

Action People

- Give the children the name of a character and they should pretend to be that character:

Mrs Rush

Move fast.

Mr Muddle

Walk backwards.

Mrs Small

Crouch down and move.

Mr Tall

Stretch up tall and move.

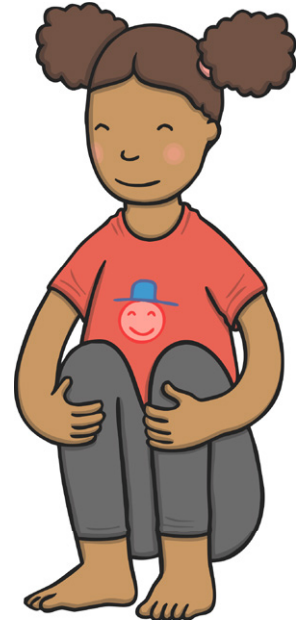
Mrs Strong

Flex your muscles.

Mr Jelly

Shake your body.

- Play the game for about 5 minutes.



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Activity Beans

- Tell the children they are going to be beans. Explain that they need to listen to which type of bean they will be and then move like that type of bean.
- Start off with about 3 different types of beans. This can be increased as the children get used to playing the game.
- Choose from:

Runner bean

Run on the spot.

Jumping bean

Moving jump.

Coffee bean

Fast running.

French bean

Walk up on tiptoes and say 'ooh la la.'

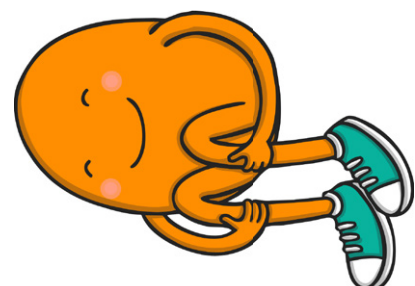
Jelly bean

Shake like jelly.

Baked bean

Curl up very small on the ground.

- Play the game for about 5 minutes.

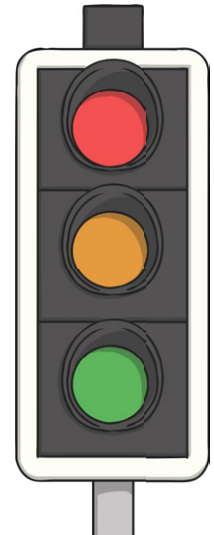


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Traffic Lights

- Tell the children that each colour means a different thing:

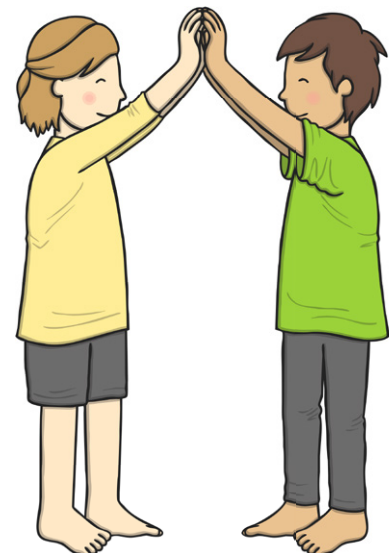
Red	Orange (Amber)	Green
Stop	Get ready	Go (e.g. run, walk, jump etc.)
- Hold up different coloured cones or cards.
- Children watch for the change in cards/cones and change their action accordingly.
- You may want to change the movement or action for green e.g. start with walking, and then move to jogging and finally running.
- Play the game for about 5 minutes.



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Arch Builders

- Ask the children to find a partner.
- Choose 2 children to be the arch builders.
- The other pairs move around together, trying to avoid the arch builders.
- The arch builders try to tag the other pairs.
- If the pairs get tagged, they should stand facing each other palm-to-palm, making an arch.
- The other pairs can free them by moving under the arch.
- Swap the arch builders throughout the game.
- Play the game for about 5 minutes.



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Colour in Motion

- Use 4 different colour cones or colour cards.
- Explain that each colour represents an action:

Red

Jump

Blue

Roll

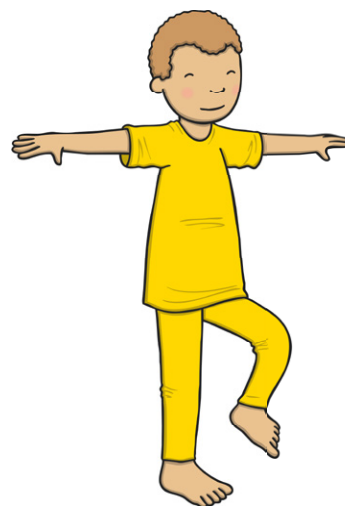
Green

Travel

Yellow

Balance

- You could make the actions more specific e.g. star jumps.
- Hold up the different colours and the children move in that way.
- The children keep watching to see when the colour/action changes.
- Play the game for about 5 minutes.



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Directions Game

- Tell the children that they will be completing an action and performing it in different directions:

Forwards**Backwards****Sideways**

- Give the children an action:

Walking**Tiptoeing****Giant steps****Hopping****Jogging**

- Then hold up the direction cards.
- The children should walk etc. in that direction.
- Change the direction every couple of seconds.
- Repeat with different actions.
- Play the game for about 5 minutes.



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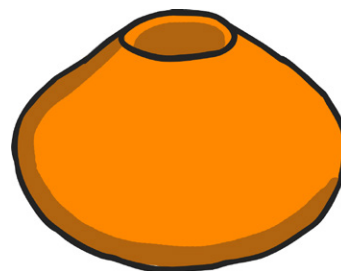
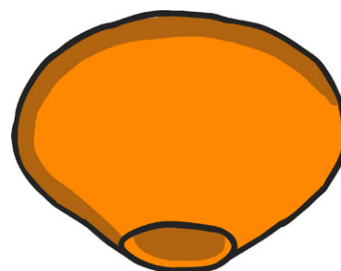
Dishes and Domes

- Lay out between 20 and 30 safety cones.
- Lay half of the cones the correct way up (dishes) and the other half of the cones upside down (domes).
- Split the children into 2 groups, e.g. boy/girls, and explain that half of them are dishes and half of them are domes.
- Shout:

'Ready, steady, go!'

Children move around the space, turning the cones over for their team.

- Play the game for about a minute, then stop.
- Count each set of cones to see which group is the winner.
- Repeat the games as many times as required.



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DVD Player

- Hold up the cards and shout out the different commands. Children should respond to the different controls by doing different actions:

Play

walk around

Pause

jump on the spot

Rewind

walk backwards

Fast forward

run

Stop

stop

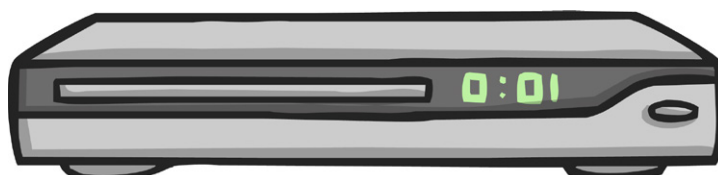
Eject

jump up

Record

pull a funny face

- The first few times you play this game you will have to remind the children of the actions, or you could introduce the actions a few at a time.



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Follow the Leader

- Ask one child to be the leader.
- The rest of the class make a line behind the leader.
- The child at the front should think of an action.
- The other children should follow, completing the same action.
- Support the children with examples if needed e.g.

marching

tiptoeing

taking giant steps

- Swap the leader every few minutes.
- Play the game for about 5 minutes.



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Pirates

- Scatter equipment on the floor e.g. beanbags, cones, tennis balls.
- Split the children into 2 equal groups.
- Explain that each team has to collect all the treasure and add it into their team's hoops. It can be helpful to make this very clear using colours, or by marking each area with one of the accompanying pirate flag posters.
- Once all the treasure has been collected from the floor, the children can steal from each other's hoops.
- The children can only hold one piece of treasure at a time.
- Play the game for about 5 minutes.



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Groups

- Tell the children to walk around the space.
- Shout out a number and the children should get into a group of that many children.
- Children then skip round the space.
- Shout out a different number and the children should once more get into a group of that many children.
- Continue with running, hopping and jumping, calling out different numbers each time.
- Play the game for about 5 minutes.



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Guess the Corner

- Give the four corners of the space a name or use the accompanying posters to mark each corner.
- Choose one person from the class to be the caller.
- This child then covers their eyes or turns away so they can't see.
- Give the class about 30 seconds to move round the space – they could walk, run, jump, hop etc.
- After the 30 seconds, shout:

'Corner.'

The children should choose a corner to run to and stand in.

- Without looking, the blindfolded caller then chooses a corner.
- The children in the chosen corner are the winners of that round.
- Play the game for about 5 minutes.



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Heads, Shoulders, Knees and Toes

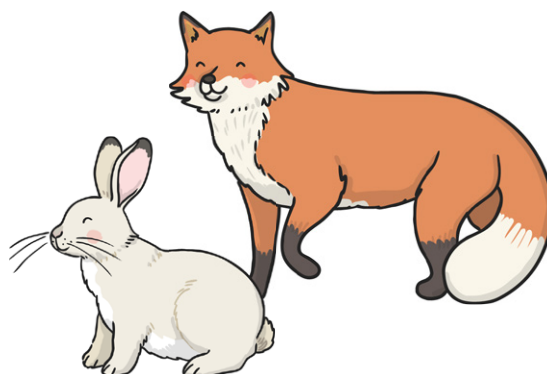
- Remind the children of the song 'Head, Shoulders, Knees and Toes'.
- Explain to the children that they are going to sing the song and complete the actions in a range of ways.
- They should keep singing the song and completing the actions while moving in different ways e.g. jumping, hopping, skipping, walking, jogging, hopping, tiptoeing.
- Use the cards so the children can see which action they should be completing.
- Play the game for about 5 minutes.



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Foxes and Bunnies

- Choose 3 children to be foxes.
- The rest of the children will be bunnies.
- Foxes move around the space on all fours.
- Bunnies hop around the space.
- The foxes try to catch the bunnies by tapping them on the back.
- Once a bunny has been caught by a fox, they freeze.
- The other bunnies now try to tap the frozen bunnies on the back to defrost them.
- Swap the foxes during the game.
- Play the game for about 5 minutes.



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High Hoop, Low Hoop

- Give each child a hoop.
- Use cones to section off a safe space to play this game.
- Children should push the hoop around the space with the palm of their hand.
- Shout out

'High Hoop.'

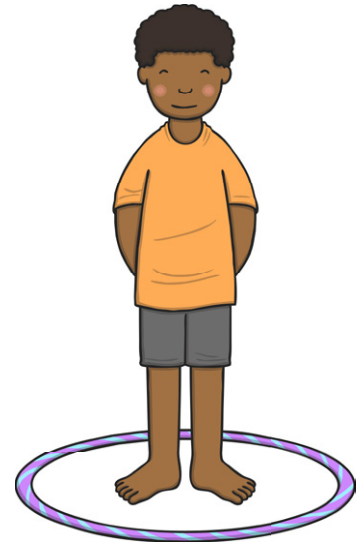
Children hold the hoop up above their heads.

- Shout out

'Low Hoop.'

Children place the hoop on the floor and stand in the hoop.

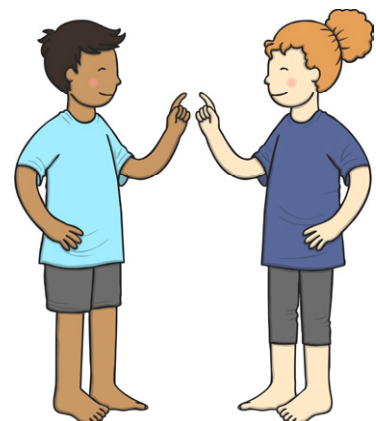
- Play the game for about 5 minutes.



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Me and My Shadow

- Ask all the children to find a partner.
- Explain that they are going to do everything their partner does.
- The children take it in turns to complete an action e.g. waving one hand.
- The partner copies the action, doing exactly the same.
- They then swap over.
- Play the game for about 5 minutes.



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Musical Body Parts

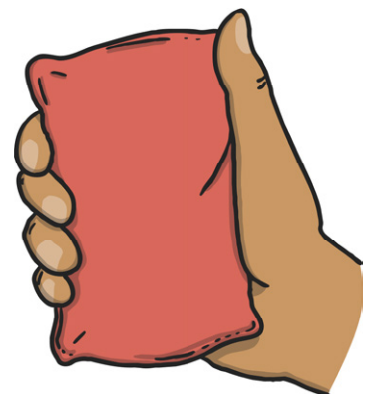
- Children find a space.
- Play some lively music.
- Children should move to the lively music.
- When you stop the music, hold up and shout out one of the body parts.
- For whichever body part you hold up, children need to make sure that body part is touching the floor.
- Continue, making sure you use a range of body parts.
- Play the game for about 5 minutes.



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Pass the Beanbag

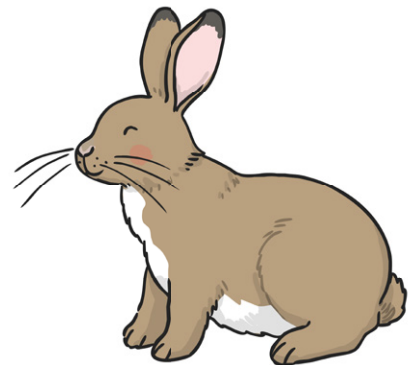
- The children all stand in a circle.
- Give 2 children on opposite sides of the circle a beanbag each.
- They pass the beanbags around the circle as quickly as they can.
- Add more beanbags to make the children move faster.
- Put 2 beanbags on the floor so the children have to use their feet to slide it along the floor around the circle.
- The children will now have to watch out for beanbags at different heights.
- Play the game for about 5 minutes.



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Rabbit Tails

- Give each child a tail - this could be a tag rugby belt or a ribbon that they tuck in their shorts.
- Children then move around the hall, trying to collect as many tails as possible by (gently) removing them from somebody else.
- They should not hang on to their own tail.
- Play the game until all the tails have been collected, or for a set time.
- The person who has collected the most tails is the winner.
- Children should aim to beat their best score each time they play the game.
- Play the game for about 5 minutes.



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Rock Pools

- Split the class in half.
- Explain to the children that the space they are in is now a rock pool.
- Tell the children that half of them are rocks and the other half are fish swimming in between the rocks.
- The fish should swim in between the rocks, making sure they don't bang into them.
- The rocks should curl up very small.
- After a minute, swap the groups around.
- You could add a third or fourth group e.g. crabs and starfish.
- Play the game for about 5 minutes.



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Roll the Ball

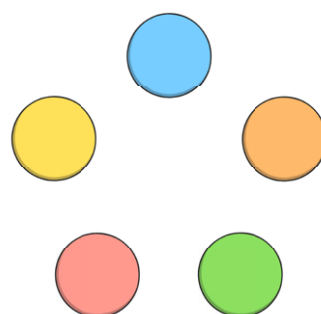
- Ask children to stand in a circle (each circle should have no more than 8 children).
- One child should stand in the middle of the circle, with a ball.
- The child in the middle then rolls the ball to someone – who will then roll it back.
- They should go around the circle, making sure everyone has had a go in turn.
- To make the children move more, make the circles smaller.
- Keep swapping the child who is in the middle of the circle.
- Play the game for about 5 minutes.



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Seek Your Spot

- Give each child a floor marker.
- They should go and find a space to put their marker and sit on it.
- Tell them to remember what it looks like and where they have put it.
- Start the activity by asking half the group to move around the space e.g. the girls stand up and skip round the space.
- Shout:
'Spots!'
This group should return to their spots.
- Repeat with the next group e.g. boys stand up and hop around the space.
- Continue the activity with different ways of moving.
- Eventually, move on to all the children moving around at the same time.
- Play the game for about 5 minutes.



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Shape It Up

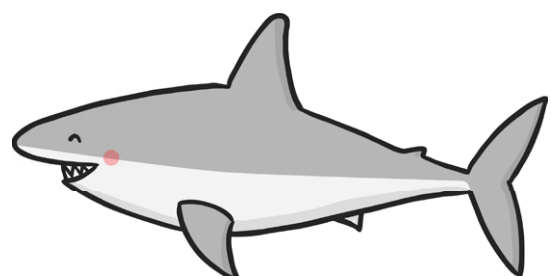
- Children find a space.
- Play some lively music.
- Children move to the lively music.
- When you stop the music, hold up and shout out a shape.
- Children try to use their body to make the different shapes.
- Continue with different shapes, encouraging children to use different body parts.
- Play the game for about 5 minutes.



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Sharks

- Lay out a set of hoops (at least one between two).
- The children should swim around the floor, pretending to do different strokes.
- Shout:
'Sharks!'
The children should swim to a hoop as quickly as possible.
- Only two children can be in a hoop at a time.
- Praise the children who get to the hoops the quickest.
- Play the game for about 5 minutes.



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Simon Says

- Remind children about the rules of 'Simon Says'.
- They should only do the action if 'Simon Says' is said before the instruction.
- They should not do the action if 'Simon Says' is not said.
- Give children a range of aerobic and stretching activities to warm their bodies and muscles up.
- Alternate between 'Simon says...' followed by the action, and just shouting an action.
- Some actions you could use are:

Jog on the spot.

Run around the room, changing directions.

Skip around the room.

Touch your toes, keeping legs straight.

Five tuck jumps on the spot.

- You could ask a child to be Simon and allow them to give out the instructions.



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Stand Up, Sit Down

- Ask all the children to stand in a circle.
- Explain that they are going to say the 'Stand Up, Sit Down' rhyme, from the accompanying poem.
- Children will say the rhyme and do the actions.
- Children could repeat the rhyme at different paces e.g. slowly/quickly.
- Play the game for about 5 minutes.



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Stuck in the Mud

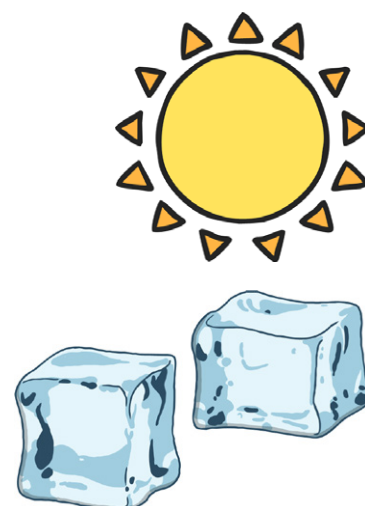
- Choose 2 children to be taggers and give them a headband each.
- Explain that the other children should avoid being tagged.
- The children who are tagging should chase the group, aiming to tag them on the shoulder.
- If a child gets tagged they should stand with their arms out wide, pretending they are stuck in the mud.
- The other children can free the tagged children by running under their arms.
- Swap the children who are tagging throughout the game.
- Play the game for about 5 minutes.



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Sun and Ice

- Ask 2 children to be the sun and 2 children to be the ice. (Give these children different coloured bibs so they can be easily identified.)
- The rest of the children move around the space. They could move in different ways e.g. running, skipping, hopping.
- The ice must tag the children on the shoulder to freeze them.
- The sun must then touch the frozen children on the shoulder to defrost them.
- Swap the children who are sun and ice throughout the warm-up.
- Play the game for about 5 minutes.



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Teddy Bear, Teddy Bear

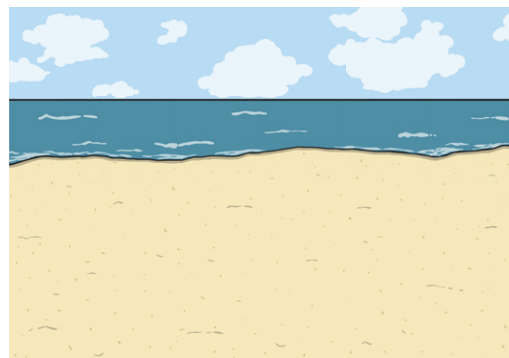
- Ask all the children to stand in a circle.
- Explain that one child will stand in the middle and say:
"Teddy bear, teddy bear ... (they should then give an action.)"
- The other children should copy the action.
- They should repeat this 3 times, either with 3 different actions or the same one repeated.
- Followed by:
"*Child's name*, it's your turn to be teddy bear now!"
- The children will then swap places and the child in the middle will now complete the rhyme.
- Play the game for about 5 minutes.



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The Tide Is Coming In!

- Split the space into 3 areas using cones, skipping ropes or markers.
- Tell the children about each area: the sea, the beach and the grass.
- Explain that the grass is the safe area.
- Tell the children to play on the sand and if they are feeling brave, they could even paddle in the sea.
- Explain that they must listen out for the instruction: 'The tide is coming in!'
- When they hear this instruction they must quickly move to the safe grassy area.
- Play the game for about 5 minutes.



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