

Cats and Dogs!

The basics

- Get yourselves into pairs and stand back-to-back.
- Label one person cat and the other dog
- Someone shouts either label- if cat is said then cat must run to the other end of line before dog catches him and vice versa.

Mix it up!

- Make the distance between the lines bigger?

YOU WILL NEED:

3+ People
Chalk



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Mr Fox

The basics

- Appoint one person to be Mr Fox and have them standing face towards a wall.
- Everyone else must be a distance away and take steps Mr Fox based on the time given when asking 'What time is it Mr Fox?' ... if 5 o'clock then 5 steps must be taken
- When Mr Fox replies 'It's dinner time' all players must run back to the starting line before Mr Fox catches them.

Mix it up!

- Can we have more than one Mr Fox at a time?
- Can we make the starting line further away?

YOU WILL NEED:

No equipment!
2+ People



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Scarecrow Tag

The basics

- One person will go around tagging the players. If you have been tagged, you are now a scarecrow! :o
- The scarecrows must immediately stand still until other players free them by going under their arms.
- The game ends when everyone becomes a scarecrow.

Mix it up!

- We could have more than one scarecrow?
- Have a different version where once tapped you also become someone that turns other players into scarecrows?
- Limit how far everyone can run to?

YOU WILL NEED:

No equipment
4+ People



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Prison Wall

The basics

- You have one player in between 2 lines which is the 'wall'
- Other players must run from one side, past the wall, to the other side without being touched.
- If touched, they join those on the wall in capturing other players until everyone is on the wall.

Mix it up!

- Could one person be on the wall at a time to keep the game going longer?
- Make the distance between the wall shorter?

YOU WILL NEED:

String/Chalk
8+ People



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Tunnel Relay

The basics

- Team players line up behind one another with their legs apart creating a tunnel.
- Each team has a ball and the first in line must pass the ball back to the second player.
- The second player helps pass the ball back through other players
- When the ball comes to the end of the line, the last player must run to the front.
- Repeat until the first player has the ball.

Mix it up!

- Can you change the size of the ball to make it easier or harder?
- How can you change the space to change the challenge?

YOU WILL NEED:

Multiple balls
10+ players



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Possession Ball

The basics

- Divide players into equal teams and give them one ball per team.
- The players cannot move with the ball. They can only pass it to other players on the team.
- The other team must intercept to get possession.
- If the ball is dropped by one team, it will be given to the other team.

Mix it up!

- Could you use a different sized ball to make it easier or harder?
- Add a 'goal post' so we can keep score/points?
- Could the space be larger or smaller?

YOU WILL NEED:

Chalk/ball
Bibs
10+ People



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The Floor Is Lava

The basics

- All players must use their imagination.
- When someone shouts the floor is lava, all players must find a safe place that is not the floor to be safe.
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Mix it up!

- Can we give a 5 second countdown?
- Make it an elimination round where the last person to find a safe space is out until the next game.

YOU WILL NEED:

No equipment
2+ players



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Cross the River

The basics

- There are 2 'land' zones with a 'river' in the middle
- Players have to get from one side of the river to the other, but they need to avoid the crocodile in the water!
- If the crocodile tags another player, they become a crocodile
- Last person standing wins!
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Mix it up!

- Could the river be larger or smaller?
- Could you change the space to make it easier or harder? E.g. safe zones?

YOU WILL NEED:

CHALK/CONES
4+ PEOPLE



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Line tag

The basics

- Use the lines marked on the street with chalk as your play zone. If you step off the lines, you are automatically 'out'.
- One person is assigned with the role of the 'catcher'.
- Everyone else has to try and stay away from the 'catcher', using only the lines on the ground as their running zone.

Mix it up!

- Can you add another 'catcher'?

YOU WILL NEED:

Chalk
2+ Players
Good balance!



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Tail tag

The basics

- Everyone attaches a bib into their pockets. This is their 'tail'.
- Everyone runs around the space given and the aim is to remove as many 'tails' as possible whilst protecting your own!

Mix it up!

- How else can you make this game more fun? Think about the rules...

YOU WILL NEED:

Awareness
skills!
Bibs
2+ players



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Beanbag Boccia

The basics

- Start by standing the same distance away from the hoops and sharing your beanbags equally
- Take it in turns to see if you can throw your bean bag into your hoops
- Whoever has the most beanbags in their hoop at the end wins!

Mix it up!

- Can you add more hoops and play 'naughts & crosses'?
- For each successful throw, move the hoop further away!
- Can you have different hoops or targets that are worth different points?

YOU WILL NEED:

HOOPS
BEAN BAGS
2+ PEOPLE



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Rock, Paper, Scissors Chain

The basics

- Two teams stand in a line at either end of a chain of hoops
- Both teams start with the same number of beanbags next to their line
- Players take it in turns to hop, skip or jump down the chain
- When two players meet, they DUEL (rock, paper, scissors)
- The winner continues, the loser goes back to their line and the next person goes
- If someone gets to the end of the chain, they take a beanbag back to their line
- The team with all of the beanbags wins!

Mix it up!

- Can you change the number of hoops?
- Can you add a new skill when moving down the chain?

YOU WILL NEED:

HOOPS
BEAN BAGS
4+ PEOPLE



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Monkey Ball

The basics

- Stand in a circle with your legs out wide
- Players roll the ball to try and get it through other players' legs!
- You can only defend using your hands, your feet cannot move
- If the ball goes through your legs, you lose 1 hand
- If you lose your second hand, to get back in you must run around the circle doing your best monkey impression!

Mix it up!

- Can you change the size of the ball to make it easier or harder?
- How can you change the space to change the challenge?
- Could you add in some competition to the game?

YOU WILL NEED:

BALL
LOUD MONKEY
NOISES
3+ PEOPLE



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