

BODY



fit for fun

Team Games

BODY

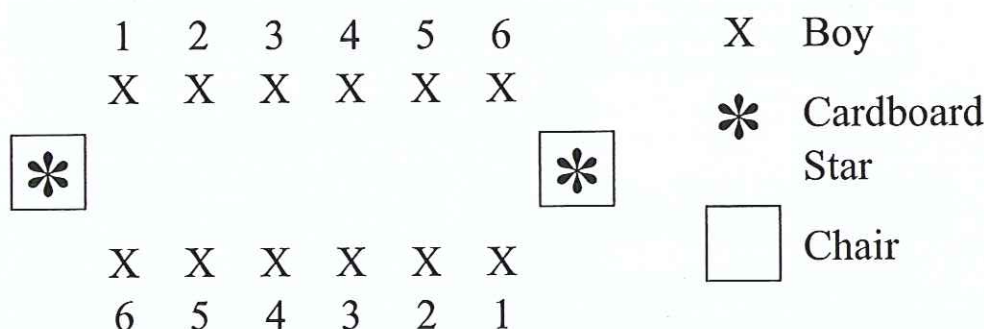
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Star Game

- Boys sit in two teams facing each other. Each team has a star.
- Place chairs as indicated.
- Number the boys as indicated.
- Call out a number. The boy from each team whose number has been called gets up, picks up their star off the chair, places it on the other chair and sits down.
- The first to sit down scores a point for their team.

HINTS: Keep a note of the numbers as you call them out so boys have an equal number of turns. If you have an odd number of boys, give one boy two numbers.



Alternative ideas:

Choose different shapes to fit in with your theme for the evening e.g. hearts, owls, cats etc. Your imagination is the limit.

Listen

- Two groups numbered, sit on the floor facing each other leaving about 3 metres between them. A leader stands at one end of the hall, midway between the groups.
- The leader calls an instruction and then a number. The first boy who carries out the instruction correctly wins a point for his group.

Some examples of instructions are:

- Hop to the far wall and then back to your place
- Bring me a book opened at page 9
- Bring me a shoe
- Jump around your group
- Hold number four's hand and run with them around your team

Word Building

- Boys are divided into two teams sitting facing each other.
- Teams are numbered from opposite ends and with an alphabet laid out in order for each team. The leader calls out a simple word and a number.
- The boy with that number runs to his alphabet, picks out the letters and makes the word in the middle of the hall. First complete with the boy standing beside it gets a point.



No maximum number depending on adequate supervision



5 minutes per game



Watch for polished floors and boys bumping into each other

Cone Ball

- Divide area in half with a chalk line, which is not to be crossed by either team.
- Select two equal teams. Place three skittles per team equally spaced across the hall about 20 feet back from the line, in each team's territory.
- The idea is for each team to knock down all three of the opposing team's skittles, whilst defending their own.
- Several balls can be used at once, but they can only be reclaimed from within the team's own territory.
- Using back and sidewalls to rebound off is allowed and is a good way to get round blockers.
- The winning team's score is the number of their own skittles standing once the other teams are all knocked down. A number of rounds can be nominated and the aggregate score calculated for the final score.

Making Letters

- Divide the boys into teams of 4 or 5 five.
- The leader calls out letters of the alphabet and each team tries to form the letters by the boys arranging themselves on the floor accordingly.
- They can stand, sit or lie down to make the letters.

Clock Tick

- Teams in lines at the far end of the hall with the clock placed at the other end of the hall.
- Number 1 in each team is blindfolded and turned around three times. He starts off to reach the clock and the first boy to do so wins a point for his team.
- Each boy in the team has a turn. This can be done with jangling keys, etc.

Flip the Kipper

- Divide the boys into teams.
- Draw two chalk lines about 3 feet apart and place a fish shaped piece of paper per team on one of the lines. Give each team a newspaper to act as a fan.
- The first boy has to run to the line and waft the newspaper up and down and blow the fish to the other line.
- He then runs back and gives the newspaper to the next boy in the team who has to get the fish back to the original line, and so on until everyone has a turn.

Healthy Living

Sensitivity is required when discussing foods as parents will determine the boys' diets and we do not want to be seen as critical of a particular lifestyle.

Activity:

Place following phrases on large pieces of card. Boys sort out into 3 piles things you should do, things you shouldn't do and things you might do. Leader has opportunity to reinforce healthy, safe, lifestyles.

- Brush teeth at least twice a day
- Eat chocolate every day
- Wash hands before eating
- Watch TV every evening
- Run and play with your friends
- Brush your hair regularly
- Wash hands after visiting the toilet
- Visit the dentist twice a year
- Stay up late
- Eat fruit



No maximum number
depending on adequate
supervision



10 minutes





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10 minutes

Bean Game

Boys run around the hall. When the leader calls out a type of bean they act accordingly.

- Runner bean – run fast
- Jumping bean – jumping on the spot
- Dwarf bean – run in a crouched position
- String bean – skipping
- French bean – silly walk
- Baked bean (in tin) – all squash into a corner

Not all of the options have to be used in every game. Don't use too many as the boys won't be able to remember them all, but don't make it too easy.

Insect, fish or Bird??

- Put sheets of card in three corners of the room, marked 'Fish', 'Bird', 'Insect'.
- The boys jog around the centre of the room.
- Call out the name of a creature. If it is a fish, they sit in the "fish" corner, if it is a bird they sit in the "bird" corner, and if it is neither, they sit in the "insect" corner.
- If the boys sit in the correct corner they get a point.
- Jog again.
- Continue until they have had enough.

Tips

- Have lots of names ready.
- Have some easy ones and some tricky ones. For example; penguin (bird), spider (insect), sea horse (fish), beetle (insect).
- After you have called out the name of a creature, give the boys a count of three to sit down. This helps the ditherers to hurry up!

Additional ideas

- Use variations, for example land, sea or air? Call out the names of forms of transport that travel on land, in or on the sea or in the air. For example: Land (car, coach, bus) Sea (ferry, dingy, submarine) Air (plane, glider, helicopter).

Contortions

- The leader gives directions all the players must follow – 'touch a wall with your foot, put your ear to the floor' etc.
- Allow a few moments for adjustments to take place between successive commands as each instruction is added to those already given.
- Those who cannot comply or fall over are eliminated.



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and boys bumping into
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Ball Games

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Sevenses

(for two or more players)

Use a rubber or tennis ball to throw against a brick wall. The aim of the game is to throw and catch the ball in seven different ways. Below is a common sequence:

- Throw against the wall and catch (7 times)
- Catch after one bounce (6 times)
- Bounce on the ground and catch (5 times)
- Throw up against the wall under one leg and catch (4 times)
- Throw against the wall, let it bounce, then hit against the wall before catching (3 times)
- Throw against the wall and touch the ground before catching (twice)
- Throw against the wall and turn around before catching (once)

If a mistake is made when playing, it is the next player's turn.

Dodge Ball

(for 3 or more players)

It is advisable to use a soft ball.

- One or more players are 'throwers'.
- 'Throwers' have to try and hit the other players, the 'jumpers', on their legs below the knees.
- When a 'jumper' is hit he swaps places with a 'thrower'.
- If there are only a few players, the game could be played with a wall or fence behind the 'jumpers'.
- A lot of players can be divided into two teams.
- 'Throwers' form a circle with 'jumpers' in the centre.

Not on my land

Equipment:

- Use chalk, cones or tape to mark out areas.
- Lots of small soft balls. A good idea is squashing up newspaper into a ball and taping with masking tape. (One advantage with newspaper balls is they don't fly too far when thrown by the boys and there is less chance of losing them. If you do, they are cheap and easy to replace.)
- A whistle is vital or a some other means of being heard over the noise.

Instructions:

- Divide a playing area into as many sections as you have teams of six. For example, if you have four teams of six, four sections.
- Each team/six stands in their defined area.
- Divide all balls equally between the teams.



No maximum number
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supervision



5 minutes per game



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- On the first whistle, the teams throw the balls out of their own area whilst trying to keep their own area clear of other teams' balls.
- On the second whistle after a short period of time, perhaps two minutes, they must stop throwing the balls and count all balls that remain within the team's area.
- The team with the fewest balls in their area are the winners when the second whistle blows.

Number Football

- Split the boys into two teams standing in opposite corners of the hall. Set up two smallish goals and place a football in the centre of the hall.
- When choosing the teams choose boys with similar abilities (and put them on opposite teams with the same number).
- Number the boys, if there are an odd number of boys give someone two numbers.
- The leader shouts a number and the corresponding boys from each team have to try and score in the opponent's goal.
- At any time the leader can shout a new number, the boys playing must stop and run back to their positions whilst the new boys play.
- Also the leader may wish to say 'fours and fives,' to have two players scoring at the same time.
- When a goal is scored the ball is replaced in the centre ready for the next call of numbers.

Chair Ball

- This is just a variation of netball, where the goals are replaced by a member of the team (the goalkeeper).
- Divide the boys into 2 teams each nominating a goalkeeper. Place two chairs at opposite ends of the playing area and mark off goal areas in which no player is allowed to go.
- The elected goalkeeper has to go and stand on the chair behind the opposition team.
- No "snatching" the ball out of player's hands.
- No player is allowed to take more than 2 steps with the ball.
- The ball must be thrown (without bouncing) to your keeper for a goal to be scored.
- Team with the highest score at the end wins.
- With a large number of players you may wish to complicate the issue by introducing more than one ball or even more than two goals.

Tunnel Ball

- Split boys into teams, standing in file at one end of the hall.
- The boy at the front of the line passes a ball over his head to the boy behind who in turn must pass it through his legs to the person behind and so on.
- When the ball arrives at the back of the line the boy runs to the front and does the same.
- The first team to reach the end of the hall wins.

Hiding and Finding Games

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6 or more



5 minutes per game

These work best with fairly large groups and depend very much on being played somewhere that provides good hiding places.

Hide and Seek

- One or two boys face a wall and count to 100 or are timed while the other boys go and hide.
- When time is up, boys go and seek. Let the 'hidders' know when the boys are ready to start seeking.
- The game ends when all the boys have been found.

Prisoners

- Select an area as a 'prison'.
- A player is chosen to be a prison guard.
- The prison guard (who is 'it') counts to 100 and everybody runs and hides.
- Then 'it' goes to look for them. When he sees someone, he shouts "I see 'X' behind the shed." If 'X' is behind the shed, he has to race 'it' to the prison.
- If he gets there first he can go free, if not he becomes a prisoner.
- While 'it' is searching for the other players, they can try and run up and free the prisoner by touching him, without getting caught by 'it'.

Animal

- Before the game starts the leader deposits wrapped sweets around the hall (or church).
- Divide the boys into 'families' of farm animals e.g. cows, sheep, chickens etc with one parent animal.
- The boys must go out and look for 'food' and when they find it must make the noise of their corresponding animal. The parent listens for the calls of their children and goes to pick up the 'food'.
- The children cannot touch the 'food'.
- The winning team is the family that collects the most sweets.
- It may be an idea to give the parent a plastic cup to put the sweets in so that at the end of the game the boys can share them out.
- You may wish to add an extra edge of excitement by giving double points for the red sweets or similar.

Miming Games



Any size under sufficient supervision



5-10 minutes per activity

A quiet game for the boys

Today I am:

On the leader's command, boys run around miming/acting appropriate to the instructions given. Points can be given as rewards, for example:

- Today I am a racing car
- Today I am an elephant
- Today I am a snail
- Today I am a fire engine

Find the Family

Emphasise to the boys that they are not to reveal who or what they are until the game starts. The object of the game is for the boys to find the rest of their 'family'. A family consists of mother, father and baby. Name each family after animals, for example:

- Mother father and baby lion
- Mother father and baby duck
- Mother father and baby monkey

Give each boy an animal and say if he is a mother, father or baby. On signal all boys move around the room acting or miming the animal they have been given until mother, father and baby have found each other.



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Story Games

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No maximum number
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supervision



10 minutes

Andrew and the Craft Afternoon

Equipment:

- Cards with words – see template

Game:

- Divide boys into two teams and give them numbers.
- As the story is told, when the missing words occur, a numbered boy from each team is called; he runs to the end of the team where the words are on cards.
- He has to select and hold up the correct card.
- A point is given to the boy who holds up the correct card first.

At Andrew's local craft shop a special children's afternoon was held so Andrew and his mother went along to join in. A friendly lady said to Andrew: 'To keep your clothes clean you need to put on this _____. There is a charge to pay for taking part so there's the cash box to put in your _____.'

'Now Andrew, on the table you will find a pair of _____ to cut out your model. If you think you might find it a bit difficult you can ask your _____ to help you. You can choose which model you would like to make – perhaps with the radar and guns you would like to make the _____.'

Soon Andrew was busy but he got in a bit of a sticky mess when the _____ smeared all over his hands and got stuck to the _____ he had in his pocket, which his Mum gave him in case he needed to blow his _____.

The girl next to Andrew pretended to fly her brightly coloured model of a _____ around the room. One boy did not seem very interested and just kept chewing noisily as he stuffed _____ into his mouth.

Andrew didn't make a battleship but moulded a lump of _____ and went home having made a furry, yellow _____.

Andrew and the School Sports

Equipment:

- Cards with words – see template.

Game:

- Same applies as 'Andrew and the Craft Afternoon'.

Andre was excited that school sports day had arrived at last. In the trophy cabinet the special sports _____ had been polished.

Outside, the caretaker went roaring across the field on his _____. A teacher said to the boys in the relay team, 'We are just about ready so go over to the starting _____. Each of you must be ready to hand over to the next boy the _____ when it's your turn to run. After the race you can have a drink of _____.'

Next was the egg and _____ race, which was won by Jack. Andrew was in the next race and hopped as hard as he could, falling down at the end, but he had won the _____ race.

At one point there was panic as onto the track crawled the PE teacher's small _____.

After pecking on the ground for scraps of food, in the panic, and in a cloud of feathers and flapping of wings, the _____ flew off.

Andrew was not looking where he was going and he tripped over his feet because his _____ was not tied up.

His last event was the long jump and with one of his longest jumps into the sandpit, he sprayed all the spectators with _____. But he won and his proud _____ ran up to congratulate him.



Andrew's School Magazine

Equipment:

- Cards with words – see template

Game:

- Same applies as 'Andrew and the Craft Afternoon'.

Andrew and his friends were asked to come up with some ideas about what should be in the new school magazine. 'I think lots of coloured _____ would be good', said George. 'Yes, I'd like to see a picture of what we heard about in class, of that explorer who climbed up rock and snow until he reached the top of the _____.'

'Let's tell people about how we have learnt to pick up all our litter and throw rubbish in the new _____,' said Andrew.

'We must not forget to say thank you to the school, that in the gym we can swing on the new _____,' said Tim.

'I know', said George, 'I can write about our class aquarium and the different _____ we have.'

'Don't forget in the holidays our _____ got married.' Said George, 'and how the playground walls have been sprayed with bright red _____.'

'We could say about the things in the 'lost property' box. I know one of its spokes has broken but someone must be getting rained on without their _____.'

'For the cover, we could have a picture of the village green and all the ducks on the _____.'

'I like singing hymns in assembly now that Mrs Smith plays the tunes on the new _____' said Andrew.

'Oh well, we have lots of ideas, and we could ask Mr Brown to help us write things on his _____,' said Greg.

The boys began to feel hungry as they could smell a hot and spicy _____.



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10 minutes +

Parachute Games

Aim: An selection of games to play with a parachute

Read through the various games, decide which you are going to use and what other equipment you will need.

Equipment:

- Parachute
- Ball

Starting Point: Mushroom

Everyone is spread out around the parachute holding on to the edge with both hands. Pulling the chute taut everyone bends down (knees bent) so that the chute is at ground level or just above. At the word "mushroom" everyone pulls the chute up with hands raised as high as possible – not letting go of the parachute – so the parachute fills with air like a mushroom and then it brings it billowing back to waist level. The chute will go higher still if everyone holding it takes a step forward as they pull it upwards. Try this several times.

Swap Places

Everyone makes a "mushroom" and when the chute is at the highest point certain boys swap places according to instructions from the leaders. For instance: everyone with a birthday in July swap places – and all boys with July birthdays run across under the chute while it is in the air and try to be in a new place by the time the chute comes back down again. (Do not worry if the chute comes down while the boys are underneath as they will come to no harm, but be aware of boys who may be afraid if it does!) Suggestions for "swaps":- boys with brown hair, with names beginning with a certain letter, who watch a certain television programme, who had chips for tea, who are in certain class at school, etc. Alternatively go around the circle giving everyone the name of one of four animals e.g. lion, elephant, horse and grizzly bear. If the leader calls a lion all of the lions must run under the chute to the opposite side and find a new place.

Get-Away

The boys mushroom the parachute, but this time when the chute is at the highest point everyone lets go and tries to avoid the parachute as it comes down.

Chute the Ball

Everyone hold the parachute tight and the leader puts a light ball on the chute. Can the boys toss the ball in the air and catch it on the chute. How many times can they do it before it comes off the chute?



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Roller Ball

Place a ball on the taut chute. Can the boys roll it from one side to the other. If they can, divide those holding the chute into two teams, those on one side of the chute being team A and those on the other team. Team A try to roll the ball into the half of the chute being held by team B, but meanwhile team B are trying to roll the ball into team A's side of the chute.

Cat and Mouse

Everyone stands in a circle with the chute held loosely at waist level. Choose someone as the mouse and someone else as the cat. The mouse goes under the parachute and the cat (without shoes) goes on top of the parachute. The cat must try to locate the mouse, but those holding the chute are gently waving the chute to make it impossible for the cat to see the mouse. Both cat and mouse must stay with the chute and not run out! When the cat does find the mouse they join the circle holding the chute and another cat and mouse are chosen.

Jumping Beans

The boys hold the chute in a circle and the leader puts on the chute as many balls of different sizes as they can find. On the word "Go!" the boys must try to throw the balls off the chute without letting go!

Whirly Gig

Everyone holds the chute with their left hands and ensuring the chute stays taut following the leader's instructions. If the leader says, "Walk around," the children walk in a circle holding the chute taut. The leader might say: walk backwards, skip, hop on one foot, jump with both feet together. The leader might also call "Change hands" in which case the boys hold the chute with their other hand and go in the opposite direction.

P is for Parachute and Prayer

This prayer could be said at the end of the parachute games while all the boys are holding the parachute or it could be said while the boys are actually under the parachute! Get the boys to mushroom the parachute, but as the parachute comes down keeping hold of the chute, they take their hands behind them and gently sit down on the edge of the parachute, making the parachute into a sort of tent. After the prayer ask the boys which letter many of the words began with.

Dear God, thank you for parachute fun.
Thank you for energy to play, for being picked in the games,
for pulling and pushing and for passing the ball.
Thank you for plenty of fun with my pals.
Dear God, thank you for parachute fun. Amen



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5 minutes per game

Relays

A relay race, basically consists of a team running the same or similar course multiple times.

Split the boys into equal sized teams

Hoops relay

Equipment:

- Hoops
- Beanbag or ball

Instructions:

- Each team has a lane; in the lane are hoops (one for each team member). Each hoop has a beanbag or ball in. The boys take it in turns to run to the nearest hoop and collect the object from it. The next boy then runs and collects the object from the next hoop, and so on. Getting the boys to put the objects back afterwards can be used to extend the race.
- Similar things can be done with the boys doing tasks from the above list with the balls/bean bags

Dizzy Doo Dah

- Teams of four or more, each arranged in file.
- A member of staff per team stands about three or four paces away from and facing the first boy.
- On the command 'Go' the first boy races up to the leader, runs round them three or four times and back to the end of the file, touching the second boy his team as he passes.
- The game continues until each player has run and are all back in their places (if there are only a few boys in each team, they can go twice if they are not too dizzy!!!)

Ankle Grabber

- Teams of four. The first boy in each team grabs his own ankles and proceeds to run to the end of the course and back.
- This inevitably slows the boys down, and looks quite funny for any spectators.
- The game continues until each player has 'run' and are all back in their places.



Wheel Relay

- Ideally, this needs four groups but can be played with three to six.
- Each group acts as a spoke in a wheel and forms a line from the centre of the hall facing towards the edge.
- The groups should be equally spaced, so that the fronts of the lines start to form the 'rim' of the wheel.
- On the command 'Go' the front boy of each line runs round the circle (ie around the front of all of the remaining lines) and joins onto the back of his line near the centre.
- Once he is in position the next boy at the front of the line runs.
- The game continues until each player has run and are all back in their places.

Pick the Colours

- Teams in lines. At the other end of the hall, opposite each group, is a box in which are coloured ribbons or paper, red, blue, green etc.
- Leader shouts out, "Show me the colour of.....," and the first boys in each group run to their own box and find the required colour.
- First to find it and hold it aloft gains a point for his group.

Alphabet Race

- Teams in lines. At the other end of the hall, opposite each group on the floor or on the wall is a large sheet of paper and a pen/pencil.
- On the command the first boy in each team runs to the end and writes 'A' and runs back to the team, tagging the second boy as he passes.
- The second boy must then run to the board and writes 'B' and so on until the alphabet is finished.

Instead of getting the boys to write the alphabet you can try shorter words dependent on the numbers of boys, 'ANCHOR' for example.

What O'clock

- Teams in lines. At the other end of the hall, opposite each group on the floor or on the wall is a large sheet of paper and a pen/pencil.
- On the command the first boy in each team runs to the end and draws the clock face and runs back to the team, tagging the second boy as he passes.
- The second boy then runs to the board and draws the number 12, the third draws the number 1 and so on around the clock.
- When the clock face is completed the next boy in line runs to the leader who tells him the time to be shown by the hands.

Blow Table Tennis

- Split boys into teams, giving each a table tennis ball.
- When the race starts the first boy has to blow the ball to the marker, or the end of the hall. (The distance to blow the ball should not be too long).
- He must then pick it up and run back to his team where the next boy does the same.
- The game continues until each player has 'run' and are all back in their places.

Other relay games could include:

- Bouncing a ball
- Dribbling- football/uni-hoc
- Hopping/running backwards
- Skipping
- Egg and spoon
- Balancing beanbag on head
- Assault course – under chair, over bench, through hoop etc.

Musical Games

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Odd Man Out

- Ideally, you need to have access to a reasonably large hall.
- Prepare the hall in advance by chalking (or marking in some way) a line across the middle of the hall.
- Pair off the boys except for one or two.
- The pairs hold hands across (and on opposite sides of) the line.
- The odd boy(s) must also be positioned on one side of the line.
- Tell the boys that when the music starts they must let go of their partner's hand and run, skip, gallop etc. in the opposite direction (towards the wall).
- The odd one out also does this.
- Depending on how long the music plays the boys may have to turn when they reach the wall and perhaps pass their partner at the centre line.
- When the music stops the boys run back to the centre line as quickly as possible from wherever they are to grab their partner's hands.
- The odd boy out also needs to run back to the centre line when the music stops and tries to grab another boys' hands.
- If they do, the remaining unpaired boy becomes the odd boy out and the game begins again.



No maximum number
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supervision



5-10 minutes per activity

Mr Freeze!

- Play preferred music to the boys.
- The boys move around freely to the music until it stops.
- The boys 'freeze' in the positions they are in.
- The last boy to 'freeze' drops out of the game or loses a point if it is preferred to keep all the boys playing.

Additional activity:

- If time and staffing allows, have one leader calling out instructions to the boys of things to do, for example: galloping while another leader controls the music.

Statues

This game is a variation on 'Mr Freeze!' game.

- Before the music stops, the boys are told a 'statue' position they must adopt when the music stops, e.g. footballer, pop star, ballet dancer.
- When the music stops the boys adopt a position and you could award points for the best pose.

Musical Ball

- All boys sit in a circle facing inwards.
- Play preferred music.
- While the music is playing a ball is passed around the circle from boy to boy.
- When the music stops the boy who is holding the ball turns to face outwards.
- The music begins again and the ball is once again passed around the circle.
- This time when the boy who is facing outwards is reached the ball is passed behind his back.
- Continue the game, turning boys to face outwards for as long as it is viable with the number of boys you have.

Musical Parcel

This game is a variation on Musical Ball and another version of 'Pass the parcel'.

- The boys sit in a circle facing inwards.
- Then the music plays a tightly wrapped parcel (with sellotape and/or knots) is passed around by the boys.
- When the music stops the boy holding the parcel begins to unwrap the parcel.
- When the music starts again the boys must pass the parcel on around the circle.
- The winner is the boy who removes the final wrapping to the prize within.

Circles

- Prepare by drawing several circles on the floor.
- Each boy starts with 10 points or they could gain points as they go along
- While music is played the boys run freely but must stay outside of the circles.
- When the music stops a sound should be made several times. (Could be chords of a piano, a whistle blown a number of times or a number called out).
- The boys then form a group with that number and go inside a circle. (There will need to be sufficient circles and groups to be made for the number of boys, e.g. 14 boys: 5 circles, 3 boys per group would result in 2 spare boys).
- Any boys not in a circle, or any circle with the incorrect amount of boys in would result in those boys losing one of their 10 points (or gaining a point if they start with no points).
- The winner after several rounds of the game is the boy with the most points.



Your Friendly Neighbourhood Farmyard Buddies

This game will work best with a large number of boys.

- Prepare pairs of cards with pictures of animals.
- Pair off the boys and give each pair a matching pair of animals. (One card for each boy).
- Play music and the boys run around or be given actions to do, such as hopping to the music.
- When the music stops the boys must find their partner by making the sound of the animal on their card.
- The final pair to find each other lose a point (from an initial number, say 10).
- The winning pair at the end is that with the most points.
- The animals can be swapped so boys try more than one.

Musical Chairs

- Arrange chairs, one for each player, back to back in two lines.
- Boys sit on chairs.
- Play preferred music. When it begins the boys get up and move around the chairs in clockwise direction.
- Leader then removes a chair from the end of the line
- When the music stops boys must attempt to find a chair
- The boy who is left unseated is out and the game continues until all but one of the boys is out.

Pass the Pillowcase

- Fill a pillowcase with various items of clothing. Small items are preferable, e.g. hats, gloves etc.
- The boys sit in a circle and music plays.
- While music plays boys pass the pillowcase around the group in a clockwise direction.
- When the music stops the boy holding the pillowcase randomly removes an item from it and puts on the garment.
- When all the items are removed from the case, you can have a fancy dress parade to the music!



Minimum of 6



Between 5 and 10 minutes

Time Filler Games

These games require little or no equipment, and no preparation. They are all fun ways to exercise, and with 23 to choose from you can come up with something new most weeks.

Nets

- Two players link wrists to make a 'net'.
- The other boys are 'fish'.
- They are caught by the 'net' dropping over their heads and then they join the 'net'.
- When a fourth player is caught, they split to become two 'nets' and so on until only one 'fish' is left.

Wizards Treasure

- Boys sit in a circle, with the 'Wizard' in the centre, blindfolded and armed with a torch.
- One of the boys is selected to sneak up; and steal the treasure (keys etc) and get out of the circle with it.
- The 'Wizard' shines the torch at any suspicious noise. If any part of the 'Thief' is lit, he retires and another 'Thief' tries.
- If he succeeds, he becomes the new 'Wizard'.

Colour Race

- Divide boys into equal groups and give them coloured bands: red, yellow, blue and green.
- The boys run freely around the hall.
- One colour is called, e.g 'RED'. All 'reds' chase the rest trying to touch them until a whistle is blown.
- Count the number of boys the 'reds' touched, and continue.
- The winning team is the one with the most points at the end of the game.
- Make sure you give each team the same number of turns, but not always in the same order.

The Sea and her Children

- The boys stand in 'home bases' in groups and named after sea creatures.
- Leader, who is 'Sea', walks around in the middle calling: 'the Sea calls the sharks', etc until all the groups are following.
- If the leader says 'the sea is calm', all walk on tiptoe.
- 'The Sea is choppy' – all bob up and down.
- 'The Sea is rough' – all run with arms swinging vigorously.
- 'The tide turns' -all run to their 'homes'.
- The leader chases and catches as many as possible.
- Those caught join the 'Sea' and try to catch the others in the next round.
- This continues until all have been caught.



Agree a clear STOP! sign at the beginning. This could be a whistle or a hand in the air.



Toss the Feather

- Place a feather or piece of paper in the middle of a sheet or blanket and the boys hold onto the edge of the material.
- On the command 'GO' all players shake their piece of sheet or blanket as hard as possible.
- If the feather falls off, the players on the side of where it falls, gets a minus point.
- The 'side' with the score nearest zero after, say, three minutes is the winner.

Stations

- 'Stations' are marked by bean bags around the hall.
- There should be the same number of boys as bean bags.
- Boys run around and at a given signal find a 'station' to stand behind.
- Leader removes a bean bag each time, so boys are gradually eliminated.

Squirrels in the Trees

- Boys stand in pairs, face to face with hands joined to represent hollow trees.
- In each hollow stands a third player who is the squirrel.
- 'Trees' with their 'squirrels' should be spaced unevenly around the hall.
- One extra player is a 'squirrel' without a tree.
- Leader either claps or calls 'change' and all the 'squirrels' hunt for a new tree.
- The homeless 'squirrel' also tries to find a home during the general change-over.
- Whoever does not succeed in finding a 'home' becomes the one to clap or call 'change'.

Busy Bee

- Each boy chooses a partner and they space themselves out around the hall.
- Leader calls out various commands such as 'stand side to side' or 'back to back' or 'link elbows'.
- When leader calls out 'Busy Bee' each player tries to find a new partner.
- The leader also tries and if successful the unlucky one left out becomes the leader and gives the commands.

Hot Ball

- One large ball is required.
- All the players except one, form a circle facing inwards and pass the ball around the circle from hand to hand.

Lions and Tigers

- Divide the boys into two groups.
- Each half is sent to opposite ends of the hall.
- One half are lions, the other tigers.
- Leader shouts (for example) 'Lions, two paces forward', 'Tigers, three paces forward', etc until they are close to each other.
- Then, 'Lions chase tigers', or vice versa.
- The side that is chasing tries to catch as many of the others as possible before they reach their end of the hall again.
- Those that are caught join the other side.
- The games continues until all of one side is caught.

Laughing Handkerchief

- One boy throws a handkerchief into the air
- When it starts to fall everybody must laugh, but when it lands there must be silence.
- Anyone still laughing is out.

Lucky Handshake

- Boys are told that someone has the 'lucky handshake'.
- They rush around and shake the hands of as many others as possible in the hope that they will get the lucky handshake.
- Arrange with one of the boys in advance to choose a number (for example 4) and then, at the end to announce the lucky person as being the person to be the fourth one to shake them by the hand.

How Far?

- This game is a test in throwing. Could be played in teams.
- The boys throw a variety of objects: balloon, playing card, straw, handkerchief with a knot in it.
- Measure the distance the items are thrown and award points.

Pairs

- One boy is chosen to be the chaser.
- All the rest link arms in pairs and put their outside hands on their hips.
- The chaser 'catches' other players by linking his arm with the outside arm of a pair.
- When a player is 'caught', his partner releases their arm and becomes the new chaser.



Musical Stick

- Boys form a circle with one boy holding a long stick or walking stick.
- When the music begins he taps the stick on the floor three times, and passes it to the next boy, who does the same.
- When the music stops, the boy left holding the stick is out.
- The game continues until only one boy is left.

Pop goes the Weasel

- Boys are formed into small rings (three or four) with one boy in the middle of each ring and one boy outside.
- Boys all sing:

Half a pound of tuppenny rice,
 Half a pound of treacle.
 That's the way the money goes,
 'POP' goes the weasel.
- On the word 'POP' the boys come out of the ring and find another home, while the boy outside rushes to find an empty ring.

Musical Islands

- Newspapers, mats or hoops are placed around the room.
- As the music is played, the boys walk, skip etc about, but when it stops they stand with both feet on one of the 'islands'.
- Not more than two boys are allowed on any one island.
- Anyone not finding an island is eliminated.
- Remove one or two islands after each stop.

Shunting

- All boys are lined up at one of the hall, except 'IT' who stands in the centre with a whistle.
- On the sound of the whistle everyone starts running towards the other end, and reverse direction when 'IT' blows the whistle again.
- The games ends when someone manages to get to the other end, or when everyone is exhausted.

Balloon in the Air

- All boys form a circle and each player is given a number.
- The balloon is tossed into the centre of the circle and, when the leader calls their number, the boy gives the balloon another pat into the air.
- It could played that if the balloon falls to the ground, the boy whose number was called is out.

Pairs Tag

- Two boys join hands and try to tag the other boys.
- If they tag one player, a chain of three is formed, but the moment they tag another one, the four split up into two pairs.
- The last boy to be tagged is the winner.

Jack in the Box

- A hoop is placed at one end of the hall and one boy stands in it as 'Jack'.
- The rest of the boys stand at the other end which is 'home'.
- The boys walk round and round Jack in his hoop, singing or saying, 'Jack in the Box, come out and play, catch us now or we'll run away'.
- Without warning Jack jumps out of his hoop and tries to tag as many as he can before they reach 'home'.
- Those tagged drop out and the winner is the last boy to be tagged. He then becomes Jack.

Hunt the Ring

- A small ring is slipped onto a long piece of string, which is joined up to form a large loop.
- All the boys except one stand in a circle, holding the string lightly between their hands.
- The one in the middle shuts his eyes, or is blindfolded, and turns round at least three times while the ring is slipped round from one boy to the next.
- He then has to try to find it while the others continue to pass it round.
- When the boy standing in the middle guesses correctly, he changes place with the one who had the ring.

One knee, two knee

- Boys stand in a circle and a ball is thrown to the boy of their choice across the circle.
- If a boy does not catch the ball he goes down on one knee.
- If he drops it for a second time he goes down on two knees.
- If he then catches it he can come up onto one knee and then back to standing.
- If he drops it while down on two knees, he is out.
- The last boy in is the winner.

Party Games

BODY

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Wheelbarrow Race

- Boys are paired.
- One boy walks on hands while his partner holds his legs up.



No maximum number
depending on adequate
supervision



10 minutes

Three-Legged Race

- Boys are paired.
- Their inside legs are tied together just above the ankles.
- On the signal, the pairs run to the finishing line.

Balloon Throw

- This can be played in teams or pairs.
- The teams line up and have a balloon filled with water.
- The first boy throws the balloon to the next boy in the line, who in turn throws it to the next boy and so on.
- If the balloon is dropped it will pop and splash the boy who dropped it.
- The team who gets the balloon the furthest wins.
- If the balloon is dropped, a measurement is taken from the boy who threw the balloon.

Sack Race

- Played in teams.
- On signal, each boy gets into a sack and jumps to the finish line.

What Animal am I?

- Prepare a number of self-adhesive labels on which names of animals are written.
- Stick them on the foreheads of the boys so that they do not know what they are.
- The boys go around asking questions such as, 'Do I have legs', 'Do I eat leaves', etc until they find out what they are.

Worms

- The boys are in pairs.
- Each player lies on his stomach and with arms outstretched, holds the ankles of the player in front.
- The aim is to move along the floor as a worm without letting go of the ankles.
- When this has been mastered in pairs, it could be increased to fours. The longer the snake the more fun and the greater co-operation needed.



Watch for polished floors
and boys bumping into
each other

Reflections

- Boys are in pairs.
- They stand facing each other about a metre apart.
- Leader nominates one of each pair to be the leader.
- The leader stands with hands out and his partner moves to position himself as a 'reflection' of him.
- The leader then moves his hands etc and is imitated by his partner.

Golf

- Put a fairly large pebble into a round balloon and blow it up.
- If the balloon is then rolled along the floor it will move in a rather erratic manner.
- Use a waste paper basket or hoop as a target and see who can kick the balloon in the hoop without bursting it!

Citrus Chain

- Boys are formed into a line.
- First boy has an orange under his chin.
- The next boy has to get the orange under his chin and pass it down the line without using his hands.
- This can be played as a team game.

Robots

- Boys are in pairs.
- Choose boys to be the 'robot' and the 'master'.
- Robots can only move forward. They have no power to think or make decisions. Robots walk slowly with stiff legs and arm joints, obeying only the direct orders of their own masters.
- The master has to guide his robot and to turn him so as to avoid hitting walls, tables, chairs, and any other robots walking around the room.
- After a few minutes reverse the roles.

Chasing and Catching Games

BODY

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supervision



5 minutes per game

Chain Tag

- One boy is the 'chaser'.
- When he catches someone they have to join hands and try to catch the others together.
- The last boy to be caught is the winner.
- In one version, the chain can split in two once it has four players in it.
- Both parts go on to catch the other players.

Catch my Tail

- Players tuck a handkerchief into the back of their belt or waistband, leaving part of it hanging out.
- Each player has to take other players' handkerchiefs.
- Once someone's handkerchief has been taken, they cannot take anyone else's.
- The winner is the last one with a 'tail'.
- Quite a number of boys can play in teams.
- Each player pairs with someone in the opposite team and tries to take their handkerchief.
- The winners are the team that ends up with the most handkerchiefs.

Freeze Tag

- The 'chaser' runs around trying to tag other players.
- Anyone who is tagged must 'freeze'.
- Any other player can 'melt' a frozen player by touching them.
- They can then start running around again.
- The first player to be frozen three times becomes the next 'chaser'.

Tunnel Tag

- This is a variant on Freeze.
- Tagged player always freezes in legs astride position.
- Remaining untagged players can un-freeze those caught only by crawling through their legs.



Watch for polished floors
and boys bumping into
each other

Shadow Tag

- This game should be played outside when the sun is casting good strong shadows.
- The 'chaser' catches other players by jumping on their shadows.

Shipwreck

- The 'chaser' tries to catch the other players, but they are safe when they are on an 'island'.
- Islands can be logs, old tyres, crates, rugs, newspaper – anything that comes to hand.
- When someone is caught, they become the 'chaser'.
- If necessary, introduce a rule forbidding players to stay on an island for more than ten seconds at a time.

Crossing the River

- This game is played between two lines or 'river banks'.
- The 'chaser' stands between the two lines, in the river, and the others wait on one of the banks.
- When the 'chaser' shouts 'Go', they have to run across to the other side of the river, while the 'chaser' tries to catch them.
- Whoever gets caught stays in the river and helps to catch the others.

Crows and Cranes

- Boys are lined up in two parallel lines, one team in each line.
- One is designated 'crows' and the other 'cranes'.
- On the call 'Cranes' the cranes chase the crows and attempt to tag them before they reach the safety of their wall (or zone).
- A call of 'Crows' sets the crows in pursuit of the cranes.
- Players caught become members of the capturing team.
- To add a bit of extra fun, it is easy to stutter or roll the open syllable.
- (Alternative titles include rats and rabbits, seagulls and serpents etc.)

Circle Games

BODY

fit for fun



Name Change

- Players sit in a circle. The leader stands in the centre and calls the name of a player and takes their place.
- The named boy stands and immediately calls the name of another player and moves to take their chair.
- Play continues until confusion reigns.



No maximum number
depending on adequate
supervision



10 minutes

Simon says

- Players sit in a circle. The leader is in the circle too and explains that the boys copy their leader's actions.
- The leader then proceeds to shout "Simon says" and then an action like clap your hands, touch your nose or jump up and down twice.
- The boys must perform the action and then sit down in their original positions.
- However if the leader omits "Simon says" the boys are not to perform the action.

Sausage and mash

- Players sit in a circle facing inwards, with one player in the centre.
- Players in the circle ask questions of the boy in the centre who will always reply simply 'sausage and mash'
- Any player who grins or laughs is eliminated.
- The fun comes when questions like – 'what does your face look like?' and 'what do you sleep on at night?' etc

Magic Stick

- The leader has a magic wand which s/he points to one of the corners of the room. Each corner represents a different action the boys need to do. For example, one corner could mean the boys need to hop on the spot.
- Boys form a circle with the leader in the middle, and they perform the actions as indicated by the leader's wand.
- When the leader drops his wand the spell on the boys is broken and they must run to the corners of the room before the leader catches them and they are out.



Watch for polished floors
and boys bumping into
each other

Circular Dodge Ball

This game will work best with a large group of boys.

- Divide the boys in teams (four, say).
- All but one of the teams form a large spaced out circle.
- The remaining team is in the middle of the circle but is free to move about and dodge about.
- The teams forming the circle can then throw soft balls at the boys inside the circle and if they are caught below the knee then they are out. The team which lasts the longest without all getting out wins.

Ladders

- This game will work best with a large group of boys as at least two groups large enough should form a reasonably sized circle.
- Split the group of boys into groups and have each group form a circle with their legs facing either all inwards or all outwards.
- Choose one boy from each circle to start for the team. Upon commencing that boy must jump over the legs of each boy in the circle, proceeding clockwise around the circle until they reach their own position again.
- That boy then sits down and the boy to his left then does the same. This then repeats until all boys have gone around the circle.
- The team that completes this in the quickest time wins the game.

Ball, whistle and chalk

- At least 12 boys are required to play this game.
- The group sit in a large circle and boys are numbered 1 to 3. In the middle of the circle place a ball, a whistle and a piece of chalk.
- The leader calls a number from 1 to 3, and the corresponding boys get up and run around the circle back to their own position, through the gap and then try and retrieve one of the items in the middle.
- Give points to each of the items e.g. 3 for the ball, 2 for the whistle and 1 for the chalk. Write down how many points each boy scores.
- Repeat the above for several rounds and the total the amount of points at the end. The winner is the boy with the most points.
- The game can be extended easily by adding more items to collect or more numbers assigned if you have a large enough group.



Tunnel Ball

- Divide the group into two and form two circles with boys standing facing inwards and a leader in the middle of each circle.
- Upon the word 'go' each leader throws a ball to one of the boys in their circle who then catches the ball and runs around the circle back to their own position.
- Upon returning to their own position the boys face outwards and roll the ball through their legs to the officer and continue to face outwards.
- This is repeated until all boys are facing outwards in the circle.
- The winning circle of boys is that which finishes first.

Catching a bean bag

- Boys stand in a circle facing inwards with leader at the centre of the circle.
- The leader throws a beanbag to each of the boys in turn.
- If the boys catch the beanbag they throw it back to the leader. If they drop it they must run around the circle and return to their own position and sit down and they are out.
- The game continues until only one boy remains standing.

Sleeping Pirate

- All the boys sit down in a large spaced circle and one boy nominated starts as the sleeping pirate.
- The pirate sits blindfolded in the middle with a fake sword on the floor beside him. The idea is that the pirate is asleep and one of the other boys attempts to steal his sword.
- The leader points to one of the boys in the circle who responds by shouting 'coming' and then proceeds to sneak forwards towards the pirate.
- The pirate points in the direction he thinks the sound is coming from. If he is correct the boy sits back. However, if the boy gets to the sword without being caught then he becomes the pirate and the other boy takes his place in the circle.



No maximum number
depending on adequate
supervision



5 minutes per activity

A leader to take charge of each activity and another to keep time (watch, whistle and chalk required).

Divide the boys into small groups.

Equipment:

- Wooden block (approx 6cm x 4cm x 4cm)
- Chairs
- 3 large and 6 small marbles
- Football
- Skittles
- 3 beanbags
- 3 shuttlecocks
- Waste paper basket
- Score chart, marker pen

Activities:

Dribbling

- Mark a chalk start line and place the chair about two metres away.
- Each boy in turn dribbles wooden block (or a ball if you're feeling adventurous!) up to the chair, passes it through the chair legs from the back to the front, then from side to side.
- He then dribbles it back across the start line.
- One point is awarded for each completed dribble.

Bowling

- Place skittle in one corner of the hall approx half a metre from the walls.
- Draw a chalk start line approx 11/2 metres from the skittle.
- Each boy in turn has to knock the skittle over by rolling the football, (the ball may rebound off the wall and hit the skittle).
- One point is awarded for each skittle knocked over.

Marbles

- Draw a circle approx 10cm in diameter and place the six small marbles in the circle.
- Draw a start line approx one metre away.
- Each boy in turn rolls a large marble to try and knock the small marbles out of the circle.
- One point is awarded for each marble knocked out of the circle.

Bin the Bag

- Place waste paper basket on a marked spot and draw a start line approx one metre away.
- Each boy in turn tries to throw the beanbags into the basket.
- One point is awarded for each beanbag in the basket.



All children should wear
appropriate footwear and
clothing.



Target Rings

- Draw two concentric circles of chalk on the floor, the inner approx 20cm diameter and the outer approx 60cm diameter.
- Draw a start line approx one metre from the edge of the outer circle.
- The boys in turn throw the three shuttlecocks into the circles.
- One point is awarded for the outer circle and two points for the inner.

Jump the River

- Draw two parallel lines on the floor approx one metre, depending on the age and ability of the boys.
- Boys jump over the gap.
- One point is awarded every time they make it over.
- The object is to score as many points as possible in 60 seconds.

Skip-a-roo

- Each team has a skipping rope.
- Each boy takes it in turns to skip 5 times.
- He then passes the rope onto the next boy who will do the same.
- For every set of 5 the team receives one point.

Burrowing Beavers

- Line up two rows of chairs parallel to each other, both 10 chairs long.
- Each team member takes it in turn to crawl down one row of chairs and then back up the other.
- A point is awarded for each time the course is completed.

Rules:

- Start on one blast of the whistle.
- Stop on two blasts of the whistle.
- Mark up the scores given by each activity leader quickly and move the boys on to the next activity.
- Boys should take turns continuously until the stop signal is given.



No maximum number
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supervision



20 minutes

Transport Game

Aim: A story game for the boys to play

Instructions:

- Read out the story below. When the various keywords are read out the boys have to do something.

Keywords: tractor, car, bus, train, boat, bicycle.

Group keyword: journey.

- Give each of the boys a keyword, so that when it is read out they have to perform the action. When the group keyword is read out everyone must do the action.
- The boys can do different things depending on the equipment/time available. One idea is to get the boys to sit at one end of the hall and when their word is read out they have to run to the other end of the hall and back, and then sit back down. Alternatively have a circle of chairs where everyone is sitting and when the keywords are read out the boys have to get up and run around the circle and then return to their seat (or even just swapping places with some one else).

The Story:

Tomorrow we are going on a **journey**, a very long **journey**. We have had the maps out and have planned our route that will involve taking a **car** and a **train**. Everyone has to go to bed as we have a very early start in the morning. Dad has packed the **car** with all our suitcases and has locked it in the garage.

Next morning we set off bright and early, as we have to be in Ashford by 11 o'clock to catch the **train** that will take us to France. We see all the people at the **bus** stop waiting to go to work and school. There are people on **bicycles** too. I sit in the **car** thinking how lucky we are to be going on holiday. Dad is getting upset, as there are a lot of **bicycles** cluttering up the road and he is having trouble overtaking them. Mum has to tell him to calm down, as there is a long way to go.

We have cleared the town and can see the **boats** on the canal. The canals were built many years ago to help move cargo around the country. People still use canal **boats** to move goods around the country and you can hire **boats** for holidays. Oh! Look, there is a long queue of traffic! What is happening? Mum thinks that there is a slow **tractor** up ahead. In the queue there are 10 **cars**, 2 **buses** and 5 **bicycles** that are winding in and out of traffic. But the traffic jam does not stop the **train**, which is running level with the road and passes the queue with ease. Behind is an old **tractor** pulling a **minibus** along – the **minibus** looks very old too. This **journey** is going to take a long time if we keep getting stuck in traffic jams. The **tractor** has turned into a field and traffic has started to move faster. The motorway is not too far away and Dad thinks we will make better time when we get to it.

Once we got on the motorway we did make good time. The **cars**, **busses**, lorries and vans go really fast. **Tractors** and **bicycles** are not allowed on the motorway. We could still see the **boats** on the canal as we **journey** along. We have been travelling for a long time so Dad pulls the **car** in to the services. We all have a drink and Mum makes sure that we use the toilet so that we don't have to stop again. Mum is going to drive until we get the **train**.

At 10.30 we arrive at Ashford. Our **car**, along with lorries and **buses**, drives onto the **train** that will take us on our **journey** under the English Channel to France. That is where we will really start our holiday – but that is another story.

Template B-7

Andrew's School Magazine

Dustbin	Computer
Curry	Paint
Rope	Pond
Piano	Pictures
Mountain	Fish
Teacher	Umbrella

Template B-7

Andrew and the Craft Afternoon

Glue	Money
Mother	Scissors
Battleship	Nose
Apron	Caterpillar
Dough	Tissue
Biscuit	Parrot

Template B-7

Andrew and the School Sports

Spoon	Sand
Lire	Baton
Shoelace	Cup
Motorbike	Orange
Baby	Mother
Sack	Pigeon