

Playground Games Activity Resource Pack



Rutland Sport Leadership
Academy 2017/18

Name:

School:

Hello Bronze Ambassador...

Welcome to your Playground Games Activity Resource Pack!

The aim of this resource pack is to **help you complete your second challenge** for your Bronze Leader Award. This pack contains **ideas for lots of playground game activities** that you can run and organise during your lunch time at school.

There is also space at the back of the pack for you to **write your own playground game activities** that you have come up with.

Challenge 2: Pass, merit, or distinction?

Pass: deliver a **playground games activity** during lunch time for **4 weeks**.

Merit: deliver a **playground games activity** and a **sports club activity** for **6 weeks each**.

Distinction: deliver **2 playground activities** and **2 sports club activities** over **2 terms (6 weeks each)**.

Remember:

- To use your **playground games activity planning sheet** in your logbooks when planning a playground games activity (Page 10). Only one of your activities needs to be recorded in the logbook as evidence of completion.
- To **ask your teacher for any help, support or guidance** if required.
- To **reflect** on the challenge, by **filling in the table and answering the questions** on **Page 9**.
- To use the **STEP** principle.

How should you behave?

- You are the leader, be firm and calm at all times.
- Try not to shout at the children.
- Try not to let the children climb all over you, they may fall, or you may become hurt.
- Try to make sure that all of the children are treated equally. You might prefer one child but remember how another child will feel if they are left out.
- If you are unsure about anything, ask a lunchtime supervisor.

Before the activity...

- Check the area to make sure that it is safe.
- Decide what type of game you want to lead that day.
- Make sure you know all the rules for your game.
- Ensure that the younger children understand which game you are leading.
- Explain the rules clearly.
- Organise the younger children.

Ground rules...

- Make sure that the children know that they must take turns.
- Ensure that the children understand that they must cooperate if they want to take part in the activity.
- If a child is misbehaving, talk to a supervisor and ask them to deal with the situation.

If a child is hurt...

- Ask them what the matter is.
- If the child needs to go to First Aid, ask another child to take them to the lunchtime supervisors.

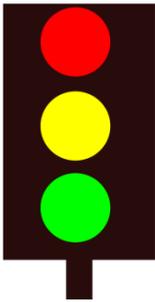
The Car Game

(any number of players)

Get everyone into a large space. Explain and demonstrate what each instruction is.

Explain that when you say the instruction in the game, they have to follow.

Shout the instructions in any order, as many times as you like. Instructions include:



- Green light = slow jog forwards
- Amber light = skip forwards
- Red light = stop
- Steer right = change direction to the right
- Steer left = change direction to the left
- Reverse = walk backwards, be careful not to crash!!
- Round the roundabout = spin in a circle
- Police car is coming = jump on the spot, closing and extending your fingers, shouting “nee naw nee naw”
- We’re out of fuel = end of the game

Stuck in the Mud

(6+ players)

Get everyone into a large space.

One person (or more) is ‘on’.

The person/people have to run around and chase other players, trying to tig them to make them stuck.

When a player becomes stuck, they have to stop where they are and open their legs and arms (like a star).

A player can only become unstuck when another player crawls under their legs or arms to set them free.



Relay Races

(4+ players)

Organise the players into two teams or more. Each team should have an equal amount of players (if one team has less players, one person will have to do an extra lap).

Mark out what one lap will be, and explain what one lap is to the players.

Explain to the players how many laps they will be doing, and what activity they must complete.

- *For example, each person in the team will do 1 lap of skipping, followed by 1 lap of running.*

Once the first player does their lap, they have to high-5 the next player in order for them to go, and so on.

Once the team has completed the relay, they should sit down one-behind-the-other, at the start line. The team that does this first wins.

Possible relay activities include:

- Two-footed jumping
- Skipping
- Running
- Backwards walking
- Side steps
- Karaoke
- Obstacle course
- Wheelbarrow
- Equipment based activities, *for example dribbling a basketball*



Tig (Version 1)

(2+ players)

Get everyone into a large space.

One person is the 'tigger'.



The tigger has to run around, chasing the other players, trying to tig them. Other players are trying to avoid being tiggered.

If another player gets tiggered by the tigger, they then become the 'tigger'.

The original tigger is not a tigger anymore, and they have to avoid being tiggered by the new 'tigger'

Tig (Version 2)



(3+ players)

Get everyone into a large space.

One person is the 'tigger'.

The tigger has to run around, chasing the other players, trying to tig them. Other players are trying to avoid being tiggered.



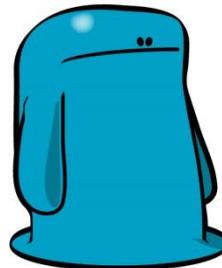
If another person gets tiggered by the tigger, they also become a 'tigger'.

They then have to work together to tig the other players.

If another person gets tiggered, there will be 3 'tiggers', and so on.

The winner is the last person to be tiggered at the end.

Blob Tig



(8+ players)

Get everyone into a large space.

One person becomes the 'blob'.

The other players have to run from one side of the space to the other, when the blob says "Go". Each end of the space is referred to as 'home'.

The blob wants to get bigger, so it chases the other players and touches them with their hand to tag them.

If a player gets tagged before reaching home, they become part of the blob by joining hands with the original blob. They then continue to chase the other players.

If a player does not get tagged before reaching home, they are safe for that round.

Each time the players run across the playground, the blob should get bigger. The last player to be tagged is the winner

Cups and Saucers

(4+ players)

Get everyone into a large space.

For this activity, you will need a set of cones. Place half the cones facing upwards, and half the cones facing downwards.

Split the players into 2 teams: 1 team are called the Cups, one team are called the Saucers.

Those in the Cup team have to turn all the cones facing upwards, downwards.



Those in the Saucer team have to turn all the cones facing downwards, upwards.

The team with the most cones facing in their direction at the end of the game, wins. *For example, after 3 minutes.*

If there are more cones facing down, the Cups win, and if there are more cones facing up, the Saucers win.

Objects Away

(2+ players)

Get everyone into a large space

Gather a number of objects (toys/balls/equipment) and place them in the middle of the space

Split the players into Group A and B



Group A's 'home' is on the right, and Group B's 'home' is on the left

When you shout "Go", players from Group A and B have to run and collect the objects from the middle, and run back to take them home. They can only pick one object up at a time.

The game ends when all of the objects have been collected from the middle of the playing area.

The team with the most objects in their home area at the end wins.

Follow the Leader

(2+ players)

Get everyone into a space.

Ask players to get into pairs, and name themselves Number 1 and Number 2.

Number 2 has to copy Number 1s movements.

If Number 2 gets one of Number 1s movements wrong, or Number 2 copies 10 of Number 1s movements correctly, they swap around, and Number 1 now copies Number 2s movements.



Movements can include:

- Running
- Walking
- Skipping
- Hopping
- Jumping
- Stopping
- Side stepping
- Walking backwards
- Karaoke

Groovy Moves

(3+ players)



Stand in a circle, facing inwards.

Everyone needs to think of 1 dance move (or more) each.

Take it in turns to demonstrate your move.

The next person in the circle must copy all of the moves before them, before adding their own move. This will create a routine.

You can go around the circle multiple times to create a longer routine

Remember to clap your hands to keep a beat going!!



Anything You Say, Your Royal Highness

(3+ players)

Form a circle, facing inwards, with a 'Queen/King' standing in the middle with a ball.

The Queen/King throws the ball to anyone in the circle and gives a command. *For example, "jump on the spot" or "touch your toes".*

The person in the circle must first catch the ball, obey the Queen/King, and throw the ball back to the Queen/King.

If the ball is dropped by someone in the circle, that person has to run around the circle 3 times.

If the Queen/King drops the ball, they are replaced by another person in the circle, who becomes the new Queen/King



Grandmother's Footsteps

(3+ players)

One player is chosen to be Grandmother.

The other players stand in a line on the opposite end of the playground (about 10 metres) away from Grandmother, this line is referred to as 'home'.

Grandmother stands with their back to them.

The players creep forward, until Grandmother turns around. When this happens, the players must freeze.

If the Grandmother sees any of the players moving, she sends them back to the starting line again.

The player who is the first to touch Grandmother's shoulder becomes the next Grandmother.



What's the Time, Mr Wolf?

(6+ players)

One player is chosen to be Mr Wolf.

The other players stand in a line on the opposite end of the playground (about 10 metres) away from Mr Wolf, this line is referred to as 'home'. Mr Wolf stands with their back to them.

The players chant, "What's the time, Mr Wolf?" The Wolf replies, *for example*, "3 o'clock".

The players walk the same number of steps as the time provided by Mr Wolf. *For example*, 3 steps for 3 o'clock.



The game continues until Mr Wolf thinks the players are close enough to catch, and after being asked the time again he replies, "Dinner time", and turns to chase the players. The first child caught becomes Mr Wolf.

If Mr Wolf does not catch anyone, they are Mr Wolf again.

If a player reaches Mr Wolf before dinnertime, they tap Mr Wolf on the shoulder and run for home. If the player gets home then they are safe. If they get caught then they become Mr Wolf.

Throw the Beanbag

(2+ players)

Organise the players into two teams or more. Each team should have an equal amount of players.

Split the beanbags equally between each team.

Place a target onto the floor (target could be a hoop, bucket, coned area) away from the players.

Ask the teams to take it in turns throwing the beanbags into the target.

The team with the most beanbags in the target at the end wins.

NOTE: may need to alter this activity to make it harder/easier/more interesting, by using the STEP principle.



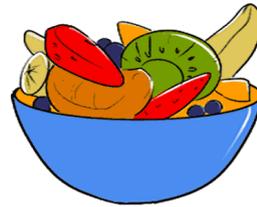
Fruit Salad

(5+ players)

Everyone makes a big circle, facing inwards.

A leader walks round the circle, tapping each player on the head gently, distributing the names of 5 fruits.

For example, apple, banana, pear, orange, grape.



One person stands in the middle of the circle, they shout out the names of the fruits (can shout out more than one fruit). *For example, grapes and pears.*

All the players who were given that fruit have to run across the circle to a new place.

The person in the middle also has to try and get into the circle.

The person without a place in the circle stands in the middle and picks the next fruits to move.

Duck, Duck, Goose

(4+ players)

The players sit in a large circle, facing inwards.

One player is chosen to be the 'tapper' and walks around the outside of the circle. As they walk around, they touch each player gently on the head whilst saying, 'Duck, duck, duck'.

At some stage they will tap a player and say, 'Goose,' instead.

The goose jumps up and chases the tapper around the circle.

The tapper tries to get all the way back to the geese's spot, 'home', without getting caught.



If the tapper gets home safely, the goose becomes the new tapper and the game starts again.

If the goose catches the tapper, the game starts again with the tapper being on again.

Captain's Coming

(any number of players)



Get everyone into a large space.

A leader is chosen who calls out various commands.

The commands need explanation to each participant before the game can begin. You may want to introduce more commands slowly as the game progresses.

Explain that when the leader calls out the command in the game, the players have to follow.

If there is an obvious person or, if applicable, group of people who are last to start a command, then they have to do a forfeit. If someone completes the command wrong, they must also do a forfeit. *For example, 10 star jumps or 1 lap of the playground.*

Commands can be given in any order, as many times as you like. Commands include:

- Bow = everyone races to the front of the room.
- Stern = everyone races to the back of the room.
- Starboard = everyone races to the right of the room.
- Port = everyone races to the left of the room.
- Captain's coming = everyone stands tall, salutes and shouts, 'Aye aye Captain.'
- Captain's wife = everyone curtseys.
- Scrub the decks = mime scrubbing on hands and knees.
- Climb the rigging = everyone pretends to climb a rope ladder.
- Man the lifeboat = find a partner and hold both hands. Anyone without a partner is out.
- Sharks = lie on stomach with feet up.
- Freeze = stop all actions when this is called.
- If a further command is given without saying 'unfreeze', anyone obeying has to complete a forfeit.

Write down some of your own playground games activities...

