

60 Second Dash

Number of players: 4+

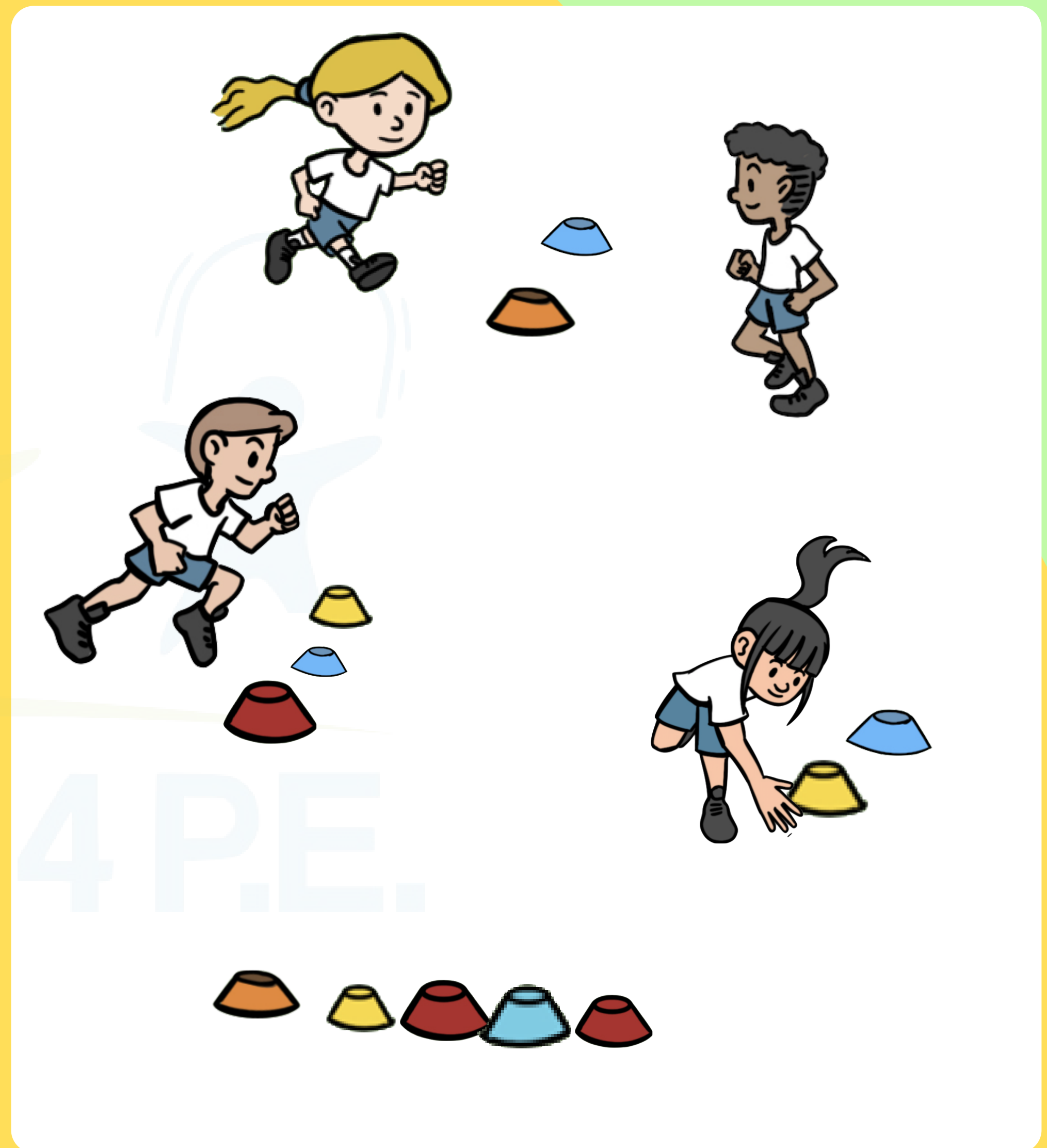
What you need:

- 3 x cones for every player

How to play:

- Players are each given three cones and find a space in the area.
- Players place their cones in a line and on the command 'go' they attempt to steal as many cones from other players' lines as possible.
- Rules are that you can only take one cone at a time and must return each cone to the line after taking it.
- At the end of the 60 seconds see who has the most cones in their line.

Make this harder by: saying that you can only take certain coloured cones e.g. all red cones etc.



Balloon Keep-up!

What you need:

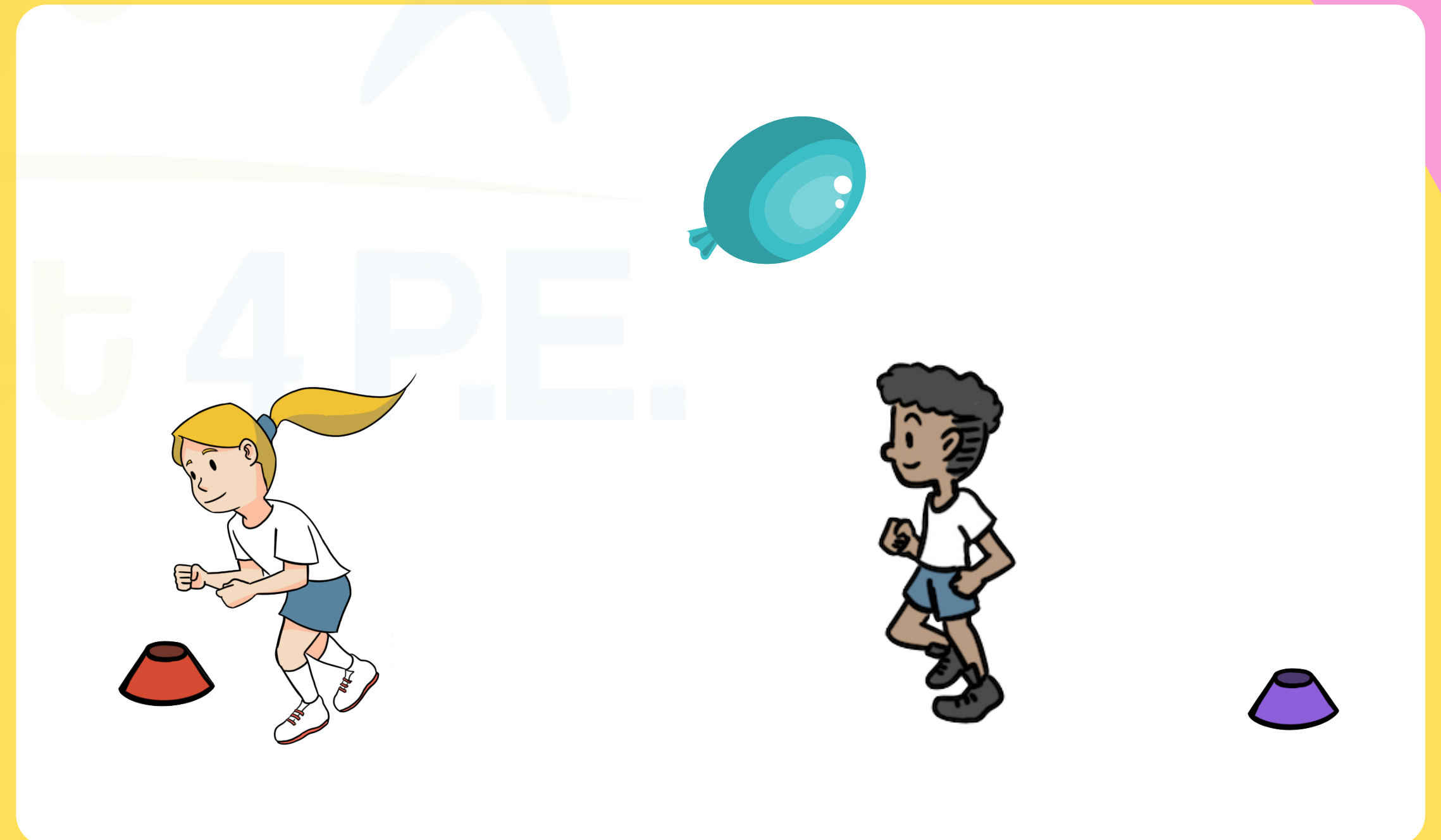
- 2 x cones per pair
- 1 x balloon per pair

How to play:

- Pupils play in pairs and place their cones approx. 3m apart.
- They both begin in the middle of their cones, with one pupil hitting up the balloon before running to touch one of the cones with their foot. The other pupil hits up the balloon and runs to touch the opposite cone with their foot.
- Once the pair has each touched their cone 5 times without the balloon touching the floor, both pupils move their cone one step further apart.
- Repeat the game, getting to 10 cone touches between them before moving the cones another step apart and so on.
- How far apart can the pair get before their balloon touches the floor?

Number of players: 2+

Make this harder by: saying that the pair has to get to a higher number before moving their cones apart.



Balloon Volleyball

What you need:

- 5 x cones
- 1 x balloons

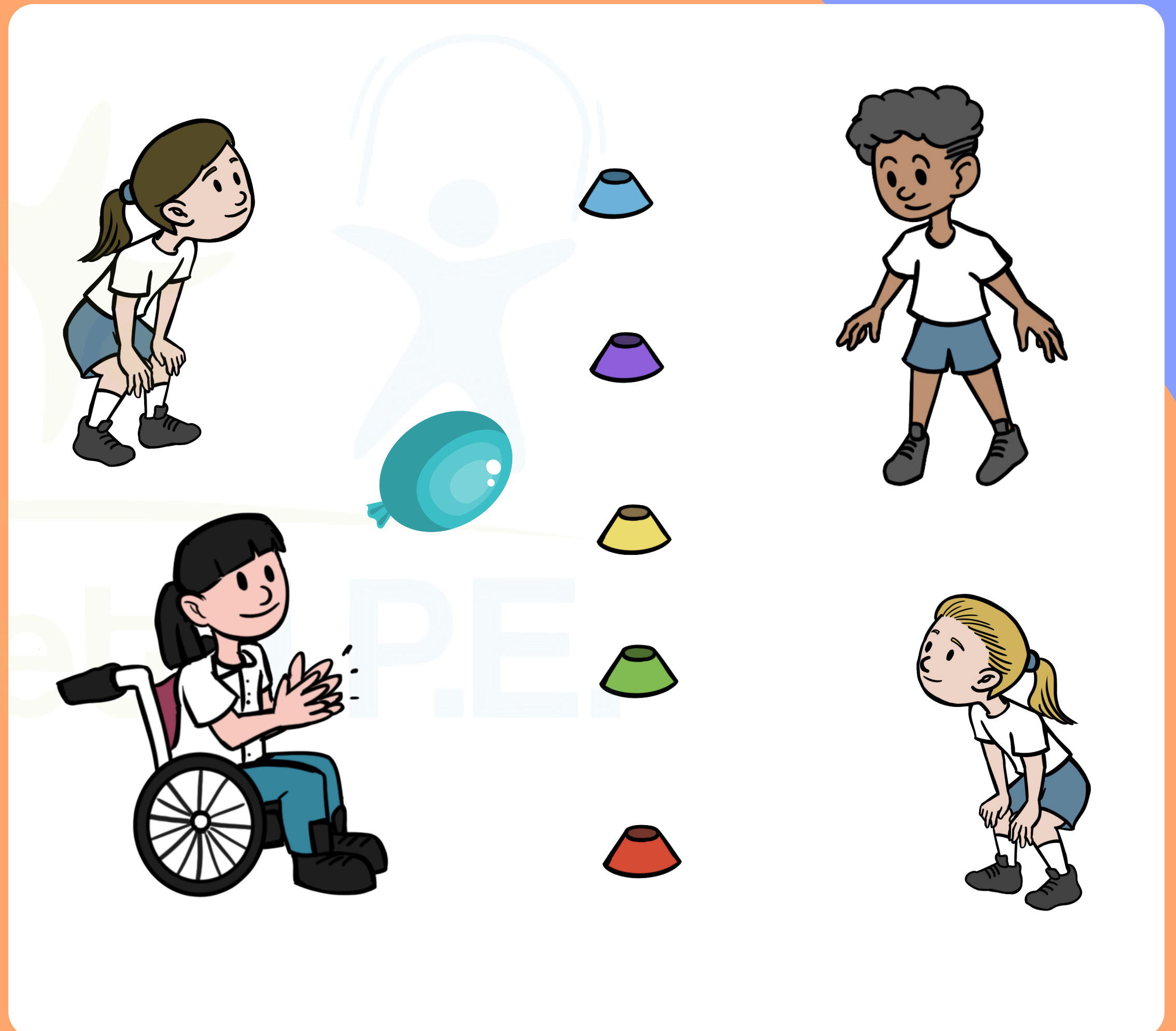
How to play:

- Split the players into two teams.
- Place a line of cones down the centre of the playing area.
- Teams are allowed two touches before the balloon must be sent to their opponents side.
- Teams win a point if their opposition can't return the balloon.

Make this harder by: playing over a net or by playing whilst seated on the floor.

Make this easier by: playing as one team. How many keep ups can the players do without the balloon touching the floor?

Number of players: 2+





Get Set 4 P.E.

Ball-tastic

What you need:

- 1 x ball
- 1 x parachute

How to play:

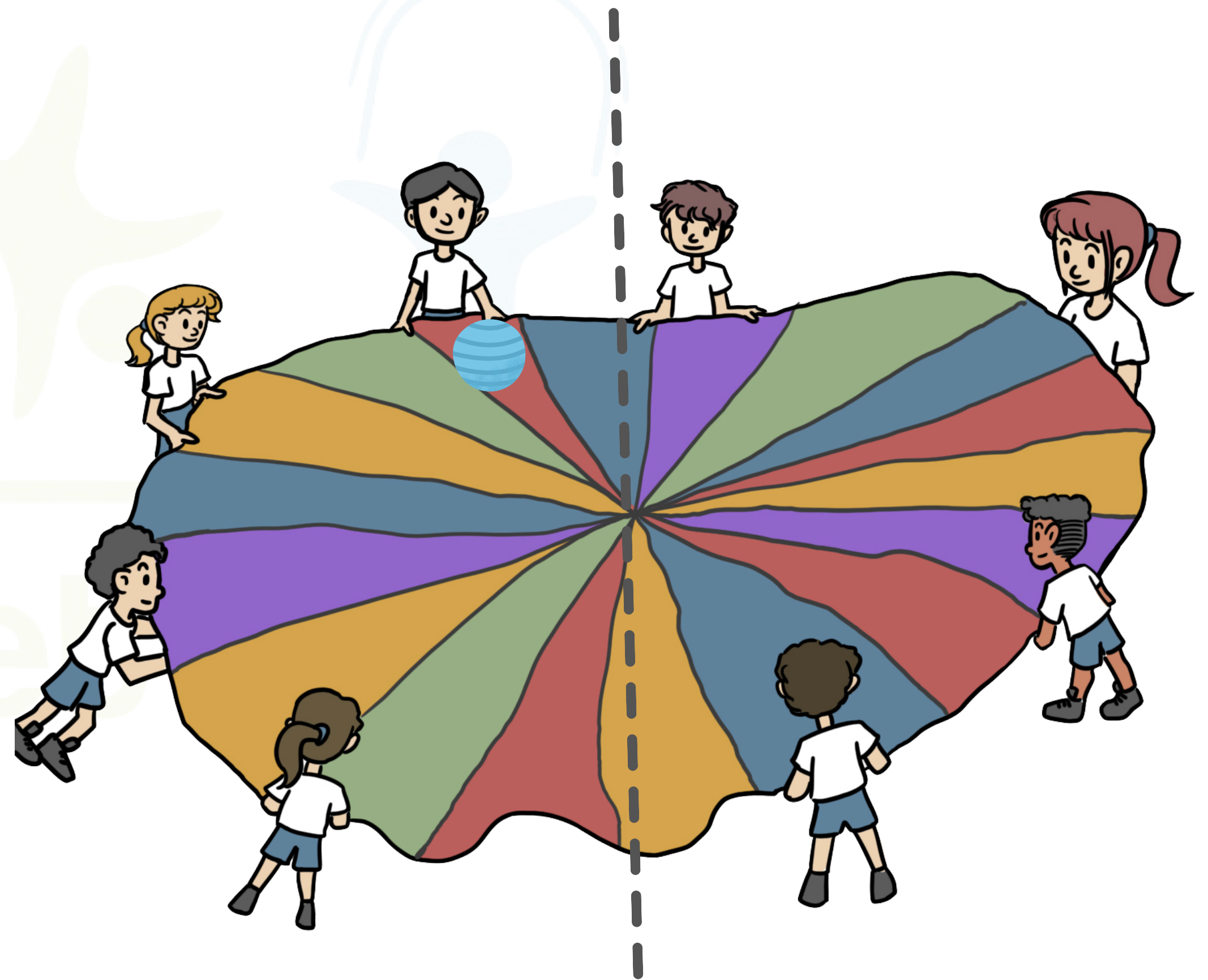
- Players spread out evenly around the parachute.
- Place the ball in the middle of the parachute.
- Players explore throwing the ball high in the air by raising and lowering the parachute.

Competitive:

- Draw an imaginary line through the centre of the parachute to split the group into two teams.
- The aim of the game is to get the ball to go off the parachute on the opponents side of the line.
- Players must keep their hands on the parachute throughout the game.

Make this harder by: playing first team to five points wins.

Number of players: 6+



Big Batter

Number of players: 4+

What you need:

- 1 x tennis racket
- 1 x ball
- 2 x cones

How to play:

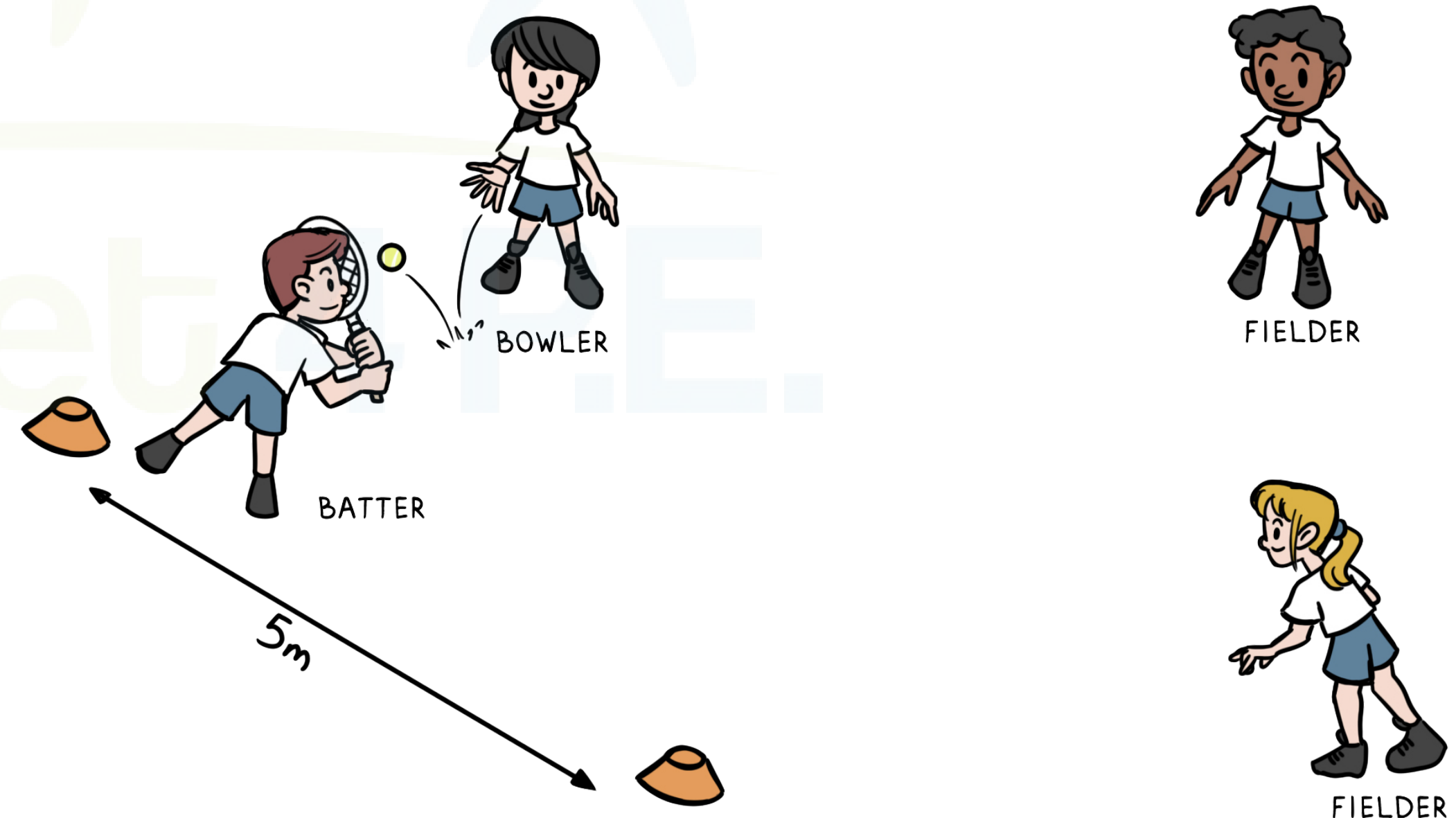
- One pupil is the batter, they begin with the tennis racket at one of the cones. The other cone is placed 5m away.
- All other players are on the same team. One of them is the bowler and the rest are fielders.
- The bowler bounces the ball to the batter, who attempts to strike the ball with the racket.
- The batter then runs between the two cones, scoring a point each time they reach a cone.
- The fielders must retrieve the ball and return it to the bowler to stop the batter scoring.
- Batters have three turns each then rotate roles.
- The winner is the player who score the most points when batting.

Make this easier for the batter by:

allowing them to drop the ball to themselves instead of being bowled the ball.

Make this harder for the batter by:

placing the cones further apart.



Capture the Cones

What you need:

- 8 x cones
- Team bands

How to play:

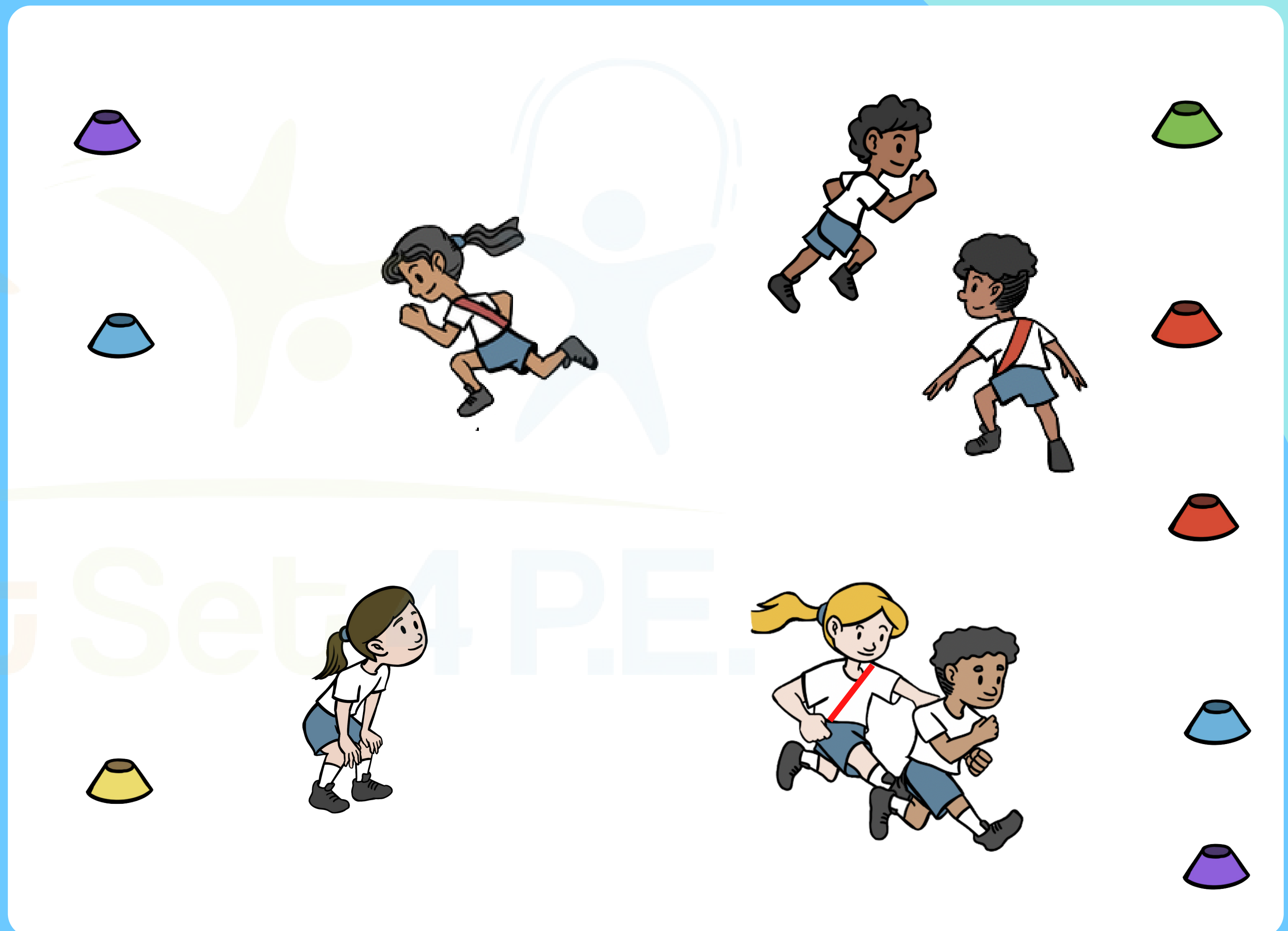
- Split the players into two teams.
- Each team places four cones in their territory.
- Players try to capture the cones from their opposition.
- The first team to collect three of the four cones wins the game.

Rules

- Players can only capture one cone at a time.
- Teams can tag their opponents and if caught, players must complete 5 star jumps and return to their home cones before rejoining the game.

Make this harder by: only allowing a team to win once they have all 8 cones.

Number of players: 4+



Car Park

Number of players: 1 +

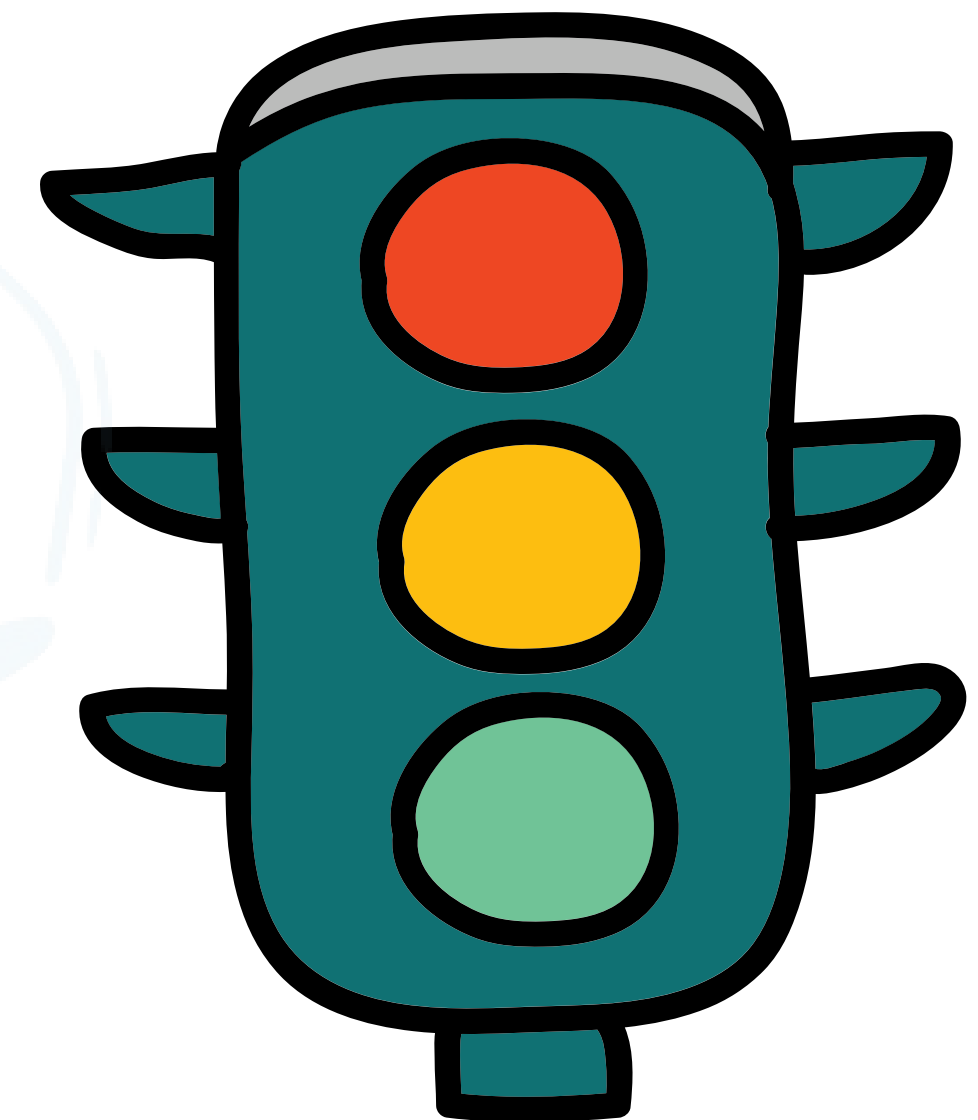
How to play:

- Use all available space.
- The leader calls out different instructions for the players to respond to.
- When the leader says 'Car Park' players must quickly sit on the floor to park their car.
- The first player to sit down wins 1 point.
- The first player to 5 points wins the game.

- **Green:** jog around the teaching space
- **Yellow:** march high knees
- **Red:** hold a balance on one foot
- **Roundabout:** spin around once on the spot
- **Speed bumps:** jump around the space

What you need:

- a space



Make this harder by: adding in additional instructions such as zebra crossing and ask the players for ideas for an action to go with this.

Coconut Shy

What you need:

- 3 x cones
- 3 x balls
- 3 x beanbags

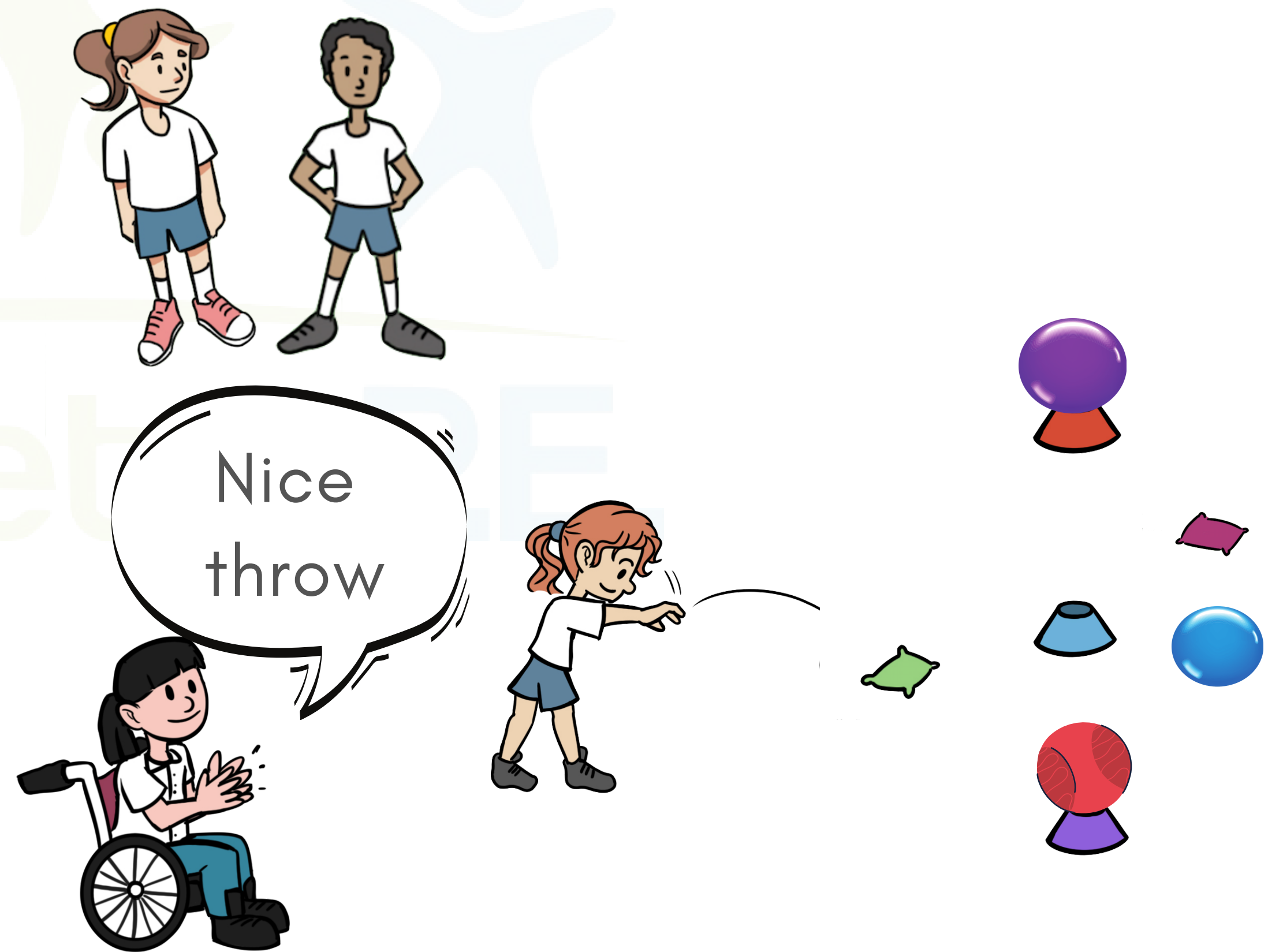
How to play:

- Split the players into two teams.
- Set up three cones with playground balls placed on top.
- Teams begin around 3 big steps away.
- One team goes first and has three attempts to throw the beanbags towards the playground ball targets.
- A point is scored for every ball knocked off the cones.
- A set number of rounds could be played or alternatively a time limit could be set for the game.

Make this harder by: asking the players to start further back.

Make this easier by: using bigger balls as the targets.

Number of players: 2+



Cone Steal

What you need:

- 1 x ball
- 6 x cones
- Team bands

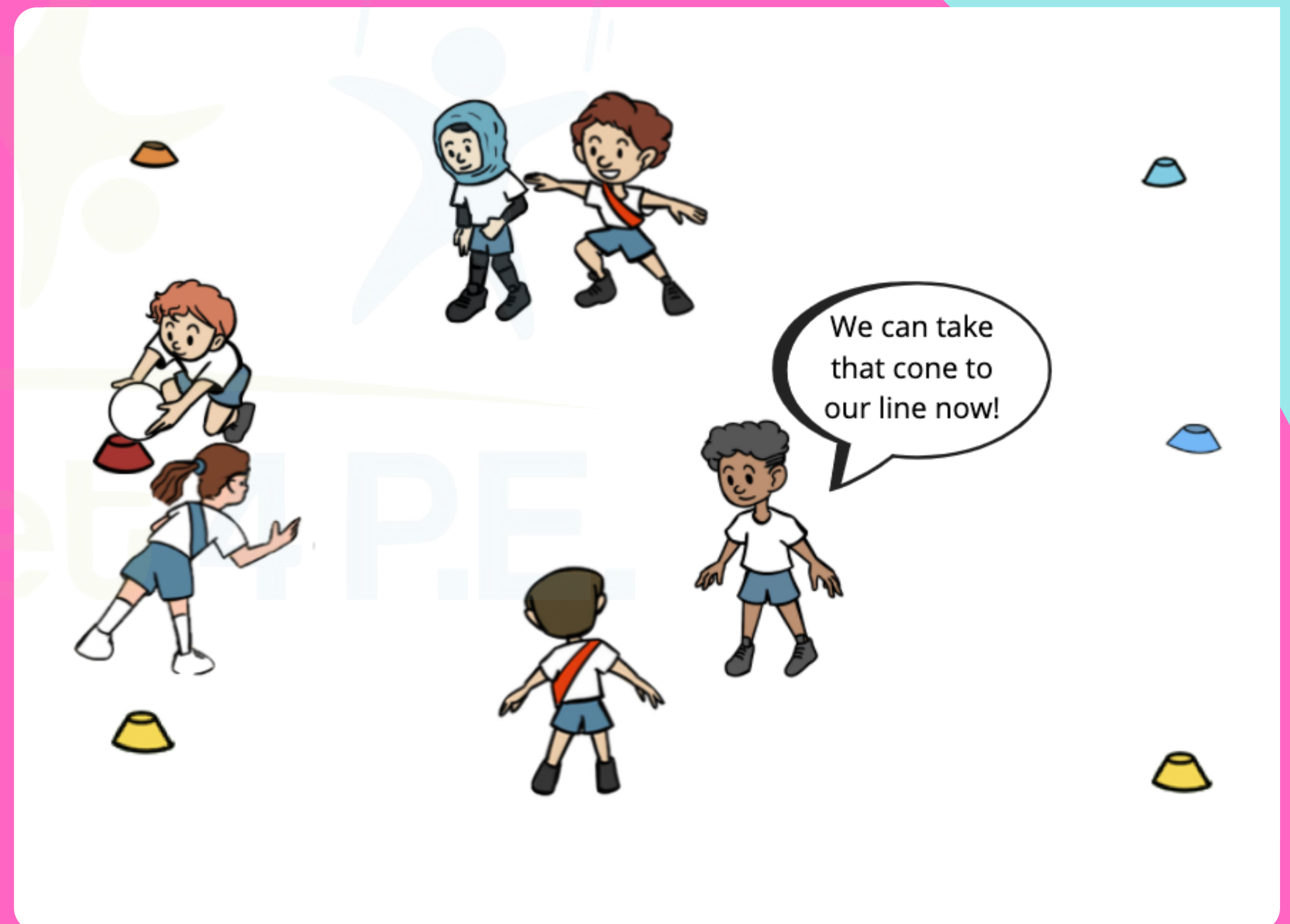
How to play:

- Two teams play against each other.
- Each team starts with three cones placed on their end line.
- The aim of the game is to win a cone from their opponents' end line.
- To win a cone, players must pass the ball between them to get close enough to touch it with the ball (players cannot move their feet when they have the ball in their hands).
- After a cone is won, it is placed on the successful teams' end line and play re starts with a throw in by the conceding team.
- The winning team is the first team to win all six cones.

Make this easier: for a team by playing with four players against two players.

Make this harder by: giving one team less cones to start with.

Number of players: 4+



Danish Longball

How to play:

- Two teams play against each other, a batting team and a fielding team.
- The batting team take turns to come to the start cone and throw or hit the ball out into the space.
- Once they have thrown/hit the ball they attempt to run to the safety box at the opposite end of the area and back.
- The batter can choose to go there and back for three points or to the safety box and stay there. If they choose to stay there, they only get one point if they manage to get back to the start cone on the next batter's turn.
- As soon as the batter has thrown/hit the ball, the fielding team can attempt to get the batter out by hitting them with the ball below the hips. The fielding team cannot run with the ball if they have it in their hands but can pass between them to get closer to the batter. They cannot get a batter who is in the safety box.

Options:

- Play until the fielding team have got the batting team out.
- Allow the batting team to play for a set amount of time. If out, they don't score but can continue to have a turn to bat within the time.

Number of players:

4+

What you need:

- 1 x soft ball
- 5 x cones

Optional:
1 x racket



Empty Hoops

Number of players: 3 - 6

What you need:

- One hoop per player
- One beanbag per player
- One cone per player

How to play:

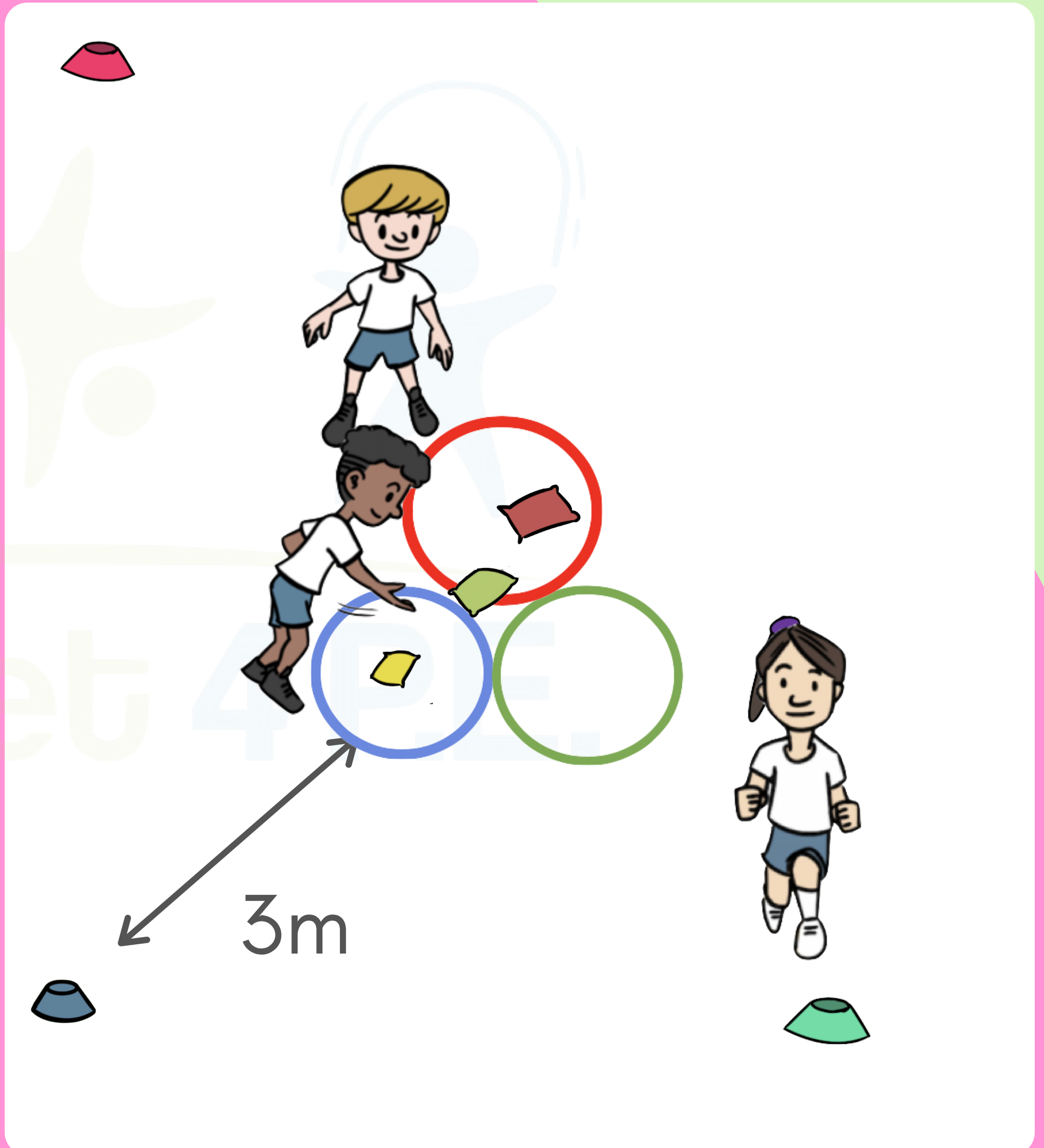
- Place the hoops in a tight formation with one beanbag inside each.
- Players place their cone 3m away from their hoop.
- On the leader's instruction, players run to their hoop and throw their beanbag into any other hoop.
- If a beanbag lands in their hoop they can take it out and throw it into another hoop.
- The aim of the game is to have the least amount of beanbags in their hoop at the end of the game.

Rules:

- In between each throw players must return to their cone.
- Players can only throw one beanbag at a time.
- Play for 2 minutes, rest and repeat.

Make this harder by: playing the game without the running. Instead players must hold a plank position throughout.

Make this easier by: playing for a shorter time period.





Get Set 4 P.E.

Kick Rounders

Number of players: 4 +

How to play:

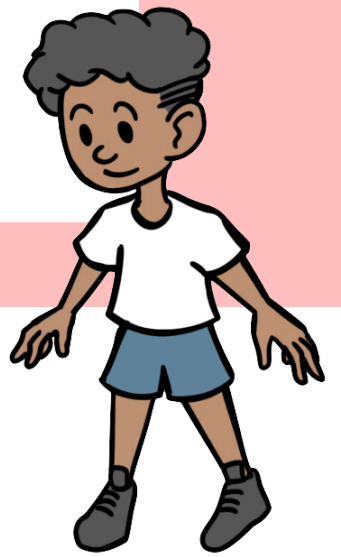
- Split the group into two teams, or if you have a small group play 3 v1 .
- The bowler begins in a hoop and rolls the ball to the batter who then kicks it out into the field of play.
- The batter runs around the cones attempting to get past all four cones.
- Fielders move to retrieve the ball and quickly return it to the bowler to stop the batter running.
- The batter must stop when the bowler has the ball and is standing in the hoop.
- The batter scores 1 point for every cone they pass.

Either play for a set time for each batting team or a set number of turns per batter.

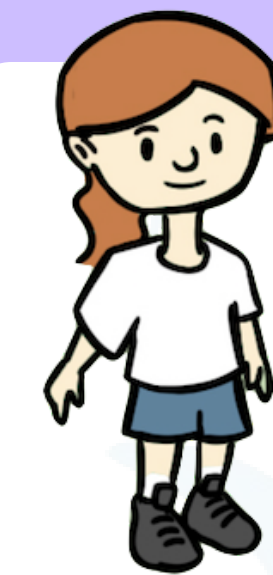
Make this harder by: increasing the distance between the cones.

What you need:

- One ball
- five cones
- One hoop



Fielder



Fielder



Bowler



Batter

Last One Standing!

Number of players: 5 +

What you need:

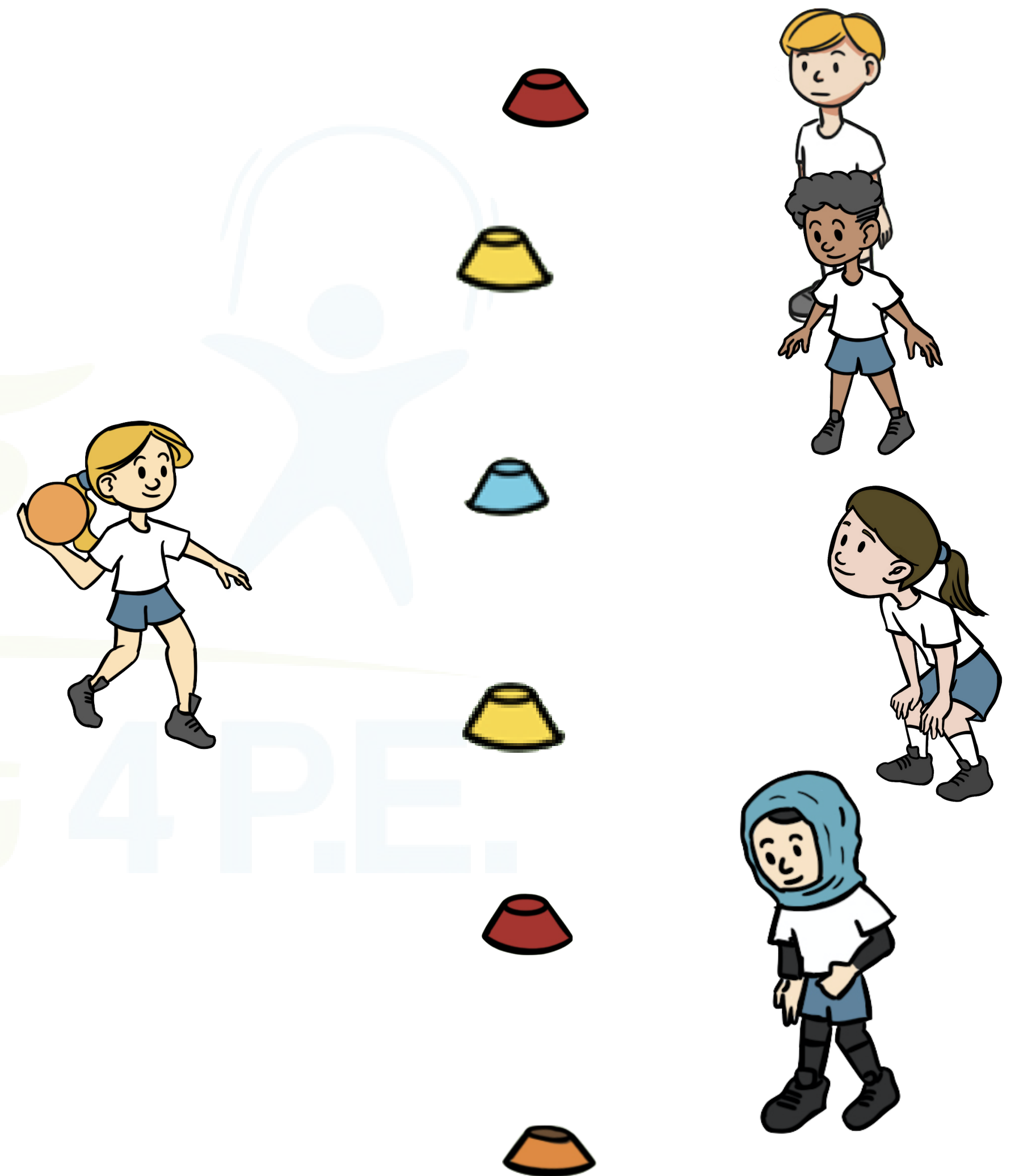
- Soft balls
- Cones

How to play:

- Split the playing space into two using a line of cones.
- All players apart from one start on one side of the area. One player, the thrower, starts opposite them with the balls.
- The thrower attempts to throw the balls to hit the other players. If a player is hit below the waist, they join the thrower on their team.
- The winner of the game is the last player left on the non-throwing side.

Considerations:

- *The number of balls you play with will depend on how many players you have. For a group of ten, six balls will be plenty. Encourage the pupils to share.*
- *Pupils need to roll the balls back to the throwing side.*



Movement Square

Number of players: 1 +

What you need:

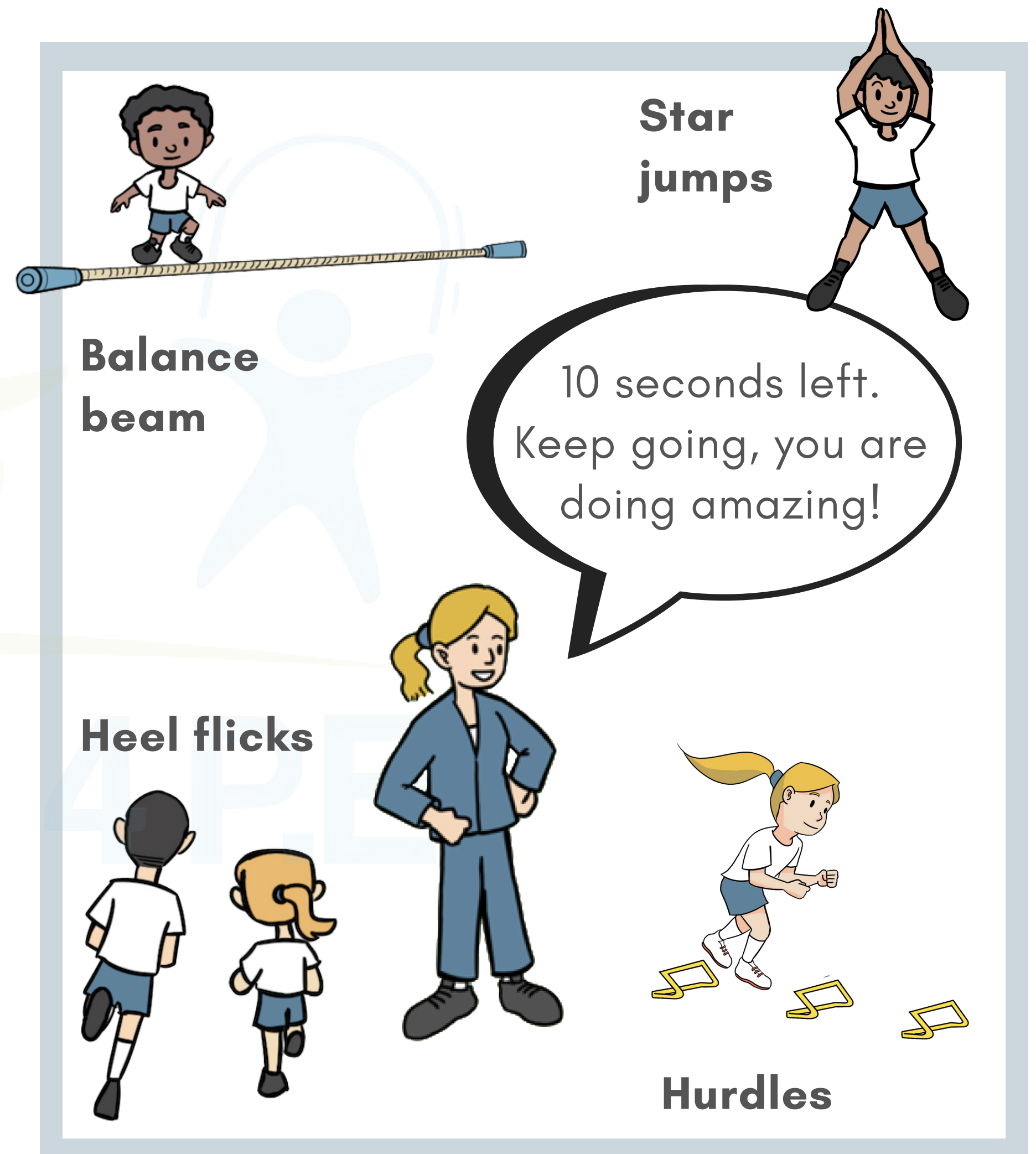
- a hall or playground
- Optional added equipment

How to play:

- Ask the players to choose four different movements or exercises.
- Assign an exercise to each corner of the space.
- Players begin in different corners.
- Players complete the movement for 1 minute, they have 30 seconds rest and then move to the next movement corner.

Make this harder by: challenging the players to see how many times they can complete the square.

Make this easier by: completing each movement for 30 seconds and resting for 1 minute.



Noughts and Crosses

Number of players: 4+

What you need:

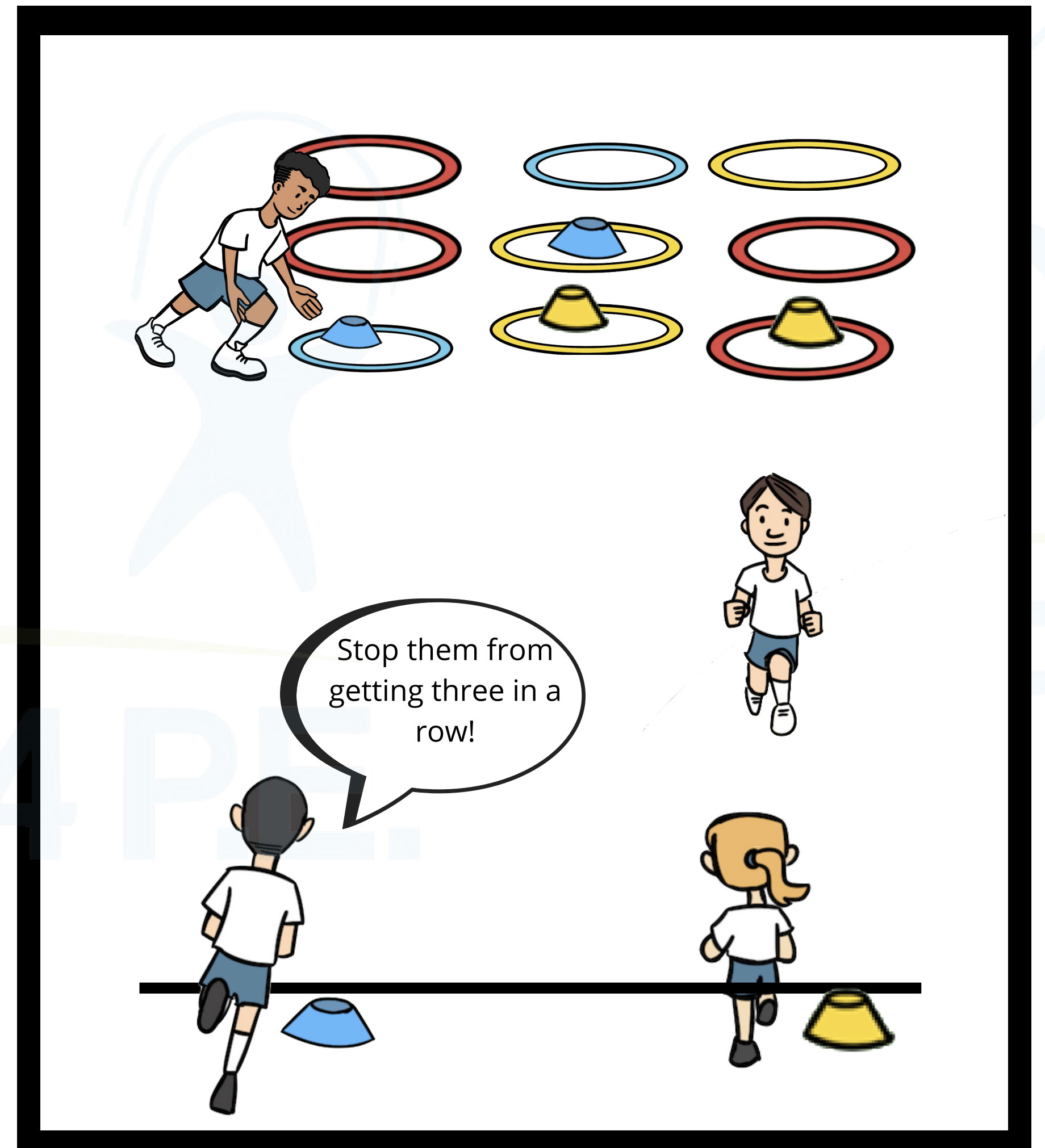
- 9 x hoops
- 6 x cones (3 of one colour & 3 of another colour)

How to play:

- Set up the nine hoops in a grid 3x3, approx 10m away from a start line.
- The aim of the game is to get three of the same coloured cone in a row before the other team. This can be across, up/down and diagonal.
- Split the players into two teams and give them three cones of the same colour.
- One player from each team takes one cone and races to place it in one of the hoops. You cannot place a cone in a hoop where there is already a cone.
- They run back and tag their team mate who then takes the next cone and places it in another hoop.
- Once all three cones have been placed out, teams can move a cone to attempt to get three in a row.
- The first team to get three in a row wins the game.

Make this easier by: starting one team closer to the hoops.

Make this harder by: playing to get four in row .



Octopus

Number of players: 4 +

How to play:

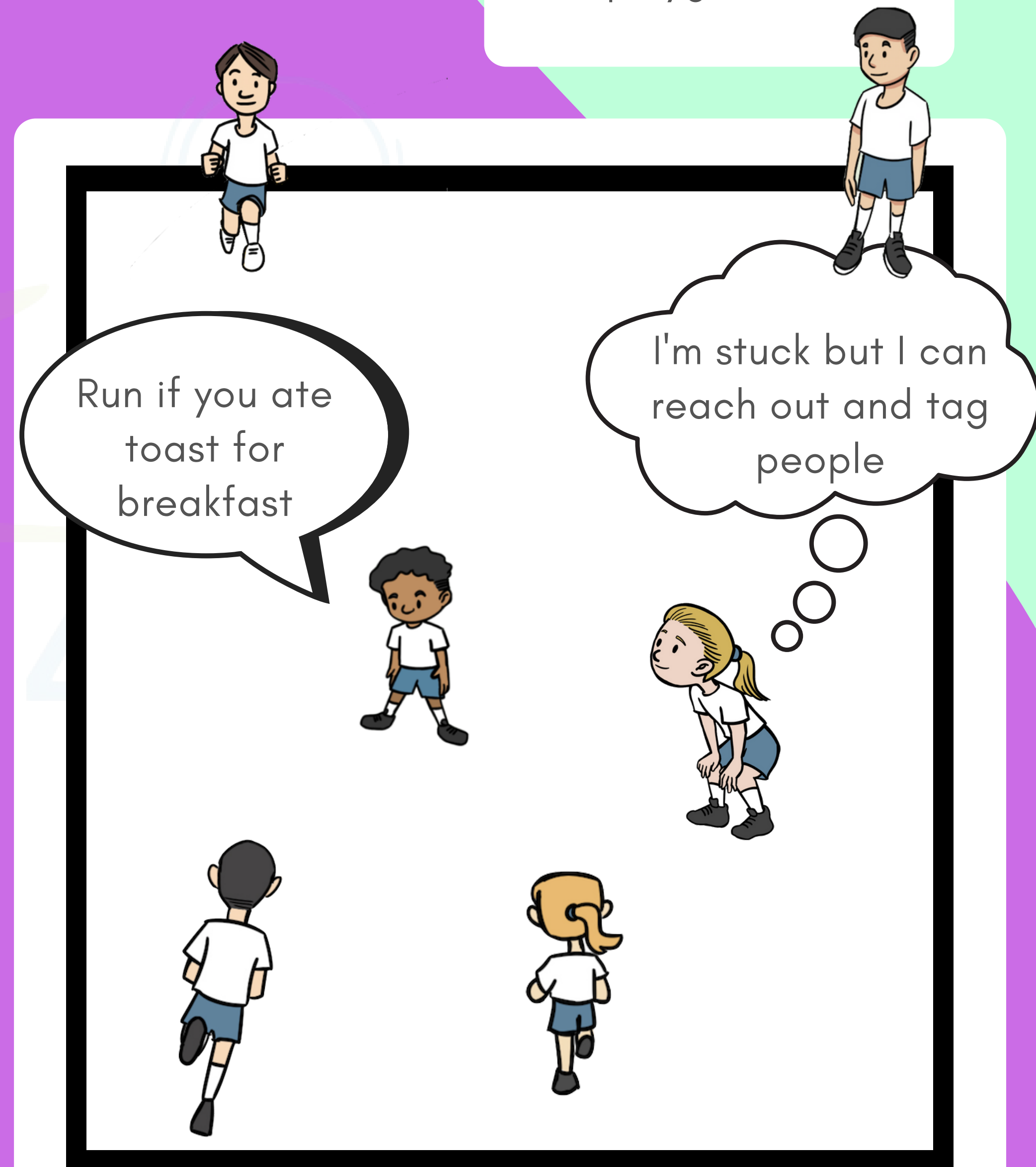
- Select one pupil to be the octopus. They begin standing in the middle of the playing area.
- All of other players begin standing at one end of the playground.
- The octopus or the play leader says e.g. 'run if you ...ate toast for breakfast'.
- All children whom the statement applies, tries to run to the opposite end of the playing area.
- If they are caught by the octopus they stand still and turn into seaweed.
- Seaweed players can stretch out to catch other runners but must not move from the spot they were caught.

Make this easier by: Increasing the size of the playing area.

Make this harder by: Playing with more than one octopus.

What you need:

- a hall or playground



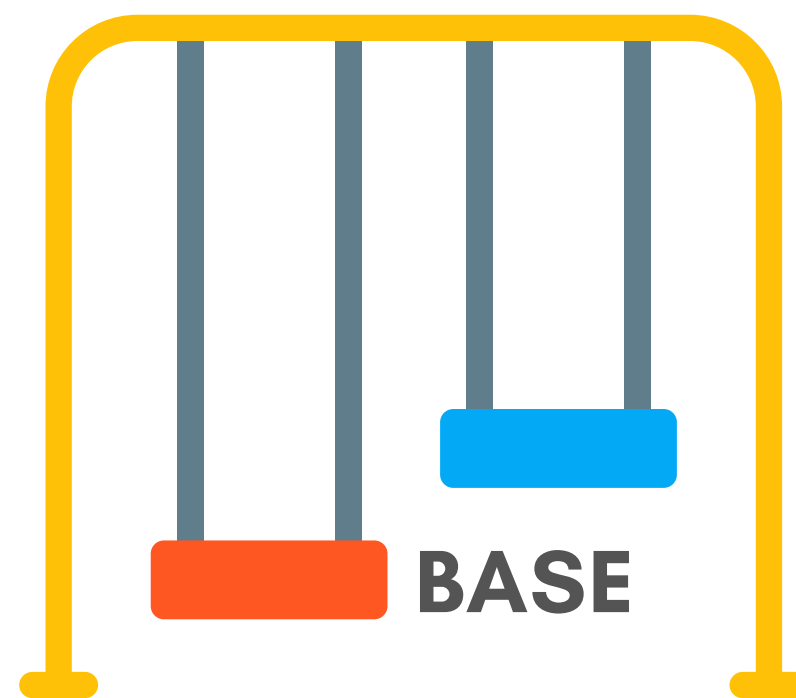
Secret Squirrel

What you need:

- a pebble

How to play:

- Select a base somewhere in the playground.
- All players (squirrels) stand in a circle, around 7m from the base with their eyes closed.
- One player begins as the owl. They secretly pass one squirrel a pebble.
- On the owl's instruction 'go', the secret squirrel tries to get to the base without being tagged by the other squirrels.
- If successful they become the owl for the next round.



Make this easier by: using two bases giving the secret squirrel a choice of which to run to.

Or

Make this easier by: selecting two secret squirrels.



Sharks

Number of players: 4 +

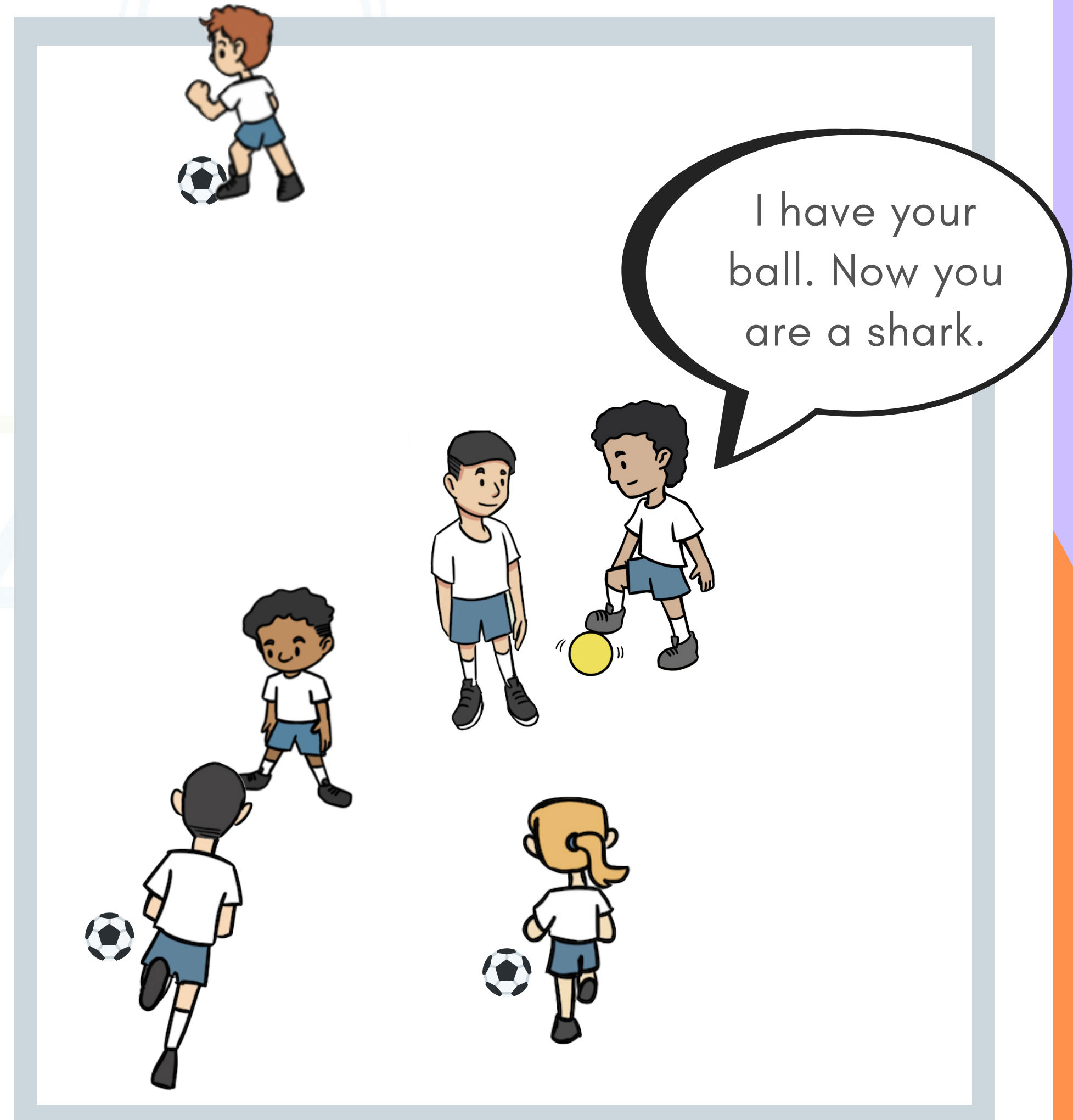
How to play:

- All pupils have one ball each and begin on one side of the teaching area, they are the fish.
- One pupil begins in the middle without a ball, they are the shark.
- On the leader's command 'go,' fish must dribble their ball with their feet from one side of the teaching area to the other, keeping it under close control.
- If a fish loses control of the ball or the ball goes too far ahead of them and the shark is able to place their foot on top of the ball, then the fish must put their ball away and join the shark in the middle.
- Play until there are only a few fish left.

Make this easier by: asking four pupils to begin as the sharks. When they win a ball they swap places with the pupils they gained possession from.

What you need:

- a hall or playground
- One ball per player



Snickerdoodle

Number of players: 5 +

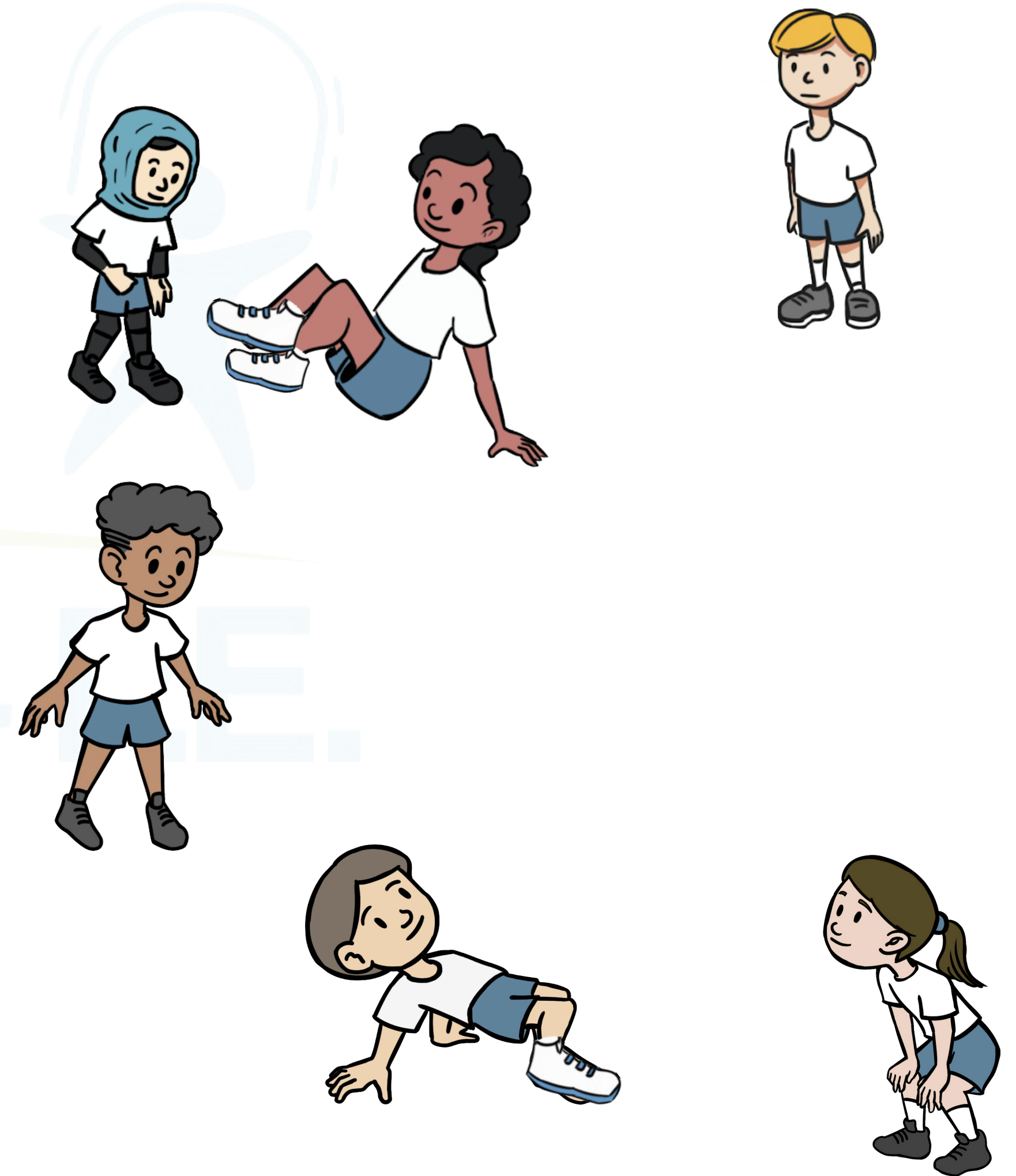
What you need:

- A space

How to play:

- Tell the pupils that snickerdoodles have invaded the planet.
- All pupils begin standing apart from two.
- Two pupils begin in a crab position on their hands and feet with their stomach facing upwards, bottom off the floor and can only move around in this position. They are the snickerdoodles who try to catch the other pupils by tagging them.
- All pupils standing can only walk to move. If they run, jump or make a noise they turn into a snickerdoodle also.
- Encourage the snickerdoodles to work together to catch the others.
- The last pupil left standing is the winner.

Make this harder by: making the space smaller.



The Dance Game!

Number of players: 2 +

What you need:

- Some music

How to play:

- Play the music.
- One person shows everyone else a dance move and tells them how many times to do the movement.
- The others copy the dance move.
- The next person shows everyone a dance move.
- Everyone does the first move and then adds on the next move and so on.
- Can you complete the whole song?

Make this harder by: asking the pupils to change either the speed, level or body part used for each move.

