**Activities Roll**

**Tag Games:**

**Tag** - two students taggers, two rescuers

**Stuck in the mud** - circular space

**Tag with pegs** on back of clothes, most pegs student wins

**Sticky toffee- tag and taggers become connected**

**Velcro tag**, two teams (mix with stations to store)

**Infinity tag** - defined space, individuals, tag from knee down,

no diving - bend down to tag.

Tag = sit down and if tagger gets tagged then come back in.

**Head and hips tag:** Some hands on head, others hands on hips. All in tagging till one type dominates.

**Hospital tag:** 5 taggers -Tag 1 hands on head, tag 2 hands on knees, tag 3 hop, 4 tag becomes tagger (wear bibs)

**Line tag:** Students race to get on a specific line

**Slide tag** - box space with 4 zones, two teams.

player from each team to defend on these lines

aim: make it multiples times through the end zone, the players switch roles (some run, some tag)

- version bean bags, then students pivot off line, sit down

**Ball between leg tag** - students keep ball, try tag

**Tag Ball -** two teams, both have a target player (2,3..)

'it' - runs into space and others pass to try and tag 'it' with ball.

**Beanbag tag -**  two teams, rectangle zone with two hoops on end. One team taggers, others attackers... they can only be tagged if they have a beanbag, otherwise 2 m away. Most bean bags wins.

**China Wall** - 2 blocking, then 4

**Octopus** - zones area, make ground or collect object

**Bean bag tag** - keep on head, collect and deliver

**Cats and dogs:** Students stand on line, in pairs. Cats or dogs called - tag each other

**General movement games:**

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**Cone chase** - pattern of cones, equal then mixed

​V2 - two teams (one flipped up, other down)

**Cone shoe race** - cones on feet, hopping race

**Run and touch:** Students have to tag objects

**suicides** - zones

**Chase your number:** Students in circle, numbers called

**Duck duck goose:** Chase around circle

**Human Line chase:** two teams, one lines up and can only step out to catch other team if tagged.

**Tunnel ball** - under, then under/over combinations

**Thread the needle:** Students have to relay their ball by stepping through the arms of next person (interlock fingers)

**Balancing/carrying** - bean bags on head, tennis balls in tops, take off/on runners, hats with all etc

**caterpillar** - students balance ball with one hand, hold students hands in chain formation

**Chain relay:** one round cone, then two together, then three...

**Scarecrow wall** - students link up (hands and feet) to race to the end of zone

**​Blended wall** - students work together to create the longest wall to reach a certain item - use waterbottles also.

**3 step pass:** Students jump 3 steps, then pass.. relay style

​**Fruit salad** - any fruits, 4 corners

**4 Square roll -** each side of role represents a corner to run

**​​Corner touch:** 4 coloured markers, students gather in center then sprint to marker when called.... partner work

**Wall or Rob** - Students dance around the circle and have 2 tasks (rob = collect balls in middle for team) OR Wall (create a connecting line from one side to the other - bodies).

​\*wall and Rob - connection balls from one side to other

**Musical chairs** - circular style, stop music irregular​y

**Musical dancing** - get kids using specific motions

**Bean Fun** - jumping bean, broad bean (walk), baked bean (lay down), jelly bean (wobble), frozen bean (still), Chilli bean (shake), back to back bean (side facing partner), tinned beans (groups of 4)

**​Morphing body** - bouncing on one leg, sitting, rocking on floor, touching target - last few are out

​​**Animal movers:** snake belly, bunny hop, kangaroo jump

**​Who is the leader:** two students are 'it' and do an exercise that the other students have to follow... 1/2 people guess

**Rabbit in the burrow:** Each has hoop area... they run around and when called.. jump into a spare hoop. musical hoops.

**Basic Ball Possession games:**

**Silent ball** - warm down game- focus

**​Hand ball hand swap** - sitting down, awareness of ball game

**piggy in the middle** - version with 4, loop in center

V2) circle of players, one defensive player, aim to hit target in center

**​Bean bag/ball relay** - cannot touch ground, no hands allowed

V2 - passing with feet sitting down

**Ball balance pose** - students have to keep the ball balanced on hand and do poses...

​V2 - ball from left side to right side using elbows with partner

**Ball course** - Students roll ball with hands through course - relay style

**Mixed Ball pass** - students pass big, little, tiny balls relay style

**Around the world:** With bats or balls against wall

**Ball sqeeze catch:** sqeeze b/w legs, catch with hands - then behind legs still catching

**Ball swipe:** bounce ball let drop twice - swipe leg over

**Foot ball stop:** pairs, one rolls ball to student facing other way.. that student stops ball with foot - rotate

**Balance relay** - ball from ground to partner on one leg

**​Balance circle** - students hold arms while balance - timed

**Ball leg relay** - carry ball between legs around/to objects

**Wall reflection goals** - partners, teams of 4 = students throw on wall and have to try and get through cones on rebound

**Bounce score** - students bounce to get into hoop

**Box catch** - teacher throws balls up - students catch

**​Shoe toss** - shoes into end zone

**Throwing ball into shoe** - use small balls

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**poison ball** - two teams = students throw balls away from their side of court

V2 - students tag players who count as balls..

V3 - students against wall, other roll to get others out... then swap teams (add up scores)

**Run the ball:** 2 teams, one team throwing diagonally creating the loop and the other runs around loop. how many passes made in the time of 3 laps? - swap roles

**Sticky toffee circle:** One runs with item, collects next who runs with.. 3,4... timed or race against another team.

**Ball chaser:** circle formation, balls start on either end... passing till one catches the other

**​Cut the cake:** Student in circle, one on inside and one outside, student passes through each gap then rotates out

**Treasure grab:** Hoops set up, students have to find hoop to rest in - groups form

V2 - bean bags in middle, collect bean bags with dribbling

**Touchdowns:** Hoops with bean bags and 2 end zones. Students run into a hoop, catch ball and then can return with bean bags. 2 teams versus eachother - items = pts system

**​Meteor ball:** 4 zones, 4 teams. Ball thrown up - students must try to avoid it landing in their zone.

V2 - make targets on the floor to hit

**Lobster ball:**  2 teams, 2 end zones. Students throw into other end zone and other team defends. tennis balls, bigger balls - different pts when they hit the floor.

**4 goal games** - set up goals to defend and attack

vary number of balls introduced

**Invasion games:**

**Matball** - pass & catch, score in mat zone (add another mat)

**​Guard the pin** - 4 corners to develop a passing pattern + 1,2,3 balls

**Speedball** - two soccer goals, two basketball goals

Teams of 2 - passing in air, if hits ground then turns into soccer ball. 2 pt for basket, 1 for soccer goal

- play with combination balls, time limit

- attacking vs defense, all in

- attacking goal bball only, then attacking goal soccer only

**Cross over** - 2 end zones, 2 teams - rectangle

one team runs, other tags - you can be rescued back into main space and try again

**Line walk:** students need to cross from one side to the other and not knock others out the way

**Cone loops** - Students complete to dribble balls around cones back into safe zone

​- V with arms tied to partner, 3, 4 at a time

**​Lillypad balls** - keep ball up but stay on lillypads - balloon

**Lilypad journey:** Students have to travel to collect items by jumping on pads, 2 teams, fewer pads

V2 - each lilypad has an exercise to do before moving on

V3 - Fish act as taggers (between lily pads)

**Pancake hops -** entire team to reach safety zone - no more than 3 people on a pancake... quickest wins!

**Beanbag scramble:** max 5 students to collect from any one hoop , 10 bean bags in hoops, collect one at a time, timed.

**Waterbottle hockey** - students score into goal - usual rules

**Waterbottle collect** - students compete to keep waterbottles in their zone

**Ball target games:**

**Combinations:** dribble, pass, score

**Dodgeball** - 2 teams, centerline, increase number of balls

**Rob the nest** - steal from the center (few players active at a time)

**Waterbottle bowling** - two lines 4 m apart, students take turns to knock down eachothers bottles

- build in teams

- change waterbottle numbers, structure

- free bowling - to teams

**Zone throwing** - 5 target areas, loops with throw line

- zones: 20/5/100/5/20..... 200 - 5 throws each

- must make a score of 100 (teams of 4)

- one by one then all team in and 3 mins

- version with *rolling* tennis ball ; extend throwing line

**Ball bombing:** Two end zones with space in middle. Students have to throw into each others zone to score... catch = double points for home team.

**Target attack** - teams, have to aim and hit targets (must throw in team order) - outer circle and inner circle

V2) zones in which you get points (mark on board

​**bottle pickoff** - 2 teams, loop and waterbottle

balls introduced to hit bottles, if bottle knocked over, player joins the person who knocked it down... they defend together and start to build a team.

- players then swap teams if they hit bottles over

​- layers: steps take, some defesnive players only etc

**​Snow forts:** Court divided into 4 with 4 teams, 4-5 waterbottles to knock over. Students can attack and defend goals, only moving in certain zones

V2 - castles (waterbottle towers)

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**mine zone** - transport balls from one side to other with time limit

**Golden child** - students score as many goals in time frame while other team runs around zone.

**HOOPS:**

Throwing into hoops on ground, bouncing through hoop to partner, throwing in air through hoop to catch, twisting around hoops

**Fling games:**

Students use tops to fling bean bags, tennis balls

- partners, small groups, class game

**Pop balloon:** Students throw through hoop to pop balloon

**Box ball dump:** Half students with balls, half boxes. Swap..

**Box block:** Students try to roll balls pass zone, others block with boxes

**Kick into bucket** - students aim

**Ball on Cone kick** - kick ball without cone moving into zone

**Thinking/listening games:**

**Silent whispers** - instructions

**Clapping rhythm pass cup** - do in circle

**​Body clusters** - students have to link up with others to fulfill tasks e.g. 10 elbows, 7 feet

**Obstacle course:**

running around markers, weaving, jumping over markers, jogging on spot

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**Tennisball rope course**: Students pull tennis ball through rope course (students get instructions as they go...

(use kids playground as obstacles)

​**Wall tunnels** - students legs up on wall, team climbs through (take something different through tunnel each time)

**Chair block:** Students stack chairs so that they can get through course - others try hit them

**Alternative games:**

**Hoop lifts** - students relay, over, under, over under

**​Hoop diving** - through hoops, ball through hoops

**Hoop chair** - throw hoops over chair - stations of difficulty

**Hoop pull** - one holds hoop on floor, other pulls hoop

**Hoop sqeeze** - between partners hips, backs, legs etc

**Hoop shuffle** - individual then between partners, 3s

**Hoop relay - pass around circle keeping hands tied**

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**Balloon races** - balloon between legs race, pass?

**Balloon lifts** - tap balloon, touch wall... keep ball up

**Beanbag bocce:** 2 teams in two zones. bean bag in center, students aim to throw close to main bean bag

V2 - use cones 5, 10, 15m away

**​Newspaper ball race** - students gather newspaper and create bigger and bigger ball which they then roll to end zone

**Balancing planks** - students perform over, under them, catching, throwing - obstacle course

**Waterbottle tennis ball obstacle course** - balance

**Tumbleturns in pairs** - students hold eachothers ankles

**Skipping:** individual or one rope for team... V2) get rope into circular formation using foot only

**Skipping routine:** Students develop and teach eachother

**Agility ladder:** stepping in and out, combinations

**Waterbottle cities:** Students try and build a high city - try using alternative methods or rules