

RAPID FIRE

EQUIPMENT: 12 cones, 4 tees/cones and 4 balls
FORMATION: Teams of 3 - 5, two teams per set up

DIRECTIONS: Set up 4 separate goals using the cones. One team in the outfield past the goal cones, one team up to bat behind the tee's/cones. The Objective is for the batting team to kick the balls from the tees through the field goals. Batter kicks one ball at a time off the tees as fast as they can, after last ball is kicked the batter runs around the two cones set up a distance behind them. They score a run every time they go around the cone. A point is also earned for every ball that is hit between the goals in the outfield. To stop the kicker from running the fielders have to retrieve the balls and put them back on the tees in the designated area. When all players from one team have kicked the teams reverse roles.

MODIFICATIONS Don't worry about kicking between the cones on the field,
(Junior School) when kicker is done the **WHOLE** team runs around the two cones

RULES: Fielders **MAY NOT MOVE FORWARD** until the last ball is kicked off the tee.

1

OUTRAGEOUS ORBIT

- EQUIPMENT:** One beach ball/large oversize ball, 4 cones
- FORMATION:** Divide class into 2/4 equal teams, each team creating a side of a large square (4 teams) or facing each other 2 teams, place large ball in the middle of the square, team members must remain on their designated line (they may sit or be on their knees, NO STANDING)
- OBJECTIVE:** Be the team with the least amount of points
- DIRECTIONS:**
- 1) Each team member is numbered off one through however many are on the team. Some teams may have to have one person have two numbers, so each team has EQUAL amount of numbers
 - 2) The station workers calls off one number
 - 3) The member with that number from each team CRAB WALKS to the middle and begins kicking the beach ball towards any of the three other teams
 - 4) Teams try to block the ball from going over their heads by using their hands and pushing the ball, or kicking the ball with their feet.
 - 5) If more than half the ball goes over a team's line, then that team receives a point
 - 6) Members return to their space and a new number is called
 - 7) If after a 30 – 45 seconds there is no score, stop the ball, players return to their spots, a new number is called
 - 8) Team members on the side line may not score on the other team, only the members numbers who have been called can score
 - 9) If the ball goes over the corner cone no point is scored
 - 10)T After each pupil has gone once teams count their points and try's to beat their own score next time.
- MODIFICATIONS:** Use math problems to call the number (i.e. $9 - 3 =$)
- RULES:** Team members on the line may not push the ball over another team's line. Only the players whose number was called can score on the other teams. Picking up the ball and throwing it is not allowed it can only be pushed or kicked .

2

VERTIGO VOYAGE

EQUIPMENT: 3 -4 hula hoops/tires

FORMATION: 3 -4 equal teams standing behind starting line

DIRECTIONS: One member from each team spins around 4 times and then rolls their tire to the designated line, spins around 3 times and then returns to the start line with the hoop/tire. Continue until all members on the team have had a turn.

MODIFICATIONS: Change the locomotors (i.e skip, gallop, walk backwards) add another challenge (i.e .,jumping jacks, push ups) to do when they get to the turn around line.

3

SPONGE SQUEEZE

EQUIPMENT: One sponge and one bottle, and one cone per team, large containers or buckets of water

FORMATION: Two/Four equal teams, one team member stands holding the bottle out in front or to the side of their body

DIRECTIONS: All other team members line up behind a bucket with water in single file. First person dips their sponge in water and passes it to the person behind them, continue till it gets to the last person who then squeezes the water into the bottle that is on the ground.

ROTATION: The squeezer then takes hold of the bottle and the student who held the bottle takes the sponge to the front of the line and dips it in the pool and everyone moves back one space. Continue this till time is out – measure who has the most water.

MODIFICATIONS: Bottle is not held by anyone and is placed on the ground or on top of a cone behind the last person

4

PADDLE PUZZLE

EQUIPMENT: 10 paddles, one paddle per person, 10 tennis balls

FORMATION: Teams of 5 each person has a paddle, every person has a ball on the team EXCEPT the second person

DIRECTIONS: Teams line up at start line. First person balances a ball on their paddle and runs down around designated cone/marker and comes back. Second person puts paddle on top of first person's balancing ball, together they go to the turn-around line and return, third person adds their ball and paddle and go to line and back. Continue until all members are part of the "paddle puzzle"

5

MILK JUG CARRY

EQUIPMENT: 5 milk jugs per team one hoop per team

FORMATION: 4 –5 equal teams

DIRECTIONS: First runner runs with one jug down and back, hand off (WITHOUT DROPPING) to next teammate, till all have a turn. When back to first person then now carry 2 jugs, repeat sequence, until all have had chance to carry 5 jugs and the last person places them in the hoop and the team sits down in a line. If jug is dropped along the way or in the hand off process student must perform 4 jumping jacks and then pick jugs up again and continue.

MODIFICATIONS: Have students travel using different locomotors i.e. skip walk backwards, grapevine.

Place a small ball inside the jugs to make it harder. Pupils must ensure ball does not fall out of jugs.

RULES: If jug is dropped along the way or in the hand off process student must perform 4 jumping jacks and then pick jugs up again and continue

6

KEEP YOUR FLAG

EQUIPMENT: Two rugby tags per person/bibs

FORMATION: Scattered throughout area marked out by 4 cones

DIRECTIONS: Each player starts with two tags/bibs one on each side of their body tucked in their waist band. Tags/bibs must be hanging down and no covering flags up with shirt. The goal is to move around the play area stealing other players' tags/bibs while not getting your flag stolen. Try to collect as many flags as possible. If you have no flags you are not out of the game you just go and steal other player flags. Have rounds go for 2 -3 minutes. Start a new round ensuring everyone has got just two flags each again.

RULES: Tags/bibs must be hanging down
May only steal one flag at a time
No blocking with your hands
If you have a flag in your hand and are missing one in your waistband you must restock your waistband

MODIFICATION: *MONKEYS AND BABOONS (Junior School)*

EQUIPMENT: One tail per monkey (rugby tag/bib), baboons have no tails

FORMATION: Divide group in half. Half are Monkeys half are Baboons

DIRECTIONS: Each monkey player starts with a tail in the back of their waistband. On the start signal monkeys run around trying not to have their tails pulled off by the baboons. If a baboon steals a monkey tail they become a monkey and tuck the tail in their waistband and the monkey then becomes a baboon and runs around trying to steal a monkey tail.

7

Blindfold Fun

EQUIPMENT: Shirt with lots clothes pegs/hangers stuck on in different places, cones, blindfold

FORMATION: Children in pairs. Partners surrounding the outside of a circle made of cones, Pupil or teacher wearing the clothes peg shirt in the center blindfolded. Buckets/cone behind the each set of partners

DIRECTIONS: The teacher is in the middle of the boundary rope with the clothes peg shirt and blindfold on. They may not leave the circle. On signal the players (1st partner) attempt to go into the circle and “steal a clothespin and bring it back to their partner and place it in their area. Now the other partner goes in and repeats the process. If a player is tapped by the blindfolded person they must go back to their place and start again. Partners work together to try and get as many clothes pegs as possible without being tagged.

RULES: ONLY ONE CLOTHES PEG CAN BE TAKEN FROM THE SHIRT AT A TIME.

8

FLYING FRISBEES

EQUIPMENT: 4 -5 Frisbees, 4-5 bowling sets, 4 cones to mark throwing lines

FORMATION: 2-4 equal teams, one person from the team stands by the pins, other team members behind throwing line

DIRECTIONS: First team member takes one throw with Frisbee to knock down the pins. After they throw they go replace the team member standing by the pins. The player who was standing by the pins gets the Frisbee and brings it back to the next thrower, then they go to the end of the line to wait their turn. This continues until one team's pins are all knocked down.

RULES: Throwers must remain behind the throwing line. Use appropriate line for age level/ability. Each time team knocks down all the pins the starting line is brought back by 1 step. Junior school start closer and senior school farther away.

MODIFICATION: If you don't have bowling pins get pupils to try and throw Frisbee so it lands in hula hoop or area marked out by cones. If you don't have Frisbees use balls instead

9

BUSY BASES

- EQUIPMENT:** 4 or 8 sets of bases , one ball per set of bases
- FORMATION:** 4-6 people per set of bases. One catcher / thrower at each base, others or runners
- DIRECTIONS:** Throwers stay by bases throwing and catching ball back and forth. Runners may run at any time (all may run at the same time) to the other base. The thrower / catchers are trying to tag the runners with the ball before they get to a base. Once tagged they then become a throw/catcher.
- MODIFICATION:** Mark out a large square/rectangle with four cones. Pick two pupils to be throwers, they stand outside the marked out space at opposite sides. On the teacher's call all pupils attempt to run from one side of space to the other without being touched by ball. Throwers roll/throw balls below waist height trying to tag runners, have a large amount of balls at the sides for throwers to throw. If you are tipped by the ball you become a thrower.

10

QUICKSAND

EQUIPMENT: One poly spot (or equivalent e.g. old carpet cut up/cardboard piece etc.) Per team member with one extra pad per team

FORMATION: Teams of 4 -5 lined up single file

DIRECTIONS: Teams are to work together trying to get all members across the “quicksand” (large designated area). They start on their stranded island (behind the line) and try to get to “paradise” (line on the other side of designated quicksand). They have pads they can stand on while in the quick sand. One person can be on a head at a time, and there is one extra per team. They have to figure out how to get everyone safely over the quicksand without anyone stepping into or leaning on the quicksand. If someone falls in then they all pick up their heads and go back and start again with a new team member being the leader.

Let them experiment and try different ways, the key is for the leader to place the croc heads fairly close together to step on like stepping stones so the last person can easily pick up the croc head without touching quicksand and pass it forward.

RULES: If someone steps off the pad the team picks up the pads and starts again. With a new leader, previous leader goes to the end of the line

HOOP PLAY

- EQUIPMENT:** Hoops
- FORMATION:** 2 teams
- DIRECTIONS:** Teams forms a circle holding hands. Hoop is placed between two players so that their hands are joined inside the hoop. Then pass the hoop around the circle without letting go of hands.
- VARIATION:**
- One person holds the hoop still while other hold hands and travel through hoop
 - One person holds the hoop and moves hoop over everyone else while they stay in place
 - Do this game in a straight line and after the hoop has passed over a player they add on to the end of line
 - Blindfold one person or add more hoops

CHARIOT RACE

EQUIPMENT: One chariot (parachute piece) and carpet square (for booty protection) per team

FORMATION: Four people per team

DIRECTIONS:

-One person from each team sits cross-legged on the carpet square, which is placed on top of the parachute, they wrap the extra part of the chute around self. (CONTINUED)

-Other team members hold the opposite end of the chute and pull the seated person to the designated line.

-After one turn, change to a new team member to be pulled.

-All four team members to be pulled the designated distance in a shuttle relay

RUBBISH CHUCK

EQUIPMENT: Piece of large cloth, various rubbish items to be chucked per team

FORMATION: Teams of 5; one team member stands behind designated line, other members are holding cloth behind their designated line

DIRECTIONS: On signal one team member is the rubbish chucker – they chuck a piece of rubbish and the rest of the team tries to collect it in their cloth. If it is caught the team keeps it collected and a new rubbish chucker is put into place, if it is not caught still swap out rubbish chucker, but the new chucker picks up the rubbish and takes it back to the line with them. As more rubbish is collected do not let the other rubbish fall out of the collection bag / sheet. Team with the most rubbish at the end of the time are the king and queens of rubbish

TOXIC WASTE

EQUIPMENT: heaps of balls (representing toxic waste/bombs)

FORMATION: two equal teams, electric fence (line of cones) through middle of the area, equal amount of toxic waste/exploding balls on each side

DIRECTIONS: On signal students begin to chuck the toxic waste into the other team's yard/half. They may only throw one item at a time, and must stay back from the fence. Let this continue for a few minutes. Tell the pupils that the bombs are about to explode, do a countdown. Blow the whistle for all chucking to stop and for students to freeze (get pupils to freeze in different ways! Count the amount of waste on each side, the team with the least amount on their side is the winner. As an alternative to emphasise team work for teams to count amount of balls on their side and to work together to lower their score next time. Divide waste equally again and start a new round.