

## I Like To...

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A quick simple memory game that requires no preparation or equipment, perfect for all sorts of occasions when you need to keep the kids occupied - waiting rooms, train journeys etc - and also as a "getting to know you" game.



### Age 5+

Sit the group in a circle (adults and children). Ask everyone to think of something that they like to do. Then pick someone to start by telling the group for example "I like to swim". The person to their right will then tell the group what the first person liked and adding what they like to do, for example "Fred likes to swim, I like to walk".

This continues right around the circle until the last person has to say what everyone likes to do.

Other members of the group can prompt by miming the activity if anyone falls into difficulty.

Hints:

Of course this game can be played by older children, who may turn it into a much more humorous game by making up silly sentences.

## **Over Under Relay**

Without much space, indoor games can be challenging. This fun game can be played with medium to large groups in aisles and hallways. The Game of the Week is Over Under Relay.

**Group Size:** Large group (10 or more)

**Age Group:** Grades 1-5

**Length of Activity:** 10 minutes or more

**Developmental Goal:** To develop cooperation and teamwork.

**Equipment:** Bouncy Balls

### **Before You Start:**

- Have players line up behind each other in groups of eight to ten, spreading out one arm's length distance apart.
- Demonstrate how to pass the ball over someone's head then under someone's legs.
- Give the person in front of the line a ball.
- Designate a start and finish line.

### **How To Play:**

- The object of the game is for the group to pass back the ball either over their head or under their legs, alternating methods with each person (first person passes over their head, second person passes under their legs, third person over their head and so on).
- When the last person in line gets the ball, he or she runs/skips/jumps/etc. to the front of the line and starts passing the ball back again.
- Play until everyone reaches a finishing point (the line should have moved up with each new start) or until a specific number of turns.

### **Variations:**

- Have players shut their eyes while they are passing and receiving the ball.
- Play with a basketball where the players must take (or make!) a shot at a basket before returning to the front of the line.
- Add dribbling challenges such as left/right hand only or pivoting before passing the ball back.
- Play with a soccer ball and add similar challenges.

## Red Light Green Light

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Red Light Green Light is an outdoor game suitable for children of all ages. You will need quite a bit of space! If you play the game with younger kids, you can use it to reinforce the concept of "red is for stop" and "green is for go".



One player (or an adult) is chosen to be the caller. The caller stands facing away from the other children, who stand behind a starting line drawn up about 30 feet (10 metres) away.

When the caller calls out "green light", the children run forward to try to tag him. They must move as quickly as possible but at any time the caller may call out "red light", at which point all the children must freeze. The caller turns round and if he catches anyone moving - even a tiny bit - they are sent back to the starting line.

The first player to tag the caller becomes caller in the next round.

This game is very similar to [What's The Time Mr Wolf](#).

## What's The Time Mr Wolf?

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I've no idea why this game works, and I confess I never enjoyed it much as a child myself! But some children love it so I've included it here and you can make up your own minds!



Age: 4+

### How to play:

One child stands apart with his back to the other children, who should be a good distance away. He or she is Mr Wolf.

The group calls out "What's The Time, Mr Wolf?"

He replies with a time - for example, "'It's 2 o'clock"

The group then takes 2 steps forward, towards Mr Wolf, and asks again, "What's The Time, Mr Wolf?"

This time he might say "It's 10 o'clock", in which case the group would take 10 steps forward.

The group is attempting to reach Mr Wolf without him first catching them. When Mr Wolf senses that somebody is close, he can call out, instead of a time like before, "It's Dinner Time!", at which point he can finally turn around and see where everybody is, then try to catch somebody before they can make it back to the starting line. There is usually much screaming and excitement at this point!

### Hints:

Make sure everybody gets a turn to be Mr Wolf.

Children will tend to vary between those who take great big steps to try to reach Mr Wolf first, and those that take very small steps so that they can run back to safety when he calls Dinner Time!

A big space, such as a playground or park, is perfect.

It may be best if an adult is the first "Mr Wolf" to show the children how to play.

This game is very similar to [Red Light Green Light](#)

## Where Do You Stand?

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This fun ice breaker game requires lots of running around and sometimes some bumping into each other - so it's best played in a large hall or the playground!



### How to play:

Draw a line with chalk or otherwise mark out a line down the centre of your space. All the children start by standing on the line.

Now call out opposites and point in one direction for each. Children make their choice and run to the correct side of the line.

### Examples might be:

- Cats or dogs?
- Rabbits or mice?
- Blue or pink?
- Football or rugby?
- Country or town?

- Hot dogs or hamburgers?
- Cereal or toast?
- Maths or English?
- Tinkerbell or Peter Pan?

Try to think up some opposites that will get all the children on one side of the line!

If you are playing indoors and you want the kids to get a little more exercise, you can also ask children to sit down once they have decided.

Why not let some older children run the game, and give them a clipboard to predict and then record how many children choose each side?

## Wipe That Smile Off Your Face

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Best played with a large group of kids but we have had fun playing this at family dinner times, with just four. It works with any age, but is better when the children are young.



Sit round in a circle. Youngest starts. He smiles his widest, silliest smile at everyone round the circle, trying to make someone else giggle or laugh. He gets a point for everyone who can't keep a totally straight face. After a while, he uses one hand to literally "wipe" the smile off his face, and hand it to the person next to him, and on it goes.

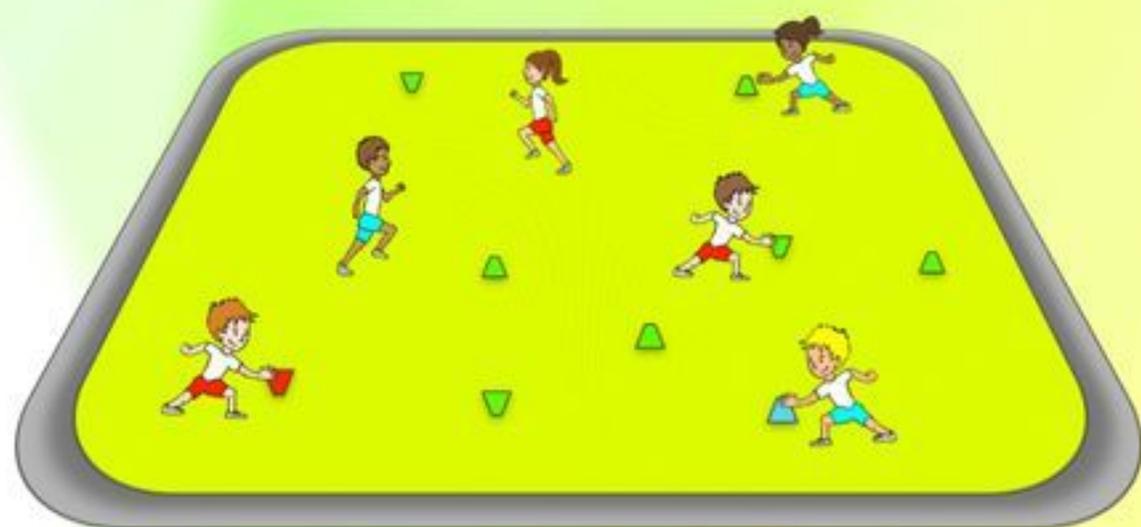
When the kids are little this game can cause much merriment, especially if you are playing with mixed ages. Not many little children can keep a straight face when their Granny or Grandpa is grinning madly at them!

grades  
3-6

Warm up  
games

# 'Volcanoes & ice-cream cones'

› Turn over as many cones as possible



Setup

15

- › Spread out lots of cones around the playing area (at least 15)
- Put some upright › they are 'volcanoes' 
- And put some upside down › they are 'ice-cream cones' 
- › Divide the class into 2 teams - one team are 'volcanoes'
- the other team are 'ice-creams'

Gameplay

1. On "GO", players run around and turn over as many cones as possible, as assigned to their team cone type
2. Keep going, turning over as many as you can
3. After 2-3 minutes, when the teacher blows the whistle, all players must stop and put their hands on their head
4. The team with the most cones in the correct position wins
5. Play multiple rounds, switching sides: volcanoes <> ice-creams

- You are not allowed to block others from getting to a cone
- You can only turn 1 cone at a time, then move onto another



## Quick lesson plans

# 'Rob the nest'

› Fast dribbling with as many balls as possible



### Setup



- › Make a large square with 4 hoops, with a team at each hoop
- › Put lots of basketballs (10+) in the middle of the square

### Gameplay

1. On "GO", the first player from each team runs to the balls
2. They pick up a ball then dribble it back to their teams' hoop
3. Then the next player in the team goes (1 at a time)
4. When all the balls are gone from the middle, rob the nests! (everyone runs around to steal the other teams' balls)
5. When time is up, the team with the most balls safe wins

### Progression

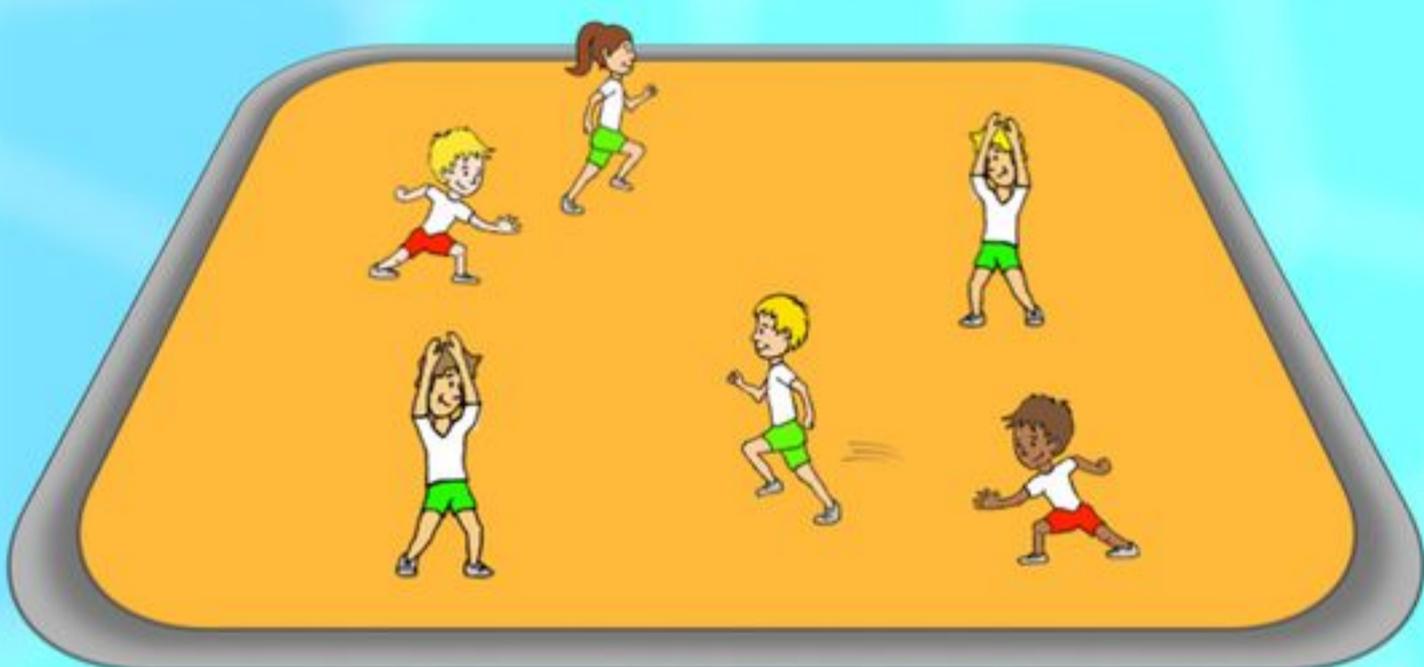
- › Choose 2 players to become defenders, who can try to knock other peoples' balls away to stop them



## Quick warm up games

# 'Silly bananas'

› Avoid getting turned into a banana



### Setup

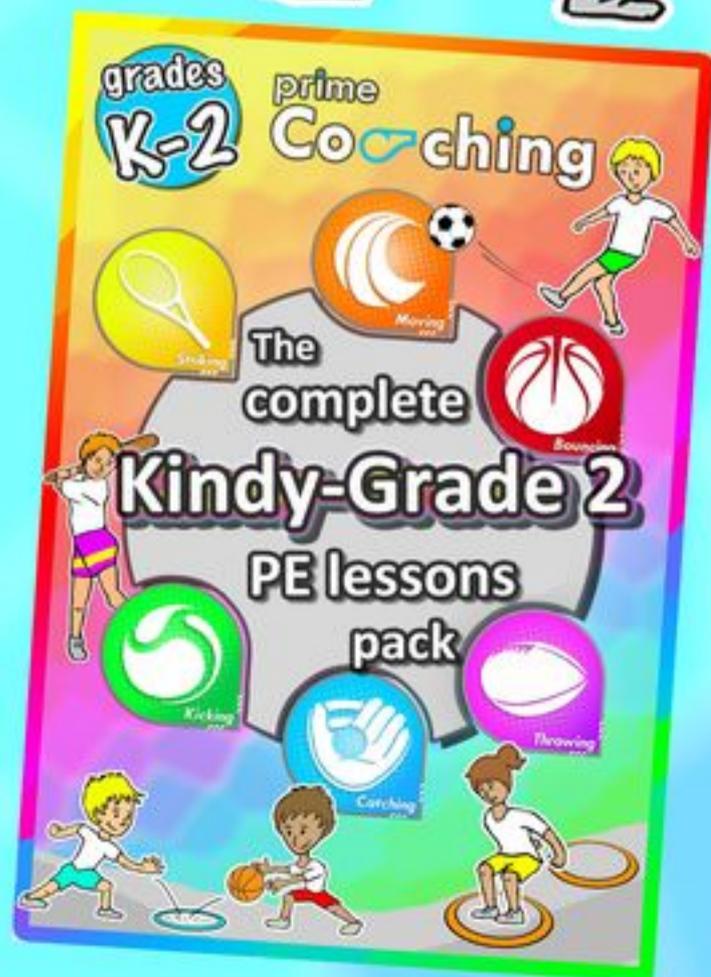
- › Kids spread out around the playing area
- › Select 2 kids to be the 'monkeys' (taggers)

### Gameplay

1. Kids run around, trying to not get tagged by the monkeys
2. If you get tagged, you turn into a banana (hands together, stretched out above your head)
3. You stay a banana until someone else free's you, by peeling (pull one hand down, then the other)

### Variations

1. Change the method of movement:
  - skipping...hopping on 1 leg...side-stepping, galloping
2. Change what happens when you are tipped:
  - Balance on 1 leg for 20 seconds, then you are free again



# LARGE GROUP GAMES

## GAMES TO PLAY WITH BIG GROUPS OF KIDDOS

### Earthquake & Eviction

SUPPLIES: none needed

One person begins as the "outsider" and stands alone. The rest of the members create threesomes with two people creating a house with their hands touching in the air and the other person "living" or standing inside the house. The lone member calls either "earthquake" or "eviction." If the caller says "eviction" everyone living in the house must find a new one. If the caller says "earthquake," all of the houses collapse and new threesomes must be made (a two member house and an inhabitant). In both instances, the lone caller tries to become an inhabitant of a home or a member of the house structure. The new lone person calls "earthquake" or "eviction."

### Freeze Dance

SUPPLIES: music player, speakers

Designate a dance floor in a large area. When the music plays, members dance with their best dance moves. When the music stops, everyone must freeze. Members are out if they move when music is off or if they are not dancing when music plays. Variation: pick your favorite dancers to dance at the front of the group to encourage dancing and to recognize members.

### Across the Sea

SUPPLIES: Blindfold, 1 chair

The goal of this game is for the caller to navigate the ship captain from one end of the "ocean" to the other.

Remaining members become obstacles in the ocean (starfish, waves, fish, etc.) We have found it easier for the caller to stand on a chair so he or she can more easily see the obstacles. After the ship captain is blindfolded, the caller can be navigation (i.e. take 3 steps right, get on all fours and crawl, duck down, etc.)

### Game of Sixes

SUPPLIES: none needed

This game can be done in smaller groups or one large group. The numbers one-six will be assigned an action. For example, 1=push ups, 2=sit ups, 3=raise the roof, 4=jumping jacks, 5=whip/nae nae, 6=squats. Announce the numbers and action two times for the group. They must do their best to memorize and remember the actions. The staff or caller calls out numbers and the group(s) complete the action. This is a great game to promote fun and healthy lifestyles.

### Six Corners

SUPPLIES: cones or markers, music player, speakers, dice.

Designate 6 areas in a large space. Play music while members dance. When the music stops, count down from 5. Members have 5 seconds to get to a corner. Roll a big dice. Anyone in that corner is out. Play until 5-10 members are left and announce them as winners. The number of corners will depend on the number of players. We play with around 150-200 kids and use 6 corners.

### Factory

SUPPLIES: 5-10 balls per line, 10 buckets, 50 cones or markers

Set up five lines with a bucket at each end and 10 markers connecting the buckets. Members will stand at the markers. Place the balls in the starting bucket. Members must pass the balls, one by one, from the starting bucket to the end bucket. Once a ball is placed in the final bucket, the next ball may start. We usually play with 5 or 6 teams of ten in a gym or outside. Add obstacles to make it more difficult.

### Choir

SUPPLIES: none needed

Members get into a choir formation, (tallest in the back, multiple rows). Two staff and/or members become the choir directors. When the music plays, the choir directors lead a performance (lip-syncing, dancing, etc.). Winners are chosen based on teamwork, participation, creativity, etc. This is a great game to promote fun and healthy lifestyles.

### Around the World

SUPPLIES: multiple balls (can be various sizes to add difficulty)

Divide members into groups and have them form a circle (both sitting or standing up work). Start each group with one ball. Each member passes the ball to the right quickly and carefully. Slowly add balls to the circle. Members continue passing balls to the right. If a member drops a ball or ends up with more than one ball in hand, he or she is out. There will be times when you will need to call freeze. Everyone freezes and you adjust the circle and start again.

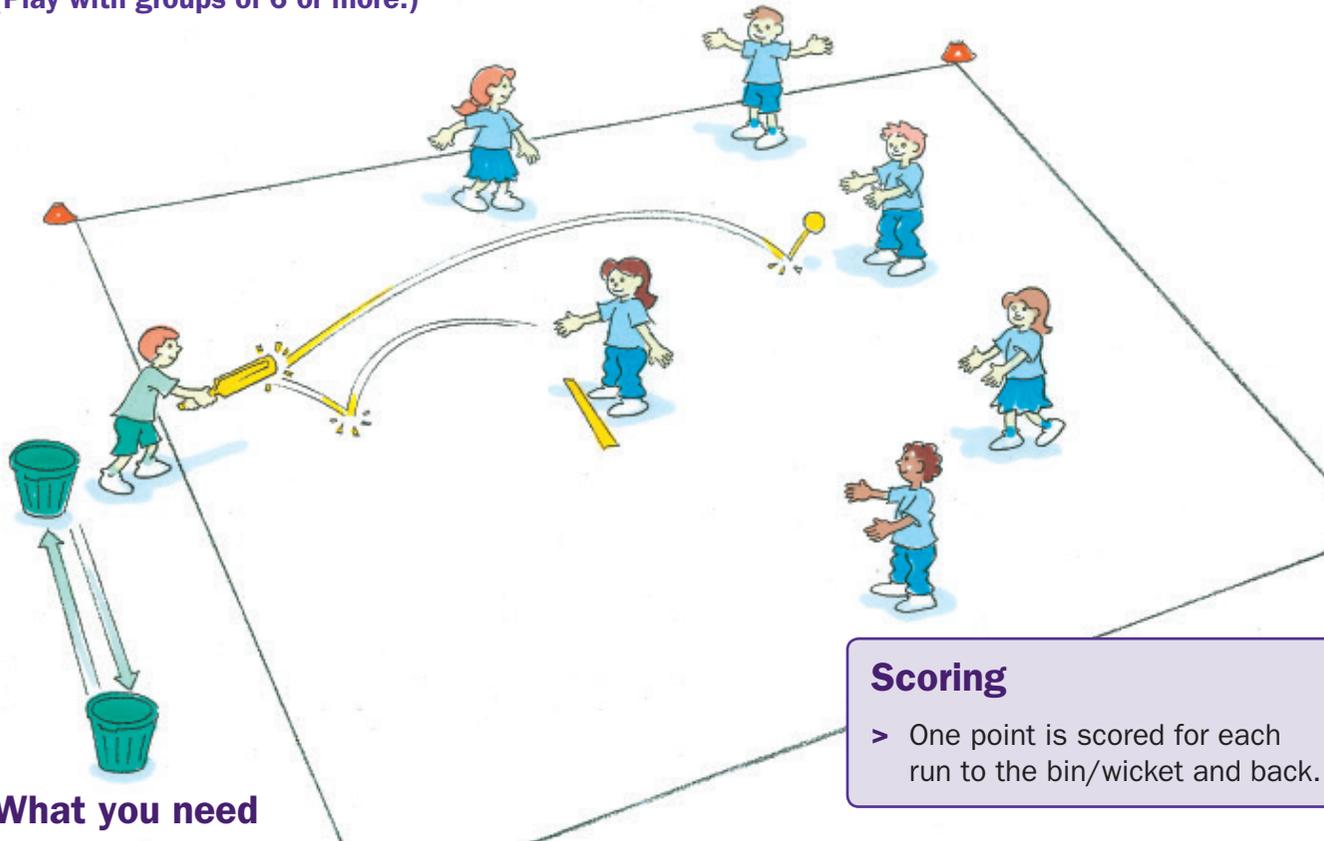


Australian Government  
Australian Sports Commission



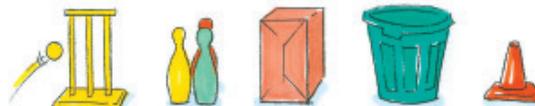
# Continuous cricket

A ball is bowled underarm to a batter who hits the ball and runs between 2 wickets. The bowler can bowl at any time. A rolling and kicking alternative may be played. (Play with groups of 6 or more.)



## What you need

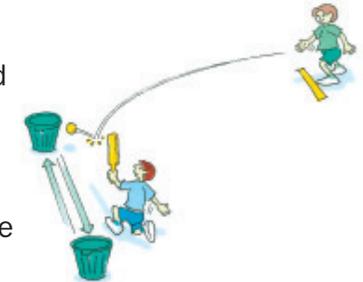
- > Boundary markers and a marker to show bowling distance
- > One bat and ball (choose to suit ability level of the group)
- > 2 bins for wickets (or alternatives)
- > **Options** – batting tee, size 3–4 soccer ball.



## What to do

### Bowler

- > The ball is bowled underarm from the marker.
- > The bowler can bowl whenever the ball is available.



### Batters

- > The batter must attempt to hit the ball after one bounce and, if successful, must run to the other bin/wicket and back.
- > Batters are out if they are caught or bowled out.
- > Once the batter is out, players rotate positions until everyone has had a go at bowling, batting and fielding.

### Fielders

- > Return the ball to the bowler ready for the next delivery.

## Scoring

- > One point is scored for each run to the bin/wicket and back.

SKILL FOCUS

CATCHING FIELDING SHOT PLACEMENT  
SPATIAL AWARENESS TEAMWORK  
THROWING

CONTENT DESCRIPTIONS

ACPMPO43 ACPMP045  
ACPMPO61 ACPMP063

## LEARNING INTENTION

Continuous cricket is an age-old game that keeps players moving. The game develops fielding skills and encourages thoughtful placing of the ball by the batter.

# Continuous cricket

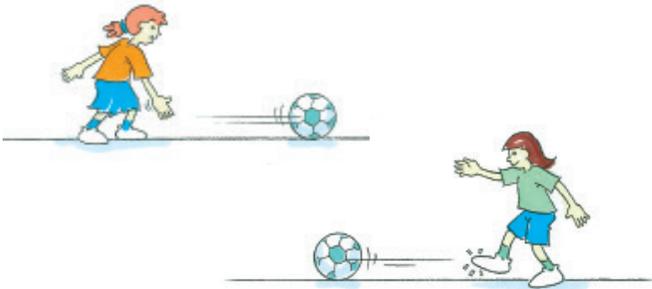
## change it...

### Coaching

- > Use a player role model to emphasise effective batting and fielding plays.

### Game rules

- > Batting action – kick into the field of play from a rolled ball.



- > Bowling action – allow an overarm bowl.
- > Fielders vary the pass – allow any pass, or vary the pass between fielders.



- > Rolling – use rolling to pass between fielders, e.g. if a soccer ball and kick are used.
- > Buddy batter – use 2 batters who change places. The ball must be hit from the ‘batting wicket’ (easier for batters – who run half the distance).



### Equipment

- > Use different bats – allow player choice.
- > Use different balls – allow player choice.
- > Use a batting tee – if required.

### Playing area

- > **Wickets** – increase or decrease the separation between them.
- > **Zones** – bonus points are scored if the ball reaches a zone.

### Safety

- > Batters must run with the bat and not drop it on the ground.
- > Batters should hit the ball below head height.
- > Batters keep to the left when running – use markers if required.
- > Fielders must not interfere with running batters.
- > Fielders call ‘mine!’ when fielding the ball.

### ASK THE PLAYERS

#### Fielders

- > ‘Where is the best place to stand?’
- > ‘How can you be ready to back-up if a team-mate misses a ball?’

#### Batters

- > ‘Where is the best place to hit the ball?’
- > ‘What do you do if the fielders have your “best place” covered?’

## Capture The Flag

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*Capture The Flag, Summer 2003*

### **You will need:**

A large group of children

2 flags or markers (anything bright and light-weight, such as a Tshirt, will do)

A large area, which can be roughly divided into two

### **How to play:**

Split the children into two teams and allocate each team with one half of the area. Each team chooses a base position, where they keep their "flag", and a goal position, where they will keep their prisoners, and makes it known to the other team.

Each team now tries to capture the other team's flag. Whenever a team member ventures onto the other team's territory, he is at risk of being caught (tagged) by the enemy team. When caught he is taken to that team's goal, where he must remain until he is freed (touched) by one of his team members.

When someone manages to capture the other team's flag and return it to their own territory, their team wins.

### **Hints:**

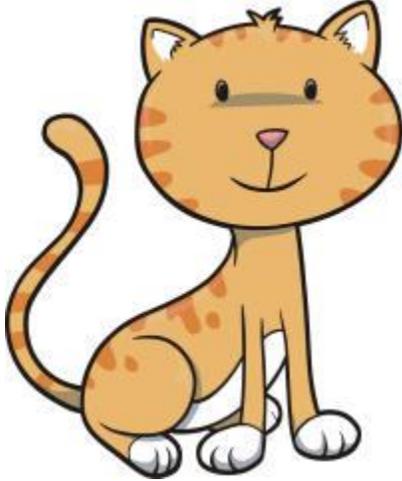
Older children will probably organize their teams so that some players guard, others hunt. Younger children will probably run around a great deal and just have fun!

In a large space, especially one with hiding places, this game can go on for an hour or more.

## Cat Catching Mice

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This traditional Chinese chase game can cause much screeching and excitement! Play outdoors - or indoors, if you have a large room. It is also known simply as "Cat and Mouse".



**Age:** Any

One child is chosen to be the Cat (the chaser) and one child is chosen to become the Mouse. All the other children form a circle, holding hands, with the Mouse inside and the Cat outside.

The children in the circle move around while calling out the following rhyme:

"What time is it?"

"Just struck nine."

"Is the cat at home?"

"He's about to dine."

When the rhyme stops, the children stop moving and the Cat starts to chase the Mouse, weaving in and out of the ring of children to do so. However, the Cat **MUST** follow the mouse's path. When he catches the Mouse he can enjoy pretending to "eat" him, and then two more children take a turn.

## Concentration

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There is something about the clapping and chanting rhythm of this game that used to keep my school friends and I occupied for hours! Best played with kids of the same age, or the game will be unequal.



**Age: 6+**

The children sit in a circle and take a number each, starting with 1.

They then start a chant by slapping their thighs twice then clapping their hands twice and saying

*Concentration*

(slap slap clap clap)

*Are you ready?*

(slap slap clap clap)

*If - so -*

(slap slap clap clap)

*Let' s - go!*

(slap slap clap clap)

Then player 1, continuing the rhythm, says her own number twice followed by another number.  
For example:

1, 1, 4, 4

(slap slap clap clap)

Player 4 then does the same, starting with their own number and following with someone else's:

4, 4, 7, 7

(slap slap clap clap)

Anybody who makes a mistake or fails to keep the rhythm is eliminated but remains in the circle, making it more difficult for the other players – who must remember not to use the eliminated person' s number! As the play progresses you can speed up the rhythm slightly too, to try to catch the better players out.

When there are only 2 or 3 players left, change the numbers and start a new game, or try a variation using colours or animal names instead of numbers.

## Freeze

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A well known playground game, Freeze is deservedly popular with children of all ages. Best played on a dry day or indoors (perhaps in a hall), or you will have some seriously muddy children to contend with!



One child is chosen to be "it". Whenever "it" catches another child, that child must remain frozen in place, with their feet wide apart. The frozen player can only be "unfrozen" if another child crawls between his legs!

The last player to be frozen becomes "it" for the next round