

**Aim:**

To enjoy playing games in a team.

Introduction:

Getting children to work together for a shared benefit helps to develop skills, including:

- Building self-awareness, identifying interests, strengths, and weaknesses
- Engaging children with managing their own feelings and behaviour
- Perseverance in achieving goals
- Understanding the needs and feelings of others
- Maintaining positive relationships with others
- Making good choices and contributing

Cooperation will engage the children and promote active participation. This will increase children's motivation and expand their ability to see other people's perspectives.

Activity 1 In the Tomb, Out of the Tomb

Aim:

To get the children's minds and bodies active.

Equipment:

String or masking tape.

Preparation:

Make a long line on the floor using string or masking tape.

Instructions:

- Have the children line up in a straight line facing the leader on the right side of the line.
- The right side of the line is "In the Tomb" and the left side of the line is "Out of the Tomb."
- The leader shouts either "In the tomb," or "Out of the tomb."
- Upon hearing the command, the children jump from one side to the other.
- If the children jump in the wrong direction or don't jump to the other side when it's a valid command they are out of the game.
- The last player still in wins the game.
- ~~The leader will try and get the players to jump incorrectly by pointing to one side as they yell to jump to the opposite side or by repeating the same side and/or changing the pace.~~
- This game can be easily adapted to fit other themes.



10 minutes



No maximum number depending on adequate supervision.



Ensure the string or tape is secured to the ground as it could be a trip hazard.



15 minutes



No maximum number depending on adequate supervision.



Ensure the string or tape is secured to the ground as it could be a trip hazard.

Activity 2 Noah Says

Aim:

In this version of "Simon Says," dogs bark and beg, cats meow and lick their paws, and ducks quack and waddle.

Instructions:

- First divide the children into three teams, and have one team be dogs, the other cats and the third team ducks. They will catch on to this game quickly.
- Explain to the teams that they are to be dogs, cats or ducks.
- Dogs bark and beg (arms raised and hands pointing down as if begging for food.)
- Cats meow and pretend to lick their paws (hands), and ducks quack and waddle (bending down with hands touching shoulders like wings.)
- Then give the instructions below.

When you give the commands preceded with "Noah says":

- | | |
|------------------------|----------------------|
| • Noah says "bark" | all creatures bark |
| • Noah says "meow" | all creatures meow |
| • Noah says "quack" | all creatures quack |
| • Noah says "beg" | all creatures beg |
| • Noah says "lick" | all creatures lick |
| • Noah says "waddle" | all creatures waddle |
| • Noah says "be still" | all creatures stop |

When you give the commands without saying "Noah says" first:

- | | |
|--------------|--|
| • "Bark" | only dogs bark |
| • "Meow" | only cats meow |
| • "Quack" | only ducks quack |
| • "Beg" | only dogs beg |
| • "Lick" | only cats lick |
| • "Waddle" | only ducks waddle |
| • "Be still" | animals keep doing what they are doing |

Any child who does not follow the command correctly has to sit out the rest of the game. The team with the last remaining player wins. Then mix up the teams and play again as time permits.

Once the children understand the game, you can combine commands to make it more difficult, for example:

"Noah says, bark and waddle," (everyone barks and waddles),

"Lick and quack," without first saying Noah says, (only cats lick and only ducks quack).



15 minutes



No maximum number
depending on adequate
supervision.



As the children have
their eyes closed you
will need to be their
eyes for the games.

Activity 3 Blind Polygon

Aim:

To get the children to form different shapes using a rope with their eyes closed.

Equipment:

1 x Rope (length dependent on size of the group)

Instructions:

Place the rope in a circle on the floor and get the children to stand on the outside of the rope, then pick it up and go through the instructions below:

- Tie the ends of a long piece of rope together.
- Ask participants to hold onto the rope with both hands.
- Start by forming a circle with participants standing around the outside of the rope.
- Ask everyone to close their eyes.
- The first task is to make a triangle.
- Participants may move along the rope, but they must always keep both hands on the rope and their eyes shut.
- When the group thinks they are done, have everyone open their eyes.
- How does your triangle look? If it doesn't look quite right, tell everyone to close their eyes and try to make some adjustments. If it looks great, tell them, then tell everyone to close their eyes again.
- Now try to make a square.
- Then you could have some pictures of different shapes that the children have to try to make.
- If you have a big enough group, you can take a shot at making a five-pointed star.

The game can be run with several teams competing against each other to be the first team to complete the challenge.

Tips/Advice:

They could have an initial attempt at a simple shape with their eyes open, then move back to the circle and attempt the same shape with their eyes closed.



BODY

fit for fun



10 minutes



Depends on the size
of the carpet available.



If there are a lot of
children start with a
smaller group so that
there is no pushing.

Activity 4 Magic Carpet

Aim:

To get everyone to stand on the other side of the carpet.

Equipment:

Piece of carpet/rug/blanket/tarpaulin (suitable for size of group).

Preparation:

Lay the carpet on the ground.

Instructions:

- Ask participants to stand on the carpet.
- Tell them that they are high in the clouds flying on a magic carpet.
- Next tell them that unfortunately, the group is going the wrong direction because the magic carpet is upside down! The group must figure out a way to turn the magic carpet over while everyone's feet remain on it.

Too hard? Try a larger piece. Too easy? Go with a smaller one.

The game can be run with several teams competing against each other to be the first team to complete the challenge.

**Aim:**

To enjoy playing games in a circle.

Introduction:

To build an element of activity into circle games. Also to build on skills, senses and agility. Following instructions is an important element of this topic.

Activity 1 Circle Footy

Aim:

To pass the ball across the circle to a partner and knock down the cones.

Equipment:

- Footballs
- Cones

Preparation:

- Mark a large circle out and clearly mark the centre with a smaller circle or an X.
- Place cones within the centre circle or around the X.

Instructions:

- Each player stands on one side of the circle and has a partner standing directly opposite.
- Between them they have one football.
- If there is an odd number the leader can join in or task a child with righting the cones.
- One player passes the ball to their partner trying to knock over one of the cones.
- Their partner must then pass the ball back also trying to knock over a cone.
- The game ends when all cones are knocked down.

Tips/Advice:

It may be necessary to practise passing between partners before getting into the circle. Having different coloured balls may help.

Extension Tasks/ Adaptations:

- Take away cones or make the circle bigger depending on the size of the group.
- Turn into a competition to see which team can knock over the most cones.
- Allow the children to use any ball that comes to them after they have passed to their partner.
- Play offs can be used where the leader times each pair to see how long it takes them to knock down all the cones.



15 minutes



No maximum number depending on adequate supervision.



Use soft balls.

Children must not go into the centre of the circle to collect balls whilst others are kicking balls in. They must wait for their ball to get knocked out. Marking the circle will help to keep them from entering the playing area.



10 minutes



5+ No maximum number depending on adequate supervision.



Make sure that the child who is blindfolded is comfortable and not scared. Do not spin the child too much, it may be distressing.



10 minutes



6+ No maximum number depending on adequate supervision.



Keep an eye on any build up of more than three children on a chair. Have a whistle to stop the game at any stage if it becomes dangerous.

Activity 2 Cow Bells

Aim:

Teamwork and using senses.

Equipment:

- Blindfold
- Bell

Instructions:

- All the children must sit in a large circle facing into the centre.
- One child is then blindfolded in the centre and is the 'Cow'.
- The cow should then be spun around in the centre of the circle.
- The leader then introduces a bell which each child rings and then passes around the circle.
- When the leader touches or points to a child they must stop ringing the bell and hold it quietly.
- The cow now has to guess who has the bell and must point to where they think it is.
- If the cow is right he/she swaps with that child and the game is repeated.
- The game continues until each child has had a turn.

Tips/Advice:

- Demonstrate how you want the bell rung or the children may get carried away.
- Tell a story about how the cow is lost and needs to hear the bell to find their way home.

Activity 3 Circle Jam

Aim:

To get from your chair around the circle and back to your original seat.

Equipment:

- Chairs
- Cards

Instructions:

- Set the chairs out in a circle and make cards that each child will be given.
- All the children sit on a chair placed in a circle (there should be more chairs than children).
- Each child must remember which chair is their starter chair and each child is then given a card.
- These can be made beforehand. Pick colours, animals, foods, cars etc. Only have four types of card.
- Give out one card per child and make sure that the children repeat back to you which card they have.
- Then the leader holds onto any leftover cards and picks one of the types e.g. red, pizza, dogs.
- The children who have this card move one chair to the right in the circle. If someone is already sitting on that chair they sit on their lap.
- This applies if there are two sitting on the chair.



- If there is more than one child sitting on someone's lap, only the child sitting on the top is allowed to move over to the next chair. After everyone moves over, the leader calls out another card to start the next round.
- The child that moves around the circle to the chair they began with is the winner.

Tips/Advice:

Use cards and images that the children can identify with.

Activity 4 Spy School

Aim:

To escape from the circle.

Instructions:

- A child is chosen to be the spy.
- All the other children form a circle, facing inwards holding hands tightly.
- The spy will ask if they may enter the spy school, 'Please may I come to the spy school and learn how to be a great spy?'
- The children in the circle let the spy in and then the child spy in the centre must walk around the circle once and then try to escape.
- If they are captured by the hands, which must not be released, they must pick a new spy and go back in the centre of the circle.
- They will then try to escape when the new spy has joined them in the middle.
- They may only pick one escape route at each turn.
- When they try to escape, they will exit at different points of the circle. If both successfully escape then the leader picks a new spy to enter.

Tips/Advice:

Have a practice run so that the children know not to let go of each other's hands.



10 minutes



6+ No maximum number depending on adequate supervision.



If some children take the game too seriously they could injure others hands/arms. If they are caught they must return to the centre of the circle straight away and not continue to try to get through by force.

Activity 5 Body Swap

Aim:

To swap places and find a chair

Equipment:

- Chairs

Instructions:

- This is a game with children sitting on chairs in a closed circle, with the leader in the middle to start the game.
- Depending on what you want to use as your theme the leader says, "Change places if your birthday is in May."
- All the children who were born in May must get up and move to another chair and the leader should sit on one of the chairs as the children move.
- The child left in the middle without a seat stays there and asks the next question, "Change places if you have a brother" and this continues until each child has had their turn in the middle.



10 minutes



5+ No maximum number depending on adequate supervision.



Young children can get very over excited, so be careful to use this activity at an appropriate time during the session.



**Aim:**

To do 10 minutes of physical activity to keep you fit & healthy

Activity 1 Football Aerobics

Aim:

To use football moves as an aerobic workout.

Equipment:

- Appropriate music
- Music player
- Whistle
- Football top

Preparation:

Before the activity identify an upbeat piece of music that will be great to do your aerobic exercises to.

Instructions:

As with any aerobic exercise, Football Aerobics works best when there is a brave leader at the front who doesn't mind moving a bit. Put on your favourite football top and stand in front of the children and explain what you are going to do.

Football aerobics involves movements to music, when a leader shouts out an instruction the children and leader must repeat that action. Begin by demonstrating all the actions without music.

- **Pass** – Start by moving right foot forward and using the side of your foot pretend to pass a ball. Repeat this action alternating feet.
- **Tackle** – Begin with feet together, and then step out to the right with one foot as if making a block tackle. Bring both feet together again and then repeat with alternate feet.
- **Head** – Jump up in the air, and at the top of the jump pretend to head the ball. It is hard to repeat this action for too long, so move onto the next action quickly.
- **Step over** – Lift your right foot over an imaginary ball in a clockwise motion. Repeat with alternate feet.
- **Shoot** – Pretend to shoot with your right foot with an exaggerated follow through (as far as your leg will go – be careful!). Try and touch your right foot with your left hand. Repeat with alternate feet and hands.
- **Save** – Jump straight up on the spot with hands stretched out, repeat the action as if to all points of a compass.
- **Goal** – Let the children run around doing their own goal celebration.

Now start the music and get the children to run on the spot in time with the music. Begin shouting out the instructions. You may want to use a whistle to announce a change of instruction.

Tips/Advice:

Invite the children to bring along a football top to wear and tie the activity in with other football related activities. This is great to do particularly around the time of a major football tournament.



10 minutes



2+ No maximum number depending on adequate supervision.



Start slowly and build up the level of exercise in order that everyone is warmed up before vigorous exercise is attempted. This is probably of even more importance for the person leading the exercise.

Make sure that each child performs the activity in their own space. Get them to put their hands out and turn around to ensure that they are not within at least an arm's radius of anyone else.



10 minutes



2+ No maximum number depending on adequate supervision.



Start slowly and build up the level of exercise in order that everyone is warmed up before vigorous exercise is attempted. This is probably of even more importance for the person leading the exercise.

Make sure that each child performs the activity in their own space. Get them to put their hands out and turn around to ensure that they are not within at least an arm's radius of anyone else.

Extension Tasks/Adaptations:

- Give each child a whistle to blow along with the activity, beware it will be noisy but great fun especially with a samba beat.
- As the activity progresses introduce some alternative moves, e.g. kick ups – Pretend to keep a ball in the air with two bounces on your right knee, repeat on your left knee, right instep, left instep, and then repeat.
- This activity can be repeated many times, especially if you keep on introducing new moves. It's great fun.

Activity 2 Basketball Aerobics

Aim:

To use basketball moves as an aerobics workout.

Equipment:

- Appropriate music
- Music player
- Whistle
- Basketball top

Preparation:

Before the activity identify an upbeat piece of music that will be great to moving around to.

Instructions:

Follow the instructions to the Football Aerobic activity, but introduce these moves:

- **Chest Pass** – Hold the imaginary ball in your chest and thrust outwards. Repeat this action.
- **Three Points** – Hold the imaginary ball above your head with one hand underneath and another hand stabilising the ball. Push through the ball as if shooting and exaggerate the follow through with your hand.
- **Ball Bounce** – Pretend to bounce the ball with your right hand, and then repeat with alternate hand.
- **Block** – Jump up in the air, and stretch out hands as high as possible as if blocking an opponent shot. It is hard to repeat this action for too long.
- **Dribble** – Hold the imaginary ball in the right hand. Step left foot forward, and right foot back and throw the ball between your legs catching it in the left hand. Repeat this action with alternate hands and feet. You can do this move really quickly, but it looks a bit odd!
- **Slam Dunk** – Jump up as high as possible and pretend to throw the ball down through the net.

Now start the music and get the children to do small jumps on the spot in time with the music, and begin shouting out the instructions. You may want to use a whistle to announce a change of instruction.

Tips/Advice:

Invite the children to bring along a basketball top to wear and tie the activity in with other basketball related activities.

Extension Tasks/Adaptations:

This activity can be repeated many times, especially if you keep on introducing new moves.



10 minutes



2+ No maximum number depending on adequate supervision.



Start slowly and build up the level of exercise in order that everyone is warmed up before vigorous exercise is attempted. This is probably of even more importance for the person leading the exercise.

Make sure that each child performs the activity in their own space. get them to put their hands out and turn around to ensure that they are not within at least an arm's radius of anyone else.

Activity 3 Groove Aerobics

Aim:

To use dance moves as an aerobics workout.

Equipment:

- Appropriate music
- Music player

Preparation:

Before the activity identify an upbeat piece of music that will be great to moving around to.

Instructions:

Follow the instructions to the previous aerobics activities, but introduce these moves:

- **Night Fever** – Put your left arm on your hip, raise your right arm and do a night fever point to the top right of an imaginary box. Now move it to the bottom left and repeat the action.
- **Hands Roll** – Place your hands out in front of you with elbows bent and rotate hands around each other in front of your chest.
- **Spin & Clap** – Spin clockwise moving slightly to the right 360 ° and clap. Now spin anticlockwise back to your original position and clap. Repeat going in the opposite direction.
- **Big Fish, Little Fish, Cardboard Box** – A classic dance floor move. Start with arms apart with palms pointing towards each other as if you are showing that you have caught a big fish. Now do the same but with a slightly smaller fish. Finally the cardboard box. Rotate your arms 90° so that you complete an imaginary box following on from the two sides you created from the little fish. Repeat quickly.
- **Hip Hop** – Step to the right and bend the knee, whilst crossing you arms over in front of the knee. Repeat on the other side.
- **Robot Dance** – Lock your body so it's stiff, with your arms by your side. Only moving your elbow move the lower arm up so it is at a right angle. Repeat with your left arm. Now independently move the lower arms in a jerky motion. You can now do a variety of actions like leaning forward from the waist, or doing a right or left incline. Keep on repeating the arm actions, and give some freedom for the children to experiment.
- **Free Style** – Let the children just dance around however they want.

Now start the music and get the children to clap along to the music on the spot, and begin shouting out the instructions.

Extension Tasks/Adaptations:

This activity can be repeated many times, especially if you keep on introducing new moves.

Devotion Links:

Spiritual Fitness topic (Spirit)

Additional Resources:

- Create your own aerobics work outs using another theme, e.g. cricket, line dancing, marching etc.
- There are a number of games consoles that have dance/ aerobics games, e.g. Dance Mat, Just Dance, Dance Party etc.



**Aim:**

Balls help to develop the many skills children need for play and sport. Ball games allow children to use different types of balls to practice throwing, rolling, bouncing, dribbling, catching, kicking and blocking. When children have fun playing with balls they develop competence and confidence for sport and play.

Activity 1 Bridge Ball

Aim:

To improve reaction.

Equipment:

- Two soft balls

Instructions:

- Players should stand in a circle, with their feet wide apart and against their neighbours.
- The object of the game is to throw one of the two balls between the legs of any player before they can get their hands down and stop it.
- Players must keep their hands on their knees until a ball is thrown at them.

Score: Each time the ball goes between the legs of an individual, one point is scored.

Extension Tasks/Adaptations:

Vary the game by putting a player in the centre with a ball. They must roll the ball through the legs of any player they choose. Any player that allows the ball to go through their legs goes into the centre.



10 minutes



6+ No maximum number depending on adequate supervision.



Make sure that the children stay in their own space and do not try to stop a ball going through someone else's legs as they may get knocked.



10 minutes



4-10



The game could take a long time if there are many children. It can be shortened by using a shorter word.



10 minutes



4+ No maximum number depending on adequate supervision.



Fallen skittles can become trip hazards.

Activity 2 Spud

Aim:

To practise throwing and develop reactions.

Equipment:

- Soft ball

Instructions:

- Players should huddle around a central point.
- One player should throw the ball into the air, and shout out someone's name.
- That person should retrieve the ball, and shout "freeze!" before the other players run away.
- They must then from that position throw the ball and try to hit any player below their waist.
- If a person is hit they are assigned a letter starting with S from the word Spud.
- If the person throwing the ball misses then they are assigned the letter.
- The process should then be repeated with the player who was targeted throwing the ball.
- Once a player has been given all the letters to spell SPUD, they are out of the game.

Extension Tasks/Adaptations:

Vary the game by putting a player in the centre with a ball. They must roll the ball through the legs of any player they choose. Any player that allows the ball to go through their legs goes into the centre.

Activity 3 Skittle Ball

Aim:

To practise aiming and blocking skills.

Equipment:

- Skittles/ cones
- Soft balls

Instructions:

- Give each player a cone or skittle and get them to place it randomly around the room.
- Each player stands by their skittle trying to protect it by kicking the ball away from it and trying to hit the skittles of other players.

Score: One point per skittle knocked over.



10 minutes



8+ No maximum number depending on adequate supervision.



Be careful running towards a wall.

Activity 4 Head Cricket

Aim:

To develop stamina.

Equipment:

- Soft ball

Instructions:

- Split into two teams.
- The batting team should line up against a wall and take it in turns to head the ball and run to the safe wall opposite.
- A runner can stay on the safe side of the hall for as long as they want, until there is one batter left.
- If the fielding team hits a batter below the knee or catches the ball from their head then they are out.
- If there is only one batter left then they must make it to the safe wall and back until they are hit or caught.

Score: One point per completed run to the safe wall and back.

Activity 5 Pin Ball

Aim:

To develop throwing skills.

Equipment:

- 6 Skittles
- Large soft ball

Preparation:

Divide the hall into two and establish end zones.

Instructions:

- Divide into two teams, and assign each team to a side of the hall in front of their end zone.
- Place three skittles in each end zone, which the opposing team should aim to hit.
- If the opposing team is hit below the waist by the ball, they must sit down where they were hit.
- From that position, they can carry on blocking the balls.
- When a team knocks down a pin they can rescue one sitting down player.
- When all three pins are down, players can no longer be rescued and a player hit is out of the game they are out.
- The first team to knock down all three pins and eliminate all the opposition player wins.



10 minutes



8+ No maximum number depending on adequate supervision.



5 minutes



6+ No maximum
depends on
adequate supervision

Activity 6 Hoop Pass Challenge

Aim:

To develop throwing skills.

Equipment:

- 6 small hoops
- 1 basket/ bucket
- 1 tennis ball

Instructions:

- Each player should stand in a hoop, and then starting from the back the ball should be thrown player to player forward.
- The player at the end should try and throw the ball and aim to get it into the bucket.
- They should then retrieve the ball and run to the back hoop and all the other players move up one hoop.
- Continue for 5 minutes.

Score: One point per tennis ball in bucket

**Aim:**

Well-designed games with challenging physical activity can build a foundation in children for health and well-being. The following fun games use balloons to promote gentle, fun physical movement, which will enable the children to get to know each other better and build trust and a desire to work together

Introduction:

Fun and easy balloon games.

Activity 1 Water Balloon Toss

Aim:

Coordination, teamwork, fun.

Equipment:

Water balloons / bombs

Preparation:

Fill water balloons (not too full).

Instructions:

- Fill up to 50 water balloons, depending on the number of children.
- Place them in large buckets.
- Divide children into pairs, standing in a line and facing each other.
- The children begin by tossing a water balloon back and forth, taking a step backward with each toss.
- If the balloon pops, that pair is out.
- The last pair with an intact balloon wins.

Extension Tasks/Adaptations:

Can easily be played outdoors, or indoors balloons swapped for tennis balls or bean bags etc.



15-5 minutes



Any (Pairs) No maximum number depending on adequate supervision.



Underarm throwing at all times.

If it is likely that children will get wet, then spare clothes should be brought.



10 minutes



No maximum number depending on adequate supervision (limited by balloons and brushes).



Trip hazard from obstacles.

Activity 2 Round Up the Herd

Aim:

Coordination and teamwork.

Equipment:

- 3 Balloons per team (coloured balloons or marker pen to denote team)
- Obstacles and string to mark out course.
- 2 x brooms
- Piece of string

Preparation:

- Laying out course to be used
- Blowing up balloons

Instructions:

- Set up an obstacle course using boxes, chairs, bushes, trees, etc.
- Mark the path of your obstacle course with string.
- Divide the children into two teams and line up both teams at the starting line.
- Give the first person in each team a broom and three balloons. (Be sure to use different coloured balloons for each team).
- They must use the broom to herd their wild ponies (balloons) through the course and back to the start.
- The next player then herds their balloons through the entire course and back to the start to complete their turn.
- The first team to finish the course wins!
- If a balloon pops during a player's turn, they must take a new balloon to the starting line and begin again.

Tips/Advice:

Try to keep initial course small so each team member gets a turn at short interval.



5-10 minutes



In pairs. No maximum number depending on adequate supervision (limited by balloons and beads).



Ensure that the area is hazard free.

Activity 3 Balloons and Beads

Aim:

Coordination and teamwork.

Equipment:

- Equal number of coloured beads
- Equal number of coloured balloons

Preparation:

- Filling and inflating balloons
- Placing balloons around the area in use

Instructions:

- Fill 20-30 balloons with two to four beads each and hide the filled balloons around the game area or hall.
- Divide the children into pairs.
- Each team must find as many balloons as they can, pop them by themselves, and return with their beads. The team with the most beads at the end of the game is the winner.
- The teams can be allocated certain balloon colours they can and can't pop.
- The teams can be allocated certain bead colours they can't collect.

Activity 4 Balloon Bop

Equipment:

- Balloons: 1 per person and spares

Preparation:

- Inflating balloons or passing out balloons to be inflated.
- Numbering the group between 1 – 4

Instructions:

- Form children into a circle with a leader in the middle with a balloon.
- The leader calls out a child's name and a body part (e.g. Tim, Foot) and the child moves to the centre of the circle and uses the body part to keep the balloon in play. The body parts that can be used are: hands, feet, knees, elbows and head.
- Players who use the wrong body part or let the balloon fall to the ground are out.
- The last player standing with the balloon in play is the winner.



Any



No maximum number depending on adequate supervision and balloons.



Trip and fall hazard from loss of balance.



5-10 minutes



Split the group into teams of three. As they become more proficient you can increase the size of a team. No maximum number depending on adequate supervision.



Trip fall hazard from not using hands.

Activity 5 Wild Worm

Equipment:

- Balloons for each player
- Chairs / markers for layout of course

Preparation:

- Layout of course
- Blowing up balloons

Instructions:

- Group is split into teams.
- Each player has an inflated balloon.
- Teams stand in a line behind the start line.
- Each team member has a balloon between them and the person in front of them.
- The balloon is to be kept in place by each person without using their hands.
- The team has to walk around the obstacles in place and complete the course.
- If a team drops a balloon on the floor they have to return to the beginning of the course

Tips/Advice:

The key is short steps and coordinated team work with a group talking to each other throughout the game. This can be explained after the 2nd or 3rd attempt of trying.

Extension Tasks/Adaptations:

The teams could be subdivided into pairs and they could complete the course with a balloon between them. Making it a quicker relay type of game.

**Aim:**

To promote healthy living.

Introduction:

Healthy living, exercise and a good diet is important for overall good health. It is good to educate children when they are young so that they can develop a positive attitude towards healthy living and understand the best foods to include in meals, and those that should be avoided.

Activity 1 Build a Meal

Aim:

To create a healthy meal by finding food items around the hall space as a team.

Equipment:

- Food items template
- Dice
- Timer

Preparation:

Cut out and hide the pictures of food around the hall.

Instructions:

- Tell the children that today they will be preparing a healthy meal.
- Each team in turn should roll the dice.
- This will allow them the number on the dice x10 seconds to find one food picture and bring it back to their team.
- They must build a healthy meal between them.
- Once each team member has had a go get the teams to share their meal with you and let the group discuss how healthy that food is.
- You could decide on the healthiest meal and let one team win or end with the discussion.



15 minutes



4+ No maximum
number depending on
adequate supervision.



20 minutes



No maximum number
depending on adequate
supervision.

Activity 2 Healthy Living

Aim:

To look at healthy living, test the children's knowledge and create a poster.

Equipment:

- Pens/pencils
- Paper
- Coloured pencils/pens

Instructions:

Healthy living is a way of saying a person eats well, gets a lot of exercise, and has a healthy weight. If you live healthily, your body will work well, you will feel good, and you will be able to do all the things you want to, like running around and playing with your friends.

There are things that you can do to make healthy living part of your life. We have five ways to do this:

- Eat a range of foods, including lots of fruit and vegetables. Try to taste new food.
- Drink Water and Milk instead of sugary and fizzy drinks. Much better for you and your teeth! The water will make you hydrated and help your brain to work well and the milk will build you strong bones and teeth. Juice is good but not too often.
- Know when you are full up. It's important to stop eating when you are full up. That doesn't mean that you can leave your vegetables and only eat the other food on your plate. Vegetables are your friend.
- Limit the time you spend watching TV, playing computer or console games or watching DVD's. You need to be active, riding your bike, swimming, playing in the garden or the park. It is best to limit screen time to no more than 2 hours per day.
- Be active – when you are a child you can try different sports or activities and find out which ones you like the best. Things like football, dance, swimming, riding your bike, skate boarding, karate, cheerleadingthere are so many. These are very important and we need to be active every day.

Now we are going to do a small quiz to see what you know about healthy foods!

Do the quiz as a whole group.

Food Quiz

There are a set of questions below, there is not necessarily only one answer and the leader should accept any answer they believe is reasonable for the question.

1. What is the first meal of the day beginning with B?
2. Is eating lots of sweets good for you?
3. If you eat lots of sweets and don't clean your teeth, who might you have to go and see?
4. Think of two ways you can eat or cook eggs.
5. Apples, bananas and pears are different types of....?
6. Which should you try to eat every day, chips, chocolate or fruit?
7. Carrots, peas and onions are different types of ...?
8. Name a red fruit.
9. Name a green vegetable.
10. What white drink helps to keep your teeth and bones strong?
11. How many portions of fruit and vegetables should you try to have a day?
12. What is the word beginning with D that means all of the food and drink we take in? Some people have a good D and others have a bad D. We should all try to have a better D and eat healthy food.



We are going to make posters now using this knowledge we have of the five ways to follow healthy living. Then you can tell your mums and dads and those that look after you how you are going to be a fit kid, and how they can be a healthy mum and dad.

Tips/Advice:

This is quite a simple but effective session. Be sure to put younger children with older children to encourage them to have a go.

Activity 3 Hoola Frisbee Hoop

Aim:

This is an easy fitness activity that will make the exercise fun and the children won't notice that they are working out. When you motivate children to be active, they will be happier, healthier, and have fun.

Equipment:

- Flying disks or Frisbees
- Hula hoops

Instructions:

This is an easy fitness activity that will have the children running around the hall having fun

- Place the children get into pairs or threes.
- Give each pair or three a hoola hoop and a Frisbee.
- Get the child with the hoola hoop to walk three strides away from the person with the Frisbee.
- The child with the Frisbee then tries to fly the Frisbee through the hoop.
- If they succeed get the hoola hoop to move to five strides away and try again.
- If the child is successful they carry on until they miss.
- They need to remember how many strides they got to.
- The next child has a turn at 3 strides and then five and seven and ten.
- They carry on until you call time.
- The person who gets the furthest is the winner.
- Then get that person to try two more strides.
- This can be a game that is played regularly and where records stand in the group.

This game is an exciting competition for individuals or teams.



20 minutes



4+ No maximum number depending on adequate supervision.



**Aim:**

To come up with individual activities to stimulate the children individually.

Introduction:

Independent play allows children to practise coping with difficult or new activities, to express themselves and to develop new skills. When children engage in physical activity and gain confidence in their own skills and abilities they feel better about themselves.

All the children will have to engage as they are working independently.

Activity 1 Solo

Aim:

To individually follow instructions. Can be used as a warm up activity.

Preparation:

Have a list of actions printed or memorised.

Instructions:

Get the children to spread out in the space. Ask them to stretch out their arms to make sure that they have enough space. They all need to face the leader running the game.

Tell the children that they need to listen to instructions and follow what you do.

Firstly ask them to touch **their**:

- Heads
- Shoulders
- Ears
- Nose
- Knees
- Elbows
- Stomach
- Toes

Make a:

- Scrunched up face
- Strong pose
- Shy pose
- Happy face
- Mouse face
- Mummy pose

Touch the:

- Floor
- Wall
- Window
- Door
- Floor
- Your knees
- Lie on the floor

Then:

- Jump on the spot
- Jogging
- Marching
- Be an animal
- Be a Jack in the box



10 minutes



2+ No maximum number depending on adequate supervision.



Ensure the children stay in their own space.



30 minutes



4+ No maximum
number depending
on adequate
supervision.

Activity 2 Build Your Skills

Aim:

To get the children doing individual activities.

Equipment:

- Hoola Hoops
- Skipping Ropes
- Balls
- Bean bags
- Bucket
- Masking Tape

Instructions:

This is a good opportunity to get the group working individually. Set up each station so that the children must work their way around the areas in a timed activity. When the whistle blows they move around to the next station.

Station 1 - Hula Hooping

Challenge the children to count how many times they can hula hoop spinning around their waist without dropping it. Record the number on their sheet.

Station 2 – Skipping Ropes

Challenge the children to skip with a rope for as many times as they can without stopping. They can have as many goes as they can in the time given and their highest score stands.

Station 3 – Goal!

This challenge is to create a goal and a marker line. The children must kick the ball into the goal as many times as they can within the given time.

Station 4 – Bean Bag Throw

To improve their throwing skills children must throw the bean bag into a bucket from behind a marked line. They then record the score they get within the allotted time.

Tips/Advice:

You could add other stations depending on what equipment you have e.g.

- Dribbling through cones – how many times achieved
- Tennis racket and ball against the wall – how many hits in a row
- Tennis racket and ball – bouncing ball on the racket
- Press ups and sit ups – how many achieved.



10 minutes



6+ No maximum
number depending on
adequate supervision.

Activity 3 Ski School

Aim:

To get the children to work individually and to avoid others, listening to directions and responding.

Equipment:

- Paper Plates

Instructions:

- Give each child two paper plates – these will act as their skis. Feet must stay on the plates at all times – any feet coming off the plates constitutes a crash.
- You are the ski instructor – accents are acceptable.
- Explain that they children are in ski school on a mountain in the French Alps.
- Start by asking the children to ski in a straight line one behind the other and circle the room a few times. Then call the group together and say that you are now going to practise slalom - which means zigzagging across the room. You can demonstrate what you want the children to do.
- They can then do freestyle skiing and enjoy themselves around the room. This could be speed skiing where they lower their upper body and move faster or they could just make a gentle path. Tell them to each come up with their own unique style. Allow them time to play whilst skiing and connect their imagination into the activity.
- Then bring them all back together where you will lead them once more around the room.

Tips/Advice:

Wooden floors work well for this.



**Aim:**

To play games that involve physical contact.

Introduction:

Helping children to develop requires us to encourage their physical activity. Physical contact games are healthy, fun, sociable and can really make children feel good about themselves. They will improve their capacity to learn, make new friends and feel part of the group and they will also enjoy their time at BB.

Activity 1 Back To Back

Aim:

Standing up takes teamwork and a bit of strength and leverage in this pairs game.

Instructions:

- Pair up all the children and have each couple sit on the floor sitting back to back in a line.
- The players should link elbows and bend their knees in front of them.
- The aim is to stand up together using each other's strength and support to do so.
- The leader shouts, "On your marks, get set, go!" then pairs try to stand up.
- It may take several attempts before any pair manages to get up but the first to get to their feet is the winner.



As long as it takes.



No maximum number depending on adequate supervision.

Activity 2 Islands In The Sand

Aim:

To be standing on a sheet of newspaper when the music stops.

Equipment:

- Newspaper sheets (broadsheets work best)
- Music

Preparation:

Lay out some large sheets of newspaper around the room – space them out.



As long as it takes.



No maximum number depending on adequate supervision.

Instructions:

- You will need a sheet of newspaper for every five players.
- Spread the newspaper around the room - there should be a good amount of space between each sheet.
- Put some fun and upbeat music on
- This game is like musical chairs, except that when the music stops, everyone must stand on a piece of the newspaper.
- Anyone not standing on newspaper after a few seconds or the last person to get on the newspaper is out.
- That person will then help with judging the next rounds.
- Every couple of rounds take away one sheet of newspaper or tear half off each sheet.

This is a game that is fun, fast and forces lots of contact.



20 minutes



No maximum number
depending on
adequate supervision.



Adult supervision
is essential for this
game. NO wrapping
wool around anyone's
neck or head.

Activity 3 Spider's Web

Aim:

To create a spider's web using wool and to work together to untangle themselves.

Equipment:

- Wool – different colours

Instructions:

- Get all the children to stand around in a large circle
- Give them all a small ball of wool. Use different coloured wool as this makes a much more interesting web.
- Get each child to tie one end of the wool loosely around their waist with a knot.
- When everyone has done this, everyone must throw their ball of wool to anyone else across the circle, all at the same time.
- That person then loops the wool around their waist and throws the wool on to someone else.
- This carries on until they run out of wool.
- This will create a intricate coloured spider's web which will be hard to escape from.
- Then tell the group that they must now work together to free themselves from the spider's web.

Tips/Advice:

Use small balls of wool or this game could take hours!

**Aim:**

To encourage the children to use their imagination when playing.

Introduction:

When children are given the space to make up their own activities and games, they enhance their imagination and creativity, develop organisation skills, learn problem solving and practise leadership.

Activity 1 Lego/ Building blocks

Aim:

To encourage the children to play freely with the Lego and blocks and to build things for themselves when and how they want.

Equipment:

Lego/ Building blocks/Shoe boxes, cardboard boxes etc.

Preparation:

Get a good selection of Lego and blocks gathered together so that there is enough for the children to make things.

Instructions:

- Lay piles of lego and building blocks and cardboard around the room.
- Create interesting and different areas. Some could be on the floor, others could be on tables. Some could be under tables. If the areas are separate there should be plenty for all the children to engage with.
- Tell the children that you are going to let them play with the Lego and blocks and they can do whatever they like. If they want any help then you are there to help them.
- Put some music on.
- Tell them that when the music stops we will all work together to put the Lego and blocks away.

Tips/Advice:

If you don't have much Lego use a range of boxes.



Open ended



4+ No maximum number depending on adequate supervision.



Open ended



5+ No maximum
number depending
on adequate
supervision.

Activity 2 Sock Puppet Creatures

Aim:

To encourage the young people to play freely with the materials when and how they want to.

Equipment:

- Socks
- Googly eyes
- Red material for tongues

Preparation:

Lay out the craft materials to the side of the room. Have tables with chairs and without – the children can then choose how they approach the craft.

Instructions:

- Tell the children that we are going to make creatures today and when we have made them they are going to explore their new habitat.
- Allow the children to choose how they make the puppets.
- Everyone will need a sock
- Have plenty of googly eyes to stick on and some tongues cut out ready that can be stuck or stapled on.
- The children can tuck in a portion of sock to make the mouth.
- Once the children have finished encourage them to take their creatures to explore their new homes.
- The children can walk, crawl, slide or creep around the room
- Let them gather and go off on their own and make their own play.

Tips/Advice:

Once you feel that they have had enough you can end the session. But allow them to come back to you gently. They could come back and sit around for story time and listen to the story with their owners. Potentially have a creature based story so that they can connect their creatures to the story.



Open ended



No maximum number depending on adequate supervision.



The equipment should be age appropriate.

Activity 3 Free Play Time

Aim:

To encourage the children to play freely with various sports games when and how they want to.

Equipment:

- Bats
- Balls
- Bean bags
- Frisbees
- Hoola Hoops
- Hockey sticks
- Skipping ropes
- Cones
- Baskets

Preparation:

Get a good selection of sports equipment gathered together so that there is enough for the children to play with.

Instructions:

- Lay the equipment out around the hall.
- Put balls with bats and hoola hoops together.
- Space the equipment out
- Tell the children that this free play time
- They can do whatever they want in this time with the equipment but they must stay safe and keep others safe.
- You could play music while they are playing and when that stops it is a signal that they must come back together as a group.
- You may need to gauge when the majority have had enough and are looking for something more structured.

Tips/Advice:

Try not to get involved except when there might be a safety issue.



Relay Games

BODY

fit for fun



Aim:

Team building is very important for children. Children are not born with a team mentality and learn through what they see. Many children simply don't know how to get along with each other or are able to solve a conflict when it occurs. Participating in team building games can help children to belong in a group, learn how to communicate, to cooperate, and how to have teamwork.

Activity 1 Centipedes

Aim:

Form a group centipede and run a relay race. But don't let go of your team!

Equipment:

- Cones or markers

Preparation:

Before the activity identify an upbeat piece of music.

Instructions:

- Make sure that you have a large enough room or play outdoors.
- The players line up in two lines with their hands on the waist of the player in front of them.
- Place a cone or marker about 15 metres away in front of each team.
- On hearing the signal of the leader the team runs, with the team behind, around the cone or marker and returns back.
- While running no one can take their hands off the waist of the person in front of them. If the chain is broken the team loses the game.
- The first team back wins.
- You can start with one player and add an additional player on each lap until the entire team is moving,



10 minutes



6+ No maximum number depending on adequate supervision.



10 minutes



6+ No maximum number depending on adequate supervision.

Activity 2 Spoon Relay

Aim:

A relay race where you transport water from a bowl to a paper cup. Fill it up and win!

Equipment:

- Two bowls
- Spoons
- Paper cups

Instructions:

- Divide the children into two equal teams.
- Set up a chair with a bowl of water and a spoon on it for each team.
- A few steps away set up two more chairs with an empty paper cup on each of them.
- At the whistle the players race to fill the paper cup with water from the bowl using the spoons.
- Players rotate turns until one team wins.

Tips/Advice:

This is a game to be played outdoors.



10 minutes



6+ No maximum number depending on adequate supervision.

Activity 3 Coin Drop

Aim:

To develop aiming skills.

Equipment:

- Egg carton with 6 cups
- Plastic bowl
- Pennies

Preparation:

- Mark the start and turn-back lines about 10 metres apart.
- Cut the lids from the egg cartons and place one for each team on the ground midway between the start and turn-back lines.
- Place 20 pennies in each bowl and put a bowl for each team on the turn-back line.

Instructions:

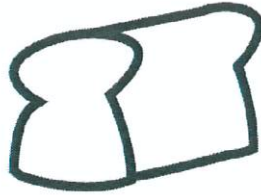
- The teams line up at the start line.
- At "Go," one player from each team races to the turn-back line, picks up one penny from their team's bowl, and runs to their team's egg carton.
- There, they get one chance to drop the penny into one cup of the carton – without lowering their arm below waist height.
- They then run back to the start line and the next player goes.
- The game ends when a team has at least one penny in each cup of its egg carton.

Food Items

Cut out the cards below.



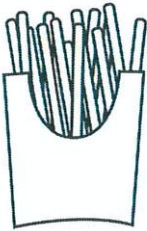
MILK



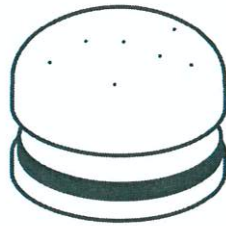
BREAD



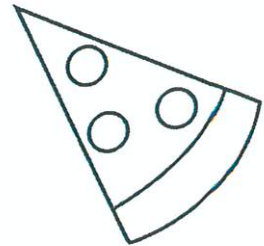
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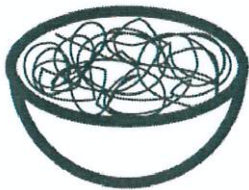
CHIPS



HAMBURGER



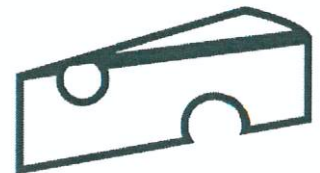
PIZZA



SPAGHETTI



DONUT



CHEESE



SOUP



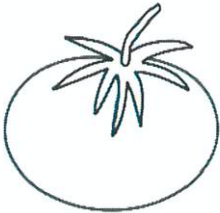
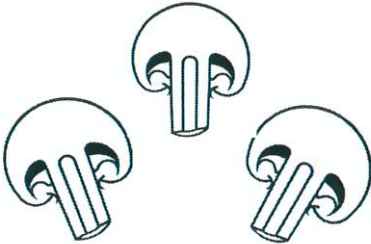
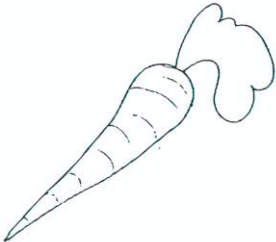
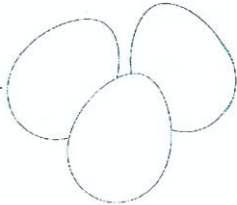
BEEF



CAKE

Food Items

Cut out the cards below.

		
TOMATO	FISH	POTATO
		
ICE CREAM	MUSHROOMS	APPLE
		
CARROT	PEANUT BUTTER	EGGS