

# hares and hounds

Mark out an area with cones to run around (approx 200m).  
Divide class into two groups, hares and hounds.

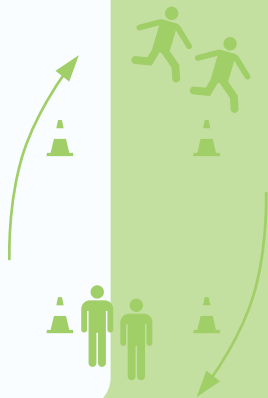
Hares will set off first jogging/running around the perimeter of the course, on command the hounds will set off and try and catch them. As they go they have to give a loud howl signalling the chase.

Points can be given for each hare the hounds pass.

Groups take it in turn to be hares or hounds.

## equipment:

- marker cones



# orienteering

Have children work in two's or three's. The object of the game is to visit all 12 cards in the correct order – walking, jogging or running.

The 12 cards should be in visible positions around the course. The first time you do this activity keep the cards in order, e.g. 1-12 in a clockwise circle. This will make it easier for the group.

Each group is issued with a score card a team letter and their start position. e.g. Letter 'A' start position four, Letter 'B' start position eight.

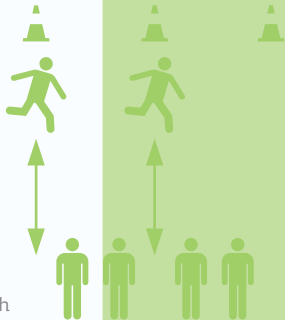
The start position is the first card the group will visit. When they find the card with that number on the top, they look for their letter and it will tell them the next card to visit. They do this until they reach the last card that should have an 'F' for finish. They then bring the card to the leader who will check they have visited all 12 points in the correct order.

Times can be recorded so the group can try to improve their time. You can also mix the cards up so that it takes longer to do.

Safety – If you don't want the groups to be carrying pens/pencils, why not attach a pen on a piece of string on each card.

## equipment:

- orienteering cards
- score cards
- stop watch



# scavenger hunt

Working with a partner or in a team, collect a series of items from around the field. Groups can walk/jog/run to find the item then bring it back to the leader, where they will be told of the next item to collect.

## **Suggested items:**

A leaf, a twig/stick, a person with blue eyes (not your partner), a daisy, a long blade of grass, a marker cone, a person with blonde hair (not your partner), a ball...

If indoors you could use different pieces of equipment in the gym/hall. You could collect an item of a certain colour or beginning with a certain letter.

This is a great game to help you tidy up!



**equipment:**  
- items/  
equipment  
for collection



# marathon challenge

The class/group are going to run a marathon – 26.2 miles! (This distance can be reduced dependant on group size, children's age and fitness level).

Mark out an area in the playground (approx 200m) with cones.

With a partner, children walk/jog laps, receiving a stamp at the end of each lap on their score card. After an agreed amount of time (10-15 minutes), cards are collected and children help to add up the number of laps and see if they succeeded the marathon challenge.

Encourage all the children to keep moving, they can alternate walking a lap and jogging a lap if it is too difficult to jog continuously or with a partner run alternate laps like a relay.

## equipment:

- marker cones
- score cards
- stamp



26.2

# paper, rock, scissors

Make one centre line and two back lines at the ends of a sports field/playground (leave space past these back lines so fast runners have room to stop). Split group into two teams. Each team then huddles at opposite ends of the field and chooses which hand signal to throw.

(In case you've forgotten: rock breaks scissors, scissors cuts paper, paper covers rock.)

The teams gather at the centre line, spread out facing each other. Together (and with gusto), all chant: 'Rock, paper, scissors, shoot!' On 'shoot', players quickly throw their pre-chosen selection. The team that loses the shoot must race for the safety of its own back line, trying to avoid being tagged by the winning team.

Any player who gets tagged must join the other team. If both teams throw the same shoot, all must quickly sit down. The last one to hit the ground switches teams.

## equipment:

- cones or chalk to mark lines



# kerr plunk

The object of the game is to have the least amount of bean bags left in your hoop. Divide group into four teams. Each team is given a hoop with 10 bean bags in it.

Teams should be an equal distance apart.

On the leaders command the first person in each team picks up one bean bag and can place it in any of the other teams hoops. They then return to their team and the next person in the group does the same. Keep the game going for a set period of time. At the end the team with the least amount of bean bags is the winner.



## **equipment:**

- hoops
- bean bags
- whistle
- stopwatch

# tadpoles

Divide group into two teams.

Team one form a large circle in the middle of the hall.

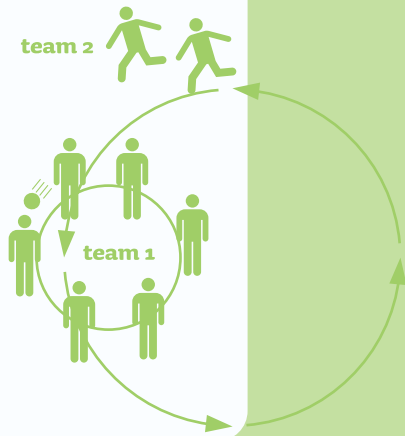
Team two line up one behind the other at the side of the circle.

Team one throw the ball to each other around the circle, counting the number of passes out loud. If they drop the ball they go back to zero.

At the same time, team two run one at a time around the circle (or hall if you want to make it longer). When the whole team have completed one lap they shout stop. Team two stop throwing and reveal their score. The two teams then change places and repeat to see who scores the highest.

## equipment:

- marker cones
- whistle
- ball



# scream team

Everyone lines up side by side. On go each player yells as loudly as he/she can while running in the opposite direction.

You can only run as long as you yell!

See who can run the furthest and scream the loudest.

You can also give children a marker cone to mark where they stop.  
Can they run further on their next attempt?

## equipment:

- marker cones





# clock in the tower

Everyone stands in a large circle, number everyone one to six.

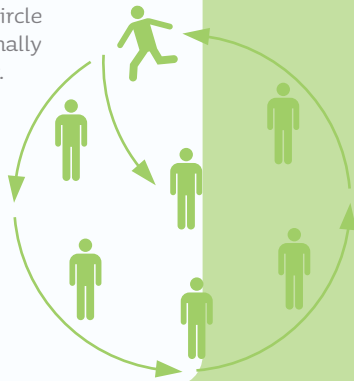
One person stands in the centre and says 'the clock in the tower strikes the hour...'

The children with that number run around the outside of the circle and into the middle (through the space where they were originally standing) and the first person back to the centre is the winner.

That person then stays in the centre and repeat 'the clock in the tower...'

**equipment:**

• just you!



# *follow the leader*

## *indian file*

**equipment:**

• whistle

Divide group into teams of five/six. Team members line up one behind the other. Start with walking, the rest of the team follow the leader around the hall/field. Gradually introduce other activities – tip toes, arms out, skipping, jogging, running...

When teams are able to stay together, introduce Indian File running. When the leader blows the whistle the team member at the back of the line sprints to the front then they lead the group. Again when whistle blows the back marker sprints to the front.

When at the front the leader must ensure the groups stays together.



# lucky dip game

Download the lucky dip cards from the website.

The whole group begins walking or jogging around hall/field. Every so often the leader stops the group and holds the lucky dip cards like a fan, face down.

Children take turns to pick a card which they read aloud to the rest of the group.

Everyone follows the instruction on the card.

**equipment:**

- lucky dip cards



# port/starboard

Mark out a square/rectangle and give each side a name – Port, Starboard, Lifeboat, Bridge.

When the leader calls out one of the areas children must run to that side.

There are various other commands that you can call:

**Captain's coming** – children must stand to attention and salute

**Cook's coming** – rub your tummy and shout yum yum

**Man overboard** – children must sit down and pretend to row a boat

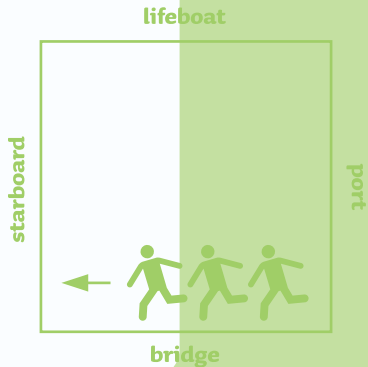
**Climb the riggings** – children must mimic climbing up a ladder

**Shark infested waters** – children must lie down on their fronts and pretend to swim

**Submarine** – lie on your back with one leg in the air.

## equipment:

- loud voice
- cones or chalk to mark lines



# frisbee golf

Using Frisbees, split into small groups, first person throws Frisbee, everyone runs to where it landed, next person throws, everyone runs to where it landed, and so on until the group completes a circuit. How many throws did it take to run around the circuit?

SAFETY! Make sure groups are spaced out so none gets hit with a Frisbee!

Introduce hoops as targets. How many throws to reach target?

## equipment:

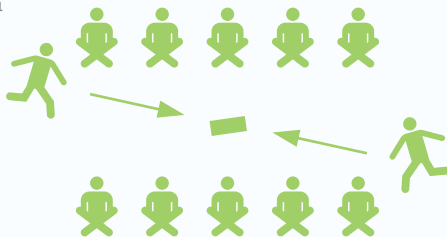
- frisbees
- hoops/cones



# steal the bacon

Divide group into two teams and give each child a number. Children sit in a line facing the other team about 10 metres apart. If there are 20 children in the group, number team 1-10. Number 10 in one team should sit opposite number 1 in the other, number 2 opposite 9 and so on.

Place a bean bag in the centre of the group. The leader calls out a number and the two children with that number race to steal the bacon (bean bag). The person who grabs it first has to get back to their team before the other person tags them.



## equipment:

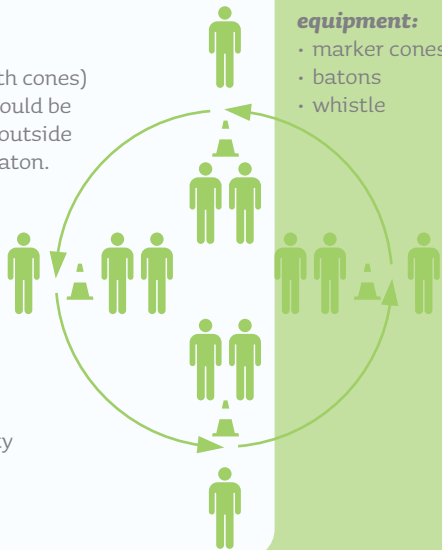
- bean bag

# tig relay

Divide group into four teams. Using a circle (marked with cones) each team stands at a point within the circle. Teams should be an equal distance apart. The first runners stand on the outside of the circle and has to run one lap before passing the baton.

The object of the relay is to try and catch the team in front and not let the team behind catch you before passing the baton to the next runner in your team. The leader should stand in the centre of the circle and if a team catches the team in front, the whistle is blown to stop the runners. The catching team is awarded a point. Runners return to their start position and the relay starts again.

Try changing direction so each team has the opportunity to chase a different team.



## equipment:

- marker cones
- batons
- whistle

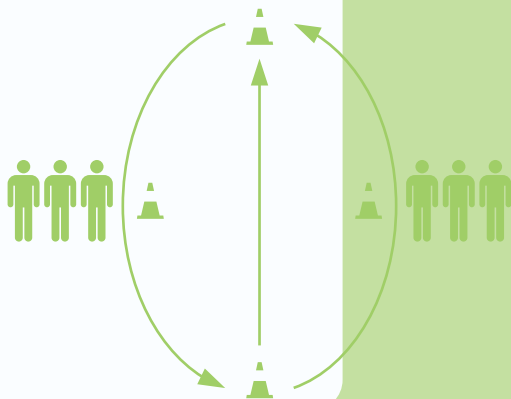
# Paarlaufs

This is a continuous relay. Mark out a large oval with cones. Set up several teams with even numbers and split them into two.

Half the team stays at one side of the oval and the other half goes to another side.

The first runner walks/jogs around the oval to their partner at the other side, who walks/jogs the remainder of the lap. The first runner cuts across the middle of the oval to meet his/her partner and then runs their half lap again.

This can go on for a set number of laps or time.



## **equipment:**

- marker cones
- whistle



# shuttle, obstacle and the mad hatters relay

**Shuttle Relay** – Divide group into teams, half team at one cone, half at cone 20-30 metres away. Runners run to cone in front and tag their team mate who then runs back. Relay continues until all runners are back in original position. Batons or bean bags can be used to pass to team mates.

**Obstacle Relay** – Introduce obstacles to a running relay, e.g. through hoops, in and out of cones, carrying objects...

**Mad Hatters Relay** – Instead of passing batons, pass hats! Santa hats for a Christmas relay, witches hats for halloween.

## equipment:

- marker cones
- batons or bean bags
- silly hats
- whistle



# space shuttle relay

First and second players run together inside a hoop and go around a turning cone. After they have turned around, they return to the team.

The first player drops out and joins the end of the line. The second player picks up the third player and they run together to the turning cone. They proceed around and back. The second player drops out and the third and fourth player run together around the cone and pick up the next player. The game continues until everyone on that team has had a chance to be in a hoop twice, working with a partner.

## equipment:

- marker cones
- whistle
- hoops



# countdown relay

Divide group into teams. Have two piles of cards – one set with vowels and one set with consonants on them. Children take turns running. They run to the turn around point, pick up one consonant or vowel card and bring it back to their team. Then the next runs, and so on.

Play for about 8-10 minutes. Children try to bring back as many cards as possible. Give the teams five minutes to make as many words as they can out of the cards they have gathered.

Teams earn one point for each three letter word, two for each four letter word, three for each five letter word and so on. Add up the points.

## equipment:

- marker cones
- whistle
- consonant and vowel cards (kids can make up)

