

On the Move



This activity helps the children to explore different movements they can do with their bodies.

Children are all within their own space. Outside or inside.

Ask children if they can move:

- Slow/fast
- On toes, on heels
- Changing direction
- Swinging their arms
- Like a frog
- Like a giraffe
- Tall/small
- Taking small/long steps
- In a straight line
- With their arms by their sides
- Bouncing up and down
- With one other person

Variations

- Use equipment: walk whilst dribbling a ball (hands or feet) or move around/over/under objects.
- Walk backwards.
- Include other people: walk with a partner.
- Follow the leader.

On the Move



Questions to ask children

- How did you feel moving?
- What movement did you feel most comfortable doing?
- What other ways can you move?
- What would help you go faster?
- What parts of the body were you moving?

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Rockets



This activity helps the children to explore different jumping movements they can do with their bodies.

Children are all within their own space. Outside or inside.

Ask the children if they can jump:

- High/low
- From a crouched position
- Land lightly/heavily on the same spot
- As quickly as you can
- As relaxed as you can
- Like a rocket
- Landing in your own space
- As far forward as you can

Variations

- Add objects to jump over.
- Combine with other actions such as running.
- Add a target – can you jump to reach it?

Rockets



Questions to ask children

- How else could you jump? How many different ways can you jump over a cone/hoop/bottle?
- How could you jump higher/further? What parts of the body would you use?
- How could you jump in a different direction?
- How could you help someone else with their jumping?
- Create a new way of jumping and share it with someone else, help them get better.

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Shapes



This activity helps the children to explore different movements they can do with their bodies.

Children are all within their own space. This game can be played inside or outside.

Ask children if they can move:

- On one body part
- On one body part with your eyes closed
- On two body parts (e.g. one hand and one knee)
- On three body parts
- Make the shape of the first letter of their name
- Make the shape of their favourite number

Variations

- Use equipment.
- Vary balances by including a partner.

Shapes



Questions to ask children

- What balance gave you the best support?
- What balance was the easiest to hold for the longest?
- What other balances could you do?
- How could you help others balance?

Balloon Activities



This fun activity supports the children to further investigate jumping.

Equipment

Balloons.

- Children should get into groups of three.
- Each group is given one balloon each.
- Children are challenged not to let their balloon touch the floor.

Variations

- Add more balloons so children have one each.
- Reduce or enlarge the space that the children are working in.
- Add a competitive element. Have two teams play against each other – object is to keep control of the balloon for the longest.

Balloon Activities



Questions to ask children

- What is the best way to keep your balloon up? What part of the body will you use?
- How will you decide who will push the balloon back up in the air – you or a teammate, how will you communicate?
- If the other team have the balloon how will you work to get it back?
- If your team has the balloon how will you keep it for longer?

Follow the Leader



This is a fun team building activity in which the children develop their movement skills while exploring their ability to lead a group. The leader must use body language to communicate with those following.

- Split the children into lines of three to five people.
- Choose one child to become the team leader of each line.
- Children should take it in turn to be the team leader, moving around the area with all others following and copying the leader.
- The coach may wish to take the lead initially as an example.
- Movements could be hopping, jumping, moving backwards, skipping, moving like different animals.

Variations

- Change the space in which the children are playing, reduce the space so the children can only use half of the original area.
- Increase or decrease the number of people in the line.
- Add equipment e.g. ball, beanbag, balloon.
- Change groups to work with others.

Follow the Leader



Questions to ask children

- Which movement challenged you the most?
- What was your favourite movement?
- How did you work together?
- What other movements could we use?

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Truck and Trailer



This is a fun team building activity in which the children develop their movement skills while exploring their ability to lead another player.

- Children should be split into pairs.
- One becomes the truck and the other becomes the trailer.
- The trailer should follow the truck copying all the moves the truck makes.
- On call from the coach the truck should try to lose the trailer.
- The trailer should try to follow the truck.
- Children should take it in turns to be the truck and the trailer.

Variations

- Change the space the children are working in: make it bigger or smaller.
- Place objects in the hall which the children must dodge.
- Add equipment e.g. carry a ball, dribble a ball with hands/feet, keep beanbag balanced on your head.

Truck and Trailer



Questions to ask children

- Truck: What moves did you use to get away from the trailer?
How successful were you? What would you do differently?
- Trailer: What did you do to make sure you were able to follow the truck?
How successful were you? What would you do differently?
- How could we change the game?

Traffic Lights



This is a fun activity in which the children apply their movement skills to get them to the game.

Each child holds a ball, which is their steering wheel.

Children then follow the instructions of the coach or another child. The car is:

- At a red light (children stop).
- At an amber/orange light (children run on the spot).
- At a green light (children run a round).
- At a free parking stop (children lie on the floor).
- Picking up a passenger (children get a partner).
- Has gone onto the motorway (children move faster).
- Is stuck in a traffic jam (children all line up one behind the other).

Variations

- Add obstacles from equipment that the children must dodge as well as the other players. For example, a gymnastics mat might be a river.

Traffic Lights



Questions to ask children

- What else could we add?
- How do you know where the other cars are?
- How did you make sure everyone was involved?

Animal Balance



Fun activity that allows children to explore and create movements.

- Children move around a large area, ensuring they keep enough distance between other children.
- Coach shouts the name of an animal and the children move around imitating that animal (lion, elephant, giraffe, rabbit, etc).
- After ten seconds the coach will shout out another animal.

Variations

- Encourage children to share their favourite animal and everyone has to copy.
- Ask children to move around as an animal and others can guess what animal they are.
- Ask children to move slower/faster.
- Give a description of an animal e.g. move like a really fast animal, an animal who jumps.

Animal Balance



Questions to ask children

- What kind of animal did you enjoy being the most? What are your reasons?
- What kind of animal was the easiest/hardest to be? What are your reasons?
- What other animal could we be?
- Who did a really good job of being their favourite animal?

Jumping Beans



This is a fun game which encourages children to further explore movement patterns and share their patterns with others.

Each child becomes a bean.

Children follow the instructions of the coach (or another child) so they know what bean to become:

- Jumping beans (children jump up five times).
- Runner beans (children run around the playing area).
- Broad beans (children should move around as wide as they can).
- Chilli beans (children shiver).
- Baked beans (children squeeze into one small section of the playing area, trying to move around).
- Mexican beans (children line up and do a Mexican wave).
- Beans on toast (children lie on the floor and then jump up again).
- Jelly beans (children wobble like jelly).

Variations

- Limit/expand the area in which the children are working.
- Vary the beans that you ask the children to be. Are there any other themes that a similar game could be invented about?
- Change the person giving the instruction.

Jumping Beans



BROAD BEANS!

Questions to ask children

- What kind of bean did you enjoy being the most? What are your reasons?
- What kind of bean was the easiest/hardest to be? What are your reasons?
- What other beans could we be?

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High Five/Low Five Tag



A fun competitive tag game that will also develop the children's ability to stretch high.

- Mark out a large space, inside or outside.
- Task a number of children to catch the others.
- When caught, players stand still on the spot.
- To be freed players can give the caught player a jumping high five.
- Once freed players join back in the game.

Variations

- Rather than standing still, ask children to do a certain balance e.g. standing on one foot.
- Change to a low five to free player (how low can you go?).
- Increase/decrease the number of catchers.
- Increase/decrease the area.
- Use bibs to identify the catchers.
- Change the movement of everyone in the game e.g. hopping, skipping.
- Add equipment e.g. dribbling a ball with hands/feet whilst playing.

High Five/Low Five Tag



Questions to ask children

- What body parts do you use to jump?
- Where does the most power come from?
- How do you jump high?
- How can you use other players to stop yourself from being tagged?

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Line Tag



A fun competitive tag game that will also develop the children's movement skills.

- To be played in an area with line markings.
- Two or three people are allocated as catchers.
- Staying on the lines marked on the court, the catchers should try to catch the other players (all players must stay on the lines).
- Once someone is caught they become a catcher and the previous catcher is now a regular player.

Variations

- Make the space bigger/smaller.
- If the court has different colours or lines, could use only certain colours.
- Increase/decrease number of catchers.
- Ask catchers to wear a bib.
- Change movement e.g. hopping, skipping.
- Add equipment e.g. dribble a ball.

Line Tag



Questions to ask children

- How did you know where the catchers were?
- How did you decide which direction to move in?

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Knee Tag



A fun competitive tag game that will also develop the children's movement skills.

- Children get into pairs and are given a small space to move around in.
- Facing each other, with their knees bent they should try to tag one another's knees while protecting their own (hands must be off own knees).
- Play for thirty seconds.
- Swap partners.

Variations

- Increase number of players per group.
- Change to shoulder tag/ankle tag.
- Change the movement – introduce skipping.
- Dribble a ball whilst playing.

Knee Tag



Questions to ask children

- How do you stop your knees being tagged?
- What movements did you make to be successful?

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Farmers and Rabbits



This fun game allows children to explore decision making and movement skills.

Equipment

Bibs or a piece of equipment can be used as a tail.

- Identify two or three farmers depending on the size of the group.
- All other players are rabbits who should each have a tail on show behind them.
- Farmers need to catch all of the rabbits' tails.
- If a rabbit is caught they should give their tail to the farmer. The farmer then becomes a rabbit and the rabbit a farmer.
- When a farmer catches a tail they must give the rabbit a high five.

Variations

- Reduce or increase the size of the area in which the children are playing.
- Change the game to 1v1, where each child has a partner and has to both protect their own tail while trying to catch their partner's tail.
- Change the game to everyone having a tail, where each child must protect their own tail whilst trying to catch others.
- Change the movement of the players.
- Introduce more or less catchers depending on the group.

Farmers and Rabbits



Questions to ask children

- Rabbits: How can you make sure that the farmer doesn't get your tail?
- How did you move to make sure the farmer didn't get your tail?
- Farmers: How can you make sure that you catch the rabbit tails?
- In whole group game, how do you choose which tail to steal?

Tunnel Tag



This activity helps the children to explore being low to the ground and having to explode upwards again; a frequent movement in lots of sports.

The catchers need to communicate with each other to try to catch all the players.

- Three or four children become catchers, depending on group size.
- All players move around the area, on coach command catchers try and tag the rest of the group (one hand, gentle tag).
- If caught children must stand on the spot with a wide base (feet wider than shoulders) as is they were stuck in the mud.
- Other children can free them by crawling through their legs.

Variations

- Increase or decrease the playing area.
- Increase or decrease number of catchers.
- Add a ball and introducing dribbling.
- Use bibs to identify the catchers.
- Instead of crawling through the player's legs, roll the ball through legs to be freed.

Tunnel Tag



Questions to ask children

- How can you make sure you don't get caught?
- How can you make sure that you can get up quickly after crawling on the floor?
- Catchers: How can you work together to try to catch everybody else?

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The Referee Says



This game introduces the concept of an official/referee to the children and also allows them to develop movement skills.

The coach, or another child, takes on the role of the referee.

The children must complete the action that the 'referee says'. If the referee 'does not say' the children should keep doing the previous activity e.g. The referee says.

- Walk as tall as you can.
- Walk as small as you can.
- Jump as high as you can.
- Bounce like a ball.
- Hop like a frog.
- Walk like a giraffe.
- Balance on one foot.

If children get it wrong, they could be the next 'referee'.

Variations

- Coach can choose to use as many different activities as they please depending on the needs of the children.
- Change direction of moves.
- Sequence a couple of actions together.
- Have two games going on at once and if children get it wrong they join the other game – this ensures everyone is always involved.
- Instead of children moving to a different game if they don't get it right, reward children who did get it right with a point. Play to a certain number of points and then switch the referee.

The Referee Says



Questions to ask children

- What are the reasons we should listen to a referee in a game?
- What other movements could we add?
- Which movements did you like the most?
- Which are the movements you are going to practice more?

Top Gear



This is a fun activity in which the children apply their movement skills to get them to the game.

- Children move around the playing area weaving in and out of each other. Coach assigns a movement type to each 'gear'. When the gear is called children should replicate that action.
- Some examples:
1 = walking; 2 = jogging; 3 = jog backwards; 4 = quick; 5 = sprint.

Variations

- Change the movements for each gear.
- Ask children to come up with different ideas.
- Increase/decrease the space used.
- Ask children how fast/slow they can go.



Questions to ask children

- What other movements could we add?
- How do you keep yourself safe and away from the others in the group?

Mirrors



A fun activity where children can explore copying and balancing.

- Children work in twos. One is the lead and the other the mirror:
- The lead makes different shapes: star, pencil, flamingo...
- The lead moves in different ways (like follow the leader but stationary).
- After three different moves swap the lead.
- Swap partners.

Variations

- Work in bigger groups, one leader and more mirrors.
- Add equipment e.g. must balance whilst holding a ball, beanbag.
- Add some movement e.g. hopping.

Mirrors



Questions to ask children

- How did you stay balanced during the moves?
- Who did really well, what did they do that was so good?
- What shape will you work to get better at?

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Rolling



This is a basic introduction to the concept of passing.

Equipment

One ball between two.

- Children get into pairs and sit facing each other, start one to two metres apart.
- Children should roll the ball to each other.
- Start using two hands and then switch to using one hand only and switch between hands.
- Catch with two hands and then one.

Variations

- Change the distance between players; increase or decrease.
- Change the size/weight of the ball.
- Increase the number of players; move from twos, to threes or fours.
- Add another ball, can we roll at the same time?
- Stand up and roll the ball.
- Add movement after rolling the ball.
- Introduce passing when ready.
- If working on own, roll the ball off a wall.

Rolling



Questions to ask children

- How do you make sure the ball goes straight to your partner?
- When do you roll the ball gently/fast?
- What are all the different ways you can roll/pass the ball to your partner?

Wall Throws



A simple activity to develop throwing, catching and timing.

Equipment

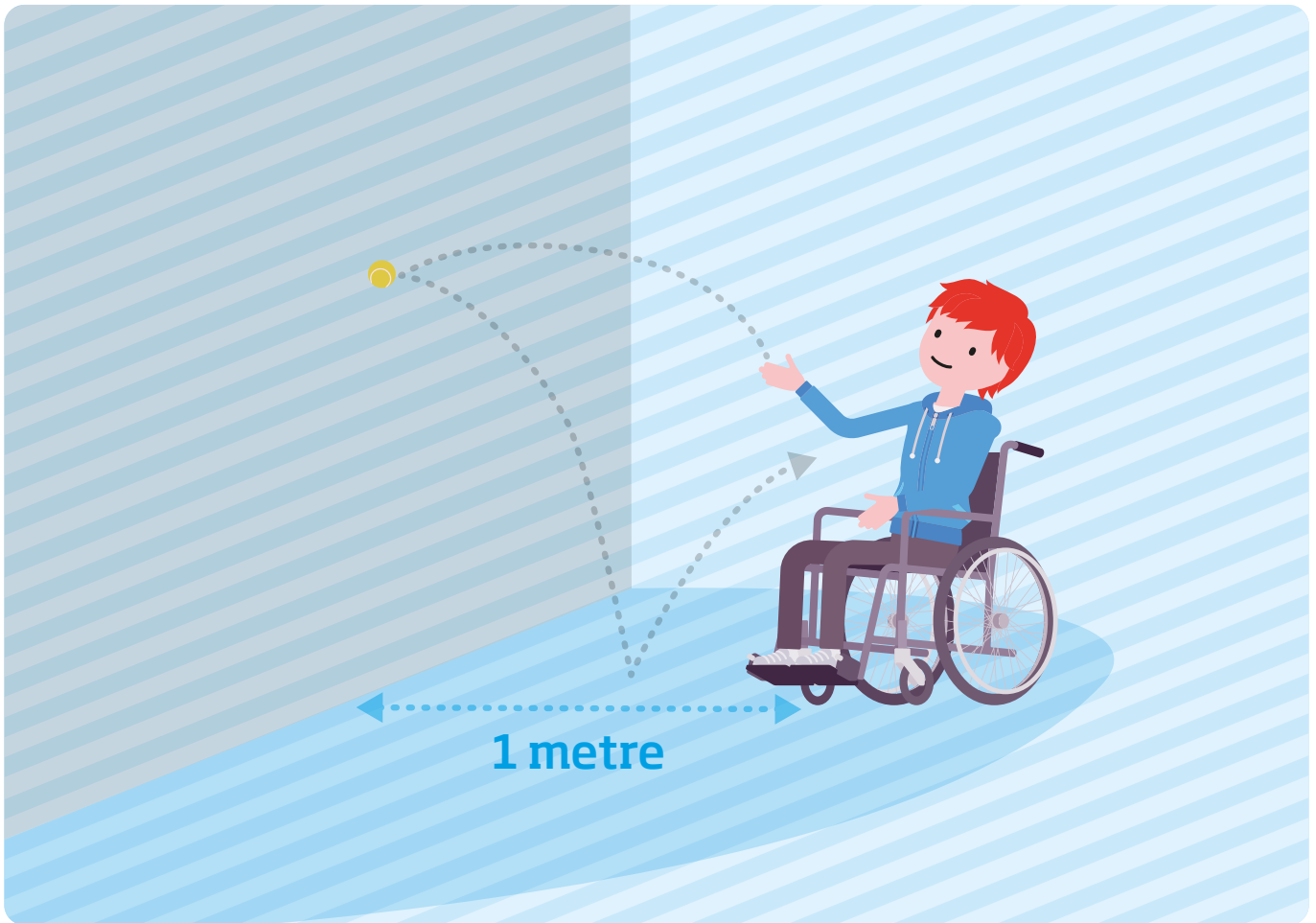
Tennis ball or small soft ball that bounces.

- Children have a tennis ball each and stand about one metre from the wall.
- Throw the ball gently off the wall using an underarm throw, let the ball bounce off the wall and on to the ground before catching in two hands.

Variations

- Increase the distance from the wall.
- Change the direction of the throw.
- Use a bigger/smaller ball.
- Catch ball before it bounces on the ground.
- Work with a partner, using one ball and then introducing a second.
- Change start position – face away from the wall, partner shouts go and throws the ball against the wall – turn around and catch with a bounce (can progress to taking bounce away).
- Practice throwing and catching with two hands, left hand only, right only.

Wall Throws



Questions to ask children

- Which hand did you prefer to throw/catch?
- Why is it good to practice with both?
- When working in pairs, how did you help your partner get better?

The Circle of Life



Fun game to develop fast movement, team work and problem solving.

- In groups of four. One child is the lion.
- The other three form a circle holding hands and one of them is the rabbit.
- The lion has to tag the rabbit running around the circle. The group moves around, changing speed and direction, to keep the lion away from the rabbit.
- The lion must stay on the outside of the circle.
- Swap player roles after thirty seconds or once the lion catches the rabbit.

Variations

- Have four players in the circle.
- Have circle facing outwards.
- Have more players in the circle and introduce more than one lion.

The Circle of Life



Questions to ask children

- How did you communicate with your team?
- What made you successful?
- What do you need to get better at?

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Grabber



A fun introduction to keeping possession and developing passing skills.

Equipment

Bibs, soft balls/basketballs/footballs.

- In groups of three, using a small space (1/6 of a badminton court). Assign two attackers, one defender and a ball per group.
- Attackers must pass using hands. Attackers can only move when they don't have the ball. Defender looks to intercept the ball.
- Swap defender after thirty seconds or after defender intercepts the ball.

Variations

- Add more players (2v2, 3v2, 3v1, 4v2, 3v3).
- Increase/decrease the space.
- Change to passing with feet.
- Can dribble and move with the ball.



Questions to ask children

- How did you move when you didn't have the ball?
- When defending where did you stand, where did you move to and what was the reason?
- Where were you looking when you had the ball?
- How did you protect the ball?
- How did you help your teammates?
- What did everyone do well in the game?

Touchdown



A fun team game developing passing skills.

Equipment

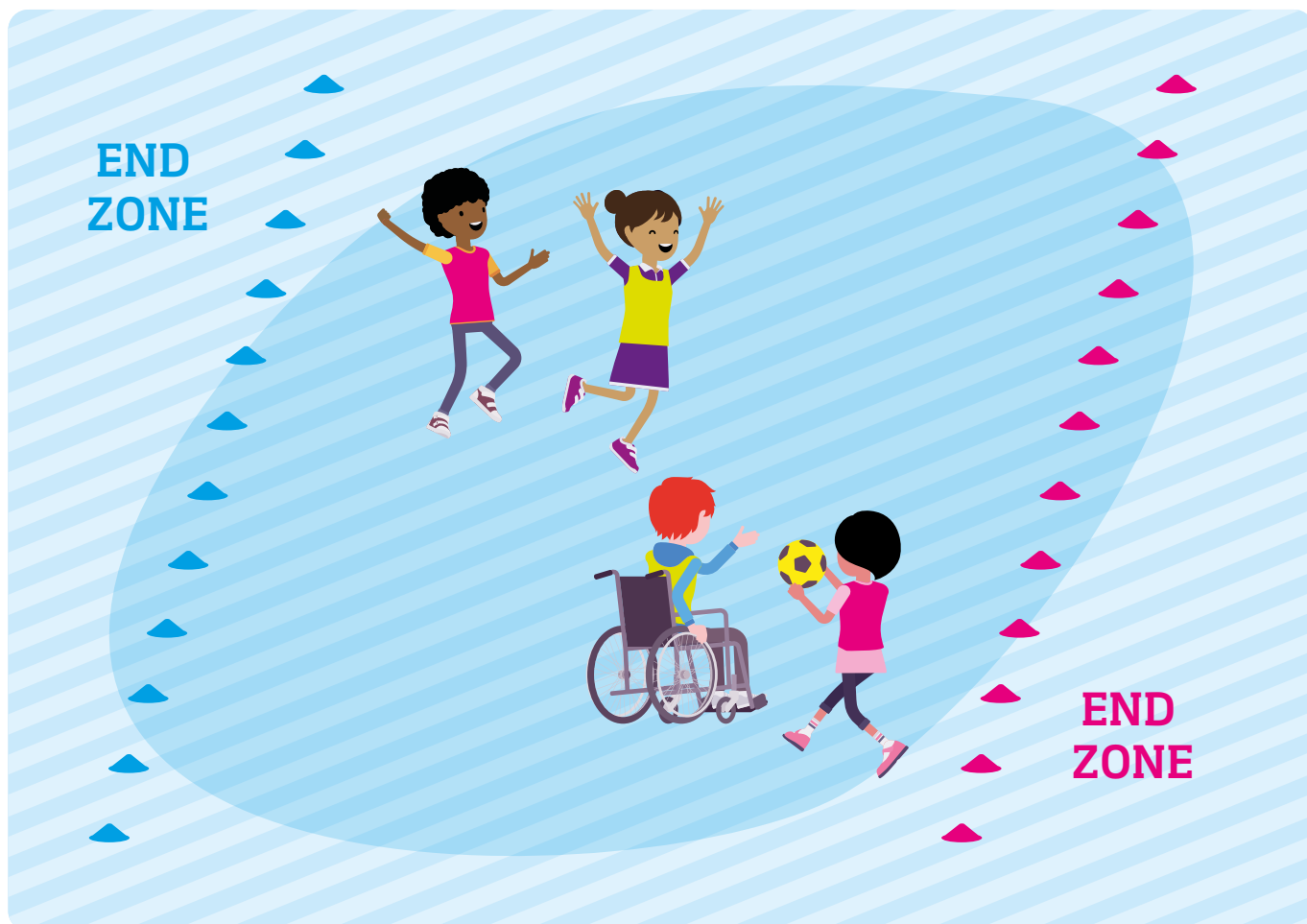
Bibs, soft ball/basketball/football/rugby ball.

- Split into two teams (between two and four players) per team. One ball per game.
- Attacking players must pass the ball and move into space. Aim is to pass to a player in their end zone.
- Defending team look to gain possession.
- Once a team has scored, the other team passes the ball from behind the end zone to restart the game.

Variations

- Add more players.
- Change the space.
- Add a dribble/move with the ball.
- Change the type of ball.
- Change movement of players.
- Change size of the end zone.

Touchdown



Questions to ask children

- How did you move when you didn't have the ball?
- When defending where did you stand, move to?
- Where were you looking when you had the ball?
- How did you protect the ball?
- How did you help your teammates?
- What did everyone do well in the game?
- What tactics could you use the next time?

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Hoop Ball



A fun team game developing passing skills.

Equipment

Hoops, bibs, soft ball/basketballs.

- Split children into teams of three or four players.
- You can choose one team to start with the ball or could have a jump ball (a child from each team stand next to each other in the middle of the court and the coach throws the ball up between them, they must jump and attempt to tap the ball to a teammate).
- Set up the court to have a hoop at each end of the playing area. Court size could be half a badminton court size or full badminton court if space allows.
- Team with the ball must pass the ball between them and move to pass to their own teammate who is standing in their team hoop (each team is designated a hoop).
- Players can only move when they don't have the ball.
- Other team is looking to defend and gain possession.
- Once a team has scored, the other team will gain possession from behind the hoop that's just been scored in to.
- Play for a set time or until a team reaches a score.
- Swap teams.

Variations

- Add more players per team.
- Increase the court size.
- Have a designated player stand in the hoop at all times.
- Can score in any hoop.
- Can move with the ball e.g. dribbling.

Hoop Ball



Questions to ask children

- How did you move when you didn't have the ball?
- When defending where did you stand, where did you move to and what was the reason?
- Where were you looking when you had the ball?
- How did you protect the ball?
- How did you help your teammates?
- What did everyone do well in the game?

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Human Rock, Paper, Scissors



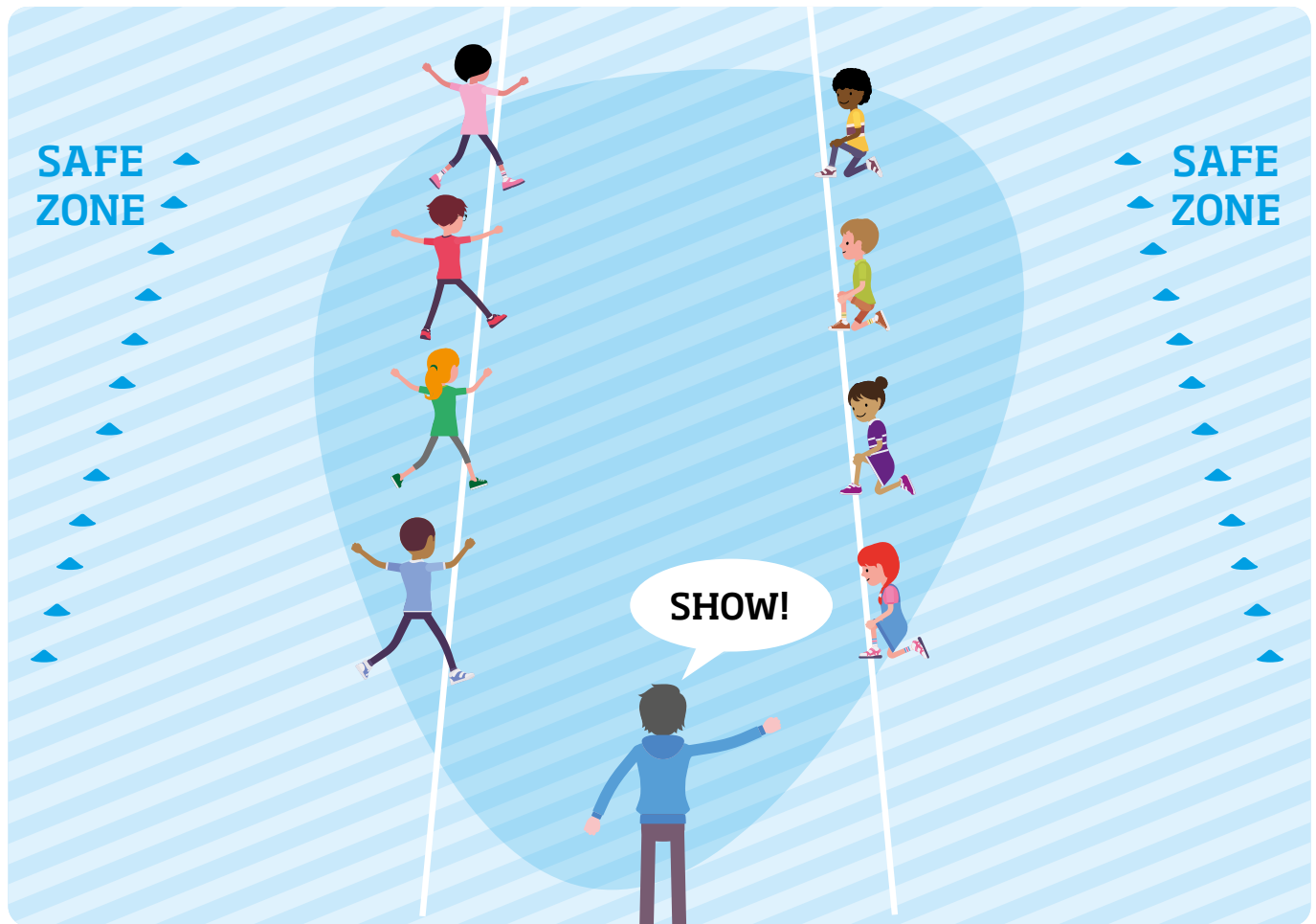
Fun game to develop fast movement, team work and problem solving.

- Split the group in to two teams and have them face each other in the middle of the playing area (large space in playground or indoor space).
- Mark out a safe zone for each team. The safe zone should be behind each team, near the edge of the playing space (one or two metres from the wall if playing inside).
- As a group decide what each call will look like e.g. rock will mean players have to crouch down on the ground, scissors could be arms moving, paper could be arms and legs wide.
- Teams are given twenty seconds to decide whether they will be rock, paper or scissors (all players in same team must be the same).
- On coach call each team 'shows'. If teams 'show' beats the other team (e.g. rock beat scissors) then they must chase the other team to try and catch them (gentle one hand tag), once running players are in the safe zone they can't be caught. Any players who are caught join the other team.
- Game restarts with another twenty second team talk.
- Play until one team has all the players.

Variations

- Reduce/increase the space.
- Change the movement of players.
- Reduce/increase team talk time.

Human Rock, Paper, Scissors



Questions to ask children

- How did you choose what shape to make?
- How did you work with others?
- What movements did you make to avoid getting caught?

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Craters and Volcanoes



A fun team game which can be adapted in lots of different ways.

Equipment

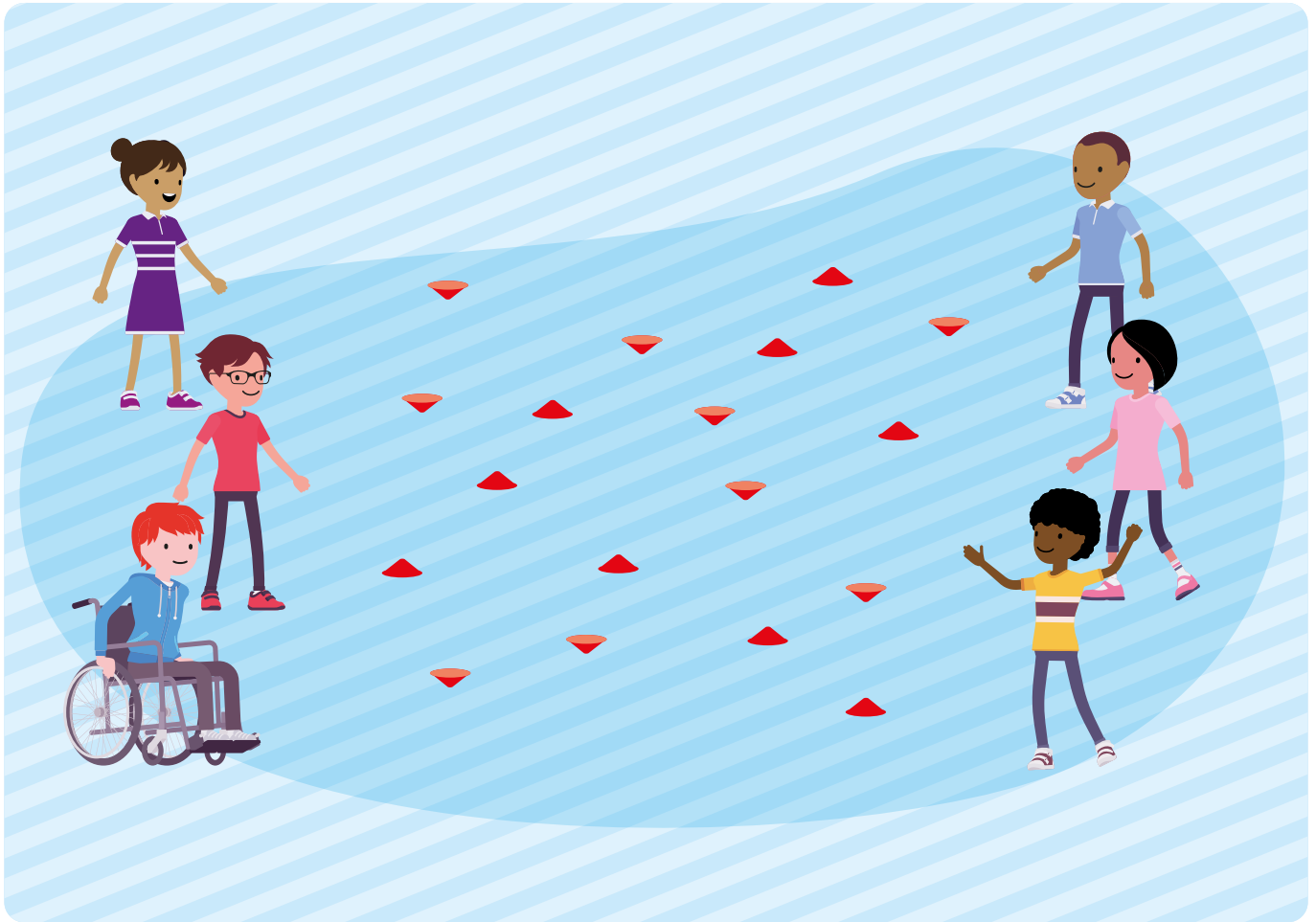
Cones.

- Split the group into two teams. Choose an appropriately sized playing area for number of players e.g. badminton court or section of pitch.
- Cover the playing areas in cones, half upside down _/ and half the correct way up /\.
- One team have to turn all cones to look like volcanoes /\ and the other has to turn them to make them look like craters _/
- Each team starts at the opposite end of the playing area.
- Coach shouts go and players must turn the cones as quickly as they can.
- Play to a time limit (one to two minutes).
- Team with most cones turned their way is the winner.

Variations

- Player must return to their team starting point after each cone they turn.
- Players must do a movement before turning the cone e.g. jump over the cone, hop over the cone.
- Increase/decrease the size of the playing area.
- Player has to dribble a football/basketball whilst playing.
- Change movement of the player e.g. hopping, skipping, side stepping.

Craters and Volcanoes



Questions to ask children

- How did you work as a team?
- How did you decide which cone to turn next?
- What tactics could you use the next time?

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Passing Tag



A team passing game to develop team work, decision making and movement.

Equipment

Soft ball/basketball/rugby ball.

- Choose three catchers per group, catching team has a ball. Choose an appropriately sized playing area for the number of children e.g. badminton court.
- Catchers pass the ball between them and look to tag the runners (catch them by tagging them with the ball – must be in possession of the ball – no throwing).
- When you get tagged you join the passing team.
- Continue until everyone has been caught.

Variations

- Increase/decrease size of playing area.
- Add another ball.
- Use only certain type of pass (two handed, one handed).
- Create two teams and make it a timed game (time until everyone in the team is caught – passing team and running team – switch over).
- Start with two catchers.
- Introduce a time limit.

Passing Tag



Questions to ask children

- How did you work as a team to catch players?
- How did you avoid being caught?
- How did you communicate?
- What types of pass were the most successful?

Cross the River



A fun game to develop decision making, tactics as well as passing and moving skills.

Equipment

A ball per game e.g. tennis ball, soft ball.

- Choose three children to be explorers. Their task is to safely get the treasure (the ball) to the other side of the river. The explorers can only move when they don't have the ball.
- Choose two children to be crocodiles. Crocodiles can only move within their river.
- If using a badminton court then the explorers start at one end and the crocodiles each have a service line which they must move along. Set up a similar area if not using a badminton court, mark out the 'river' with spots, cones or lines.
- Once the explorers get to one side of the river, turn around and see if they can make it back.
- If the crocodiles get the explorers (by catching the ball) then the explorers start again.
- Swap roles after a few turns.

Variations

- Add more explorers.
- Add more crocodiles and/or change the space they are allowed to move in.
- Introduce more treasure and/or change the treasure e.g. smaller/bigger ball, beanbag.
- Limit the type of pass the explorer can use e.g. no passes over head height or only allowed to roll the ball.

Cross the River



Questions to ask children

- How did you work as a team to get the treasure from one side to the other?
- How did you know where the crocodiles were?
- Crocodiles: where was the most effective position to be in to stop the explorers? How did you move? How did you work with the other crocodile(s)?
- What tactics could you use the next time?

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Noughts and Crosses



Develop strategy, decision making and movement skills to this popular game.

Equipment

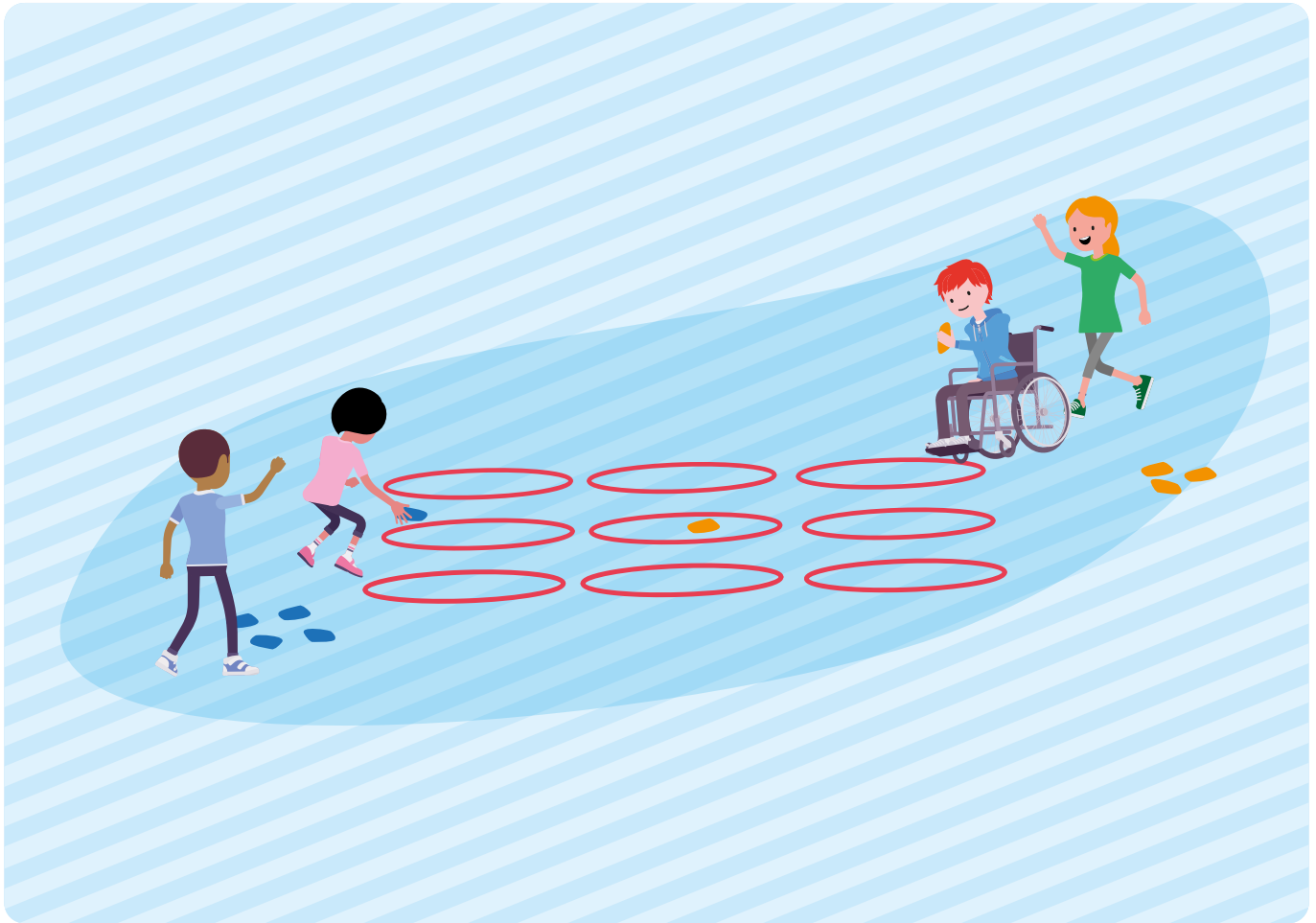
Hoops (9 per game) and bibs or bean bags (2 sets of different colours per game).

- Have as many players active at once, lots of small games. Players can play 1v1 or 2v2.
- Place nine hoops in the middle of the playing area (set out three by three like a noughts and crosses board).
- Each team has either a pile of coloured bibs or bean bags at either end of the playing area.
- When coach shouts go, a player from each team must pick up a bib and run to place it in one of the empty hoops. If playing individually they run back to get another bib, if playing in a team they high five their partner who picks up a bib and runs to place their bib in an empty hoop. Continue until one team has three in a row.

Variations

- Instead of hoops you could use cones or tape.
- Increase the distance from the starting point to the game board.
- Add a cone so there's a change of direction before placing the bib in the hoop.
- Change the movement e.g. hopping, skipping.
- Add a football/basketball dribble.

Noughts and Crosses



Questions to ask children

- How did you decide which hoop to place your bib in?
- How aware of the other team were you?
- What tactics will you use next time?

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Team Tails



A team game to explore decision making, tactics and develop agility.

Equipment

One bib per team.

- Use as large a playing area as possible. Split the group into two teams, one bib per team. One player in the team wears the bib as a tail.
- Allow each team to have a team talk.
- Their task is to capture the other team's tail whilst keeping theirs.
- Once a team captures a tail reset the game. Have another team talk.

Variations

- Increase/reduce playing area.
- Have more than one tail per team.
- Change the movement of the players.
- Have more than two teams playing in the same area.
- Have players wear bibs to make it easier to see who is in the opposite team.

Team Tails



Questions to ask children

- What movements were you making during the game?
- How did you protect your team tail?
- What tactics did you use to try and capture the other team's tail?

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Rob the Nest



Quick thinking game to help develop agility, strategy and movement.

Equipment

One hoop and three or four pieces of equipment per team e.g. beanbags, tennis balls, shuttlecocks, toys, cones.

- Split the group in to teams of two or three. Each team has a hoop with three or four pieces of equipment (make sure each team has the same amount to start).
- Evenly space out the teams on the outer edge of the playing area (larger space is best for this – big part of the playground or gym hall).
- One person per team to go at a time, when coach shouts go players must run to another team hoop and take one piece of equipment back to their own hoop. Once the item is placed in their hoop, the player high-fives the next person in their team and they run to another hoop to do the same.
- Play for one or two minutes, count the items in each team hoop. Team with the most is the winner.
- Reset so every team has the same amount of equipment and play again.

Variations

- Players could play individually.
- Condition the activity so you can't steal from the hoop(s) directly next to you.
- Players must do a full loop of all teams before taking a piece of equipment.
- Change the movement e.g. hopping.
- Must move using the piece of equipment e.g. kicking a football, dribbling a basketball, keeping tennis ball/shuttlecock in the air with a racket.

Rob the Nest



Questions to ask children

- How did you decide which hoop to take equipment from?
- Why is it important to follow the rules?
- How did you work with the others in your team?
- What did other teams do well?

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Lost and Found



A competitive game played in pairs which helps to develop agility.

- In pairs, players number themselves one and two.
- Line all pairs in the middle of the area (playground, or full gym hall for a large group). Pairs stand facing each other.
- When coach shouts one, number one has to chase number two. If coach shouts two, then number two has to chase number one.
- Create a safe zone for each number at the end of the playing area. Once a player reaches the safe zone they can no longer be caught.
- One handed tag to catch the player. Once caught (or in safe zone), players reset to the middle of the area.
- Swap pairs after a few games.

Variations

- Start from different positions e.g. facing away from each other, sitting down, lying down.
- Change the movement e.g. hopping, jumping, side steps.
- Add equipment e.g. have to tag with a rugby ball, dribble a basketball or football.
- Make the safe zone closer to the middle of the playing area.

Lost and Found



Questions to ask children

- What did you do to make yourself ready to move?
- How quickly did you start?
- What will you do the next time we play this game?
- Who moved really quickly?

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Roll the Dice



A game which encourages children to be creative and learn to join up movements.

Equipment

A dice.

- Complete this individually, in small groups or as one big group.
- Decide what each number of the dice represents e.g. 1 = hop, 2 = balance on 1 leg, 3 = star jump, 4 = jump, twist and land, 5 = jump and land on two feet, 6 = rolling.
- Start by rolling the dice twice and ask the children to practice the sequence.
- Roll the dice three times and practice again.

Variations

- Change what each number of the dice represents.
- Work in pairs to create sequence.
- Roll the dice more times.
- Add equipment e.g. a beanbag, ball to balance.

Roll the Dice



Questions to ask children

- What was your favourite combination?
- Which sequences did you find easiest/hardest?
- What other moves could you do?
- What did everyone else do well?

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Catch the Dragon's Tail



A fun competitive game which helps to develop teamwork, decision making and agility.

- The children all form a line, one behind the other with their hands on the shoulders of the child in front. The first player in the line is the dragon's head, the last player is the dragon's tail.
- The dragon's head has to catch the dragon's tail by moving around so they can tag the dragon's tail.
- The players in the middle have to do their best to stop the tail getting caught.
- When the head catches the tail, the player at the back moves to the front, and everyone else moves one space back.
- Set a time limit if the head doesn't catch the tail e.g. 30 seconds.

Variations

- Make the line longer/shorter.
- Reduce/increase the space.
- Instead of tagging the player, the dragon's head has to steal a 'tail' which is a bib worn as a tail.
- Increase the time limit.

Catch the Dragon's Tail



Questions to ask children

- Dragon's head: What movements did you make to try and move to catch the tail? How effective were they? What would you do differently next time?
- Dragon's tail: How did you communicate with the others? What movements did you make? What position was your body in as you moved?
- Middle: How did you communicate with others? How did you make sure you kept together?

Monster Ball



A fun, fast paced team game working on throwing accuracy.

Equipment

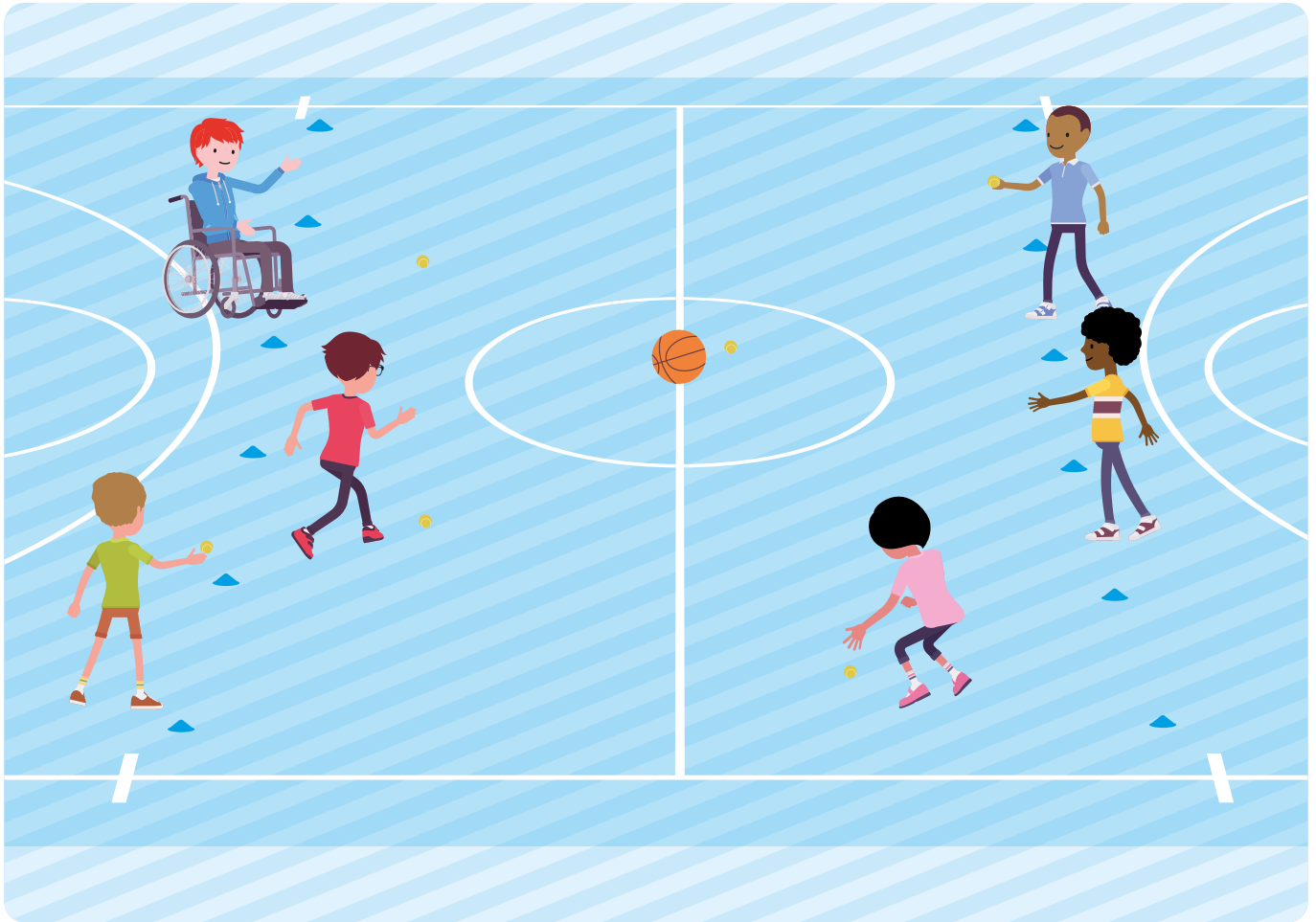
One large ball per game and lots of smaller balls/beanbags (ideally two per player).

- A large playing area is ideal for this game, in the playground or gym hall.
- Place the large ball in the middle of the playing area and have a team on opposite ends of the playing space. Ideally there will be a line in the middle (cones or spots if there's no line).
- Each player has two smaller balls that they must throw at the larger ball in order for it to move past the other team line.
- Once a player has thrown their ball they must retrieve (any) ball and go back to their line and throw again.
- Game stops when one team scores.
- Reset with ball in the middle and everyone having two smaller balls.
- If using a smaller playing area e.g. badminton court and the ball goes out of play, the coach resets the game by putting the ball in at the nearest point on the court.

Variations

- Vary the size of the playing areas.
- Increase the size of the larger ball (e.g. instead of a basketball use a 'fitness' ball).
- Instead of throwing the ball from the starting point, throw the ball from different positions around the playing area to reduce the throwing distance/change the angle.
- Introduce two targets (balls) that have to be hit.

Monster Ball



Questions to ask children

- How did you decide when to throw your ball?
- How did you work with others in your team to be successful?
- How quickly did you move to retrieve a ball after you had thrown it?
- What will you do differently next time?

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Sneaky Steal



Quick thinking game which helps to develop agility.

Equipment

One hoop per team and range of different equipment e.g. beanbags, tennis balls, toys.

- Split the group in to teams of two or three. Each team has a hoop with different pieces of equipment (ideally the same number of items as there are teams playing e.g. six teams playing then six pieces of different equipment).
- Evenly space out the teams on the outer edge of the playing area (larger space is best for this e.g. big part of the playground or gym hall).
- Each team is allocated a particular piece of equipment that they must retrieve from other teams e.g. team one = beanbag; team two = tennis ball; team three = bibs; team four = cones; team five = shuttlecock; team six = quoit.
- One person per team to go at a time, when coach shouts go players must run to another team hoop and take one piece of equipment back to their own hoop. Once the item is placed in their hoop, the player high-fives the next person in their team and they run to another hoop to do the same.
- Play until one team collects all of their items.
- Reset so every team has the same amount of equipment and play again.

Variations

- Players could play individually.
- Players must do a full loop of all teams before taking a piece of equipment.
- Change the movement e.g. hopping.
- Change the distance between hoops.
- Swap teams and equipment.

Sneaky Steal



Questions to ask children

- How did you decide which hoop to take equipment from?
- Why is it important to follow the rules?
- How did you work with the others in your team?
- Did you always steal your own piece of equipment or did you take something someone else needed?
- Were you aware of how other teams were doing?

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Home Ball



Quick thinking game to help children explore reaction times.

Equipment

One ball per game.

- Split the group in to teams of four or six. Each group plays in an area roughly a third of a badminton court. One child is the catcher and tries to tag the others (one handed tag on shoulder).
- The catcher can only tag children who are not holding the ball. The other children have to make sure they pass the ball to the person being chased.
- Once a player is tagged they swap and become the catcher.
- If the catcher doesn't catch anyone in thirty seconds swap the catchers.

Variations

- Reduce/increase the space.
- Have larger groups and introduce more catchers.
- Add a second ball.
- Play one big game with lots of catchers (wearing bibs) and more balls.
- Change the movement e.g. hopping, skipping, side stepping.

Home Ball



Questions to ask children

- Catchers: How did you decide who to catch? Describe your movement? How did you work with other catchers?
- Runners: How did you make sure you knew where the catchers were? How did you decide who to throw the ball to?

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Hula Hoop Relay



A high energy team building game.

Equipment

Hula Hoops.

- Split children in to groups of four or six. Each group joins hands to form a circle.
- Loop a hula hoop over one player's arm. Without letting go of the other player's hands, each player must step into and through the hoop so it rests on the player's other arm.
- Continue around the players.
- After a few practices, time the group and see if they can beat their own score.

Variations

- Add more hoops.
- Add more players to each circle.
- Make a group competition, add two or more hoops and each person must work to ensure they have a maximum of one hoop at a time.

Hula Hoop Relay



Questions to ask children

- How did you move your body to move the hoop?
- How did you help others?
- What other ways could you move the hoop?

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Octopus Tag



A playground favourite to develop speed, agility and decision making.

- Choose a large playing area (the ocean) and one child to be the octopus.
- The octopus stands in the middle of the ocean and the rest of the children (fish) stand at one end of the ocean.
- The octopus shouts 'go' and all the fish have to run to the other side of the ocean without getting caught.
- If the octopus tags the fish they turn in to seaweed. Seaweed must remain where they were caught.
- Once all the fish reach the other side the game restarts. The seaweed are stuck to the floor but can tag any fish they can reach as they run past.
- The game continues until all fish are caught (or set a time limit).
- Restart the game with a different octopus.

Variations

- Start with more than one octopus.
- All children have to dribble a basketball/football.
- Allow the seaweed to have some movement e.g. one or two steps.
- Increase/decrease the size of the ocean.

Octopus Tag



Questions to ask children

- How did you move to avoid being caught by the octopus?
- How did the octopus and seaweed work together to catch the fish?
- How did you change direction?
- How will you avoid being caught next time?

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Shark Attack



Fun, quick-thinking game.

Equipment

Cones or hoops.

- Set out a large playing area, space out some hula hoops or cones (as islands) in and around the playing area.
- Choose one shark (catcher) for every six or seven children.
- Everyone is moving around the area, when the coach shouts 'Shark Attack' all the children have to run to find an island. If caught you become a shark.
- Reset the game with new sharks once everyone has been caught.

Variations

- Limit the number of people allowed in each island.
- Take away islands after every 'Shark Attack' shout.
- Change the movement e.g. hopping.
- Have sharks wear bibs so they can be identified.
- Limit the time on each island e.g. count to three and then leave the island and run away from the sharks.

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Shark Attack



Questions to ask children

- How did you move to avoid being caught by the shark?
- How did the sharks work together?
- How did you change direction?
- How will you avoid being caught next time?

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Hot Potato



Fun, fast paced game that involves throwing and catching.

Equipment

One ball per game.

- Split the children into two teams, if larger numbers split in to more teams (even number).
- One team makes a circle, standing quite close together, with a ball.
- The other team makes a line about a metre away from the circle.
- When the coach shouts go the team in the circle start passing the ball around the circle, counting the number of passes. The first person in the line runs around the circle and back to the line, high-fives the next person and they run round the circle.
- Once all the children in the line have been they shout 'STOP' and the circle team announce the number of passes they've made.
- The teams swap roles to see which team can make the most passes

Variations

- Make the circle larger.
- Vary the type of passes used.
- Vary the passing order.
- Change the movement of the team who is running to hopping, skipping, side stepping.
- The running team must do an additional task e.g. balance beanbag on their head, keep a table tennis ball in the air using a bat, dribbling a football/ basketball.
- If passing the ball and it is dropped the team goes back to zero (suggestion for more advanced players).

Hot Potato



Questions to ask children

- What types of pass were the quickest?
- How did you move to get round the circle the quickest?
- What did you do to encourage the your teammates?
- How did you make yourself ready to receive the pass?

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Capture the Flag



Team game to promote decision making and quick thinking.

Equipment

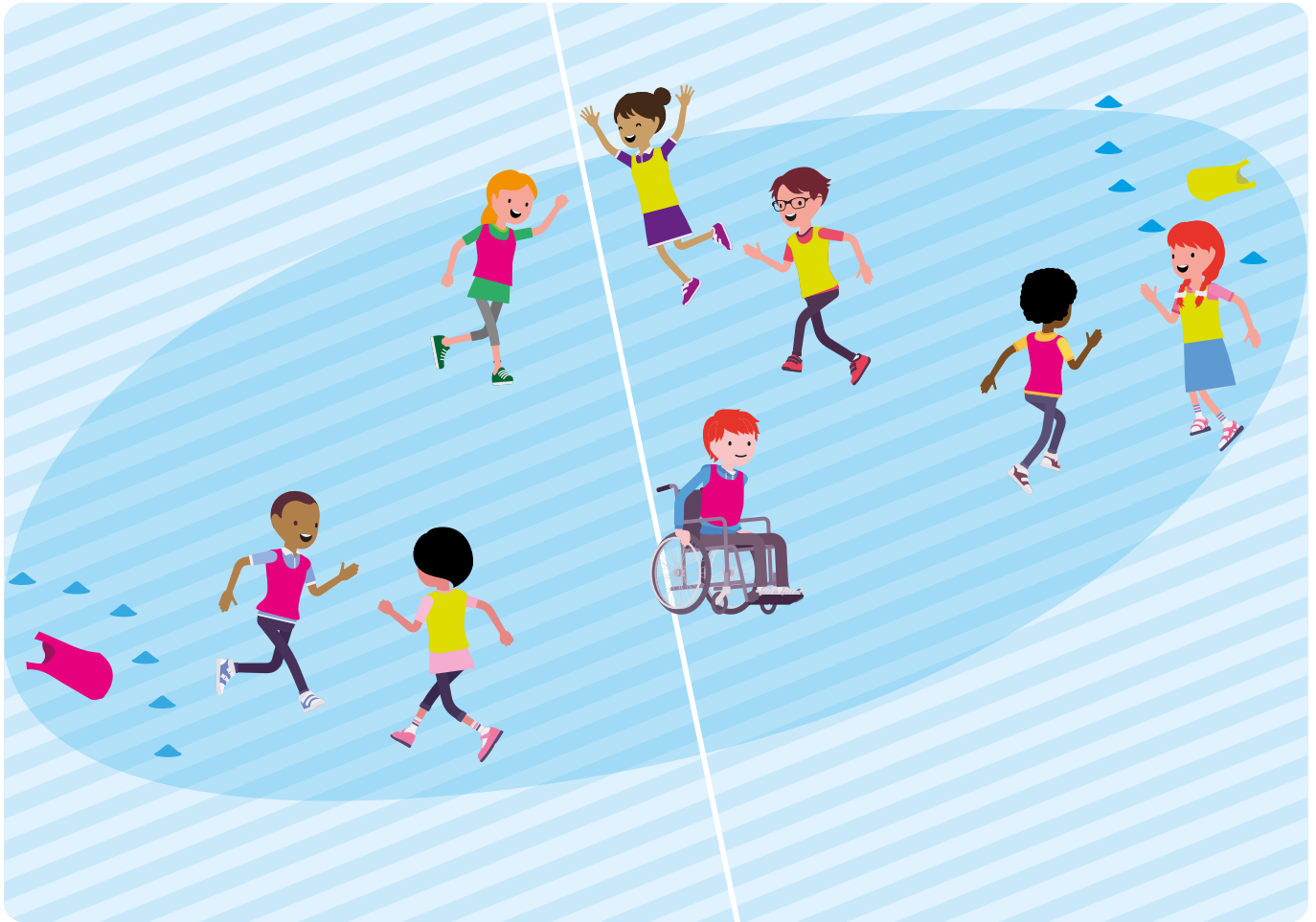
Cones, bibs, balls, floor spots.

- A large playing area is ideal for this game.
- Split the players into two teams.
- Divide the playing area in half using a line, cones or floor spots.
- In each territory mark out an area and place the 'flag' – this can be a bib or ball.
- The aim of the game is to get in to the other team's territory and 'capture' the flag.
- Each team starts in their own territory. When the game starts players can cross over in to the other team's territory. If you are in the other team's territory you can be tagged, if you get tagged you have to do five star jumps before returning to your own territory to start again.
- You are safe in your own territory, you can only be tagged in the other team's territory.
- The game ends when one team has taken the other team's flag in to their own territory.

Variations

- Have four teams playing instead of two, increase the number of playing areas.
- Instead of doing five star jumps when caught, a player could be sent to 'jail' in the other team's territory, to be freed they need to be high fived by a player in their own team.
- Have more than one flag and play for a time limit, only allowed to capture one flag per person at a time.
- Create a safe zone surrounding the flag so the opposing team has space to go in and steal the flag.

Capture the Flag



Questions to ask children

- What tactics will you use to protect your flag?
- How will you get in to the other team's territory and avoid being caught?
- How can you work together?
- What did the other team do well?

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Three's a Crowd



Fun tag game to promote quick thinking and develop movement skills.

- Split the group into pairs. All pairs spread out in the playing area (about the size of a badminton court).
- One pair become one catcher and one runner. The catcher is trying to tag the runner. If the runner gets tagged they become the catcher and the catcher becomes the runner.
- The runner can find a 'safe' space by standing next to another pair. If the runner joins your pair and you are furthest away from the runner you then break away and become the runner.

Variations

- Make the space bigger.
- Condition the game so that you aren't able to join the pair who is closest to you.
- Change the movement of the player.

Three's a Crowd



Questions to ask children

- How will you decide which pair to join?
- How quickly will you react to a change of direction?
- How can you conserve energy as the catcher?
- Who is a really good catcher and what makes them a good catcher?

Cat and Mouse



Fun tag game to encourage movement and quick thinking.

- Choose one person to be the cat (the chaser) and another to be the mouse (the runner).
- Line the rest of the group up side by side in even rows e.g. four rows of five.
- Everyone within the rows should be able to extend their arms and touch the fingertips of the people next to them.
- The cat and mouse must stay between the people, no moving through arms.
- When the coach shouts 'change' everyone drops their hands and turns 90 degrees to their left and touch hands with the new people who are next to them.
- The cat and mouse are still playing tag as the coach shouts 'change'.
- Game ends when the cat catches the mouse or for a set time limit. e.g. 45 – 60 seconds

Variations

- Coach could shout 'swap' and the cat becomes the mouse, mouse becomes the cat.
- Have different calls instead of 'change' e.g. streets and alleys.
- Have another mouse.

Cat and Mouse



Questions to ask children

- How quickly did you react to 'change'?
- How did the cat catch the mouse?
- How did the mouse move to avoid being caught?
- Who moved really well in this game, how did they move?

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Rock, Paper, Scissors on the Move



Fast paced, fun game designed to develop quick movements and fast thinking.

Equipment

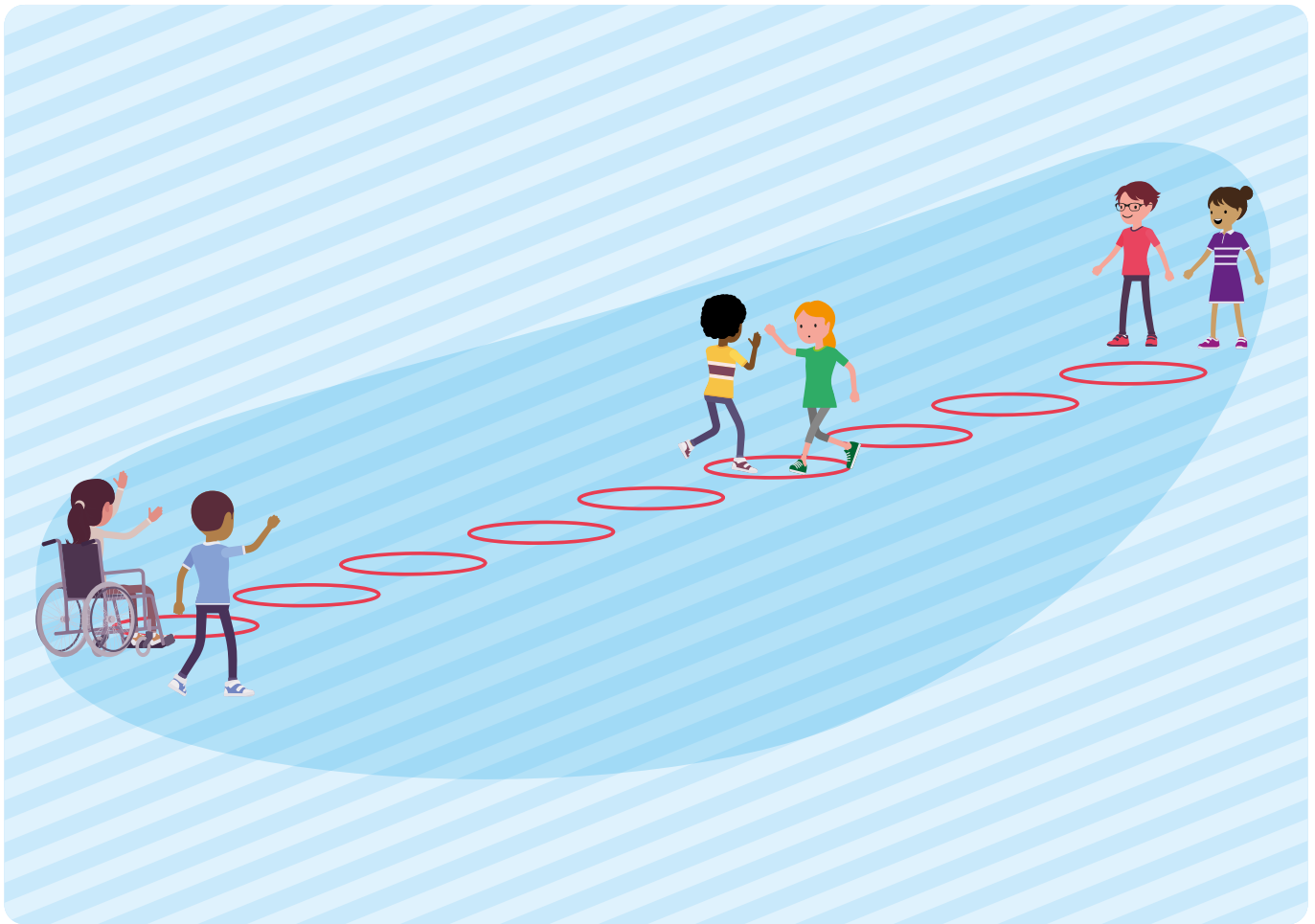
Hoops or floor spots.

- Space out floor spots/hoops in a straight line, close enough to each other so the children can jump or hop between each one.
- Split children into two teams (have more games set up if large numbers).
- Teams start at opposite ends of the spots/hoop.
- Players go one at a time from each team. They run through each hoop until they meet the player from the other team. They play rock paper scissors to see who 'wins'. If it's a draw they continue until someone wins.
- The player who wins continues in the hoops and a new player from the other team starts moving through the hoops until they meet. The player who didn't win returns to the end of their team line. When two players meet, they play rock paper scissors until someone wins.
- Each time a player successfully makes it to the opposite side they get a point for their team. They then re-join their team and the next player in their team starts.
- Play for a time or point limit.

Variations

- Introduce a four team game where two lines cross in the middle and players have a choice of route to gain a point.
- Change to hopping through the hoops and must balance on one foot whilst playing rock paper scissors.
- Add a basketball dribble whilst moving.
- Less players in team to keep active.
- If player doesn't win rock paper scissor they have a task to do before rejoining their team e.g. two star jumps, score a basket/goal, hop back to team instead of run.

Rock, Paper, Scissors on the Move



Questions to ask children

- How quickly did you move through the hoops?
- How high did you hop?
- How did you concentrate on the game after moving so fast?

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Dodgeball Bench Ball



A fun team game that develops agility, throwing, dodging and teamwork.

Equipment

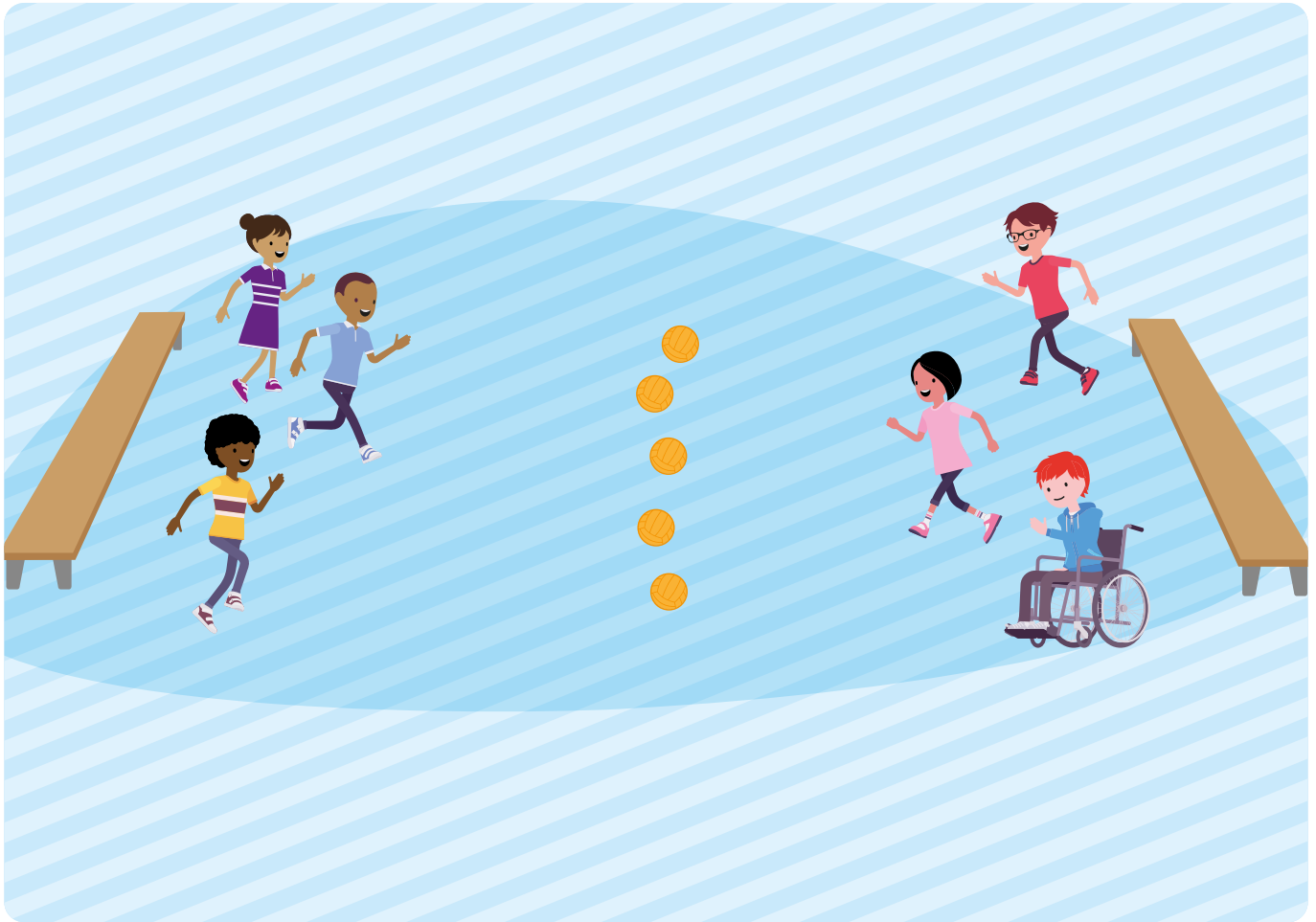
Two benches per game and soft balls or dodge balls.

- Split group into two teams.
- Place a bench at either end of playing area, a large area is best. Make sure the benches are safe enough to have people standing on them.
- Teams start on their own bench.
- Place soft balls in the middle of the playing area.
- Coach shouts go and teams run in to the middle to grab the soft balls.
- Players must try and hit the opposing team below the shoulder.
- Any player who is hit legally must go and stand on the opposite team bench.
- If a player catches a ball that is aimed at them, then the person who threw it must go and stand on the opposite team bench.
- To free a player, they must catch a ball thrown by their teammate.
- Game continues for set time or until one team has no players left.

Variations

- Introduce a 'golden' ball to free teammates. If it is thrown and caught by someone on the bench, everyone on the bench is freed.
- Change the condition that players must be hit below the waist to be caught.

Dodgeball Bench Ball



Questions to ask children

- How did you work together as team?
- How did you decide when to throw the ball?
- How did you avoid getting caught?
- What tactics did you have to free your teammates?

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Jail Break



A fun variation of dodgeball that helps with decision making, strategy and teamwork.

Equipment

Cones, soft balls/dodgeballs.

- Split group in to two teams.
- Play in a large area with boundaries, mark a half way line.
- At the back of each playing area create a small coned area as a 'jail'.
- Teams start on their own side.
- Place soft balls in the middle of the playing area.
- Coach shouts 'go' and teams run in to the middle to grab the soft balls.
- Players must try and hit the opposing team below the shoulder.
- Any player who is hit legally must go to 'jail'.
- To get out of 'jail' a player must wait for a ball to come in to the 'jail' – doesn't need to be caught. Once freed they walk back to their playing area.
- To free a player, they must catch a ball thrown by their teammate.
- At any point in the game the coach can shout 'jail break', this means any player in 'jail' is automatically freed.
- Game continues for set time or until one team has no players left.

Variations

- Take out the 'jail break' call.
- If a player in 'jail' gets a ball they can try and hit the opposite team from behind.
- Players must hop after having been in 'jail'.

Jail Break



Questions to ask children

- How did you work together as team?
- How did you decide when to throw the ball?
- How did you avoid getting caught?
- What tactics did you have to free your teammates?

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Battleships



Throwing for accuracy game.

Equipment

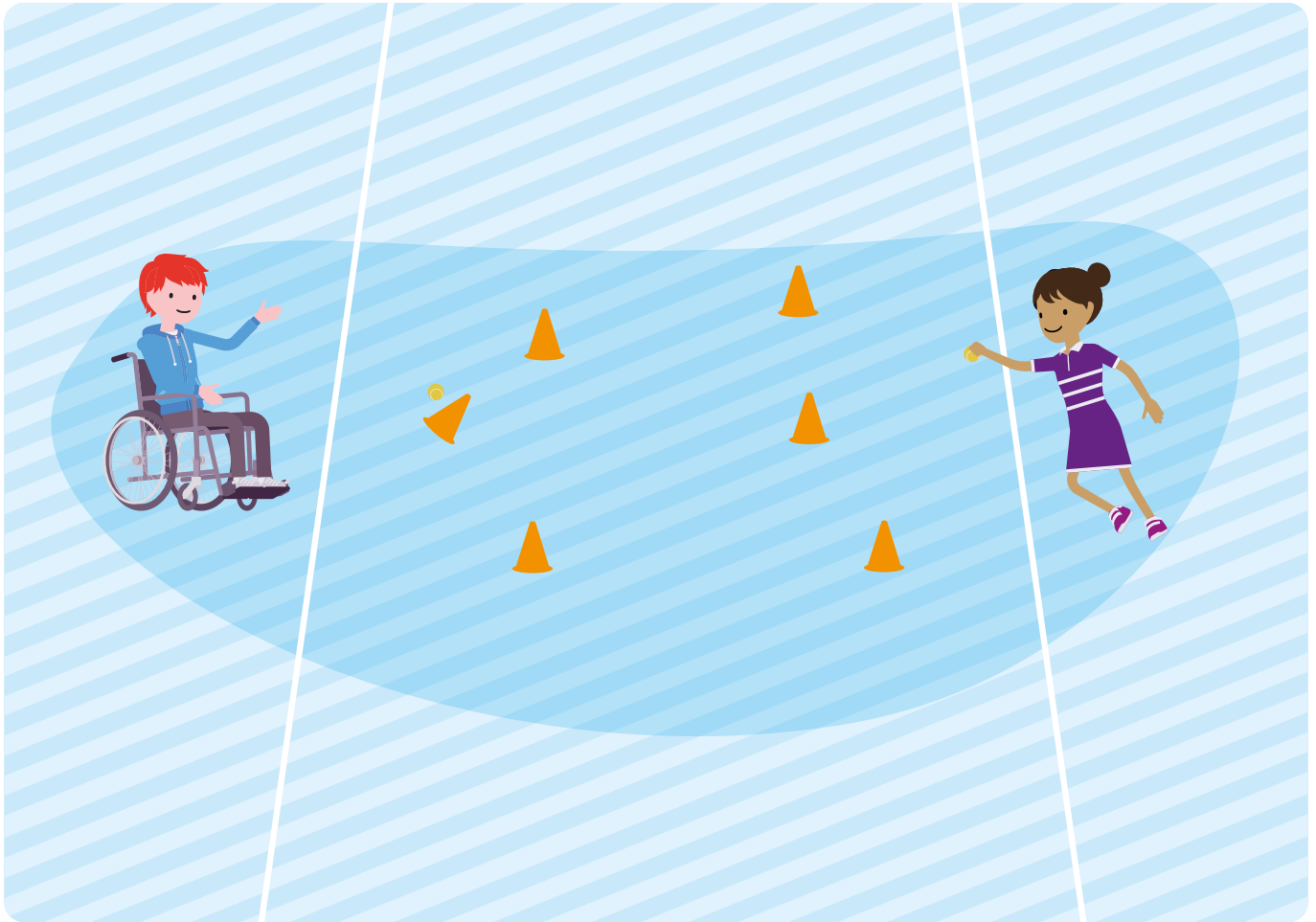
Three pieces of equipment and one beanbag per player.

- Split the group in to pairs.
- Each player places three pieces of equipment in front of them, spaced out, these are the battleships.
- Players take it in turns to throw a beanbag at the battleships.
- Players take control of the battleship if they hit it (they remove it).
- Players aren't allowed to stop the beanbag hitting their battleships.
- The winner is the player who hits all their opponent's battleships first.
- Shake hands and swap partners or play again.

Variations

- Change the size and shape of battleships.
- Change the beanbag e.g. to a tennis ball.
- Change the throwing distance.
- Play in teams.

Battleships



Questions to ask children

- What type of throw did you use?
- After each shot what did you change before throwing again?
- What did your partner do well?

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Continuous Battleships



Throwing for accuracy team game.

Equipment

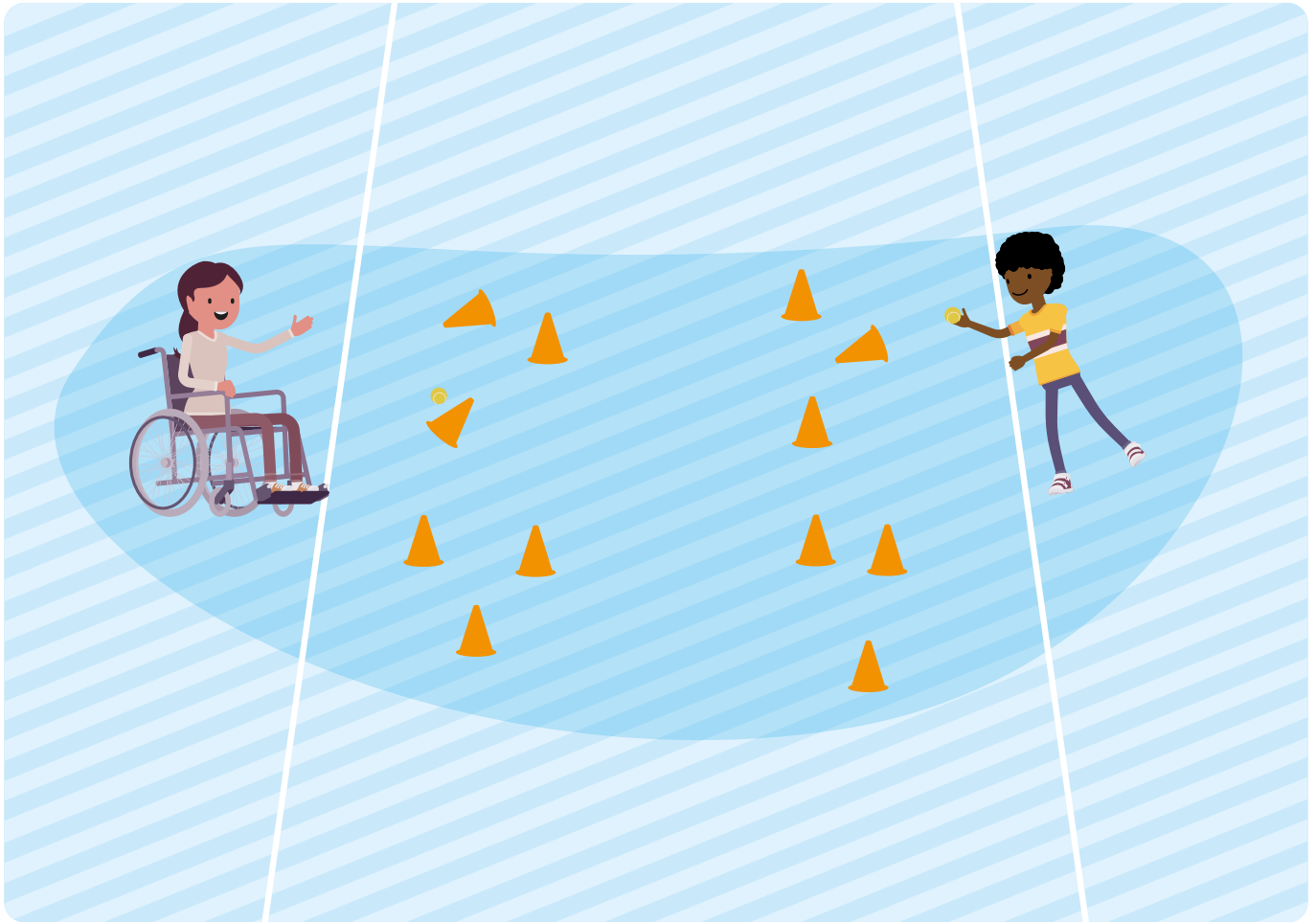
Six pieces of equipment and one beanbag per player.

- Split the group in to pairs.
- Each players places six pieces of equipment in front of them, spaced out, these are the battleships.
- Players take it in turns to throw a beanbag at the battleships.
- Each time a battleship is hit, it is taken by the thrower and added to their battleships.
- Players aren't allowed to stop the beanbag hitting their battleships.
- The winner is the player who has all the battleships at the end of the game, or has the most after a set time limit.
- Shake hands and swap partners or play again.

Variations

- Change the size and shape of battleships.
- Change the beanbag e.g. to a tennis ball.
- Change the throwing distance.
- Play in teams.

Continuous Battleships



Questions to ask children

- What type of throw did you use?
- After each shot what did you change before throwing again?
- What did your partner do well?

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Space Monsters



Fun game to develop dribbling and movement skills.

Equipment

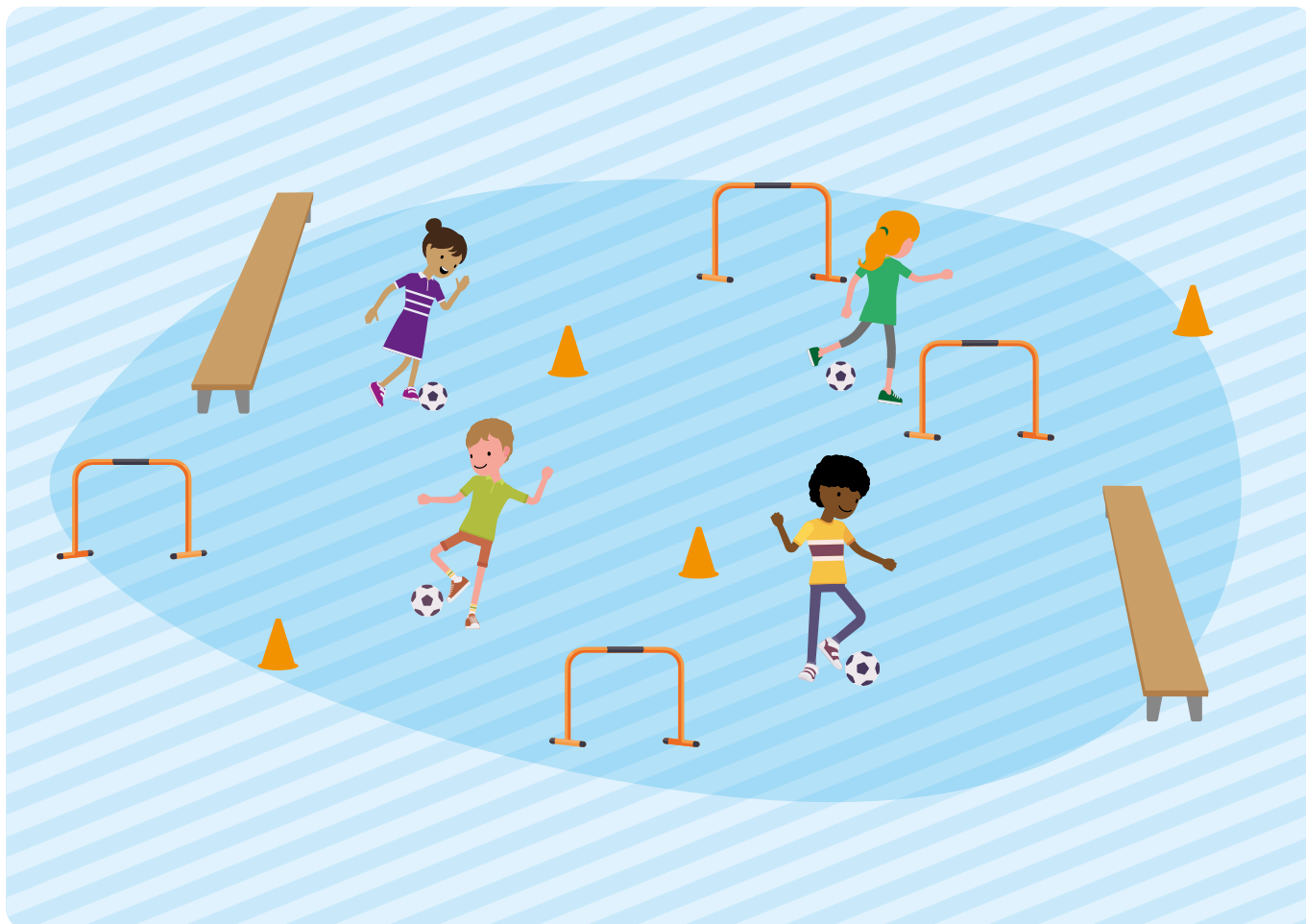
One ball per player and range of equipment to move around e.g. cones, quoits.

- Players can either work on their own in a set out space or you can create one giant game.
- Place a range of objects around the area. The objects are now monsters.
- Players need to move around the space dribbling a ball with their feet, and not hit any of the monsters.

Variations

- Dribble with hands instead of feet.
- Dribble a hockey ball with a hockey stick.
- Create a competition between the player and the monsters, every time you hit a monster they get a point, every time you dribble around five monsters you get a point. First to a set point wins.
- Change the distance between the monsters.

Space Monsters



Questions to ask children

- How did you keep control of the ball?
- Did you change hands/feet?
- How did you know where the monsters were?
- How did you feel when the monsters got a point?

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Tails



A fun, fast paced game for small or large groups.

Equipment

One bib per player.

- Set out a playing area using lines or cones e.g. badminton court.
- Each player wears a bib as a tail.
- When the coach shouts 'go' everyone must move around and protect their own tail (without touching it) and try and steal other player's tails.
- If you steal someone's tail, you give them it back, give them a high-five and give yourself a point. If your tail is stolen put it back in and join the game again.
- Play until someone reaches five points or set a time limit.

Variations

- Dribble a basketball whilst playing.
- Use different coloured bibs and have a scoring system e.g. red bib = 5 points, all others = 1 point - when you steal a tail must swap if different colours.
- Change movement to skipping, side stepping.

Tails



Questions to ask children

- How did you move to protect your tail?
- Why was it important to give someone a high-five if you stole their tail?
- What were your tactics?

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