

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:

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 irregularly

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 squeeze catch: squeeze 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

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 each other - 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

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

V2 - each lillypad 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 each others 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 defensive 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)

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

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 squeeze - between partners hips, backs, legs etc

Hoop shuffle - individual then between partners, 3s

Hoop relay - pass around circle keeping hands tied

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