

Playtime Games



Rainbow Playground Favourites Kit PE01836

A colourful array of playground favourites for all pupils to enjoy. With over 70 pieces, enough for over 50 children to play with at the same time!



Great for:

- ❖ Developing fundamental movement skills such as running, jumping, throwing, catching.
- ❖ Motivating pupils and building confidence in physical competence.
- ❖ Gaining knowledge and understanding of health and fitness.

- ❖ Maximising opportunities for team building and turn taking.
- ❖ Engaging all pupils.
- ❖ Encouraging more interest in sports and physical activities.



There are many activities for using the equipment. Here are a few ideas to get you started.

Rob the Nest

- Four groups in each corner of playing area. Equipment in the middle in the nest.
- Members of each group take it in turns to rob from the nest and steal a piece of equipment to bring back to their base.
- Only one piece of equipment can be taken each time and only one member of your team can leave the base at one time.
- Game ends when all the equipment has been taken. Groups then play with the equipment they have got.

Playtime Games



There are many games and activities you can play with the Rainbow Playground Favourites Kit. Here are some ideas. You can use these, modify the games or create new ones of your own. Whatever you do have fun and enjoy playing with the Rainbow kit. Which one will be your favourite?



Rubber playground balls

Beat the ball

- Form a circle. The ball will be thrown around the circle. When the first person passes the ball, they run around the outside of the circle and try to get back to their starting position before the ball.

Challenge by making the circle larger and using a smaller ball.

Sequencing markers

Follow my Leader

- Scatter the markers around the playing area.
- One child is the leader, and the others follow in a line at a safe distance.
- The followers copy the actions of the leader, skipping, jogging, jumping, hopping. They can call out the colours of the spots they land on for the others to copy their pattern.
- Make up own dance routines.

Challenge by choosing more complicated moves to perform.

Goalie Game

- Everyone, apart from one player, stands in a circle, feet and arms apart in a star position. These are the goalies.
- The player with the ball can push/roll the ball with their hands through the legs of the goalies.
- The goalies can stop the ball by dropping down one hand at a time.
- When a player scores they swap with the goalie whose goal they scored in.

Challenge by using a smaller ball or introducing more than one ball to the game.

Cross the Stream/bog

- Place skipping ropes on the floor parallel to each other and place the coloured spots at different points between the ropes.
- Attempt to cross the stream/bog using the stepping stone spots.
- Try stepping, jumping, hopping from stone to stone.

Challenge by making the stream wider or placing fewer stepping stones in the stream.



Playtime Games



Keep everyone active and make exercise fun.

- ❖ Improve coordination and balance
- ❖ Increase jumping skills



Rainbow Saturn bouncers

Children will love hopping around the playground on these, supporting each other to balance.

- How long can you balance for?
- How far can you bounce?



Rainbow ankle skips

- Loop around ankle and as it spins around jump over it.
- Count your jumps. How many can you do before the ball stops spinning?
- Try changing your speed, going faster or slower. Which is easier?

Rainbow speedy skipping ropes

There are many skipping games you can enjoy. Here are a few to get you started.

- **On the Spot**- Hop, skip, jump. Skip forwards and backwards counting the jumps and each time trying to beat the record.
- **Cross Over**- On spot, crossing and uncrossing arms as you skip.

- **Skipping Rope Maths**- Use counting rhymes or chant the times tables as you skip.
- **Pairing Up**- Skip side by side or face to face with a partner using a long skipping rope.
- **Swirl & Twirl**- One child holds the rope and swirls it around in a circle on the ground while the other jumps over the rope.

- **Synchro Skip**- make up moves to do while skipping for a partner or others to copy.
- **Over the Line**- Feet together, jumping side to side over the line.
- **Rhyme Time**- Enjoy lots of skipping rhymes like I'm a Little Bumper Car, Down in the Valley. Skip in and out of the ropes and keep the beat.



Playtime Games



Try a game of Pile up the Points!

- Split into teams with chosen Rainbow equipment at the other end of the playing area.
- Take it in turns to run up to the pile and select a piece of equipment, using the items on the way back to your group. E.g. bouncing on the space hopper.
- When back the next person in your team goes to the collection pile.
- Each item is worth a chosen number of points. Add up total at end of game to see who has won.



Rainbow space hoppers

- Hopper relays and races. Great for Sports Day!
- Play a game of Space tag/catch on the space hoppers.
- Set up an obstacle course to space hop around.

- What about a game of Hopper football using a large soft ball? You can set up nets and have fun bouncing around on the hoppers to try and score in the goals.
- Go on a space hopper scavenger hunt.
- The floor is lava!- put down coloured spots. Hop from spot to spot to avoid the floor of lava.



Rainbow twirl and jumps

- Twirl and jump skipping challenges.
- Use skipping songs, number rhymes or recite times tables as you twirl and skip.
- Make up routines and dances and play follow my leader.

Try this Jumping rhyme

Jump, Jump,
Jump up and down.
Jump, Jump,
Make a sound.
Can you jump high?
Can you jump low?
Jump, Jump.
Here we go!

Why not encourage children to make up rhymes of their own.



A playground Favourite!

The ball and cup was popular during the reign of Elizabeth I. It has been around since the sixteenth century. It originated in France, known as a bilboquet.

Traditionally a wooden cup and ball game that has become a classic.



Rainbow catch-a-cups

Consists of colourful plastic cone shaped catcher with an air flow ball tied to it.

It's great because the ball is attached, meaning you cannot lose your ball. Also, no more wasting time running to find uncaught balls.

(The ball can be removed if you want to play other throwing and catching games).

The goal is to flip the ball into the air and catch it in the cup.

- Good for hand-eye coordination and building gross and fine motor control.
- Set targets and use a stopwatch or timer-how many flips and catches can you do in a minute? In five minutes? Etc.



Rainbow scoops with balls

Easy to grip scoops

- Great for developing hand-eye coordination..
- Insert ball into the scoop and throw at opponent.
- Use the scoop to catch the ball. Try throwing the ball against a wall or rebounder panel and catch the ball in the scoop.

- Perfect for cricket skills/rounders games-develop striking and fielding techniques, practising overarm and underarm throws.
- Learn how to cradle the ball, pass it, catch it, shoot with it and dodge it. The five key skills needed to play a game of Lacrosse.

Playtime Games



Throwing and catching skills are key in many sports. Use different equipment to practise catching and throwing.



Rainbow Flying Discs

- Practise throwing the flying discs using the technique described on the right.
- Shoot towards a target.. Who can get the closest?
- See who can throw the flying disc the furthest. Measure the distances each time and record them in a book.

Rainbow cannon stomps with balls

Everyone will love shooting the balls from the cannons.

A great game for improving catching skills.

Challenge how many catches you can do? Can you do 10 catches and then swap?

Catching Techniques

- Focus on the ball.
- Reach hands towards the ball, hands and fingers relaxed and slightly cupped.
- Elbows bent to absorb force of the ball.
- Position body to receive the ball.
- Grab the ball and bring it into your body to catch.

How to throw a flying disc

- ❖ Get the **grip** right with thumb on top, fingers underneath in a fist type hold.
- ❖ **Throw** by positioning body towards the target, feet at 90-degree angle and arms to make a cross shape. Pull the front arm into chest and point the disc towards the target. Step and flick with leading leg and arm and release the flying disc.
- ❖ **Catch** either with two hands in an alligator snap- hands out in front of you with palms facing clapping hands in the middle of the disc. Or one-handed in a crab claw using thumb and fingers to pinch.



Playtime Games



Have fun using all the Rainbow Playground Favourite resources. There are many activities you can do. Try:

Add a Move

- Stand in a circle with some chosen resources from the kit in the middle.
- The first person chooses an item from the centre and uses it to create the first move. E.g. bouncing 5 times on the space hopper.
- The second person repeats the first move and adds one of their own using a different item.
- Continue around the circle until someone forgets the move. That person then starts the game again.



Adapt

- Adapt the games so that everyone can play and meet the needs of all children. Ensure that everyone has fun and enjoys using the resources.
- A suggestion for adapting- instead of jumping on cannon player's use their hands to fire the balls.
- Offer unique challenges to keep everyone active.

Challenge

- Increase distance as skills develop.
- Challenge individuals to reach their personal best.
- Use smaller balls.
- Throw from further distances.
- Use problem-solving skills.
- Encourage competitive activities that make friendly competition.
- Set targets.



Invent a game

- Split into small groups each with a piece of equipment.
- Set a timer for 5-10 minutes.
- Each group invent a game with the equipment they have been given.
- Each group take it in turns to show their game to the other groups.
- Rotate the equipment and play the other games.

These are just some examples of playground games that you can play with the Rainbow Playground Favourites kit. Create your own games and if you have any brilliant ideas that you'd like to share with us, then please get in touch. We'd love to hear from you.