

# TEAM GAMES



## 1. French Cricket

Split into two teams – batters and fielders. The batters will take it in turns to bat and the fielders will bowl or field. Set up two cones, one for the batsperson to stand by and one for them to run to, in order to score a run. The bowler must throw the ball for the batsperson to try and hit. When they hit the ball, they run to the other cone to score a point. There are two ways they can be 'out' – either 'caught out' if the ball is caught before touching the ground, or if a fielder throws the ball and it touches the batsperson below the knee. Play a game, rotate roles and keep score.

## 2. Under Over

Start by getting into teams and standing in a line. Choose a ball and starting with the person at the front, the aim of the game is to pass the ball back down the line going under the legs and over the head alternately. The person at the back then runs with the ball to the front and it starts again. Keep going until the person who started at the front is back at the front again. The first team to do this are the winners.

## 3. Domes and Dishes

Lay out the cones, some facing up and some facing down. Split into two teams and one team are 'domes' (cones facing down) and one are 'dishes' (cones facing up). Set a time limit, for example 1 minute and each team must try to turn all the cones to be their way up. After the time is up, stop and count the domes and dishes. The winners will be the team with the most domes or dishes.

## 4. Stranded

Everyone plays on one team for this game. Draw two lines to make a river on the ground. Two members of the team stand on one side of the river and the rest stand on the other with a selection of resources and equipment, such as cones, skipping ropes, balls, etc. Your challenge is to get all the rest of the team to the other side of the river without standing in the river. You could make it more tricky by reducing the resources you have, setting a time limit, or making the river wider.

## 5. Time to Talk

- What makes a good team?
- Why is teamwork important?



# MOVEMENT SKILLS



## 1. Musical Hoops

Scatter hoops on the floor. One person will be responsible for giving the movement command when they say go, such as run, skip, hop. Everyone should then move around in this way, but should not stand on or in the hoops. When the person shouts 'hoops' everyone must try and stand in a hoop as quickly as possible and perform a balance, e.g. on one leg. Add some extra fun by gradually removing the hoops.

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## 2. Move It

Layout a selection of different coloured floor spots or hoops. Set criteria for each colour, such as red means run, blue means hop, etc. As you move around and pass over the different colours, you must change your movement to match. Can you think of a way to make this into a fun racing game?

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## 3. Wacky Races

Set up and play some different 'wacky races' – sure to make everyone laugh. For example:

- Place a ball between your legs and run.
- Running with a quoit on your head.
- Moving like a crab race.

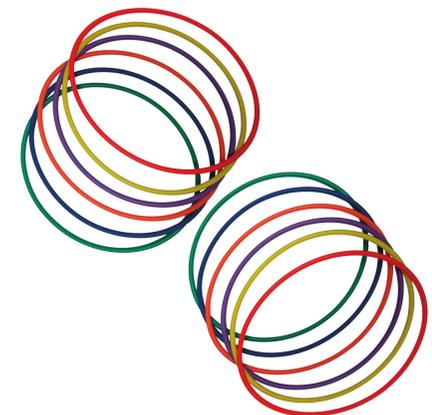
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## 4. Obstacle Course

Set up an obstacle course using the different equipment. Can you think of different ways to set it up that will require different movements, for example hop across one section and jump to different targets.

## 5. Time to Talk

- Why is moving in different ways important?
- When might you use the different movements?
- What happens to your heart rate when you move in different ways?



# BALANCE, AGILITY

# AND COORDINATION



## 1. Hot Potato

Choose one person to stand in the centre of a circle surrounded by other players. Choose a ball and the person in the middle spins around and then throws the ball to one person in the circle. They must try and catch the ball. If they do, they stay in to keep playing, if they don't they sit down. The last person standing wins.

## 2. Finger Tip Hula Hoop

Try this activity with a partner. Start by standing close together and both raise your arms above your head with your index fingers pointing up. Ask a friend to balance a hoop on top of your index fingers. Your challenge is to work together to lower the hula hoop to the ground without dropping it. Can you explore a way to do this with a group in a circle? Is that easier or more tricky?

## 3. Skipping

Use a skipping rope to explore different ways to skip. You could skip on one leg, two legs, or skip with a partner. How many different ways can you find?

## 4. Keep It Still

Choose a resource such as a hoop, quoit, beanbag or ball and try to balance it on your body in different ways. You could time how long you can balance different resources. Who can balance a ball for the longest?

## 5. Time to Talk

- How do you feel when you hold a balance?
- Which muscles in your body can you feel when you balance in different ways?
- What skills do you need and use to throw and catch a ball?



# MINI LEADERS



## 1. Role and Responsibilities

As a group of mini leaders, decide who will be responsible for each of the different jobs that will be needed. You could think about who will set up each activity, what time you need to do this, who will ensure you have the right equipment and how you will work with staff to help at breaktime and lunchtime. Make a plan or a timetable to help you.

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## 2. Activity Stations

Set up different activity stations at breaktimes and/or lunchtimes which offer everyone a wide range of different activities. You might want to set up team games or individual activities and remember to think about how to support everyone, including different ages.

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## 3. Calming and Wellbeing

A big part of keeping healthy is considering our wider wellbeing. Just as we might offer lots of physical games and activities which involve running and moving, it can also be important to think about calming and relaxation too. Could you set up some balancing, breathing or wellbeing activities for children to choose from as well?

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## 4. Create Your Own Activities

Using the blank card template, plan and record your own outdoor lunchtime activities. These could be illustrated, saved and shared so that everyone can enjoy the new activity or game.

## 5. Time to Talk

- What resources do we need to help us to be mini leaders?
- Can you think of ways to include everyone on the playground?
- What skills do you need to have to be a good mini leader?



# HEALTH AND FITNESS



## 1. Setting Targets

Choose a skill or an activity you would like to work on and improve. It could be anything such as running around the playground or bouncing a ball on a racket. Try it out and time or count how many you can do. Set yourself a challenge to work on the skills or fitness you need over the coming days and weeks, and then check each week whether you have improved. Keep a record of your attempts so you can see the progress you make.

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## 2. Warm Up and Cool Down

Stretching out your muscles before and after physical activity is really important. Create a warm up or cool down routine that you can use each time you get active!

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## 3. Healthy Foods

Talk with your friends about the different types of foods we need to keep fit and healthy. You could use chalks to create a healthy plate or menu, or record your ideas in a different way.

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## 4. Dance Party

Dancing is a great way to keep fit and healthy. When did you last dance? Create your own dance routine, or research a dancing style and choreograph something new. Why not perform your dance to friends or adults? You could also create a backing track using instruments or natural resources.

## 5. Time to Talk

- What things are important to help us stay fit and healthy?
- How do you feel when you achieve a target you have set?
- What physical activity do you like to do to help you stay fit and active?



