepping, hopping or jumping from stone to stone.

Space: Large field or hall

Task: Cross the stream without touching the floor

Equipment: Ropes and spots

People: Let children take turns on different coloured spots

EASIER

Keep the stream narrow.

Place more stepping stones in the stream.

HARDER

Make the stream wider.

Place fewer stepping stones in the stream.

EQUIPMENT

Stepping stone/
coloured spots

6 Skipping ropes





Dragon's Treasure



- One child is the Dragon, who stand in his den.
- The Dragon wants to protect his/her treasure (bean bags) .
- The Dragon turns his/her back on the other children. The children must walk slowly forwards but freeze every time the Dragon turns around. If they are caught moving they must return to the start line.
- Once a child reaches the treasure they must pick it up and try and get back to the start line without being caught. All the other pupils must stand still when the Dragon is out of his den. If player are caught they lose their treasure.

Space: Large field or hall

Task: Get the treasure back without being caught

Equipment: Bean bags and hoops

People: Change the dragon regularly.

EASIER

Have the treasure further away from the dragon.

HARDER

Have the treasure closer to the dragon.

EQUIPMENT

Bean bags
Hoops





Farmer, Farmer



- Have a line of children on one side of the field/playground and one 'farmer' stood in the middle of the field facing the line of children.
- The children in the line call out 'Farmer, Farmer! May we cross your field?'
- The Farmer replies saying 'only if you have....' e.g. blue eyes, white socks etc.
- Children who match the description have to try and get to the other side without being tagged. If they are caught, they become a Farmer.

Space: Let the children have a big enough field to run

Task: Get across the field without being caught

Equipment: Could use bibs

People: Add farmers if the child is struggling

EASIER

Have a larger field so less are children are being caught.

HARDER

Have more farmers at the start or make the field a bit smaller.

EQUIPMENT

N/A





Follow My Leader



- Choose one child as a leader, all the other children should line up behind the leader.
- The followers must follow at a safe distance behind the leader and copy the actions they do e.g. skipping, jogging, jumping, hopping, side stepping.

Space: Allow a safe space between each child

Task: Copy the action of the leader

Equipment: Involve a bean bag

People: Change leader regularly

EASIER

Choose easier moves for younger children to copy.

HARDER

Choose more complicated moves to perform.

EQUIPMENT

N/A





Fox and Geese



- One child is the Fox and the rest of the children are Geese.
- The Geese are to stand in a line and hold hands.
- The Fox had to try and touch the last goose in the line.
- The line of geese must move about to keep the last goose safe, without letting go of each other.
- If the Fox gets the goose, the Fox becomes the first goose in the line and the caught goose becomes the Fox.

Space: Field big enough to run around in

Task: Catch the last goose/ run away from fox

Equipment: Could use rugby tags

People: Add foxes to make it easier

EASIER

Forming shorted lines.

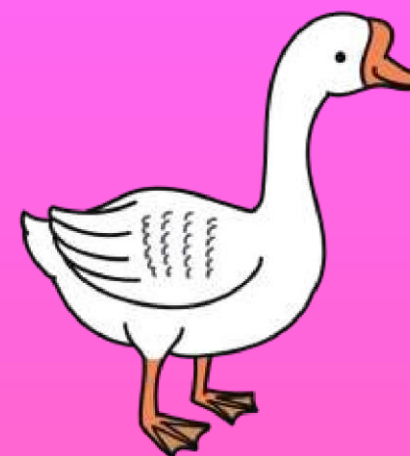
Multiple foxes.

HARDER

Multiple lines and one fox.

EQUIPMENT

N/A





Hoop Games



- Give the children one hoop each and set different challenges for them:

Hula Hoop	Spin the hoop around your hips
Around the neck	Spin the hoop around your neck
Around the arm	Spin the hoop around your wrist or elbow
Here Bay!	Fling the hoops forwards and suddenly flick it downwards as you are releasing
Walk the Dog	Follow the hoop as you spin it on its side

Space: Large field or hall

Task: Spin the hoop different way

Equipment: Hoops

People: Challenge the children with different tasks

EASIER

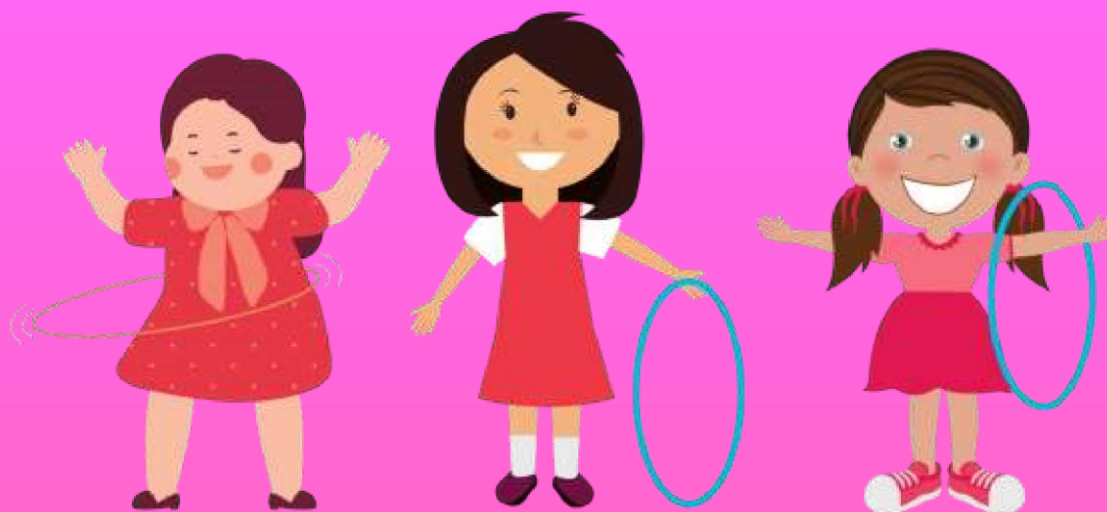
Use a smaller hoop that is easier to control.

HARDER

Use a larger hoop that is harder to control.

EQUIPMENT

Hoops





Jump for Points



- Line the numbered cones one behind the other and then create a start line with the other cones.
- Get the children to line up behind the start line.
- On the count of 3, a child will perform a 2 footed jump as far forward as they can and they should remember the number and try and beat it next time around.

Space: Long strip of field or hall

Task: Jump as far as you can

Equipment: Cones and numbered cones

People: Challenge the children to beat their last score

EASIER

Place the markers closer together.

HARDER

Place the markers further apart.

EQUIPMENT

Cones
Numbered cones





Simon Says



- Choose a child who will act as 'Simon'.
- If they say 'Simon says...' then the children need to copy the move, if not, then they must not copy the move or they will get a forfeit of 10 star jumps to do before joining back in.
- Change the forfeit regularly to keep the children active in different ways.

Space: Big enough for each child to move around.

Task: Copy 'Simon'

Equipment: Could use a bean bag

People: Change 'Simon' regularly

EASIER

Choose easier moves for younger children to copy.

HARDER

Choose more complicated moves to perform.

EQUIPMENT

N/A





Skipping Games On Your Own



On The Spot	All different ways you can skip on the spot, hops, jumps, turns
Over The Line	Skipping on the spot, feet together, jumping side to side over an imaginary line.
Cross Over	Skipping on the spot, crossing and uncrossing your arms as you skip.
Jumping Jacks	Jump your feet in and out like a star jump while skipping.

Space: Field or hall, space in between children

Task: Try different types of skipping

Equipment: Skipping rope

People: Challenge the children to beat their last number of jumps

EASIER

Jump on the spot with two feet.

HARDER

Try and do multiple types of skipping one after the other without stopping.

EQUIPMENT

Skipping ropes





Traffic Lights



- Children need to spread out and leader must stand to the side.

Red	Stop
Green	Run around
Traffic Jam	All children sit in a line
Reverse	Walk slowly backwards
Roundabout	Turn around once
Zebra Crossing	Children lay on their back side by side

Space: Big enough for each child to move around.

Task: Copy instructions

Equipment: Could incorporate balls
People: Possibly choose older child a leader but swap regularly

EASIER

Less instructions.

HARDER

More instructions.

EQUIPMENT

N/A

Lollipop Lady	Salute the teacher
Amber	Pretend to brush the deck
Speedbump	Jump and then carry on running
Low Bridge	Walk hunched over
Change Lanes	Change direction
School Zone	Slow down to a walk



What's the time Mr. Wolf



- Choose one child as the wolf and all other children stand in a line.
- The wolf stands a little way in front of the other children.
- Everyone says 'What's the time Mr. Wolf?'
- The wolf replies and says a time e.g. 3 o'clock and all children take 3 steps forward.
- This continues until the wolf says 'Dinner time' at which point the wolf chases everyone back to the starting line.
- The child caught by the wolf becomes the new wolf.

Space: Large enough to line up all children

Task: Run away from the wolf

Equipment: N/A

People: Swap wolf regularly if children not being caught

EASIER

Smaller groups.

HARDER

Larger group.
Mr and Mrs Wolf.

EQUIPMENT

N/A



What's the
time Mr Wolf





ADD A MOVE



With a small group of children:

- Stand in a circle.
- The first pupil makes a movement e.g., balance on one foot.
- The second player repeats the first move and adds another e.g., star jump.
- Continue going around the group until someone forgets.
- That pupil must start the next go.

Space: Make sure pupils have enough space

Task: Change the movement

Equipment: Movements could include a ball etc.

People: In pairs mirror your partner

EASIER

Smaller Groups.

HARDER

Larger Groups.

EQUIPMENT

N/A



1st move



2nd move



Blindfold Course



- Lay out an obstacle course for children to complete.
- Split children into pairs or threes, and choose one child to blindfold.
- It is the job of the seeing children to guide the blindfolded child through the obstacle course.

Space: Ensure space around obstacles

Task: Lead partner through course

Equipment: Tunnels, cones, hoops, blindfolds

People: Change blindfolded person regularly

EASIER

Less obstacles to go around.

Obstacles to go around only.

HARDER

More obstacles to go around.

Obstacles that require crawling or going over.

EQUIPMENT

Hoops
Cones
Tunnels
Blindfold





Cat & Mouse



- Choose a cat (blue figure) and a mouse (yellow figure).
- Have the remaining children stand side by side in lines with their arms out sideways.
- Now the cat must try and catch the mouse.
- When the leader shouts 'change', children must to 90° to make lines the other way.
- The cat and mouse must only run up and down the lines and not break the chain of children.

Space: Make sure pupils have enough space to run between the lines

Task: Chase the mouse

Equipment: Could use tags

People: Change cat and mouse often

EASIER

Give the mouse a head start.

HARDER

Two cats, one mouse.

EQUIPMENT

N/A





Noughts and Crosses



- Using some chalk draw the grid on the floor or use some tape if in a hall.
- Give each child a few cones of one colour but different to their partner.
- Play noughts and crosses using the different coloured cones

Space: Ensure space around obstacles

Task: Lead partner through course

Equipment: Tunnels, cones, hoops, blindfolds

People: Change blindfolded person regularly

EASIER

Keep the area small, just like it is in the photos.

HARDER

Make the game area much larger by using more markers.

EQUIPMENT

Cones
Bean bags
Quoits





Rats and Rabbits



- Split the children into pairs, one is the rat and the other is the rabbit.
- The leader calls out 'Rats' or 'Rabbits' and the team called out must run towards their home line.
- The other team try and catch them before they are safe.
- Keep score of many times each time is caught.

Space: Make sure pupils have enough space

Task: Catch the opposite team

Equipment: Could use cones to mark out spaces

People: Swap pairs

EASIER

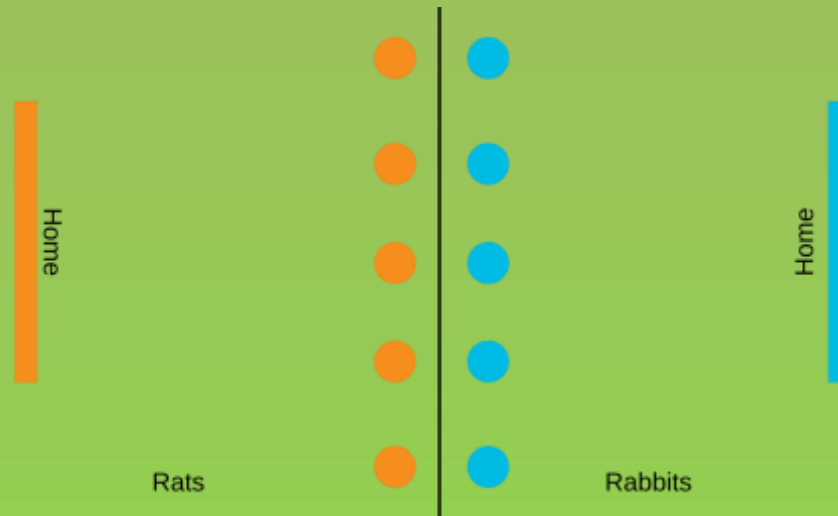
Rats and rabbits stand further apart from one another.

HARDER

Rats and rabbits stand close together at the start.

EQUIPMENT

N/A





Skipping Games in Groups



Moon and Stars

Spin the rope round in a circle starting on the floor, then when ready bring it up and down after a couple of spins. If high then duck, if low then jump.

Keep the Kettle Boiling

Two children turn a big rope in loops. One child jumps in and starts jumping in the middle and another child joins, as the 3rd child joins the 1st leaves. Try and keep the line moving without stopping.

Space: Ensure space around children

Task: Try skipping with a group

Equipment: Skipping ropes

People: Try and beat your last number of jumps

EASIER

Turn the rope slower.

HARDER

Turn the rope faster.

EQUIPMENT

Skipping ropes





Skipping Games in Pairs



Sides	Stand side-by-side and skip together using one long skipping rope.
Legs	One child holds the skipping rope and swings it around on the ground and the other child jumps over it.
Face to Face	Stand facing each other skip together with one rope.
Synchro Skip	Make up moves to do at the same time while skipping

Space: Ensure space around children

Task: Try skipping with a partner

Equipment: Skipping ropes

People: Change partners and try and beat your last number of jumps

EASIER

Use a hoop instead of a rope.

HARDER

Try and add more children into legs.

EQUIPMENT

Skipping ropes





Rock, Paper, Scissors



- Split the children into pairs.
- On the count of 3, the children will show one of the 3 signs with their hand.
- Let the children play until the best of 3 and then switch partners or play a big game where the winners go against each other to become the winner.

Space: Line the children up

Task: Try a win 2 out of 3 games

Equipment: N/A

People: Switch the pairs up regularly and not the same partners each time

EASIER

Play one round then switch partners.

HARDER

Let the children add their own movements e.g. water.

EQUIPMENT

N/A

Rock beats scissors



Paper beats rock



Scissors beats paper



Shadow Tag



- One child is the Chaser and the rest are the Chased.
- The Chaser catches the Chased by standing on their shadow and shouting 'tag'.
- The child is then set free by another of the Chased standing on their shadow.

Space: Ensure space is large enough to run around

Task: Catch the chased/ escape the chaser

Equipment: N/A

People: Change roles regularly

EASIER

Set a time before being set free without standing on shadow.

HARDER

Multiple chasers.
Two people have to stand on the shadow before set free.

EQUIPMENT

N/A





Beat the Ball



- Get children to form a circle and give one child the ball.
- The child with the ball throws it to the child next to them, this pattern continues.
- While the ball is being passed, the child that started with the ball should run around the circle and try and beat it back to the starting point.

Space: Space big enough for the child to run around the circle

Task: Beat the ball back to the start point

Equipment: Ball

People: Change the child starting with the ball regularly

EASIER

Keep the circle close together.

Use a larger, softer ball.

HARDER

Make the circle larger.

Use a smaller ball.

EQUIPMENT

Basketball





Circle Chase



- Split the children into even groups.
- One team should make a tight circle facing outwards (give them a ball) and the other team (give them a pool noodle) form circle facing towards the first team.
- On 'Go' the team with pool noodle must try and tag the person with the ball while it is being passed around the circle. Each item can only move to the person next to them, they have 1 minute to try and catch/avoid being caught.
- NO ONE IS TO MOVE THEIR FEET!

Space: Large hall or field

Task: Avoid being tagged/ Tag the person with the ball

Equipment: Ball and pool noodle

People: Swap roles after each round

EASIER

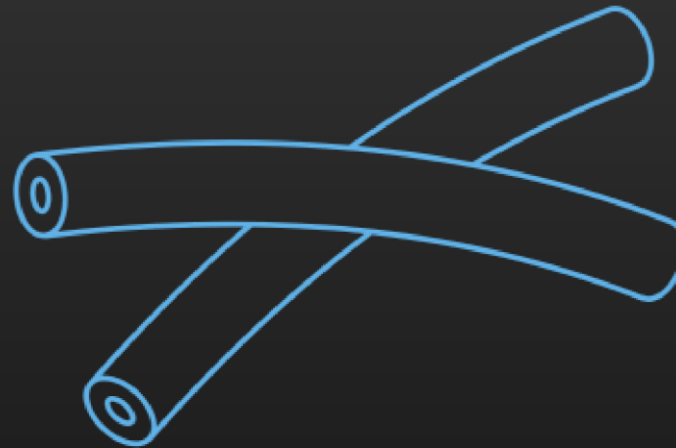
Make the circles closer together.
Have 1 ball and 2 pool noodles.

HARDER

Make the circles further away from each other.

EQUIPMENT

Ball
Pool noodle





Circle Dodgeball



- Draw a circle on the floor big enough to accommodate all children with X's around the edge, enough for each child.
- Choose 1-5 children to stand in the middle of the circle and give them a bib.
- One child on the edge of the circle have to try and throw the ball at the children on the inside of the circle below the waist, if hit they must trade positions.
- The player who the ball lands near or in front of can then pick it up and it is their turn.

Space: Large hall or field

Task: Hit the children inside the circle with the ball below the waist

Equipment: Chalk, ball and bibs

People: Allow different children in the circle if round takes too long

EASIER

Use a larger, softer ball.

Have more than 5 children in the circle.

Have multiple balls.

HARDER

Use a smaller ball.

Have less children in the circle.

EQUIPMENT

Chalk

Ball

Bibs





Beat the Clock



- Allow the children to choose a number to stand on.
- The leader calls out 'odds' or 'evens' and the children stood on those numbers run in the same direction around the outside of the circle.
- Or, the leader calls out two numbers and the children stood on those numbers run in the same direction around the outside of the circle.

Space: Space big enough for the child to run around the circle

Task: Run around the clock when called

Equipment: Pen or number cards

People: Have a child be the leader

EASIER

Make the clock smaller for less of a fitness challenge.

HARDER

Make the clock larger.

EQUIPMENT

Large clock drawn on the floor





Circle Races



- Form two circles, and choose one child to stand in the middle.
- On the signal, the child in the centre throws the ball to each player and throw it back.
- When the children in the circle has thrown the ball back, they should crouch down.
- The winning circle is the one that has all children crouched down first.

Space: Space big enough for the 2 or more circles

Task: Be the first to have their whole circle crouched down

Equipment: Soft ball

People: Change child in the middle after every turn

EASIER

Use a larger ball.

HARDER

Use a smaller ball.

Do the same activity with different passes
e.g. bounce pass.

EQUIPMENT

Soft balls e.g. foam
or netball





Duck! Duck! Goose



- Everyone sits in a circle.
- One child stands outside of the circle, and goes around tapping each on the shoulder saying 'Duck'.
- When the child decides to they may tap someone on the shoulder and say 'Goose' and that child must chase the other around the outside of the circle.
- If the child gets to sit down in the empty space then the chaser has the next go.

Space: Everyone is sat in a circle

Task: Chase the duck

Equipment: Tapping on shoulder

People: Change the duck if not changed for a while

EASIER

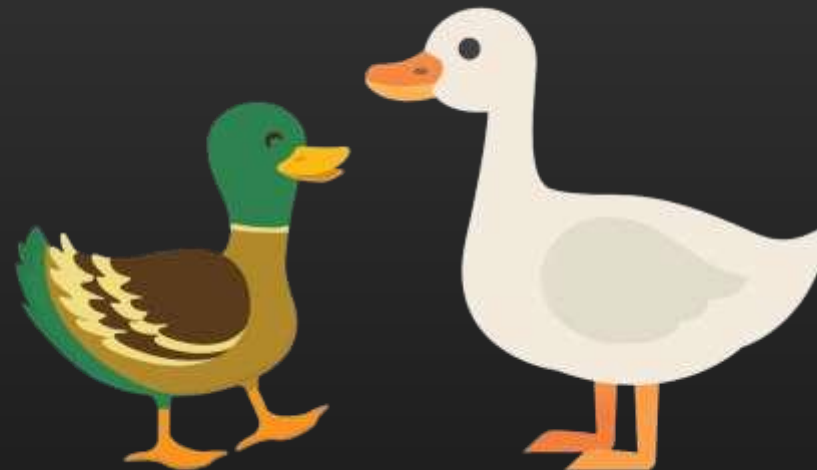
Give the duck a head start.

HARDER

Must run around the circle twice.

EQUIPMENT

N/A





Goalie Game



- Everyone stands in a circle, feet touching the child next to them and legs wide apart.
- The aim of the game is to score a goal by rolling/pushing the ball through someone else's legs.
- The children can only push/roll the ball with the palm of their hand.
- The children can stop the ball going through their legs with the palm of their hand.

Space: Large hall or field

Task: Hit the ball through someone else's legs

Equipment: Soft ball

People: Allow a different child to start with the ball each time

EASIER

Use a larger soft ball.

HARDER

Use a smaller ball.
Introduce more than one ball.

EQUIPMENT

Soft balls e.g. foam or netball





Hoop Circle



- Get all the children to stand in a circle and to hold hands.
- They need to work as a team to pass the hoop around the circle without letting go of each others hands.
- Once the circle can do it, separate the children into two circles and race against each other.

Space: Large hall or field

Task: Pass the hoop around the circle without breaking the chain

Equipment: Hoops

People: Encourage children to guide one another on what to do

EASIER

Use a large hoop.

HARDER

Use a small hoop.
Use two hoops at the same time, one going in each direction.

EQUIPMENT

Hoops





Group Juggle



- Get all the children to stand in a circle.
- A ball is passed across the circle ensuring it goes to a different person each time.
- The child throwing the ball calls out the child's name receiving the ball.
- Continue throwing and catching in the same order.

Space: Large hall or field

Task: Throw and catch the ball in order

Equipment: Tennis balls and basketballs

People: Allow a different child to start with the ball each time

EASIER

Keep the circle quite close together.

Use one larger, softer ball.

HARDER

Make the circle larger.

Use smaller balls.

Add more balls in.

EQUIPMENT

6 tennis balls

3 basketballs





Parachute Games



Balloon	Arms are raised about head height to float the parachute into a balloon shape.
Mushroom	Parachute is floated up and then pulled behind their backs, then sit on the inside edge of the parachute.
Swapping	Parachute is floated up and who fit the prompt people swap.
Popcorn	Place a small ball in middles and make it jump up and down.

Space: Large hall or field

Task: Different parachute games

Equipment: Parachute and balls

People: During swapping allow the children to all out prompts

EASIER

Allow a push with two hands.

HARDER

Push from different positions such as sitting or kneeling.

EQUIPMENT

Parachute
Ball



Pass the Rocket



- Get the children to stand in a circle.
- The children must throw the ball around the circle in any order.
- If the ball is dropped, the group start to count backwards from 10 and whoever is touching the ball on 0 gets a forfeit e.g. star jumps, twice run around the circle.

Space: Large hall or field

Task: Don't drop the ball

Equipment: Basketball

People: Allow different children to start each time

EASIER

Keep the circle quite close together.

Use a larger, softer ball.

HARDER

Make the circle larger.

Use a smaller ball or a rugby ball.

EQUIPMENT

Basketball





Tangles



- Stand in a circle and put your right hand into the middle of the circle and take hold of someone's hand who is NOT next to you.
- Put your left hand in and take hold of a different child's hand who is NOT next to them.
- Now untangle the knot without letting go of each other's hands.

Space: Space wide enough to untangle

Task: Untangle the knot

Equipment: N/A

People: Try and advise one or two children to take charge

EASIER

Smaller group.

HARDER

Larger group.
Race between two groups.

EQUIPMENT

N/A





Bench Dodgeball



- Set up the area like the image below and split children into two even teams.
- Each team must try and get the other teams players out by throwing the ball at the below the shoulders.
- If a student is hit with the ball below the shoulders, they must go and stand on the other teams bench and catch a ball without it bouncing to be freed.

Space: Large field or hall

Task: Get all the other team standing on your bench

Equipment: Cones, benches and soft dodgeballs

People: Equally balanced teams

EASIER

Move the benches close to the middle.

Allow the balls to bounce before catching.

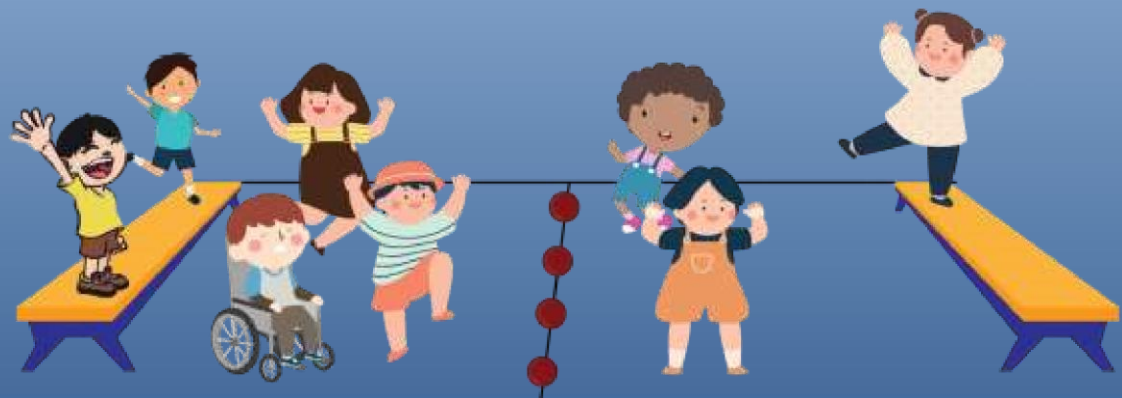
HARDER

Move the benches further away from the middle.

Introduce a throwing line further back for specific students.

EQUIPMENT

Benches
Soft dodgeballs
Cones





Capture the Flag



- Split the children into two teams and give them a bib which they must hide with part of it being visible.
- Children must come back to the middle and on 'Go' must go and hide the other teams flag.
- If they are tagged by the other team they must complete 5 star jumps before they can run again, however you can't be tagged in your half of the field/hall.
- The game is finished when one team has brought back the other flag onto their side.

Space: Large field or hall

Task: Capture the other team's flag

Equipment: Cones and bibs

People: Equally balanced teams

EASIER

Make the area shorter.

Make flags very visible from the beginning.

No tagging.

HARDER

Make the area longer.

Tagged children are stuck until unstuck by a team member.

EQUIPMENT

Cones

Bibs





Cross the swamp



- Split the children into equal teams.
- Give each team some spots and hoops or to make it harder only give spots.
- The children should try and get their team across the field/hall using the equipment without touching the ground.
- If the team touches the floor then they should pick up all their equipment and start from the beginning again.

Space: Long enough distance for a race

Task: To be the quickest team to cross the swamp

Equipment: Spots and hoops

People: Equally balanced ability teams

EASIER

Give the team hoops.
Give them lots of equipment.

HARDER

Give the teams the smaller spots.
Give them less equipment.

EQUIPMENT

Spots
Hoops





Domes and Dishes



- Split the children into 2 team of domes or dishes.
- Teams have a minute to turn the cones over to their matching team name.
- Blow the whistle or shout 'stop' and the children must put their hands on their head immediately.
- The winning team has the most cones their way up.

Space: Field or hall

Task: To have the most cones flipped you way up

Equipment: Cones and stopwatch

People: Equally balanced teams

EASIER

Place the domes and dishes closer together.

HARDER

Place domes and dishes far apart.

EQUIPMENT

Cones
Stopwatch



Dome



Dish





Hunt the Clues



- Spilt the children into two teams.
- Place 2 sets cones at random on the field or hall.
- Hide letters which spell out a word underneath different cones.
- All at once pupils must run out to the cones and collect a letter from underneath and bring it back to their team.
- Teams then have to unscramble the letters to discover the word.

Space: Field or hall

Task: To collect the letters and unscramble the word first

Equipment: Cones and letter cards

People: Equally balanced teams

EASIER

Use less markers.
Make an easier set of cards that spell a shorter word.

HARDER

Use more markers.
Make a set of cards that spell a harder word.

EQUIPMENT

Cones
Letter cards



E C I R E X E S

Rearrange the letter to spell

E X E R C I S E



Invent a Game



- Split children into small groups.
- Set a timer for 5-10 minutes and let the children invent a game with the equipment that they have been given.
- Let them show the game to the other groups.

Space: Field or hall

Task: To invent a game of their own

Equipment: Cones, hoops, balls, quoits and bean bags

People: Equally balanced teams

EASIER

Give out equipment for a game the children already know.

HARDER

Give the children unusual pieces of PE equipment.

EQUIPMENT

Cones
Hoops
Balls
Quoits
Bean bags





No Rubbish in My Yard



- Split the area in half with some cones and then split the children into even teams on either side.
- Both sides of the playing area play balls, beanbags, quoits etc.
- On 'Go' each team must try and get their side clean by throwing, rolling or sliding the equipment onto their opponents side of the area.
- After 2 minutes, whoever's side is the cleanest wins.

Space: Large field or hall

Task: Have the cleanest side after 2 minutes

Equipment: Cones, balls, beanbags and quoits

People: Equally balanced teams

EASIER

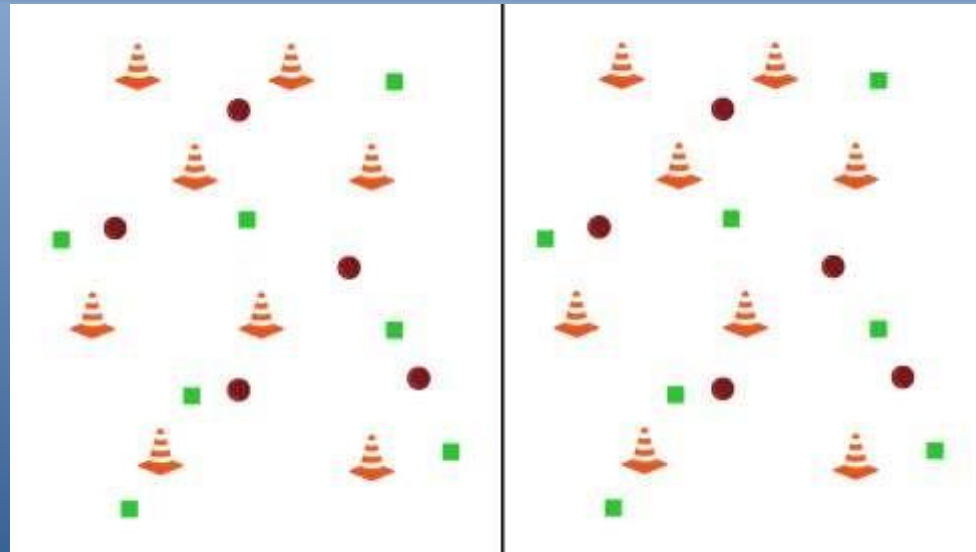
Longer time.
Less equipment.

HARDER

Small time.
More equipment,
harder to handle.

EQUIPMENT

Cones
Balls
Bean bags
Quoits





Pass Along the Line



- Get the children to line up in groups of 5 or 6.
- They need to pass the balls along the line in various ways e.g. over, under, around etc.
- When the ball reaches the end that child will run up to the front and start again until the beginning person is back to the front.

Space: Field or hall

Task: Be the quickest to pass the item along the line

Equipment: Balls, bean bags, tennis balls, rugby balls

People: Equally balanced teams

EASIER

Keep the group lined up close together.
Use lightweight equipment.

HARDER

Use equipment that is a strange shape and difficult to hold.

EQUIPMENT

Balls
Bean bags
Tennis ball
Rugby ball





Relay Races



- Split the children into even team, run relay races e.g.
- Moving in different ways.
(hopping, skipping, running, galloping, jumping)
- Carrying a variety of objects.
(bean bags, relay baton, egg and spoon)
- Move an object.
(basketball dribble, football dribble, hockey dribble)

Space: Long enough distance for a race

Task: To be the quickest team to finish

Equipment: Balls, cones, bean bags

People: Equally balanced ability teams

EASIER

Choose fewer and easier moves for younger children to complete.

HARDER

Choose more difficult skills to include in the relay race.

EQUIPMENT

N/A





Pile Up the Points



- Set out the equipment as shown in the below.
- On 'go', taking it in turn the children should collect one piece of equipment and return it to your teams hoop.
- The team to collect everything first are the winners.

Space: Change the distance the groups run over

Task: Be the quickest to collect all pieces of equipment

Equipment: Hoops, balls, bean bags, quoits

People: Equally balanced teams

EASIER

Use equipment that is easy to pick up.

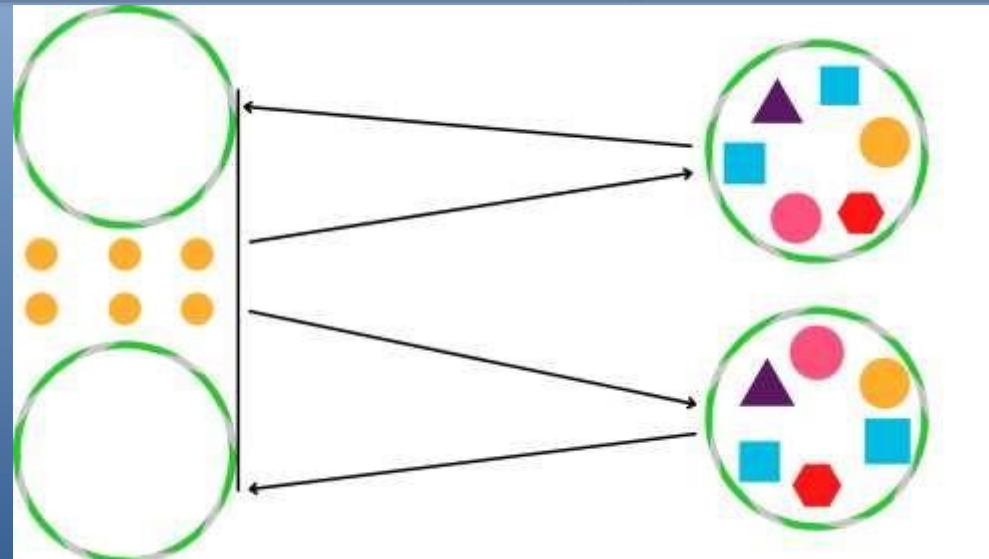
HARDER

Move the hoops further away.

Use equipment that is difficult to pick up.

EQUIPMENT

Balls
Bean bags
Hoops
Quoits





Rob the Nest



- Split the children into even teams (max 4 teams) and organise them into a line. Triangle or square. Place 1 more coloured spots than there are teams in the middle e.g. 2 teams 3 spots etc.
- On 'Go' one person from each team must run up and take a token from the middle, once they are all gone they can begin to steal from other peoples teams. The children can not defend their tokens.
- If a team loses all their tokens they are out.

Space: Large field or hall

Task: Have the most spots out of everyone

Equipment: Coloured spots

People: Equally balanced teams

EASIER

Add lots more spots.

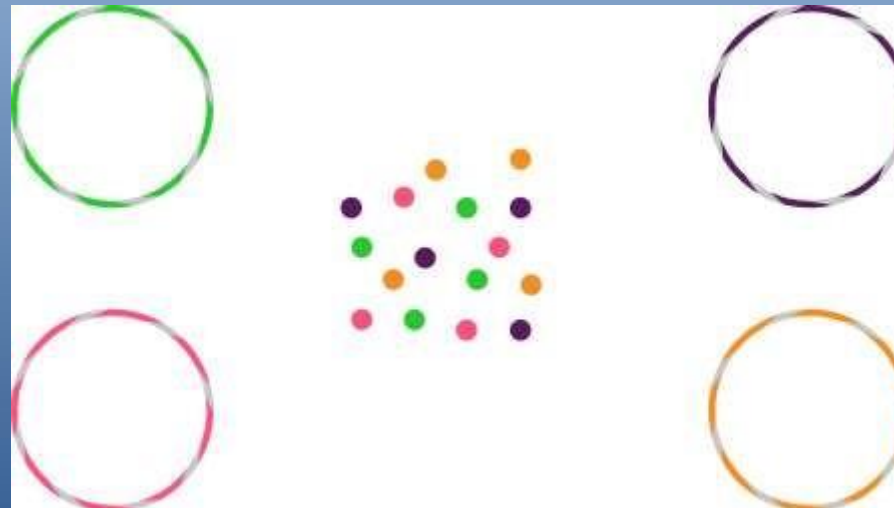
HARDER

No teams out keep going for a timed amount.

Allowed to defend spots.

EQUIPMENT

Coloured spots





Rollerball



- Split the children into two even teams and mark out equal areas.
- Each team should try and roll the ball to past the cones at the very end of the other teams area to gain a point.
- After a collective 5 points, add a second ball.

Space: Large field or hall

Task: Score points by rolling the ball past the cones on the other side.

Equipment: Cones and balls

People: Equally balanced teams

EASIER

Use one larger ball.

HARDER

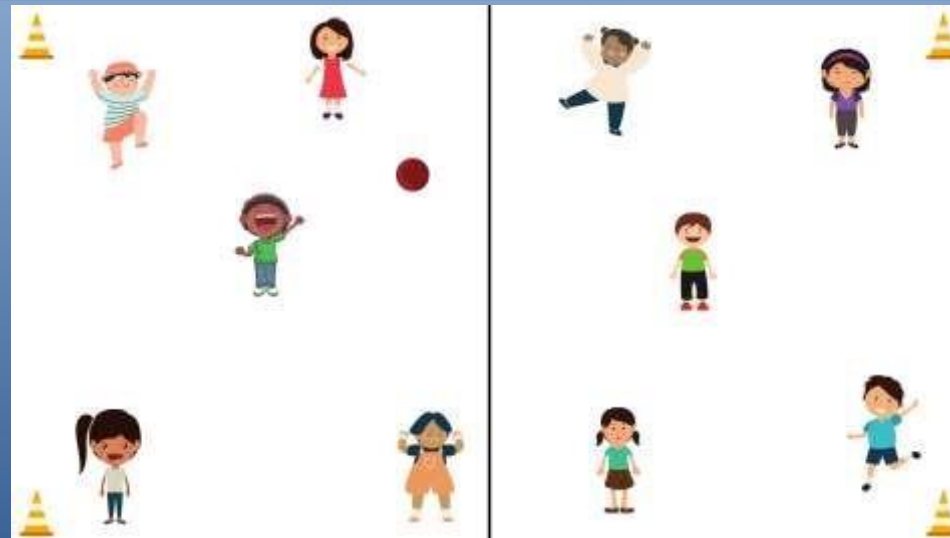
Start with multiple balls.

Hit the cones to get 2 points.

EQUIPMENT

Cones

Balls





Secret Agent Dodgeball



- Mark out a playing area with cones and add a halfway line with 2-5 balls along it.
- Split the children into two teams, choose a secret agent on each team without the other one knowing.
- The teams are trying to get the other team out by throwing balls at them, if caught out they must stand to the side.
- They can be freed by the secret agent giving them a high 5 or another child catching a ball. Once the secret agent is caught they are out for that game.

Space: Large field or hall

Task: Catch all the other team member out

Equipment: Cones and balls

People: Change the secret agent regularly

EASIER

Increase the number of secret agents.

HARDER

Only allow 1 secret agent.

EQUIPMENT

Cones
Balls





Submarine Tag



- Mark out a playing area.
- Choose 1-3 children to be Boats and give them a soft dodgeball.
- Boats have to chase and throw their balls at the other children (submarines).
- If a submarine is hit, they must lay on the floor with one leg in the air, and to be freed another submarine must push down the leg of the caught submarine.

Space: Large field or hall

Task: Sink all the submarines/
escape the boats

Equipment: Cones and balls

People: Change the boats regularly

EASIER

Increase playing
area.

Reduce number of
boats.

HARDER

Reduce the size of
the playing area.

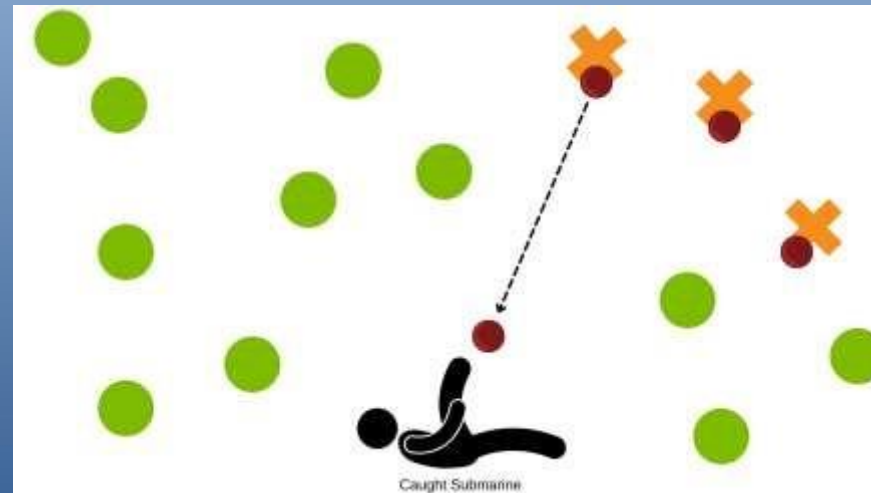
Increase the
number of boats.

Throw with non-
dominate hand.

EQUIPMENT

Cones

Balls





Totally Tennis



- Set out the cones to make a makeshift tennis court.
- Pair the children up.
- Start tennis rallies over the line and see who can keep a rally going for the longest.

Space: Large field or hall

Task: Keep the longest rally

Equipment: Tennis rackets, tennis balls, cones

People: Equally balanced pairs, play doubles

EASIER

Make the court larger.

Lower the net.

Use a sponge ball.

Two or more bounces allowed.

HARDER

Make the court smaller.

Use a proper tennis net.

Use a tennis ball.

One bounce allowed.

EQUIPMENT

Tennis rackets

Tennis balls

Cones





Animal Tracks Tag



- One child is the Hunter and the rest of the children are one of the following animals: Gorilla, Parrot, Elephant and Goldfish.
- Animals stand on one side of the field with the Hunter facing them, the Hunter calls out one of the animals.
- They have to try and cross the field without being caught by the Hunter who can only jump or hop.
- The Animals must move like their given animal, and the last animal to be caught becomes the new Hunter.

Space: Ensure space is large enough to run around

Task: Catch the animal/ escape the hunter

Equipment: Bibs to indicate animals

People: Change roles regularly

EASIER

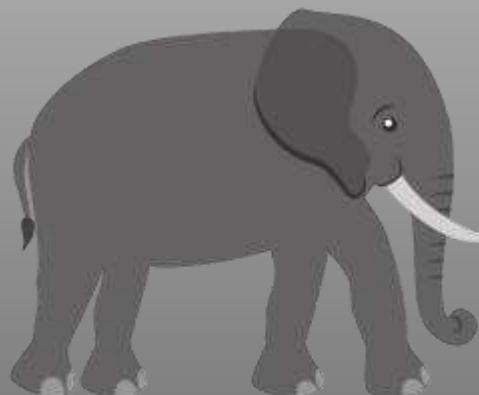
Child can just run across.

HARDER

More than one Hunter.
The Hunter can run.

EQUIPMENT

N/A





Base Tag



- Set out a coned 'base' area.
- Choose one child to be the Chaser and the rest are the chased.
- The Chaser has to try and catch the chased, if they are caught they swap places with the Chaser.
- The children cannot be caught if they are in the 'base' area.

Space: Ensure space is large enough to run around

Task: Catch the chased/ escape the chaser

Equipment: Cones for base area

People: Change roles regularly

EASIER

Larger base area.

HARDER

More chasers.
Smaller base area.
Specific time allowed in base area.

EQUIPMENT

Cones





Pac Man



- Use a gym if available with multiple court lines on the floor.
- Choose 1 or 2 children to be the 'Pac person' who will go around tagging people.
- All the other children must avoid being tagged by the 'Pac person'.
- All children must walk ONLY along the lines on the ground, and once tagged must sit down creating a barrier (which only Pac people can pass).
- The game ends once all the other players have been tagged.

Space: Gym

Task: Tag all runners/ escape the Pac people

Equipment: Cones

People: Switch Pac people around after each round

EASIER

Let children jump between lines.

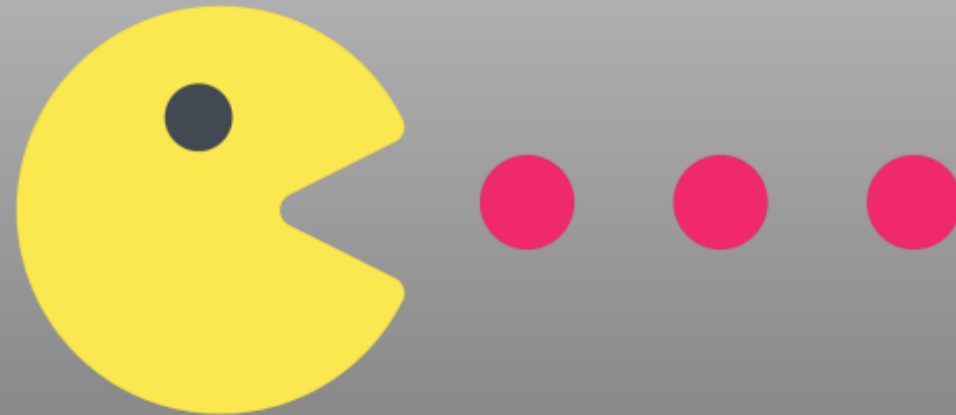
HARDER

Have more Pac people.

Let sitting children become sitting taggers.

EQUIPMENT

Cones





Bib Tag



- Split the children into two even teams.
- Give each child a bib and ask them to tuck it into their trousers/skirt at the side or give them a tag rugby belt with tags on.
- The aim is for each team to take as many bibs or tags from the other team as possible in the time allowed.

Space: Ensure space is large enough to run around

Task: Tag bibs or tags from other teams

Equipment: Bibs or tags

People: Split teams into even ability

EASIER

You can take tags when you have lost yours.

HARDER

Have extra bibs to go and collect once yours has been taken.

EQUIPMENT

One bib per child
Or
One set of rugby tags per child





Bouncy Tag



- Name one child as the Chaser and the other are the Chased.
- When you are caught by the Chaser you have to keep doing star jumps until some sets them free by doing 3 star jumps in front of you.
- Change the jumps regularly.

Space: Ensure space is large enough to run around

Task: Catch the chased/ escape the chaser

Equipment: N/A

People: Change roles regularly

EASIER

Let children go after a specific number of jumps instead of being set free.

HARDER

More chasers.

EQUIPMENT

N/A





Chain Tag



- One child is chosen as the Chaser and the others are the Chased.
- The Chaser had to catch ONE other player.
- When someone is caught they join together and both become Chasers, when the chain contains 4 people the chain splits into pairs and carries on until everyone is part of a chain.

Space: Ensure space is large enough to run around

Task: Catch the all children

Equipment: N/A

People: Change initial chaser in-between rounds

EASIER

Have a stand still time between each catch.

HARDER

Start with more catchers.

EQUIPMENT

N/A





Cops and Robbers



- Set up the area according to the photo below.
- Spilt into 2 even teams of cops and robbers.
- Robbers must try and steal the bean bags from the hoops around the area and try and bring it back to their safe zone in the middle. The cops have to try and catch the robbers by tagging them and the robbers sitting down on the floor.
- Cops win if the robbers are all sat down and robbers win if they get all the bean bags back to the safe zone.

Space: Hall or gym

Task: Try get the bean bags back/ catch all the robbers

Equipment: Cones, hoops, beanbags

People: Switch teams around

EASIER

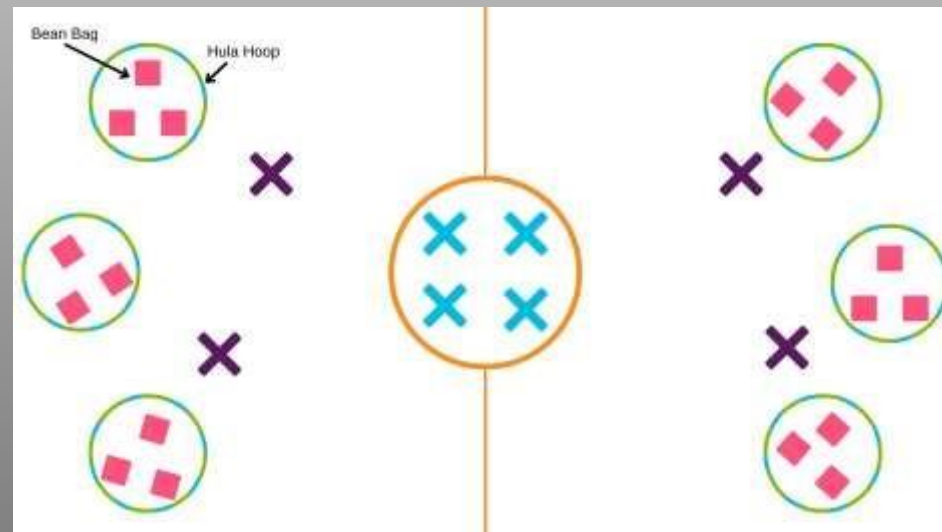
Less beanbags to collect.

HARDER

Have more cops than robbers.
Lots of bean bags.

EQUIPMENT

Cones
Hoops
Beanbags





Dodgeball Tag



- Mark out a play area with some cones.
- Give the dodgeball to one of the students and let the rest of the children run around. The child with the ball can take 3 steps max and stop, they should then either throw the ball to get another child out or bounce pass it to another child.
- If they throw it and it is caught by the other child, they are out. Any child hit by a ball that isn't bounced is also out.

Space: Ensure space is large enough to run around

Task: Try and be the last person standing

Equipment: Dodgeball

People: Make sure each child has a go to throw the ball.

EASIER

Let children keep moving with the ball.

HARDER

Have 2 or more balls going around.

EQUIPMENT

Soft dodgeball





High Five Tag



- Choose one child to be the Chaser and the others are the Chased.
- If they are caught, you must stand still until high fived by another child.
- Switch it up with low fives, double high fives, one up and one down.

Space: Ensure space is large enough to run around

Task: Catch the chased/ escape the chaser

Equipment: N/A

People: Change roles regularly

EASIER

If not high-fived within a certain time, the child is free anyway.

HARDER

More chasers.

EQUIPMENT

N/A





River Crossing



- Split the children in into teams and set up the hall according to the picture.
- Children should use the equipment to complete each level and if any part of their body touches the floor they start again.
- Level 1: Get to the Island (gym mats in the middle)
- Level 2: Cross the river (the island is a checkpoint)
- Level 3: You lost a rock (use one less spot than given)

Space: Hall or gym

Task: Try and cross the river without touching the floor

Equipment: Gym mats, coloured spots

People: Encourage children to lead

EASIER

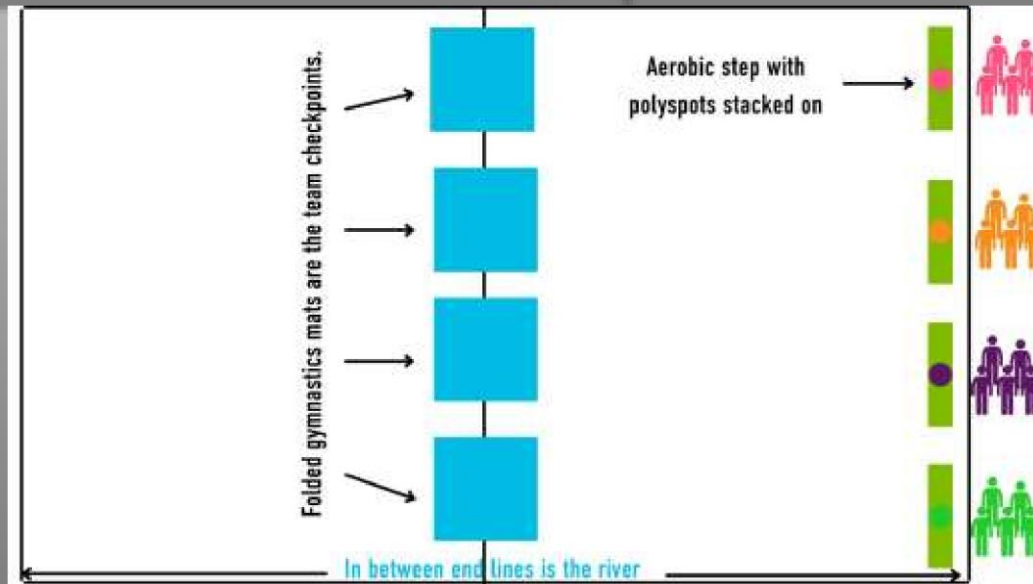
Use large spots to cross with.

HARDER

Take away more spots.
Use smaller items to cross with.

EQUIPMENT

Gym mats
Coloured spots





Shark Attack



- Choose a child to be the shark.
- Get children into threes, one child is the fish and the other two make a cave by forming an arch in which the fish can duck into when threatened with tagging by another child who is the shark.
- When the word 'food' is called, the fish have to change caves without getting tagged, If they get caught, they change places with the shark.

Space: Ensure space is large enough for all children

Task: Catch the fish/ escape the shark

Equipment: Could use bibs to indicate roles

People: Change roles regularly

EASIER

Use fewer sharks.

HARDER

Add more sharks.

EQUIPMENT

N/A





Statues Tag



- One child is the statue maker, one child is the breaker and the rest of statues.
- The statues stand around the playing area and they cannot move until they are set free by the breaker.
- The breaker runs around touching each statue and setting them free, and then the statues have to try not to be touched by the maker once free.
- If they are caught by the maker, they must freeze again.

Space: Ensure space is large enough to run around

Task: Freeze all children/ unfreeze all children

Equipment: N/A

People: Change maker and breaker regularly

EASIER

Have some children able to move at the beginning.

HARDER

Multiple makers.

EQUIPMENT

N/A





Stuck in the Mud



- Mark out a playing area with the cones.
- Choose once child to be 'it'.
- The child who is 'it' needs to run around trying to tag as many children as possible.
- Children who are caught must stand still in the shape of a star and become up stuck when a child crawls through their legs.

Space: Ensure space is large enough to run around

Task: Try catch all the children/ avoid the child who is 'it'

Equipment: Cones

People: Change the child who is 'it' regularly

EASIER

Children can be unstuck after a specific time.

HARDER

Have multiple child who are 'it'.

EQUIPMENT

Cones





Aiming Challenge



- Place a skipping rope on the floor for the children to stand behind, place the 3 hoops at various distances from the rope.
- Each children should throw a bean bag into one of the hoops, each hoop has a different score value: closest= 1, furthest= 3.
- Children should keep track of their own score and be the first to reach 10 wins!

Space: Column long enough to distance the hoops

Task: Throw bean bags into the hoops and score 10

Equipment: Skipping rope, bean bags and hoops

People: Take turns

EASIER

Place the hoops closer together.

HARDER

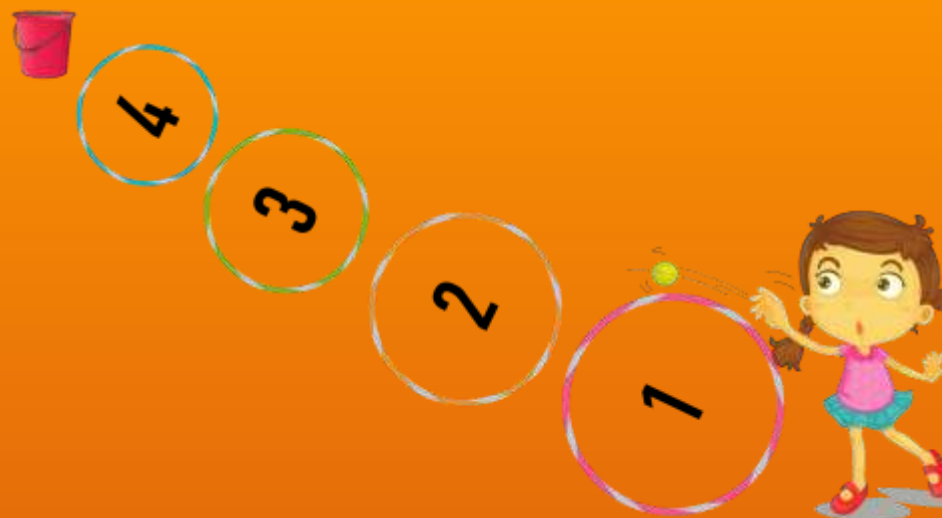
Place the hoops further way.

EQUIPMENT

Skipping Rope

3 Hoops

Bean Bags





Beach Ball Blast



- Set the children up so that they are all sat down on chairs in a line facing the same direction.
- Place a hoop a distance from the children and place a beach ball inside the hoop.
- Children now take it in turns to throw a tennis ball at the beach ball to try and knock it out of the hoop, if they do that's 1 point.

Space: Large field or hall

Task: Try and knock the beach ball out of the hoop

Equipment: Chairs, beach ball, hoop, tennis ball

People: Allow each child to have an equal amount of go's

EASIER

Move the hoop and beach ball closer.

Use bigger balls to knock out the beach ball.

HARDER

Move the hoop and beach ball further away.

EQUIPMENT

Chairs
Beach Ball
Hoop
Tennis ball





Golf 1



- Set out the hoops different distances from one another moving up the field or hall.
- The children must start at the edge of one hoop and begin to try and throw their bean bag into the hoop in the smallest amount of throws.
- The children should count the number of throws it takes them to complete all 6 hoops.
- Play a second round and see if the children can beat their score.

Space: Column long enough to distance the hoops

Task: Throw bean bags into the hoops in the smallest amount of throws

Equipment: Bean bags and hoops

People: Take turns starting the chain of children

EASIER

Place the hoops closer together.

HARDER

Place the hoops further way.

EQUIPMENT

6 Hoops
Bean Bags





Golf 2



- Set out the quoits different distances from one another moving up the field or hall.
- The children must start behind one of the cones and begin to try and throw their bean bag into the quoit in the smallest amount of throws.
- The children should count the number of throws it takes them to complete all quoits.
- Play a second round and see if the children can beat their score.

Space: Column long enough to distance the quoits

Task: Throw bean bags into the quoits in the smallest amount of throws

Equipment: Bean bags and quoits

People: Take turns starting the chain of children

EASIER

Place the quoits closer together.
Use hoops instead of quoits.

HARDER

Place the quoits further way or behind objects.
Increase the number of quoits.

EQUIPMENT

Bean Bags
Quoits
Cones





Hoopla



- Place the hoops in different patterns on the floor and give the children a bean bag each.
- The children should try and throw their bean bag into one of the hoops, each with a different points value.
- The child with the most points wins.

Space: Large field or hall

Task: Throw bean bags into the hoops and collect the most points

Equipment: Bean bags and hoops

People: Take turns starting the chain of children

EASIER

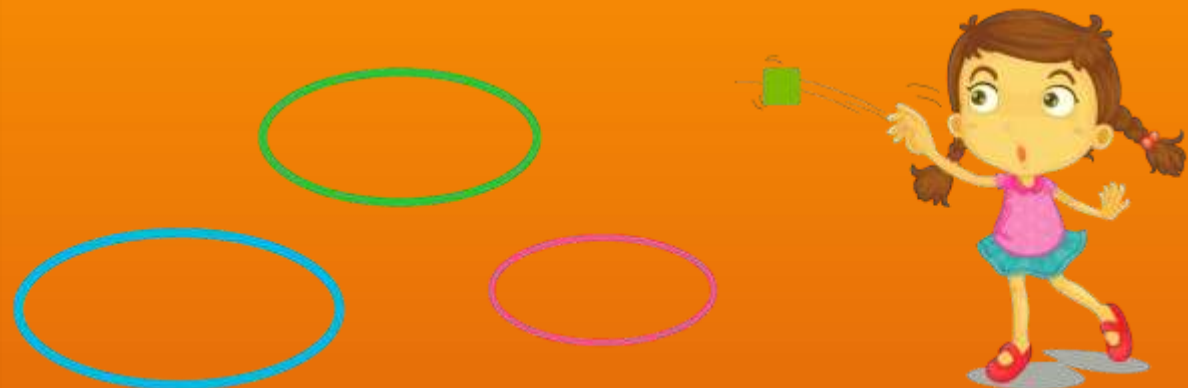
Place the hoops close to the throwers.

HARDER

Move the hoops further away from the throwers.

EQUIPMENT

Bean Bags
6 Hoops





Zone Hitting



- Lay out cones to make designated points areas.
- Taking turns let each child hit the ball of the stump and see how many points they earn.
- Could do first to 10 points wins, or which child has the most points after 5 goes wins.

Space: Large field or hall

Task: Hit the ball into an area to score the most points

Equipment: Cones, bat, stump, spots, ball

People: Take turns starting the chain of children

EASIER

Make the zones wider.

Move the zones closer to the batter.

HARDER

Make the zones narrower.

Move the zones further away from the batter.

EQUIPMENT

Stump

Bat

Ball

Cones

Coloured spots

5 Points



10 Points



5 Points

