

Safety Tips

Remember:

- Keep your head up
- Look where you are going
- Try use all the space
- To Tag someone, use a gentle tap
- Keep running and stay away from catchers

Teaching Points:

- Mark out an area using cones if there are no markings already
- Make sure the children know to stay within this area
- If the number playing the game changes, alter the size of the area [more players = bigger area, less players = smaller area]
- Using cones will keep the game controlled and will not disturb the other children

Key Icons



Bibs



Baskets



Area



Goals



Cones



Benches



Balls



Beanbags



Hoops



Chairs

Tag Games



- Select a number of catchers for the group and area size for all tag games
- Mix up the catchers every now and then to ensure all participants get the chance
- There are lots of variations on Tag, see below for some suggestions

Disco Tag: When a player is caught they must start dancing. To be freed and return to the game, another player must run over to the caught individual and copy the dance moves.

Chain Tag: When a player is tagged, they must link hands with the catcher to form a chain. If needed split a larger chain into smaller chains.

Toilet Tag: When a player is tagged, they must stand with their feet shoulder width apart and one arm straight out to the side. To be freed, another player must push the straight arm down to which the player makes a flushing sound and returns to the game.

Stuck in the Mud: If caught, the player must stand still with their feet shoulder width apart, to re-join the game another player must crawl through their legs.

Warm Ups!

Banana Tag: If a player is tagged, they must stand with both arms together in the air. To be freed another player must pull down both arms as if they were peeling a banana.

Aeroplane Tag: If a player is caught they must stand with their arms out straight to side as if they were plane wings. To be freed another player must run underneath the players wings.

Bumper Tag: In 2's, lie on the floor face down next to one another in space. One set of two is selected as a catcher and a runner. If the runner lies down next to a pair on the floor then it bumps the person next to them and the person on the end must stand up and run away. If the catcher tags the runner then the roles are reversed.

Chaos Tag: All participants are catchers. When indicated to start everyone needs to try and catch one another. If you get caught you must sit down. If two people catch each other at the same time, rock paper scissors decides who sits down. To get back to your feet you must watch who caught you, when they are caught and sits down, you stand up and return to the game.

Equipment: Appropriate Space

warm ups!

Hospital Tag: Decide on who the catchers are and give each one a bib to put on. Catchers must try and tag all remaining participants 4 times.

When he runner is caught the first time they must run with one arm across their chest, second time they must run with two arms across their chest, third time they must hop and then the fourth time they are out. Game finishes when all participants are out. Please be aware that participants may fall, ensure catchers aren't pushing when catching participants.



Cat & Mouse: All participants will receive a bib, catchers (Cats) must put the bib on while the remaining participants (Mice) must make a tail and tuck the bib into their shorts. Allow all Mice the chance to start running and count in the Cats. Cats must try and pull out the tails from all the mice. Once caught/lost your tail, you must put on your bib and become a Cat too. Game finishes when no mice remaining.



Sharks & Fishes: Split the space into three equal sections and pick number of sharks for the group size. Each shark is given a bib and must stand in the middle section where they can't leave. All fishes stand in a line facing the sharks. Shark will say a colour, if the fish has an item of clothing in that colour, they must try and get through the middle section without being caught. If fishes are caught they become seaweed where they must stand in the position they were caught. Seaweed can assist the sharks by catching fishes but can't move their feet, they can only stretch out.



Warm Ups!

Jungles on Fire: Catchers will be given a bib and shall stand in the middle of the area whilst rest of participants will stand in a line facing the catchers. Coach will then give all the runners an animal but only have a max of 3/4 different animals. Once everyone bar the catchers have an animal the game can start. Catchers have the choice to shout one of the animals or jungles on fire. If they shout an animal, for example tiger, all tigers must run to the other side of the area without being caught however if jungles on fire is shouted all animals must run. If you get caught you must stand in the place you were caught at.



Crows and Cranes



Mark out a starting line with cones down the middle of the playing area. Split all players into two teams and arrange the teams into two straight lines facing each other (2 metres apart) on either side of the starting line. Mark out another line using cones (about 5 metres) behind each team which is their safe zone. One team is named the 'Crows' and the other named the 'Cranes'. The leader will call out a team name; the team that is called chases the other team to their safety zone. The other team must run to their safe zone without being caught by the opposing team. If a player is caught then they will move across and join the other team. Teams will go back to the start line in the centre and the game is repeated. The leader should say the team name slowly- Crrr... to have an element of confusion and anticipation. Play the game several times. The winning team will be the team with the most number of players at the end.

Please Mr Crocodile



Set out cones to mark out the playing area and choose a participant to be 'Mr Crocodile.' Mr Crocodile stands in the middle of the river (area) and everyone else lines up at one end of the area. Everyone shouts 'Mr Crocodile can we cross your Golden River?' to which Mr Crocodile replies 'Only if you're wearing (choose a colour).' Anyone wearing that colour can cross safely, once they have crossed, everyone else must try to run across without the crocodile catching them. If you get caught you will then become a crocodile. Game continues until one participant is left.

Shark Attack



Scatter several hoops around the playing area and select one player to be the shark, everyone else are swimmers. The shark will swim amongst the swimmers using all the space, moving in different directions and different movements such as running and jumping. When the leader shouts 'Shark Attack', swimmers must find an Island (hoop) before being caught by the shark. The shark can't go into the hoops. Players that are caught then also become sharks. As the game goes on, reduce the number of islands to make it harder.

Steal the Treasure



The coach will lay a selection of items in the middle and one hoop in each corner of the play area. Once this is set up, all participants are split into four teams and allocated a hoop which they must stand behind. When the coach indicates, one participant from each team must run into the middle, grab a piece of treasure and return this into their hoop. When returning another player from the team then can go. The team with the most treasure at the end wins.

Heaters and Freezers



Two players will be selected as freezers and will leave the room so that the leader can secretly select two other players to be heaters. The freezers will be given bibs and will be counted into the game. If you are caught by one of the freezers you must stand still in the area you were caught. The heaters however can unfreeze you by tagging you when you have been caught. The freezers will need to try work out who the heaters are to catch everyone. Once everyone has been caught the game is over. Change the heaters and freezers to continue playing the game.

Traffic Lights



Coach will hold onto one green, yellow and red cone, which corresponds to traffic lights. A command will be given such as jog, walk, hop, skip, etc. If the green cone is held up, all participants must complete the command around the area, yellow cone is raised then they must complete it on the spot and if the red cone is raised they must stop. To keep the game going, change commands regularly or make the game competitive, last person to stop/complete command is out.

Dishes and Domes



All participants are split into two equal teams, then the coach must put all the cones out either normally or upside down but ensure the numbers are the same for each way. Upside down cones represent Dishes, correct way round represents Domes. One team is given Dishes and the other Domes. Participants must turn the cones to the way that represents their team (Dishes or Domes). Ensure there is a time limit and once it's finished, count the number of dishes and domes.

Capture the Flag



Split the area in half and mark with cones. At one side of the area there will be four bibs of one colour and at the other four bibs of a different colour. Participants will then be split into two even teams and must stand at either side at the back of the marked out area. Aim of the game is to capture all of the opposing team's flags first and take back to their side. If you cross the middle line, defending team can tag you which mean you must return to the back of the area before returning to the game. Once a flag has been captured, it can't be taken back.

Rock, Paper, Scissors



Set out the hoops touching each other in an S shape and split participants into two equal teams. Each team starts either side of the S. Individuals must jump through the hoops with two feet until they meet someone from the opposing team. When two participants meet they must play Rock, Paper, Scissors. The winner continues through the hoops but the loser must return to their team and the next person in the queue starts jumping. The winning team is the team that gets a member into the final hoop at the other side.

Corner Sports



Set out four goals – or benches, hoops, etc – in the corners of the playing area. Split all players into four equal teams and put the teams to separate corners. All individuals will receive a number. Once this is done the coach will place the ball in the middle of the playing area and call out one of the numbers. The number shouted must run and try score against the other 3 teams. If your corner concedes a goal, the individual must return to their team. Last team standing wins. To progress the coach can shout several numbers up to the whole team going in. This allows players to work on passing as well as shooting and defending. Can be used for football, hockey, basketball and netball.

Bench Ball



At either side of the playing area, one bench should be placed and then a line of cones be used to create a line down half way between the two benches. All participants will be split into two teams and will be at either side of the cones. One person from each team must stand on the opposite bench. Each team will be given two dodgeballs each, the aim of bench ball is to throw the ball to your teammate on the opposite bench who will then try and hit an opponent to get them out. If you are hit with the ball you must stand behind your opponent's bench. The winning team is the last team standing. Change the individuals on the bench and continue to play.

Dodgeball



The coach will select an appropriate number of catchers for the group size and will give them a bib, plus a dodgeball. All other participants will be given time to start running and catchers will be counted in. The catchers must hit all other participants below knee height to get them out. Once a participant has been hit with the ball, they are out and must take a seat at the side. The last person that is hit will win the game. Change the catchers to allow for several games.

Relay Races



Cones will be used to indicate a starting point and also ending point. The participants will be split into two or more teams and must stand behind the cone. When indicated by the leader, participants must run up and around a cone then back to their team. Before the next participant goes there must be a high five completed. Once all participants have run the team must sit down in a straight line. First team sitting in a straight line wins. Relay races can be adapted and sporting equipment can be used, for example a football or basketball used and the participants must dribble to the cone and back.

Kick Ball Rounders



The leader will set out 4 cones in a diamond shape, one of these will be the start base and the other three the running bases. A final cone will be placed in front of the starting base for the bowler to stand at. All participants will be split into two equal teams, one team will be the kickers while the others will be the fielders. A Soft ball will be rolled towards one of the kickers who must kick the ball and run around the bases without being caught. They can stop at any of the bases and stay there until the next person kicks the ball. If the fielding team get the ball back to the bowler, anyone still running will then be out. If you kick the ball and the ball is caught you are also out. 1 point giving to a player who runs all the way round but stops once or more or 5 points for a home run. Once all players are out, fielders and kicker swap roles.

Cops and Robbers



Two end zones and a jail outside the playing zone at half way are marked out by cones. Lots of balls are in one of the end zones. Players have to try and transfer the balls from one zone to the other (robbers). The cops have to try and tag the robbers to put them in jail but the robbers are safe in the end zones. To free any robbers from jail a teammate must tag them. Game finishes after all the balls are transferred to the end zone, after all the robbers are caught or after a set period of time.

Ladders



In 2's, players will sit facing one another with their legs straight out and soles of their feet touching each other. The coach will give each pair a number. They will then shout a number, that pair must jump over everyone's legs (on their side) and back to their initial position before their partner. A variation of this can be that the players must score a goal after jumping over everyone's legs.

Duck, Duck, Goose

Participants will sit down in a circle and the leader will select on player to be the selector. The selector must walk round the circle tapping the other participants on the head saying duck or goose. If the selector says duck you remain sitting down but if they say goose, you must get to your feet as quick as possible and try catch the selector before they get round the circle and into your space. If the selector is caught they must sit in the middle of the circle until someone else is caught and the chaser then becomes the catcher. If they aren't caught then the chaser becomes the selector and the game continues.

Hot Chocolate



Mark out a start line at one end of the playing area using cones. All players stand behind this line. Choose one player to be the catcher who stands 20 paces in front of the other players with their back turned. Then the Leader says 'Go', the players must move slowly on their tip toes towards the catcher. The catcher can turn around at any time, when this happens all of the other players must freeze. Anyone caught moving must return to the beginning and start again. Catcher then turns their back again and players continue to move. When a player reaches the catcher they shout 'Hot Chocolate' and everyone runs back to the start line. The catcher will try to catch the players before they reach the start line. Whoever gets caught becomes the new catcher.

Dragons Treasure



Mark out a line at one end using marker cones and all players stand behind this line. Choose one player to be the dragon, who stands in a hoop 20 paces in front of the line with their back to the other players. The treasure (bean bags) is spread out in the area behind the dragons back. The players must try to steal the treasure by creeping up on the dragon. If the dragon turns around, all players must freeze. If the dragon sees any players moving they must go back behind the line and start again. If a player manages to steal some treasure, they shout 'Dragons Treasure' and the dragon chases all players back to the line. If caught that player becomes the new dragon.

Beans



Participants must move around the playing area or act like the various types of bean:

- Runner Bean: run around the area.
- Broad Bean: walk about as big as possible (star shape and big steps).
- Beans on Toast: lie on the floor and sunbathe.
- Jelly Bean: walk around the area wobbling.
- Chili Bean: walk around shivering.
- Frozen Bean: stand very still.
- String Bean: walk around as tall as possible.
- French Bean: one hand on hip, other out like a teapot and say 'oh la la'.
- Microwave Bean: spin around and shout 'Ting'.

Bump



Split individuals into two equal team, get them to stand behind a different cone for each team which is evenly distance away from the basket and give each team one ball. Coash will indicate when each individual must go but once indicated it is a race for the first team to score a basket. The individual who scores first will return to their team, but whoever scores second is out. Teams can use their own ball to 'bump' their opponent's ball away giving more time to score but this must be the ball hitting the ball. Final team standing at the end wins. Can be adapted for netball also.

Knockout Chair



All participants will stand in a line facing the basket with the first person in the queue having a ball. A chair will be placed to the side of the line. Participants take it in turn to try and score a basket, if they score they will return to the back of the queue but if they miss they must sit on the chair. If an individual is sitting on the chair and the next person scores they are out, however if the next person misses they then sit on the chair and the other person returns to the line. Game finishes when only one participant is left. Can be adapted for netball also.

Whats the time Mr Wolf?



One participant is selected to be the wolf and must stand at the opposite side of the area with their back to the remaining participants. All other individuals will stand in a line and must shout 'What's the time Mr Wolf?' to which the wolf will reply with a time between 1-12 o'clock. The number is the amount of steps everyone must take closer to the wolf. The wolf can also shout 'Dinner Time' to which he/she will turn and try to catch another participant before they return to the start position. Whoever is caught becomes the wolf.

Head and Catch



All participants must stand in a circle around the coach/leader that will be holding a ball. Before throwing the ball to the participants, the coach will shout either head or catch. Whatever command is said the participants must complete that action. If the individual completes the wrong action they must sit down. To make the game more difficult, adapt it so that the participants must complete the opposite action than the command, for example: head the ball if catch was shouted.

Elephant Football



All participants must stand in a circle with their feet shoulder width apart and one hand behind their back. The coach will roll a ball in to start the game. Players must use one hand to roll the ball through other player's legs but also stop the ball going through their own. Individuals can't push the ball through the legs of the players standing next to them. If the ball goes through your legs the first time, the player must spin round so they have their back to the circle and continue the game. If the ball goes through for a second time, the player is out and must sit down. Anyone who is out can continue to roll the ball at the players still standing. If the ball sticks in the middle of the circle or leaves the circle, the leader will move the ball so the game continues. As the game goes on add extra balls into the circle. The last player still standing wins the game.

Shape Shifters



The leader will say what shape corresponds to a number before the game begins. As each number is called out, the participants must get themselves into that shape as quick as possible.

For example

- 1: Curl into a ball
- 2: Lie down and stretch out long (Pencil)
- 3: Star Shape.

Zap

All participants will stand in a circle around the coach. The coach will rotate round in a circle with their arms straight out in front of them. When the leader stops moving, whoever the leader is pointing at must duck with the players either side turning the quickest and saying zap at the other player. The player who is last is out and must sit down. This will continue until only 2 players remain. When only two players remain they must stand back to back and start walking in a straight line until the leader shouts zap. When they hear zap, the 2 remaining players must turn as quick as they can and zap their opponent. The winner is the last player standing.

Simon Says

All participants will find a space in the playing area and make sure they can see but also hear the leader. The leader will tell the participants a variety of tasks/commands to do. If the leader starts by saying 'Simon says' then the participants must complete the command that was said. If the leader doesn't say 'Simon says' they shouldn't complete the command. If any participants complete the command without the leader saying 'Simon says' they are out and must take a seat, last player standing wins. Can also be used in a sporting context.

Wink Murder

Organise all players to sit or stand in a circle. Leaders will select one person to be the detective and they will leave the circle so they can't see the murderer being picked. The leader secretly points to someone in the circle to be the murderer, then the group will shout 'Detective, Detective, there is going to be a murder.' The detective then re-enters the circle and stands in the middle. The murderer has to wink/blink at other players in the circle without being seen by the detective. When a player is winked at they have to play dead by either lying back or sitting with their head forward. The detective gets 3 chances at guessing who the murderer is. The Game continues with new detectives and murderers being picked.