
Basic Coaching Manual

200 Games to assist your coaching



The Games Manual

200 games to assist with your Coaching

How to use this manual

Children learn by playing and it is an inherent characteristic of children to play. So why not build play into their weekly training and or competition? The games in this manual are designed to assist with building of athletics abilities and skills while having fun. Games can be incorporated into all aspects of your training sessions and competitions. In this manual there are games for:

- Warming Up
- Getting to know you type games
- Encouraging physical fitness
- Building co-ordination
- Locomotion
- Strength development
- Speed development
- Agility / athleticism
- FUN!

All games in this manual require at least four players. Each game is set out in a similar manner and has the following components:

- ① game title
- ② type of game
- ③ ease of play rating (see rating list)
- ④ equipment needed and
- ⑤ a detailed explanation of how to play the game

1

2

3

4

5

AEROBATICS (Run) ★★

Equipment:

- 2 markers per team
- 2 bottles per team
- 1 ball per team (tennis ball or similar)

How to Play:

Players line up in teams behind markers. Directly in front of each team (about two metres) is a bottle with a ball balanced on the mouth. A few metres further on (about six metres), is another bottle, and further on still (about two metres) a turning point is marked with another marker. Leaders or 'planes' piggyback each

Type of Game

Run = Running game

Walk = Walking game

Jump = Jumping game

Throw = Throwing game

Misc. = Miscellaneous game

Multi = Combination of two or more of the above

Ease of Play

★ Basic rules, no equipment, little to no setting up required

★★ Easy rules, some equipment, some setting up required

★★★ Moderate rules, equipment needed, setting up required

★★★★ Challenging rules, equipment needed, setting up required

★★★★★ Complex rules, lots of equipment, a lot of setting up required

What is Play Training?

Essentially, Play Training is a game or series of games. Play Training is designed to provide groups of children with activities geared to their interests and concentration span. Children participate in athletics primarily to enjoy a social situation and mix with friends¹. Games are spontaneous, free form activities designed to give confidence to the participants. New games can be thought of on the spot and can be developed around the relevance of athletics.

The games in this manual are designed around the four basic movement functions: Running, Walking, Throwing, and Jumping. An activity which uses one or more of these functions can improve a child's physical development and help their athletic performance. Games offer fun with a measure of fitness and anyone can participate regardless of age or ability, without the discipline of serious training. Family involvement is possible and encouraged so even Mum and Dad can join in.

There is no specific area for the games to be conducted so there is no need for a beautifully kept oval or expensive, sophisticated equipment. A coach or parent can use this manual and ingenuity to increase the number of games played at their local Centre. This will widen the scope of interest and create a happy, constructive training and competition environment.

What are Tiny Tots?

Little Athletics Tiny Tots is a modified introductory sports program for children aged 3-4 years. Designed to encourage the development of the Fundamental Movement Skills of running, walking, jumping and throwing that underpin the growth of specialised sporting skills in athletics and other sports.

The aim of the Little Athletics Tiny Tots Program is to improve the physical, social, emotional and cognitive development of children through a play-based approach that is engaging and stimulating to the child.

What is ASAP?

Athletics Skills Award Program (ASAP) is a skills-based certificate system that aims to ensure that all participants are provided with the opportunity to develop confidence and competence in a wide range of general skills and track and field events.

ASAP uses six graded achievement levels and is predominately used in the U6 to U8 age groups. Upon completion of each level the athletes are awarded a certificate. This rewards and encourages the athlete to continue with the program and persistence to develop their skills in different athletics disciplines.

Where to use these games?

The games contained in this manual can be used as part of a training session, as an 'event' for the Tiny Tots, as an event supplement for the younger age groups, or could be used as a 'gap filler' while waiting for the next event on the program. Below is an example of a Centre program where games could be used. In instances where there could be a long wait (e.g. a backlog on the hurdles or jumps) games could be utilised by the age marshalls to keep the athletes occupied.

PROGRAMME WEEK 1									
TT's	U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14,15
60m	60mH	60mH	60mH	60mH	60mH	60mH	60mH	Hurdles	Hurdles
Game	70m	70m	70m	100m	70m	100m	100m	400m	400m
LJ**	Game	Game	200m	400m	400m	400m	400m	Shot	Shot
Game	Shot	Shot	Shot	Discus	Discus	Discus	Shot	H/J	H/J
Shot**	L/J	L/J	H/J	H/J	L/J	L/J	T/J	T/J	T/J

** These events would be modified. For example the long jump could be a standing long jump (two feet take off to two feet landing) and the shot could be the game "shot put target" and a cricket ball could be substituted for the shot.

Points to Remember

- Any parent or volunteer, irrespective of athletic know-how, can supervise and administer a game.
- Selection of teams should be supervised to ensure that no child is left out or is consistently the last player selected. This can be hurtful to the child. One suggestion is to let the team captains select half the team and then have the parent/coach equally divide the remaining children. This can be done tactfully, with a little forethought.
- Remember "safety first" in throwing and jumping events. Check the area when throwing is in progress, and ensure correct landing areas for jumping events.
- Wet weather does not have to mean cancellation of training, as many games are adaptable to differing types of venues, halls and playgrounds.
- Avoid playing two games in a row, which require the same skill. Bring a game to a conclusion at a time when excitement and interest is high.
- Select warm-up games carefully and save the more strenuous activity until later in the session.
- Use different coloured batons in relay events.
- There is no limit to the introduction of new games. Think back to old school games and adapt them as required. Look for coaching opportunities in the skills required.
- Involve parents in games with their children.
- Have fun! Your enthusiasm will be matched by those playing the game.

AEROBATICS (Run) ★★

Equipment:

- 2 markers per team
- 2 bottles per team
- 1 ball per team (tennis ball or similar)

How to Play:

Players line up in teams behind markers. Directly in front of each team (about two metres) is a bottle with a ball balanced on the mouth. A few metres further on (about six metres), is another bottle, and further on still (about two metres) a turning point is marked with another marker. Leaders or 'planes' piggyback each member of their team ('pilots') in turn. The 'pilots' pick up the ball from the first bottle without dismounting and place it on the second bottle then carry on to the turning point. On the return journey, the 'pilot' reverses the actions (i.e. they collect the ball from the bottle on which it now rests and replaces it on the first bottle). If the ball falls off any bottle, it must be replaced without the pilot leaving their 'plane' to regain the ball.

ALPHABETS (Misc) ★

Equipment:

- Nil

How to Play:

Players move (run, walk, crawl, jump etc.) throughout the playing area. When a letter of the alphabet is called out by a parent/coach, three players have to form a group and make the letter called out. Players lie on the ground to make the letter. The letters include:

Easier: A,C,D,E,F,H,I,K,L,M,T,U,V,Y,Z.

Harder: B,G,J,O,P,Q,R,S,W, and X.

Once the letter has been successfully made, players start all over again. To make it more challenging the parent/coach could also specify the amount of people in each group. For example "five....H", or "eight....S". Attempt to use a number so that the group can be divided into smaller groups. Otherwise you will have players missing out.

AMOEBAS TAG (Run) ★

Equipment:

- Nil

How to Play:

Two people are it. They hold hands and chase people; the person they catch joins the chain by linking hands. When another person is caught they can stay together or split in half (i.e. two and two) they must split even numbers and can link together at will. This game is played until nobody is left.

ANIMAL RELAY (Misc) ★★

Equipment:

- Markers

How to Play:

Group arranges itself in shuttle relay formation, with half of the team up one end and the other up the other end of a designated distance (10 - 15 metres for example). Instead of running try these variations.

- Crab - Hands and feet on the ground - shuffle sideways
- Snake - Wriggle on stomach without the use of hands or feet.
- Rabbit - Hopping on two feet.
- Elephant - Walking stiff legged with hands on knees
- Stork - Hopping on one foot with arms flapping in the air.

ANIMALS (Misc) ★

Equipment:

- Nil

How to Play:

The parent/coach selects an animal. The players respond by performing the animal's movements and sounds. For example: Kangaroo, Rabbit, Horse, Dinosaur, Frog.

APPLE BALANCE RELAY (Run) ★★

Equipment:

- Relay Baton (optional)
- Small bean bags or apples

How to Play:

This is any ordinary shuttle relay (with or without a relay baton) with each participant balancing an apple (or bean bag) on their head.

AUSSIE OVER THE WATER (Run) ★★

Equipment:

- Markers (optional)

How to Play:

One member of the group is 'Aussie'. Aussie walks in front of the group who follows chanting:

"Aussie over the water"

"Aussie over the sea"

"Aussie caught a blackbird"

"But can't catch me"

On 'me', Aussie turns and tries to tag as many as possible before they reach the safety of a line at the end of the playing area. You could introduce variations such as having the players find partners, touch something wooden or hop etc back to the line on the call of 'me'.

AVENUES AND STREETS (Run) ★★★

Equipment:

- Nil

How to Play:

Have the group line up so that there are lines of players set up in a grid formation. The lines of players in one direction will be the avenues and the lines of players in the opposite direction are the streets. All but two of the players will be needed for this. These two players will be chasing each other. On the call of “Avenues”, lines join hands while facing front (parent/coach). When “street” is called, turn to face side (left or right - predetermined at start of game) and join hands. Object of the game is similar to tag, with one player trying to tag the other. Streets and avenues can help to prevent partner being tagged. One participant (parent/coach) should be assigned to call instructions for ‘avenues’ and ‘streets’.

BACK TO BACK RELAY (Run) ★★

Equipment:

- Markers (optional)

How to Play:

A team of two is made and they stand with their backs together and arms linked. On the signal to start they start to run toward a goal line. One runs forwards and the other backward. As soon as they reach the line, they start back toward the start line, reversing positions.

BALANCE CHALLENGE (Misc) ★

Equipment:

- Nil

How to Play:

- a) Parent/Coach calls out a number (eg. “Three”). Players respond by balancing on any three body parts.
- b) Parent/Coach asks a group of five players to balance as a group. The coach may call out any realistic number eg. “Eight” and players respond by balancing together on only eight combined body parts.

BALL TAG (Multi) ★★

Equipment:

- Markers (optional)
- 1 ball per group

How to Play:

Define your area and designate a small group to be ‘in’. This group is given a ball which they must throw around amongst themselves, attempting to tag one of the other players whilst holding the ball. The tagged player joins those ‘in’ and the game continues until all players have been tagged. More than one ball might be used for a large group.

BALLOON HEAD RACE (Run) ★★

Equipment:

- Markers (optional)
- 1 balloon per group

How to Play:

Organise players so that they are in pairs and each team receives a partially inflated balloon. When the game starts, teams must race to a finish line carrying a balloon between their heads, remember don't use your hands. On hot days try it with water balloons or through a sprinkler. You can even try an obstacle course.

BANANA OLYMPICS (Multi) ★★★

Equipment:

- Markers (optional)
- 1 banana per team
- Whiteboard or Paper and clipboard (optional)

How to Play:

Divide the group into teams of eight to ten players and give each team a banana. Each team will complete several series of different relays using their banana. Here are some ideas for those relays.

- With the banana under your armpit, hop on one leg down a field and back
- Place the banana between the knees and hop down a field and back
- Two team mates tossing the banana back and forth down the field and back
- Team mates line up in leapfrog formation and first player hops over players while holding banana and then tosses banana to next player in line to do the same
- Place the banana on the ground and each team mate must roll across the banana

Show the players all the relays that they'll have to complete for the Olympics. You may have to write them on a large white board so that all players will know what relay is next. Scoring system could be four points for a win, three for second, two for third, and one for competing. The team that has most points is the winner. Use your own ideas, add to the list or use only a few ideas. You can adjust this game to all types of players including people with disabilities.

BARRIERS (Multi) ★

Equipment:

- Nil

How to Play:

Four people form a circle by grasping the upper arms of the person beside them (not allowed to let go!). The fifth person tries to break into the circle by ducking under the others arms. Swap chasers regularly. You could have many groups running at the same time.

BASIC SHUTTLE RELAY (Run) ★★

Equipment:

- Markers
- Relay batons

How to Play:

Markers are placed at a distance of 40m - 60m apart. Players are placed in teams of six. Three players are behind each witches hat. On "GO" from the parent/coach, number one runs to number two, passes the relay baton, then goes to the end of the line behind number six. Once touched, number 2 runs to number 3 and so on.

Variations: Try this game with other items instead of relay batons. Eg. water balloons, egg and spoon, hot dog buns, ice cream container full of water. Instead of a relay baton have the players wear some old oversize clothing, they have to change clothes to 'pass the baton'.

BEAN BAG BUNGLE (Multi) ★★

Equipment:

- One bean bag per player
- Markers
- Whistle

How to Play:

Set up a large circle with the markers (20m - 30m in diameter). All bean bags are scattered within the circle. The players must run within the circle without touching a bean bag. When the whistle is blown, the players must quickly run to the nearest bag and sit on it until the whistle is blown to restart the game.

Variations: The parent/coach can call out a body part and the players must respond by running to the nearest bean bag and touching it with that part (eg. -hand, elbow, toe, tummy etc). Alternatively you could have one less bean bag than numbers of players. When the whistle is blown then all have to sit on a bean bag - person without a bean bag is eliminated. Remove one more bean bag and continue.

BEANS (Misc) ★

Equipment:

- Nil

How to Play:

The parent/coach calls out names of beans and the players do set actions to them. Examples are:

- Baked beans - make a small shape with your body
- Broad beans - make a wide, stretched out shape
- String beans - make a tall string like shape
- Jumping beans - jump up and down
- Runner beans - run on the spot
- Chilli beans - shiver and shake as if it was cold
- Jolly beans - wobble and shake like jelly
- French beans - do the can-can, high kicks

BEAR, RANGER, FIRE (Multi) ★★

Equipment:

- Markers (optional)

How to Play:

Bear kills Ranger, Ranger kills Fire, and Fire kills Bear. Players divide into two lines facing each other (about 1m apart). Each person has an opposing player in the opposite line. Both team one and two huddle in their own groups to decide what subject they will be eg. Bear, Ranger or Fire! On the count of three, the lines act on their subject. If team one are bears and team two are rangers, then team one must chase team two back to a designated line.

BEAT THE BALL (Run) ★★

Equipment:

- Markers (optional)
- 1 ball per group

How to Play:

Divide the group into two even teams. On “GO”, one member from team one runs around a course (made with markers - round or square) or court (eg. netball or basketball court) whilst team two passes the ball from person to person (not skipping any players) along the line and back. If the ball is dropped then they will have to start passing the ball from the start again. When the ball is back, the teams call “STOP” and the runner is awarded points for each marker passed. When each member has had a turn at running, swap roles.

BEAT THE CLOCK (Misc) ★

Equipment:

- Nil

How to Play:

Everyone forms a straight line with hands joined. The end person stands still with feet firmly ‘stuck’ to the ground. The leader at the opposite end of the line pulls the rest of the team until the team is wound up! Then they unwind the clock. This can be done against a clock or against other teams as a race. If the chain breaks the team will have to start over again.

BIG FOOT (Run) ★★

Equipment:

- Large rubber boots or big shoes (per group)
- Markers (optional)

How to Play:

Set up teams with each team assigned one pair of large rubber boots (or shoes). These boots can be fishing waders and it would be helpful if the players could just slide their shoes right into the boots without taking off their shoes first. Have teams line up behind the starting line. The first person on each team must put on the rubber boots, race down the course and back, take off the boots and the next person on the team will do the same. When the last person on one of the teams crosses back through the starting line first, they are the winners.

Variation: To make it more challenging have the teams negotiate through an obstacle course.

BLINDFOLD GAME (Misc) ★★

Equipment:

- A blindfold for every player (tea towels make great blindfolds)

How to Play:

Players are blindfolded and are asked to stand still facing the front or voice. Ask the players to stand in different positions (you will soon see that this game isn't as easy as it seems). Some different positions include:

- Stand on one foot
- Stand on tip-toe's
- Turn around once or twice and stand on tip-toe's
- Sit on the ground with legs crossed or straight legs or bent knees etc
- Put their hands in the air
- Put their finger on their nose
- Try some stretches

Ask the players to point to where your voice is coming from. Move quietly around the group, ask them again, and monitor where the players are pointing. For a variation blow a whistle instead of using your voice or clap two pieces of wood together etc. To give the players a better understanding of what it is like to be totally blind match the players up into pairs. One of the pair takes their blindfold off and leads the blindfolded player around trying different activities along the way. This game will help to develop trust between one another.

BOXER SHORT RELAY (Run) ★★

Equipment:

- Markers
- Very large boxer shorts per group

How to Play:

The kids are divided into several relay groups. Markers are set up about 20m away on the field. First player puts on boxer shorts and runs to and around the marker, exchanging shorts with the next player.

Variation: You could also use t-shirts to add more of a challenge.

BRIDGE - STONE - TREE RELAY (Multi) ★

Equipment:

- Nil

How to Play:

You will need groups of about six people standing in a straight line. The first player in line runs out from the group (10m or so) and standing with their arms out, becomes a tree (this is the turning point). The second participant in line runs to about three metres in front of the tree (closer to the rest of the group), and spreading their legs, becomes a bridge. The third person in line runs a further three metres in front of the bridge and then curls up in a little ball to become a stone. At the starting call, succeeding participants in line must jump over the stone, crawl under the bridge and complete one lap of the tree and then sprint back to the end of the line. After everyone has run through, the stone gets up, goes under the bridge, around the tree and back to the end of the line. The bridge goes around the tree and back to the end of the line and finally the tree sprints to the end of the line. The first team back sitting down in a straight line wins.

BUCKET BRIGADE (Misc) ★★

Equipment:

- 2 buckets for each team
- 1 Plastic cup per player

How to Play:

Groups line up with a bucket of water at the head of the group and the empty bucket at the end of the group. On a signal, the first participant fills a cup with water from the bucket. The water from this cup is then poured into that of the next participant and so on down the line until the last participant empties his/her cup into the empty bucket. Meanwhile, the first participant continues sending down cups of water as rapidly as possible. The object is to be the first group to empty the full bucket, cup by cup, down the line to the other bucket.

BUNDLES (Multi) ★★

Equipment:

- Hula-hoops
- Markers (optional)

How to Play:

This is a race using two or more hula-hoops. The idea is to see how many players can be squeezed into each hoop so that it 'bundles' them together around their waists. They must then race to a given point and return. The first bundle home wins. This is made much more difficult if the players in each bundle are racing in a variety of directions. If spacing is limited, they could race around the four sides of a basketball court, touching a marker player or collecting a small object at each corner so that no short cuts are taken.

BUSY BEES (Misc) ★

Equipment:

- Whistle
- Markers (optional)

How to Play:

Using a set open space (eg. netball court), players dodge each other as they run within the assigned area. When the parent/coach blows the whistle, players freeze and wait for a special action to be called out. Actions could include but are not limited to:

- Walking on tippee toes
- Piggy back a partner
- Find someone with the same coloured hair as you
- Get into groups of four people
- Get into groups of seven people
- Skip
- Hop
- Do a hand stand
- Do a cartwheel

CATCH ME IF YOU CAN! (Run) ★

Equipment:

- Nil

How to Play:

The aim of the game is for the younger players to try and make the finish before the older ones 'catch them' by finishing first. Simply gather the group at the 100m start. The trick is to stagger the start times so that everyone finishes at the approximately the same time. The U6's and U7's start first, once they have gone approximately 10 m, the U8's and U9's start and so on until the U15's have started. It will take a few attempts to work out starting staggers that are fair. However, it is a great spectacle having a large group of players all running at the same time with the little ones running for their lives at the front with the older kids sprinting for their 'pride' from behind.

Variations of the game can include taking it off the track (eg. around a pole or tree and back) varying the distance 50m to 400m or by staggering the age groups around a 400m track with everyone starting at the same time.

CATCH ONE, CATCH ALL (Run) ★

Equipment:

- Nil

How to Play:

A person is assigned to be 'it' and runs about with a raised arm tagging anyone within reach. The last person to be tagged is the winner. Regularly swap who is up.

CATCH YOUR PARTNERS TAIL (Run) ★★

Equipment:

- 30cm x 5cm lengths of ribbon or material - enough for one per participant
- Markers to mark the boundaries

How to Play:

Players are given a ribbon to tuck into the back of their pants acting as a tail. Players move around the designated area and try to grab as many tails from others as possible. Once a tail has been stolen, this must then be tucked into their pants as well. A tail must only be taken from someone else when the player's stolen tails are tucked into the back of their pants (you are not allowed to grab them from the hands of others). Only empty hands can grab a tail.

CATEGORY GAME (Run) ★

Equipment:

- Nil

How to Play:

Select category for calling out to the players. Examples of categories include but are not limited to:

- those who are boys
- those who are 9 or 10 or 11 years old
- those who are wearing watches
- those wearing black shirts

Avoid using racist categories. Those players who belong to the category will walk/jog/hop/run to a specified target and come back quickly.

CENTIPEDE (Misc) ★

Equipment:

- Markers (optional)

How to Play:

Divide players into two teams. Mark the start and finish lines about 10m apart. Teams line up with one person behind the other, facing the finish line. Next, players sit down and wrap their legs around the person in front to form the body of the centipede. Players' arms become the legs. When the parent/coach says, "GO" players lift with their arms and begin to push the centipede toward the finish line. If players become separated, they must try and reconnect. The winning centipede must completely cross the finish line with all its players connected.

CHAIN TAG (Run) ★

Equipment:

- Markers (optional)

How to Play:

One, two or more players are 'it'. They chase the other players in a confined space (eg. netball court). Once tagged, the players join hands to form a chain until all are caught or time is up. If two or more players are 'it', there will be more than one chain chasing independently. If the chain breaks (players let go) it must rejoin before anyone can be tagged.

Note: only the end players with a free hand may tag. Free players may break through the chain to escape.

CHARIOT RACES (Misc) ★

Equipment:

- Nil

How to Play:

Groups of three to six players build their own 'chariot' for a relay race. The 'chariots' that will be made are the players themselves. Once the 'chariot' is built the players then have to move around a designated course. First team back is the winner. Examples of chariots include but are not limited to:

- A group of six athletes may only have four legs in contact with the ground whilst the group is moving
- Groups must move forward with all 'bottoms' in the group touching

Vary the design of the 'chariots' for the enjoyment and chaos of the players and the parent/coach.

CHIMP RACE (Run) ★

Equipment:

- Nil

How to Play:

Set up teams and play area. The first person on each team is to bend over with feet apart and grab their ankles. On "GO", they are to race down the course and back without letting go of their ankles. Each person on the team repeats the relay. The first team done is the winner.

CIRCLE CHASE (Run) ★

Equipment:

- Markers (optional)

How to Play:

Participants stand in a circle, equal distance, and facing the same direction around the circle (can be markers out with markers to keep circle shape). They should be at a minimum of two metres between each other. On the word "GO", players commence running (or other action) attempting to tag the person in front. Any player tagged drops out and performs a task (eg. star jumps, etc). On the sound of a bell or the call "CHANGE", the players reverse direction.

CIRCLE DELIGHT (Multi) ★★

Equipment:

- 2 large balls (eg. soccer balls) - could use light medicine balls

How to Play:

Two teams stand alternately in a single circle formation (eg. if there is a red team and a blue team then the formation of the circle would be red, blue, red, blue, etc.). Each team has a ball and the game starts with the balls on opposite sides of the circle. At the signal the balls are thrown in the same direction from person to person belonging to the same team (i.e. red to red and blue to blue). The balls start moving from opposing players standing opposite each other in the circle. The purpose is to see if one team can move its ball from player to player at such a speed that it overtakes the ball from the opposing team. If this happens one point is scored and the game begins again. The first team to score three points wins.

Note: The ball must be relayed between players of one team as they are positioned in the circle while not hindering the opposing team. If a ball is impeded the team that does so loses a point.

CIRCLE NAME GAME (Misc) ★★

Equipment:

- Pencils and paper

How to Play:

Sit in a circle (boy-girl-boy-girl) and write a small profile on yourself (could have a standard template of five fun facts about the participants for this) and have the person next to them read it out to the rest of the group. Now rearrange the group and again sit in a circle (boy-girl-boy-girl) but this time in a different place. Place all of the above profiles into a hat, mix them up and hand out new profiles to everyone. Have the participants read out the profile they have (even if it is their own) but do not read out the name and change the order of the profile (read from bottom to top or in any order). The rest of the athletes have to guess who it is.

Variation: Sit in a circle - any order. The athletes then have to think of something that has the same letter as the first one in their name (eg. My name is Shannon and I am a Shining Star) and say it out aloud.

CIRCLE RUN (Run) ★★

Equipment:

- 1 ball per group

How to Play:

Six to eight players form a circle, standing several metres apart. One player has a ball (can use a medicine ball). On “GO”, they throw the ball to the next person and then attempts to run around the outside of the circle in reverse direction before the ball is relayed around to its starting position.

CIRCUIT FUN (Misc) ★

Equipment:

- Markers

How to Play:

Remember it is very important that all players warm-up and stretch before starting this circuit. Set up various 'stations' using markers. You could have them as close or as far apart as you want.

Station 1 - Handstands

General handstands competition is great for upper body strength. Some variations are - hold player's legs, handstand next to a wall and rest feet on the wall (ensure there is a soft mat underneath their heads).

Station 2 - Partner Lift

Players pair off. One lies on the ground with legs between their partners legs. The partner standing grasps hands with their partner and tries to pull him/her off the ground.

Station 3 - Froggy Turn

Players squat in a frog position. On command "GO" they jump in the air and make frog noises. Variation - try turning 180 degrees, then try 360 degrees.

Station 4 - Hand Walk

Players start by lining up behind a line (make sure both feet are touching the line). On the command "GO" players reach out with their hands and form a push-up position. From this position they slowly move their feet towards their hands. Once they reach their hands the athlete reaches forward into a push-up position and continues until he/she reaches the finish line.

Station 5 - Clap Trap

With straight arms, clap hands in front of the body, behind the body, above the head then on the sides of the body. Repeat the pattern.

Station 6 - Crab Rock

With weight on hands and back to the ground rock weight from right to left and so on.

CLIMB THE LADDER (Throw) ★★★

Equipment:

- 1 marker for each person plus 1 marker per group
- Six hoops per group
- 1 discus per group

How to Play:

Construct a ladder; beginning one metre in front of each group by placing six hoops in line, flat on the ground. On command, the first player attempts to toss the discus underarm and land it on the full, on its edge, in the first hoop. If they are successful, they move their marker up next to the second hoop in line. When it is time for their next turn, they attempt to land the discus in the second hoop, and so on until they have reached the last hoop (top of the ladder). Should their discus at any time miss the hoop they are aiming for, they must continue to attempt to land their discus in that hoop, with each successive turn, until it is achieved. Players must hit the targets in order (i.e. first hoop, then second hoop, then third etc.).

CLOCK RUN (Run) ★★

Equipment:

- 12 markers or hoops
- 1 bucket
- 12 beanbags or balls

How to Play:

Place 12 hoops or domes in a circle to make the clock face. Have them evenly spaced. The basket or bucket is placed in the centre of the circle. Each of the hoops or domes are approximately 5m from the centre basket. One beanbag or ball is placed in each of the hoops (or beside the domes). The object is to get all of the beanbags or balls into the basket in the shortest time. One person runs at a time and starts from the centre basket. All beanbags must be in the basket to finish.

Variations:

- (a) Place the hoops or domes further away from the centre
- (b) Place the hoops or domes at different distances. For example every second one is placed at three metres; every other one is placed at six metres

CLOTHES PEG TAG (Run) ★★

Equipment:

- Clothes pegs (enough for five each competitor)
- Rope or markers

How to Play:

Mark off a play area of at least 15m by 15m by putting rope on the ground or markers fairly close together. All players are to receive five clothes pegs, pinned to the back of their shirts. Have players spread out around the edge of the rope before starting. The object is to try to capture clothes pegs from someone else's back without losing yours. If you capture a clothes peg you are to go down on one knee while pinning it on your back. While you are on one knee, no one can take a clothes peg from you. If you go out of bounds you lose a clothes peg. There is no pushing and you can only touch clothes pegs, no touching or pulling clothes or the body. Any violators will lose one clothes peg to the victim. The person with the most clothes pegs in the allowed time you choose wins. You can play teams and the team with the most is the winner also.

CRAZY CAP (Multi) ★★

Equipment:

- Whistle
- Hat or Cap

How to Play:

Players move around an open space performing a given activity (eg. hopping, marching etc.). When the whistle is blown, players stand still whilst parent/coach walks around and places a hat on top of the selected player's head. On the call "CRAZY CAP" the players must then run as quickly as they can and line up behind the player with the hat. The game is then continued with a new player being selected each turn.

CRAZY DRESS-UP RELAY (Run) ★★★

Equipment: (for two teams)

- Two old dresses
- Two old pairs of tracksuit pants
- Two old woollen beanies
- Two pairs of old gloves
- Two old scarves

How to Play:

Simply arrange the group into two shuttle relay teams (use of a length of track about 50m long). Start with the clothes on the ground in front of the first runner. When the starter says "GO", the first runner quickly puts the dress-up clothes on and races to their next runner. The second runner helps the first person take off the dress-up clothes and then puts them on. This continues until the last runner has completed the race.

CROSS FOOT RACE (Jump) ★

Equipment:

- Nil

How to Play:

Divide up into teams of two. Standing beside your partner, each of you crosses your outside foot over your inside foot. Then your partner holds your outside foot and you hold theirs. Now start hopping! The last team still hopping wins.

CRUSTS AND CRUMBS (Run) ★

Equipment:

- Markers (optional)

How to Play:

Form players in two lines standing facing each other, about two metres apart. One line is called 'Crusts' and the other 'Crumbs'. The parent/coach (rolling their Rrrs to keep the players in suspense) calls out one of the names. If "CRUSTS" is called, that line runs away to attempt to make their safety line about 5m behind them. The 'Crumbs' are chasing, attempting to catch their partner before they make the safety line. A point is awarded if a player can catch their partner before the partner can cross the safety line.

DAY AND NIGHT (Run) ★★

Equipment:

- Markers

How to Play:

Set up two teams (one called 'Day' and one called 'Night') back to back, about 2m apart - each team facing its home base (a marker or hoop about 15m - 20m away). At your call of "DAY" or "NIGHT", the corresponding team sprints towards its base, while the opposing side turns and tries to catch them. As parent/coach, you have to give each team an equal number of calls. The team having the least number of caught players wins.

DEAD ANTS (Run) ★★

Equipment:

- Markers

How to Play:

In a rectangle marked by cones or witches hats players dodge each other as they run within the designated area. When the leader calls out "DEAD ANTS", all players quickly lie on their backs on the ground and wave their arms and legs in the air vigorously.

Variations

Players run slowly, on tippee toes, stomping, clapping, sideways, like an animal or machine.

DEER IN THE GARDEN (Jump) ★★

Equipment:

- Hula-hoops

How to Play:

Align 12 players ('Deer's') in a circle and place the hula-hoops ('Garden') in the circle. Two other players ('Guards') are also positioned inside the circle. At your signal, all the 'Deer' must hop or jump toward the 'Garden' in an attempt to get into it. The 'Guards' try to catch them by simply touching them. If the 'Guards' fail, the 'Deer' scores a point for his/her team. If the 'Guards' catch the 'Deer', they must move to the sideline until the other 'Deer' are caught. To make play continuous, you can wait until five 'Deer' are caught and then allow them to go back into play. Parent/coach keeps score. After a stipulated interval, some of the 'Deer' can change places with the 'Guards'. Add more or less hula-hoops to make it easier or harder.

DESERT SURVIVAL (Run) ★★

Equipment:

- Paper or plastic cups (enough for 1 per participant)
- 4 x 2 litre buckets

How to Play:

Participants are divided into two groups. The groups could be distinguished in some way - by different bands on wrists or bibs etc. From each group a leader is chosen and given an empty bucket. The leader is then situated approximately 150m - 200m from the water sources (other two buckets both filled with water). All other participants are given a paper cup. The object of the game is for each group to fill its leaders empty bucket while attempting to delay the opposition filling theirs by spilling as much of their water as possible. The only major rule is that no combat can take place within a one metre radius of both the leaders buckets and the water source (two full buckets).

DISCUS CRICKET (Throw) ★★★★★

Equipment:

- At least one discus per team
- Markers
- Cricket stumps (or similar)

How to Play:

Divide the group into an even number of teams. Select one team in each game to begin as the 'batting' team and one as the 'bowling' team. The batting team goes to their designated area, as does the bowling team. The two teams compete against each other. The 'batting' team scores 'runs' by taking turns throwing a discus to land in a designated area of the discus sector (eg. space between 5m and 10m is one run, 10m and 15m is two runs etc. - adjust size and distances for age groups - if there is a foul then it is no run). Meanwhile, the 'bowling' team takes turns to roll a discus at a wicket to dismiss batters (vary distance from bowler to wickets to make it easier or harder for different age groups). Play until a predetermined number of wickets has been taken, then swap roles. No 'batter' or 'bowler' may have two consecutive throws or rolls. Even when wickets are taken by the bowling teams, batters are not out of the game. They continue taking turns as normal. Ensure that each of the groups is well spread apart and all players are aware of the safety issues.

DISCUS GOLF (Throw) ★★★★★

Equipment:

- Flags
- Hula-hoops

How to Play:

Nine flags are placed approximately 50m apart. A full circuit is created but the first flag should NOT be used as the end of the nine-hole circuit. A circle of white chalk, two metres in radius, will be laid down around each flag or a flag placed in a hoop is sufficient. This circle indicates the size of the hole into which a discus may fall or roll into. The location of the flags is not important. Fences, rough grass and other obstacles can be included to make the game more interesting. Ideally, the grass around the flag should be cut to give a clear indication on the location of each hole. Each team should consist of a maximum of four people. Each team member will be presented with the appropriately weighted discus. This will be the only implement used during the game. Teams will start according to the draw made. No member of a team will commence throwing until the team in front has completed that particular hole. At all times great care must be taken to ensure that no one is in the flight of a discus about to be thrown. Participants and spectators should be warned that the discus could slip and fly off at a tangent. They should watch the thrower carefully and at no time turn their back during a throw. At the end of the nine hole the person with the lowest score wins.

DISCUS QUOITS (Throw) ★★★

Equipment:

- Markers
- Hula-hoops

How to Play:

Place markers about three to five metres away from players and give them several hula-hoops to throw. If the hoop goes around the witches' hat they receive a point or some type of small reward. The only catch is they must hold the hoop with an over hand grip and throw the hoop in a round arm action like they would a discus.

DODGE BALL (Multi) ★★★

Equipment:

- Markers
- Soft ball (eg. foam ball)

How to Play:

Mark off an area, or use an existing one: like a four square court. Use a soft ball or balls since players are going to get hit. Put all the players in the centre of the area and pick one or more to play outside the area. The object for the ones inside the area is to dodge the balls thrown at them by the players outside the area. Depending on how you want to play, when a player inside the area gets hit, they either join the players outside the area or try to hit the remaining players or they sit out until the next round. The first method keeps everyone playing and interested, but you do need more balls as the round goes on. When there is only one player left in the middle then they are the initial thrower for the next round.

Variation: Have all the players around the area and one person in the middle. Using two balls, the players around the circle throw the balls at the one in the middle. Whoever hits the player in the middle switches places with them and play continues.

Cautions: Whenever balls are being thrown at players, caution with throwing at the head area is needed. A common rule is that head shots do not count, in order to discourage throws at the head.

DOG AND THE BONE (Run) ★★

Equipment:

- Relay baton or bean bag

How to Play:

Pair the players up so that they are as close as possible in physical maturity size and speed. Then simply line the players up on opposite sides of a rectangle. They should be aligned so that they are equal distance to the middle of the rectangle. This is done most easily by putting the players at opposite ends, diagonally across the rectangle from each other. The players are numbered so that the partners have the same number. A small 'bone' such as a baton is placed in the middle of the rectangle. A number is called and the players race to the middle of the area, snatch the 'bone' and run back to their place. The players may enjoy the game more if the bone is worth getting first, such as a small lolly.

Variation: If small goals are set up at the short ends of the rectangle, the game can take on a soccer format. When the number is called the players run in and using their feet, try to kick the ball through the designated goal at one end. Another version of this is to keep the soccer concept but only allow the players to use their hands. They are not allowed to pick the ball up; rather they have to hit the ball with their hands toward and through the goals. If you get really tricky you can use a large, soft, ball and get the players to use their noses and head to bump the ball through the goals.

DOWN DOWN (Throw) ★★

Equipment:

- Small ball (eg. tennis ball)

How to Play:

You start off with a tennis ball and throw the ball continuously back and forth until somebody drops the ball. When someone drops the ball you say "DOWN ON ONE KNEE." If the same person drops it a second time then you say "DOWN ON TWO KNEES." If the same person drops the ball again you say "DOWN ON ONE ELBOW" and again you say "DOWN ON TWO ELBOWS" and then chin and then you're out but remember you have to stay in the position you're in to catch the ball and throw the ball.

DRAGONS (Misc) ★

Equipment:

- Nil

How to Play:

Split the group into smaller even teams. Participants form single file groups by holding onto each other's waists. The two hands of the front participant of each group is the mouth of the dragon. When the group roars "GRRR" the front participant spreads their outstretched arms in a dragon's mouth. The group roars and the big mouth of the front of the group tries to catch the participant at the end of another dragon to join on. When the game has one long dragon then the head of the dragon tries to catch its own tail. The dragons have to go slowly or they will break and if this happens they must stop until they re-join.

DUCK, DUCK GOOSE (Run) ★

Equipment:

- Nil

How to Play:

Players sit in a circle. One player becomes 'it' and walks around the circle touching the others on the head calling "DUCK" each time they touch the head of another player. The player who is the 'it' must call "GOOSE" to someone around the circle. The 'goose' has to chase 'it' back to the spot. If the 'goose' catches 'it' then 'it' sits in the middle as plum pudding.

DUCK, DUCK, SQUIRT! (Run) ★★

Equipment

- Water piston
- Clean bucket of water

How to Play:

All players sit or stand in a circle. Choose a person to be 'it'. They move around the circle and tap each participant on the head and each time they do so say "DUCK". For example "DUCK, DUCK, DUCK....". When 'it' chooses another, they are to squirt them with the water ("SQUIRT"). "DUCK, DUCK, DUCK, SQUIRT!" The chase then begins. The player who is 'it' has to race around the circle (in a predetermined direction) to attempt to get back to the place in the circle where the player they squirted was sitting/standing. The person who was squirted has to give chase and attempt to catch 'it' before they get back to the only available position left in the circle.

ESCAPE FROM THE SPACE MONSTERS (Jump) ★★★★★

Equipment:

- High jump landing mats
- Uprights
- Flexi bar
- Markers

How to Play:

Set up all high jump equipment as for a competition. Divide the group into two teams. Denote each team by a colour. Behind the mats, place two rows of ground markers - one colour for each team - so that there are enough markers for each player in both teams. Explain to the group that they have all been captured by space monsters and are being held in the space monster prison. The only way of escape is to high jump an electrified fence (high jump flex bar). If a player clears the bar, they have escaped and must stand next to the first of their teams' row of markers behind the mat. Should another person from the same team escape, the first player must move along one marker to allow the escapee to stand next to the first marker. This continues until all players from a team have escaped. If a player touches the bar while jumping, they have set off an alarm and alerted the space monsters, and have therefore not escaped. This person must return to the end of the line and attempt to clear the bar again when it is again their turn. In addition, the person standing next to the first marker behind the mat has not yet got far enough away, and has also been recaptured, and must jump again. All remaining escapees must then move back one marker. The aim of the game is to be the first team to have all players safely out of prison.

FINNISH SOCCER (Misc) ★★★

Equipment:

- Markers
- Soccer ball

How to Play:

Divide the group into two, three or four teams and give each team member a number between 1 and 3. If there are nine players in a team, you will have three players with each number. Set up small goals, but without goalkeepers. The parent/coach calls out a number and all those with that number run out and try to pat, kick or dribble the ball through the goal. When the parent/coach calls a new number, those in the middle must immediately retire and the new set come into play. A new number can be called at any time and it is not necessary to call the numbers in any order.

FISH AND NET (Run) ★

Equipment:

- Nil

How to Play:

Select at least four players to form two pairs of nets by holding hands and standing side by side. State the boundary clearly (eg. between the 50m mark and the finish line). Both must hold hands all the time. At the command "GO", nets will try to catch the fishes by tagging them. Once caught the fish then joins the net in between the two original players. Once there are four players forming a net, the net will split up into two pairs again and continue to catch fish. The game stops when most or all of the fish are caught.

FITNESS MANIA (Misc) ★★★★★

Equipment:

- Playing cards (preferably larger size)
- Activity cards (activities for the activity cards could include push ups, sit ups, burpees, tuck jumps, star jumps etc.).

How to Play:

For this activity the players will perform a variety of fitness activities in 'Fitness Mania' in order to improve their own levels of physical fitness (muscular strength, muscular endurance, body composition, flexibility and cardio respiratory endurance). Divide the group into two teams. Each team will line up single file on the opposite side of the card piles. The first person on each team will run towards the middle and pick up a card and an activity slip. Each card represents a number. Jack = 11, Ace = 14 etc.

Note: If a player picks up an activity that their team has already done, then they must pick another activity card. Players will run back towards their group then read and perform the activity as a group (eg. do seven sit ups). The next person in line then goes and the game continues until all of the cards or activity slips are gone. The team that finishes first wins.

FLY (Multi) ★★★

Equipment:

- Six skipping ropes or pieces of rope

How to Play:

Find a smooth flat, grassed area free from rocks etc. Lay the ropes down outstretched (length ways) one behind the other about 30cm apart. Choose one of the players to be the fly. This can be done by asking them a question about athletics and the first one to answer is the fly (eg. Who is the fastest women's 400m runner in Australia? What is the men's World Record for Long jump?). You can just ask the players to put their spuds in! The player chosen as 'fly' goes last and the rest of the player's line up at the start of the ropes. They step between each rope without touching the ropes - one foot only between each rope. The 'fly' would do the same except for the last step. The fly's last step would be as big or small as they like. Once they have landed, they keep their foot on the spot where they landed and pick a rope that they would like to move to that new spot.

Note: you cannot move the first or last rope. The players go through again. If anyone touches the rope they are automatically out, or if they miss a gap in between two ropes. Gradually the distance between the ropes becomes larger and larger. If the 'fly' hits the rope a new fly will have to be chosen.

THIS SHOULD NOT BE DONE AS A WARM-UP ACTIVITY AS 'FLY' REQUIRES EXPLOSIVE POWER AND A GOOD WARM-UP WITH STRETCHES BEFORE THIS GAME IS ESSENTIAL.

FOLLOW THE LEADER (Run) ★

Equipment:

- Nil

How to Play:

Pair up and number the athletes one and two. One will follow two wherever two goes. Tell the athletes to stay away from hard objects to prevent accidents. Blow whistle to start and stop activity. Change the athletes' roles. Two will follow one wherever one goes.

Variations: For different levels, say "WALK" for younger athletes and "JOG SLOWLY" for older athletes. Younger athletes may run or jog even if you tell them to "WALK" so avoid telling younger athletes to "RUN AS FAST AS YOU CAN".

FOLLOW THE LEADER 2 (Run) ★

Equipment:

- Nil

How to Play:

First person in every group will be the leader. The rest will follow the leader wherever the leader goes. At the command “change”, the leader will move to the back of the row. The next person in line will now become the leader. This activity can go on for as long as the parent/coach desires (can be used as a main activity by prolonging the duration). The area, which the players run about, will depend on the size of available facilities. Remind all to stay away from hard objects. Eg. trees, walls, fences.

FOLLOW THE LEADER TAG (Misc) ★

Equipment:

- Markers (optional)

How to Play:

One player is designated the ‘chaser’, arm raised for identification. The mode of movement is initially chosen by the parent/coach. The chaser then attempts to catch a free player within the designated area of play. When a free player is tagged, a new method of travelling is introduced. The chaser chooses a method of moving - running, hopping, skipping, crawling etc.

FORM A GROUP (Misc) ★

Equipment:

- Nil

How to Play:

The players run randomly about a marked area. On a cue (eg. on command, music stops, etc.), a number and a body part is called. For example:

“Six Hands”

“Four Knees”

“Three Shoulders”

“Three Cheeks”

“Five Backs” etc.

Players have to quickly form a group of the designated size with the designated body part touching another player.

FOUR CORNERS (Run) ★★★

Equipment:

- 1 Tape/CD player
- 4 markers
- 1 bucket with tags numbered 1 - 4

How to Play:

Mark each corner of the playing square (approximately 20m square) with markers, corner #1, corner #2, corner #3 and corner #4. Designate one person to hold the bucket with the four numbers in it (can be parent/coach). Start the music and the group walks (or jogs or skips etc.) around within the square. When the music stops, everyone runs to a marker. Then the person with the bucket of numbers pulls a number out. Everyone in the corner whose number is called is now out of the game. This continues until it gets down to the last person who is then the winner.

FOX AND GEESE (Run) ★

Equipment:

- Nil

How to Play:

Four or five players stand in a file, holding on to the waist of the person in front of them. Another player is chosen as 'fox'. The fox tries to take the end player of the file while the mother goose (at the head of the file) tries to prevent this by warding it off with her arms extended. The tail meanwhile, dodges from side to side always trying to keep behind the goose. When the fox succeeds (or time is up) a new fox and mother goose are chosen.

FRENCH TOUCH (Run) ★

Equipment:

- Markers (optional)

How to Play:

One player is designated the 'chaser'. The other players disperse throughout the playing area. Once tagged the new attacker attempts to tag someone else, but in doing so places a hand over the spot where they were tagged.

FROG (Multi) ★★

Equipment:

- Markers

How to Play:

Have the players jog around inside a large grid. The parent/coach calls out one of the corners and all players must run to that corner and line up. The last three to arrive are given a letter and the object is not to be the first to spell 'Frog'.

FROG IN THE POND (Jump) ★★

Equipment:

- 2 skipping ropes or long ropes

How to Play:

All players place their toes behind a rope laid across the ground. The other rope is laid about ½ m away from the first. The area between the two ropes is the water. The leader calls out "FROGS IN THE POND" or "FROGS ON THE BANK" and players respond by hopping into the correct position. ("FROGS IN THE POND" means between the two ropes and "FROGS ON THE BANK" the players try to reach the other side of the rope). The distance between the ropes can be increased after each turn.

FROST AND THAW (Run) ★

Equipment:

- Nil

How to Play:

In a large group, one group member is 'frost' and another is 'thaw'. 'Frost' tries to tag players, who become frozen and stand still. 'Thaw' tries to 'melt' them as fast as possible. To 'melt' a frozen person a 'thaw' person must crawl through a 'frozen' person's legs. If the group is large, have several 'Frosts' and 'Thaws'.

FRUIT SALAD (Run) ★

Equipment:

- Nil

How to Play:

To start, players pair off. Players then sit on the ground (legs outstretched) with toes touching. Each side becomes a team. Each pair is given a name of a fruit (eg. apples, bananas, mangoes, strawberries etc.). The parent/coach then calls out a fruit (eg. mangoes) that pair must then run over the other player's legs, (being careful not to stand on them) run to the marker, down their teams side, round the other marker, over the players and back to their original position. As the players get used to the game you can add a scoring system for each team that gets back to the start the quickest. The parent/coach can also at anytime call 'FRUIT SALAD', where all players must run.

GET AWAY DRILL (Run)★★

Equipment:

- Markers
- Whistle

How to Play:

Line two teams up opposite each other, 30m - 40m apart. Have players from one team move slowly toward their opposite counterparts until you blow a whistle. Players must then turn around and sprint back to home base. At the same time, the opposing players must sprint forward and attempt to touch the other before they make it safely home. If a player is touched, they must stop at that point. Each touched player counts as a point for the other team. Then the other team takes its turn. This game can be repeated several times. The team making the most touches wins.

GIANTS AND DWARFS (Run) ★★

Equipment:

- Markers
- Large hula-hoop

How to Play:

One player is the 'giant' and the rest are the 'dwarfs'. The giant stands in a large circle facing away from a line drawn about 15m from the circle. The dwarfs start from this line and advance slowly towards the giant. On the call of "GO", the dwarfs turn and run back to the line, the giant chases them and tries to tag as many as possible. The dwarfs tagged become giants and help chase the next time.

HERE, THERE, ON THE SPOT (Run) ★

Equipment:

- Nil

How to Play:

The players begin with random movement. The parent/coach intermittently calls:

"HERE": everyone runs towards the coach

"THERE": meaning towards a specific location (decided on before the beginning)

"ON THE SPOT": meaning players hop on the spot

HIGH JUMP TIME TRIAL (Jump) ★★★

Equipment:

- High jump mats
- Uprights
- Flexi bar
- Markers

How to Play:

Set up high jump mats and uprights on a flat ground with no rocks, clumps of grass or holes. The bar is set at a height everyone can clear with a degree of effort above the minimum. A scratch line is set out approximately 10m (at an angle of about 20 to 30 degrees) away from the side of each upright. Split the group into two even groups. Each team lines up behind their scratch lines. On the command “GO” a stopwatch is started and the first player runs in to clear the bar.

The second player moves when the first jumper has stepped clear of the mats. This continues until every player has completed a jump. When the full team has returned to the original starting place and is standing up in order, the stopwatch is stopped. This is the time recorded for the team. The next team lines up and repeats the performance and the times are compared to find the winning team. After both teams have been through once, swap positions so that the players then run in from the other side.

HIT AND MISS (Multi) ★★

Equipment:

- Two or three basketballs or netballs

How to Play:

Everyone forms a large circle. Have about three to six players in the circle. Give the balls to some of the players on the outside of the circle (make sure the people with the balls are not standing next to each other). On command “GO” the players in the middle try to dodge the balls that are ‘rolled’ towards them. Once a player in the middle is HIT with a ball they then form part of the outside circle. The game continues until there is one player left. The players especially like this game if a few parents and coaches dare to brave the middle of the circle.

HIT THE FEET (Multi) ★★

Equipment:

- Markers
- Light, soft balls

How to Play:

Players are confined to a well defined area with each player two to three metres from the next player. Two other players, the ‘throwers’, stand with a light ball on opposite sides of the ‘target’ players. The ‘throwers’ may throw the ball at the ‘target’ player’s lower legs or over the ‘targets’ from one ‘thrower’ to another. If the ‘throwers’ score a hit, that person goes out of the playing area, performs a set number of repetitions of an activity (eg. ten star jumps) and then joins the ‘throwers’. This goes on until the last player is left or until sufficient time has been spent on the activity.

HOOP ON IN (Run) ★★★

Equipment:

- Hula-hoops - 1 per team
- Markers

How to Play:

For this activity, athletes should work in groups of four. They should then split into pairs, and each pair of players should stand about 15m apart. Each group of four players should have one large hoop (big enough for two players to fit inside). One pair stands in a hoop, and without using their hands, lift up the hoop. Then, staying inside the hoop, they should run to the other pair. When they reach the second pair, the first pair should drop the hoop. The second pair should then pick it up (again no hands), and run to the original marker and back again (with both athletes in the hoop). The first pair then stands in the hoop and picks it up without using their hands and, with both athletes in the hoop, run back to the starting point.

HOOP RELAY (Run) ★★

Equipment:

- Hula-hoops

How to Play:

A hoop relay starts when the first player uses the hoop to skip to the next member of the team, who then bowls the hoop along to the next player who skips and so on. This can be set up so each group is spaced evenly around a running track. A larger space in between makes it harder for the players.

HOP SCOTCH (Jump) ★★

Equipment:

- Hula-hoops or carpet squares

How to Play:

Hoops are scattered around playing area into positions where players can hop and jump with two feet from hoop to hoop. Players try jumping or hopping into the hoops that are laid on the ground. Vary the patterns or give players extra challenges to add variety to the game. For example, jumping into hoops set up in the sand or up a slight hill.

HOPPING TOUCH TAG (Jump) ★★☆☆

Equipment:

- Markers
- Flags

How to Play:

The playing area for ideal team sizes comprises of a rectangle 60m by 30m. A centre line 60m long and 15m in from each of the long sides is needed. The four corners of the rectangle should be marked with four flags. Players can then see that they are likely to go over the line while running at top speed. Ideally the rectangle should be marked out in white. In situations where this is not possible the four flags can serve as a suitable method of marking the area. One team of eight (if less, it makes it too easy for the opposing team) is located inside the rectangle. The other team (or rest of the players) are placed on one of the 60 metres sides. The eight team members in the centre must be located behind the 15m line. This means that when one of the opposition begins to run there is a clear 15m area to run into.

A selected member of the centre team chooses a member of the opposition who must jump (feet together) immediately on being named or pointed at. The player jumps across the rectangle trying to avoid the players in the centre by jumping very fast or dodging to keep away from opponents. On being touched with an open hand on the back, by even the slightest tap, a player is out and moves to the sidelines. As soon as a player is tagged the remaining members of the jumping team must cross and can do so the instant the tagging occurs. When all team members are trying to jump across, the centre team sets out to tag as many as possible.

On being caught, members of the 'running' team drop out and move to the side. The remaining runners will now be on the opposite side of the area. Another player will be named or pointed at and must jump immediately across the 30m area. Should the first player reach the other side quickly then a further person will be nominated to run. This process continues until all the jumping team has been tagged at which point the game is concluded and teams change positions.

HULA HOOP TOSS (Throw) ★★★

Equipment:

- Hula Hoops
- Rope
- High jump uprights
- Balls or Vortex

How to Play:

Suspend hula-hoops in between two uprights or from a tree branch by ropes and have players throw small balls or vortex's through the hula-hoops. You can mark off throwing levels for different ages. For the older participants you can even have the hula-hoop swing back and forth as a moving target.

HUMAN KNOT (Misc) ★

Equipment:

- Nil

How to Play:

Stand in a circle facing each other. Participants are then to grab one hand from one person on the other side of the circle (not beside them) and then the other hand to yet another person (not the same person). Without breaking the joins the group then attempts to untangle themselves.

Variation: You could use small pieces of rope to grab onto if the players do not want to hold hands.

- 1) Standing in a straight line the whole group links hands to form a human chain. The first person leads the chain through itself, over and under arms and legs etc. They must attempt not to break the chain and the tangle ends when the group is too tightly packed to move.
- 2) You could attempt to untangle the group without talking - the reverse of what they have just done however with no noise.

IN THE RIVER, ON THE BANK (Jump) ★

Equipment:

- Markers (optional)

How to Play:

Players stand behind a straight line. The area in front of the line is in the river; the area where they stand to begin with is the bank. The parent/coach calls intermittently “IN THE RIVER”, “ON THE BANK” etc. The players must jump with two feet together forwards and backwards over the line. The idea is to try and trick them by mixing the calls up. Eventually if you catch them out (doing the wrong one) they can stand alongside you and help you to keep a watchful eye on the others.

JELLY BEEN RELAY (Run) ★★★

Equipment:

- 1 spoon per player
- 2 dishes for each team
- Jellybeans

How to Play:

Each team has equal amount of jellybeans in one dish and one empty dish. The object is for each team to have one person at a time, move jellybeans from one bowl to the other. This is done with hands behind their back, spoon in their mouth and one jellybean at a time. The first team to have all members complete this task is the winner. You can use other lollies, and make the spoons as large or as small as you want.

JUMP FOR POINTS (Jump) ★★

Equipment:

- Long jump pit
- Rake
- Pop up board (optional)

How to Play:

Set up lines across the pit (use rake handle to draw lines) and allocate a certain amount of points for each section. Place the pop up board at the front (make sure it is stable and secure). Players run up and jump for points. Each person has two or three turns and the person with the most points at the end wins.

Variation: Add a high jump flexi bar or rope near the edge of the pit to jump for height and distance.

JUMP ROPE RELAY (Multi) ★★

Equipment:

- 1 skipping rope per team
- Markers

How to Play:

Form even teams. On “GO”, players jump rope while running to the end of the designated playing area and back. When a team mate returns to the starting line, pass the skipping rope to the next player in line. The next player continues as per a normal relay. First team to finish wins.

JUMP THE RIVER (Jump) ★★

Equipment:

- Long jump pit
- Skipping ropes (optional)

How to Play:

Two lines are drawn across the long jump pit approximately 1m apart. This simulates a river full of crocodiles. All of the athletes must ‘jump the river’ or they will be gobbled up. For older athletes, widen the distance between the lines between each round. A point is given for each successful jump for team or individuals.

JUMPING LINES (Jump) ★

Equipment:

- Nil

How to Play:

Find a line and jump to and fro (over the line) sideways. Feet must be together and cannot touch the lines. A great warm up and can be done with music.

JUMPING TAG (Jump) ★★

Equipment:

- Broomstick or rake
- Balloon, hat or piece of cloth

How to Play:

The coach stands at the side of the pit holding a broom handle with a piece of cloth or balloon tied to it. Players are divided into two teams. With limited time for each team, the aim is to have as many team members as possible run, jump and touch the target and land in the pit in the time available. After each attempt, whether successful or not, the player runs back, tags the next team member and proceeds to the end of the line. A point is given for each touch scored.

KNEE BOXING (Misc) ★

Equipment:

- Nil

How to Play:

Players find a partner and attempt to tap their partner on the knee with an open hand.

LAST MAN OUT (Run) ★★

Equipment:

- Markers

How to Play:

Set up teams of four or five at a starting line and then give the signal for the first player in each line to sprint to and around a cone and return to the start. The runner finishing last in each race must drop out, while the others go to the end of their team line. The process is repeated until only one player remains.

LEAP FROG (Jump) ★

Equipment:

- Nil

How to Play:

This game is for six or more players and should be played in an open area. Players form two teams of three and line up. The first player in each line gets down on their hands and knees and puts their head down. Then, the second player in line jumps over them by lightly placing their hands on his back and jumping with their legs out to the sides. Then the second player gets down on their hands and knees in front of the first. The third player now leaps over both players on the ground, one at a time. Players keep going like this. The first team to reach the finish line wins!

LETTERS (Misc) ★

Equipment:

- Nil

How to Play:

Players form teams of four or five (two different teams). The coach calls out a letter, eg. “S” and players respond by trying to form an “S” with their bodies using the entire group on the ground.

LIFESAVING RELAY (Run) ★★

Equipment:

- Markers

How to Play:

Players are divided into two teams. The first player sprints to a dome and back to their team. They collect player number two and holding one hand, they sprint to and fro, collect number three and holding hands, they sprint to and fro, collect number four, again all holding hands. First team is finished when the runs are executed correctly and all members are laid side by side with feet on the finish line. Team members should be encouraged not to break their grip.

LILLY PAD RACE (Misc) ★★

Equipment:

- Paper plates

How to Play:

Divide the group into teams of four or more. Each team will have two fewer plates than the number of team mates. The object of this game is to get all team members across a space (pond) by stepping on the plates (lily pads) only. The number of people on the team will determine length of space. If they are using small plates, a bit of leniency should be practiced as far as stepping only on the plates. At least half of the players’ foot must be on the plate. Each team must come up with a strategy for passing the plates back and forth in order to get all team mates across the space (pond). The first team to get all members across wins.

Variations:

- 1) No shouting out instructions; in fact, NO words at all. They can use stomps, grunts, snaps or whatever else they can come up with, but no talking.
- 2) Every 30-45 seconds, (coach/parent controlled), one plate is taken from the team (coach/parents choice). Whoever is on that plate must go back to the beginning, and the team has to come up with a strategy to get that person back with the team.

LINE CHASING (Run) ★

Equipment:

- Nil

How to Play:

One or two chasers are assigned. The free players are restricted to running on the marked lines without cutting corners or jumping across to other lines. The game continues until the last person is tagged.

LION'S CUB (Run) ★★

Equipment:

- One stuffed animal (eg. Teddy Bear)

How to Play:

Select a person to be the 'lion'. Have the lion sit with their back to the other players at least five metres away. Put the stuffed animal behind the lion and have the lion pretend it is its' cub. Have the other players take turns sneaking up behind the lion and trying to steal the cub. If the lion hears the person sneaking up it can roar and then turn around. If the lion has caught a player, that player takes the lions place and the lion goes back to the other players. If there is no player when the lion roars the player lion remains the lion and the game starts again.

LONG JUMP GAMES (Jump) ★★★

Equipment:

- Long jump pit
- High jump flexi bar or skipping rope
- Pop up board (Optional)

How to Play:

Have two people hold the flexi bar or skipping rope near the edge of the pit (preferably parent/coach and assistant). Hold the bar/rope at an even height. If using the pop up board ensure that it is secure and straight in front of the pit. Players are to run and jump over the bar/rope and land on two feet. Make sure that they don't twist sideways as they attempt to jump over the bar/rope.

Variations: Instead of holding the bar/rope high, lower it so that it is touching the sand and take it out about 50cm past the normal landing mark for the majority of the players. The players are now jumping for distance rather than height. They are also trying to extend their legs when landing. If the players are making the bar/rope easily, move it out a bit so they really have to reach with their legs to touch it.

LOOSE CABOOSE (Run) ★

Equipment:

- Nil

How to Play:

A team of five players line up in a straight line with each player hanging on to the person in front of them by the waist (excluding one player - the caboose). One player is the loose caboose and has to try and hook on to the train. The players who form the train attempt to twist and turn so that the caboose cannot join on. The train must not be broken by the players letting go of the person in front of them! Change chasers (caboose) regularly!!

MAKE A GROUP (Run) ★

Equipment:

- Nil

How to Play:

Players jog around inside a defined area and the leader calls out a number. Players must quickly form small groups of exactly the number called. Repeat several times but don't eliminate those left over.

MAN IN MIDDLE, BALL PASS (Throw) ★★

Equipment:

- Markers
- Medicine ball

How to Play:

Set up three or four teams of several players around drawn circles, with one player in the middle and the others about one metre apart on the perimeter. The middleman carries a medicine ball in their hands. At your signal, have the middleman pass the ball to a team mate on the circle, who must then pass it back. Repeat the drill clockwise until everyone has caught a pass and returned it. Soon as the middleman receives the last pass, they hold the ball aloft. The first middleman to raise the ball has their team declared the winner.

MARCO POLO (Run) ★★★

Equipment:

- Blind fold
- Markers

How to Play:

Set-up a square area to play in, placing a cone at each corner. Make sure there are no dangerous obstacles within the playing area as these may cause unnecessary injuries. Select a leader to wear the blindfold. The leaders' duty is to tag another player who then becomes the leader. To help the leader catch other players he or she calls out the word "MARCO". The other players respond with the word "POLO". This helps to point the leader in the right direction. Marco Polo relies heavily on the athletes hearing skills.

Variation:

- 1) When a player is caught he or she is out. As the number of players decreases make the playing area smaller. The last player remaining becomes the leader for the new game.
- 2) Instead of having one player wearing a blindfold have a number of players wearing them. The same rules apply except that the players wearing blindfolds must be linked at all times.

MEDICINE BALL RELAY (Run) ★★★

Equipment:

- Markers
- Medicine balls

How to Play:

Line up players, one behind the other, in parallel groups. You will need two medicine balls of similar weight for each team. Give one ball to each team and have the other ball situated on the ground 30m away. Each player runs 30m with a medicine ball in hand. At the 30m mark, they put the ball down, pick up another ball and then sprint back to the start, where the ball is handed to the next runner, who then repeats the exercise. Play ends after everyone has had a turn.

MINEFIELD (Throw) ★★★

Equipment:

- Markers
- Shots
- Hoops

How to Play:

Players line up in pairs or groups of no more than four behind ground markers. Scatter numerous hoops (mines) in front of the players. Place special targets just beyond the 'minefield'. Players attempt to put the shots for maximum distance and accuracy to score points. Scores are as follows:

Hit mine = no point

Land in minefield = 1 point

Over minefield = 2 points

Hit Target = 3 points

MINI CIRCUIT (Misc) ★★★

Equipment:

- Markers

How to Play:

Find a place to conduct activities in 'stations'. These could be close together or spread over an entire oval. Designate each 'station' with a particular activity. Examples could include but are not limited to - star jumps, jog on the spot, tuck jumps, modified push ups, sit ups, burpees, lunges, squats, shuttle runs etc. Allocate a specific amount of time for each 'station' and a similar amount to move to the next 'station'. For example 30 seconds at each 'station' and 30 seconds to move to the next. Have athletes rotate through each 'station' allowing enough time for all to do each activity at least once.

Variation: Set an amount of repetitions at each activity (eg. 10 star jumps, 10 push ups, 10 squats etc.) then set a time limit on competing the circuit and have the athletes attempt to 'beat the clock'. Make sure that the activities and amount of repetitions at each activity is appropriate for the age of the athletes attempting the circuit.

NOODLE-KNEE-RELAY (Multi) ★★

Equipment:

- Two noodle floats (the long floatation devices or pool noodles)

How to Play:

The first player places the noodle between their knees and navigates an obstacle course as they hop. After they get back to the starting line they pick up another team member. They will both now hold the noodle between their knees while the first continues to hop and the second runs. They go back to the starting line and pick up the 3rd team member who must skip while the others continue to do their actions, all while the noodle remains between the knees. Finally pick up the last team member who grabs the noodle with their hands (while facing the opposite way as the rest of the team) and they do one of the three prior actions (leader to choose).

NOSE AND TOES TAG (Run) ★★

Equipment:

- Markers (optional)

How to Play:

The players are randomly distributed in an area. Three (number depends on group size) chasers hold up one arm for identification. The chasers attempt to tag other players. Other players are immune from being tagged if they are holding the toes of their left foot with their right hand. They are alternatively immune if the left hand holds the nose, which must first pass under the left knee or vice versa.

NUMBER CALL (Run) ★★

Equipment:

- Markers or flags

How to Play:

Players line up so that they are in even teams. Stand them back to back at a starting line. Number each team one to eight (or nine or ten, whatever the case may be) and then give each team captain time to match their players with those of comparable ability on the other side. Now, call a number signalling the two players with that number to sprint to a cone or flag 20 - 30 metres away and then return to their place. The winner with the most match up points at the end wins.

NUMBER CHANGE (Run) ★

Equipment:

- Nil

How to Play:

Each player is given a number and then stands in a random order in a circle with two or three metres between players. One of the players, 'it', stands in the centre of the circle and calls any two numbers, and these players move (run, hop or skip) attempting to change places. 'It' also attempts to gain one of these vacant places. The player failing to find a vacant position on the circle becomes 'it'.

OCTOPUS (Run) ★★

Equipment:

- Markers (optional)

How to Play:

Set up an area in between lines (boundary lines) 20m or 30m apart. Have the group spread out in a straight line along one line and nominate one person to be 'it'. The person who is 'it' stands in the middle of the two boundary lines and calls out another person's name. The person who has been chosen has to attempt to run past 'it' to the other line. If the person is tagged they must stand where they were tagged and not move. 'It' then calls the next person over and attempts to tag them. The people who have been tagged and are standing still in the middle are now allowed to tag (without moving their feet) the people attempting to make it to the other side. If a person does make it to the other side then everybody who is left will attempt to run to the other line and 'it' must attempt to tag as many people as possible. The game ends when 'it' has tagged everybody and there is no one left.

ONE-LEGGED TAG (Multi) ★★

Equipment:

- Markers

How to Play:

Select two or more players, depending on the size of the boundary. The selected athletes will be the catchers, who try to tag the rest of the group while hopping on one leg (the catcher may change leg if they feel tired).

OVER THE BROOK (Jump) ★★

Equipment:

- Two skipping ropes

How to Play:

Lay the skipping ropes parallel and close to one another. The kids stand in line and take turns jumping over the space between the ropes. If they place any part of their body on or between the ropes they are out. Once each player has had a chance to jump the ropes at that distance move them a little further apart. Do this again once each player has either done this distance or are out. Continue like this until there is only one person left in. The last player in is the winner and they get to be first in line for the next game.

PAARLOUF RELAY (Run) ★★☆☆

Equipment:

- Markers or flags
- Relay baton (one per team)

How to Play:

The paarlounf relay is an interesting and exciting event. The event requires no specified changeover areas and no set distances. Although it is usually staged on a track it could also be staged as a cross country event or around flags on an oval. Between 8 and 10 members is an ideal number but this can be altered to suit the situation. The relay enables players to run sprints on longer sections. A course, that the teams have to cover, must be marked. This can be a track, a football boundary line, and four flags to make a square or a cross country course. The players from each team are spread around the course at varying intervals. The intervals may be kept short to give each player as many runs as possible. A runner completes their leg, hands over the baton and waits on that mark for the second opportunity to run. Teams are advised that they are running for a set time, perhaps 10 minutes. The relay starts when the first runner for each team lines up with their baton. On the command or on the firing of a starting pistol they sprint to the first changeover area that has been set. The relay is completed when the starting pistol or pre-arranged signal indicates that the allotted time has expired. The team that has covered the greatest distance is the winner. The baton must be changed from hand to hand and each runner must remain on course.

PARTNER LIFT (Misc) ★

Equipment:

- Nil

How to Play:

Pair off all players. Each pair sits on the ground with their legs straight and the soles of their shoes (preferably with bare feet or just socks on) touching. They lean forward and grasp hands, keeping their legs as straight as possible. Each player attempts to pull his or her opponent to a standing position.

Variation: Ask the players to change partners or ask the players to sit back to back with their partner and link arms. Without touching the ground with their hands the players have to push against their partner and try to stand up. The first pair to three wins.

PASS THE CHICKEN (Run) ★★

Equipment:

- Two rubber chickens

How to Play:

Pick two players to be 'it'. Whenever a player is tagged by someone who is 'it' they become frozen. A player with a chicken cannot be tagged. If a player who is frozen is passed a chicken they become unfrozen. Since it is unlikely that the taggers will freeze all the other players, you will want to rotate who is 'it' every few minutes.

PARTNER TAG (Run)★

Equipment:

- Nil

How to Play:

Divide the group into pairs. Like all tag games, the object is to make a tag, but in this game you can only tag your partner. Change roles when tagged or after a given time (eg. whistle blast). For this game you can use the entire oval. If players are miss-matched (i.e. one is faster than the other) it doesn't really matter. This is because if the faster player gets too far ahead then they will have to turn and chase from a longer distance when roles change.

PENNY RELAY (Walk) ★★★

Equipment:

- 10 cent pieces, enough for each team
- Buckets, one for each team
- Markers

How to Play:

This game is for six or more players. Form two even teams. Put the buckets at one end of the designated playing area and have the two teams stand on the other end. The object of the game is to walk to the bucket with a coin on your foot. When you get to the bucket you have to drop the coin in, without using your hands. When you get back to the starting line, the next person in line goes. The team with the most coins in their bucket after two minutes is the winner.

PIT STOP (Jump) ★★★

Equipment:

- A low bench
- Long jump pit

How to Play:

A bench is placed next to the long jump pit. Players take turns in jumping off the bench and practice landing in the sand pit. Try: landing softly in the pit, taking off with one foot, taking off with two feet, frog jumping, be a bird, jump into a hoop, jump up to reach something.

PLASTIC BUCKET RELAY (Run) ★★★

Equipment:

- 2 buckets per team
- 1 relay baton per team
- Markers

How to Play:

Two buckets are set up about 30m apart. There is a start/finish line 15m behind one bucket. The first runner in a team runs to the furthest bucket, drops the baton in the bucket and returns to the starting point. The second runner runs to the second bucket, collects the baton returns it to the first bucket. The third runner collects the baton as they run and places it in the furthest bucket. This procedure continues until the teams complete the event.

Variation: Place buckets 20m and 40m from the start/finish line. A baton is dropped in the bucket nearest to that line. The runner collects the baton, runs round the furthest bucket, returns the baton to the first bucket and returns to the team. The second runner repeats the process.

PLATE RACE (Misc) ★★

Equipment:

- Paper plate for each participant plus one extra for each team

How to Play:

Separate the participants into two equal teams and hand one paper plate to each participant. Then give each team one extra paper plate. Each participant stands on their plates while the person up front holds on to the extra one. The team moves forward by the leader throwing the extra plate onto the ground in front of the team and jumping onto it. The rest of the team follows and the last team member collects the last plate and passes it up to the front of the line. The leader then throws the plate in front of them and the cycle continues. This process continues until the last member of the team is over the finish line.

POISON BALL (Throw) ★★

Equipment:

- Markers
- Balls

How to Play:

Mark out a playing area. Depending on the size of the group choose a few players to be on the outside. The players on the outside must attempt to hit the players on the inside with the poison balls. The balls may be rolled or thrown but all tags must be below the knees. Once they are tagged they move to the outside.

POTATO RELAY RACE (Run) ★★★

Equipment:

- Approximately 8 potatoes (or beanbags) for each group
- A basket or bucket for each team
- Markers

How to Play:

Potatoes are spaced out in front of each relay team at set marked points. The first runner races forward picking up all the potatoes and placing them in a basket which he/she carries. They then run around a marker and back to their team, handing the basket to the second runner, who races forward placing the potatoes again on their marks. Number three collects, number four deposits etc. The winning group is the first to complete the course accurately. Any participants failing to replace the potatoes on the proper marks must be sent back to do so.

PROGRESSIVE RELAY (Run) ★★

Equipment:

- Markers

How to Play:

Form groups of four or five. The first member sprints to the marker and back to the team, collects the second player and linking arms, they sprint to the marker and back. This continues until the last team member is collected.

Variation: Arrange it so the first player drops off when the third player is collected meaning just two members are involved at any time.

PUSH UP POWER (Misc) ★★

Equipment:

- 1 Marker per team
- 1 basketball or netball or football or medicine ball per team

How to Play:

Set markers up about six metres apart in a straight line. Teams of an even number line up lying on their stomachs in a push-up position. Player's hands are to be in line with the domes. On the command "GO" the player closest to the dome will get up, grab the ball and will roll it down the tunnel that the other players will make by performing a push-up. The last players will pick-up the ball, run to the marker where they started from.

RABBITS AND HOUNDS (Run) ★

Equipment:

- Nil

How to Play:

Choose three or four of the faster players to start out as the 'hounds'. The rest of the players are 'rabbits'. Send the rabbits out for one lap around the field or gym. Once they get a lead, let the hounds loose by yelling, "GO GET THOSE RABBITS!" or "THE HOUNDS ARE LOOSE". The hounds try to pass as many rabbits as they can pass in one lap. Anyone who didn't get caught (passed) will become the hound.

RACE THE DYING HOOP OR BALL (Run) ★★

Equipment:

- 1 Hula-hoop or ball per team

How to Play:

Have the players split into pairs. Partner A spins a hoop or bounces a ball from shoulder height. Partner B attempts to run around the hoop or ball as many times as possible before it stops (dies).

RED ROVER (Run) ★

Equipment:

- Markers (optional)

How to Play:

Red Rover stands in the centre of an area and calls "RED ROVER, RED ROVER, JOHNNY CROSS OVER" (person in the middle, 'Red Rover', can substitute any name from the group for 'Johnny'). The player who has their name called out attempts to cross over to the other side. If they make it then all of the rest of the players attempt to make it across. If tagged (or caught), they will join Red Rover in the middle. Play continues until all are caught.

RELAYS (Run) ★★

Equipment:

- See game for details. Use as much or as little as needed.

How to Play:

There are hundreds of different ideas you can do for relays. The most common relay of course is sprinting to each other with a relay baton. Try some of these interesting and fun batons for a change:

- Balloons filled with air
- Balloons filled with water
- Dribbling a ball,
- Egg and Spoon
- Flag
- Cup of water
- Discus
- Stuffed toy
- Yo Yo
- Raw sausage - YUCK!!

Relays can also be fun if you just change the style a little bit. Here are some examples:

- Hopping instead of running
- Animal Relays eg - Scorpion, Kangaroo, Crab, Worm, Gorilla
- Grasping ankles with hands
- Gripping an object like a balloon or a relay baton between knees
- Three legged relays
- Wheelbarrow relays
- Rolling a hoop relay

REMOTE CONTROL (Run) ★

Equipment:

- Nil

How to Play:

Players respond to the following video controls (from parent/coach), using the appropriate actions:

Play - walk around

Rewind - run or walk backwards

Fast Forward - run

Pause - jump on the spot

Stop - stop

REVERSE TAG (Run) ★

Equipment:

- Nil

How to Play:

First you choose who will be 'it'. Then the people that are not 'it' count to five while the person that is 'it', runs away. Those that are not 'it' you go after 'it'. Then when you tag them the tagger becomes 'it' and must run from everyone (it is the same thing as regular tag but backwards).

ROB THE NEST (Multi) ★★☆☆

Equipment:

- Beanbags or balls
- Markers

How to Play:

Place a number of beanbags (or balls) in the centre of a defined space. Form teams of about five or six players. On “GO”, the first person from each team runs to the centre, takes a beanbag, throws it back to the next team member, and runs back to his/her team line and tags the next person. This continues until all the beanbags have gone from the centre and the team with the most is the winner.

Variation: Three or four ‘nests’ surround the central ‘nest’ and players are in-groups behind their smaller nest. Players can take beanbags (‘eggs’) in the central ‘nest’, one at a time. Once all ‘eggs’ from the middle are gone a player can ‘steal’ eggs from the nests of opposing teams. The game continues until time is up, whereupon eggs are counted and the player/team with the most win.

ROLL BALL RELAY (Multi) ★★

Equipment:

- Markers
- Balls
- Shots (optional)

How to Play:

Mark out a line about 15m wide, then approximately 15m - 20m ahead of that, mark another line. Line the players up in equal teams. The first person from each team rolls a ball from the starting line aiming for the other line. When the ball reaches the second line, the roller chases after the ball and sprints back, hands the ball over to the second runners who repeat the task. The game continues until the last player reaches their team mates.

Variation: Use shots instead of a ball and have the players use the correct shot put action to reach the lines. If using this variation make sure that there is plenty of space in between teams as some teams may be running back when others are throwing.

ROLLING TUNNEL BALL (Run) ★★

Equipment:

- One ball per team (could use a medicine ball)

How to Play:

Players are organised into lines (six - eight players in each) with legs apart, forming a tunnel. Players at the beginning of each line roll the ball under the groups’ legs. The last player in each line picks up the ball, runs to the beginning of the line and also rolls the ball under the legs of the group also. Each player has a turn of being at the front of the line.

Variations: Athlete can pass a ball or bean bag over and under their legs to the next person in the line. Try passing the ball to the left and right without moving feet.

ROOSTERS AND RABBITS (Run) ★

Equipment:

- Markers (optional)

How to Play:

Set boundaries up about 15 metres apart with parent/coach standing in the middle. Players pair off and stand next to their partner facing the coach. One line of players are called 'Roosters', the other are 'Rabbits'. Rolling your tongue call out either (Rrrrrrrrr) "ROOSTERS" or (Rrrrrrrrr) "RABBITS". If "ROOSTERS" are called the players who are 'Roosters' runs towards the boundary closest to them with the 'Rabbits' chasing. If "RABBITS" are called the players who are 'Rabbits' runs towards the boundary closest to them with the "Roosters" chasing. If tagged the tagger earns one point. Reset lines and play continues.

ROOSTER FIGHTING (Misc) ★★

Equipment:

- Markers

How to Play:

Form a circle with the markers, with a radius of five or six metres and have two teams line up on opposite sides. Appoint a captain for each team and have them choose a player to enter the circle and compete against an opponent of similar ability. Have the players stand on one leg, with the other leg bent and their arms behind their backs (alternatively both hands could be holding the other leg behind their back). The object is either to push the opponent onto both legs or outside the circle. The winner scores a point for their team and then returns to the outside until everyone has had a turn.

ROPE TAG (Jump) ★★

Equipment:

- 1½ to 2 metre long piece of rope (a long skipping rope could be used)

How to Play:

Pick one person to spin the rope. Everyone else gets in a circle around them. The player with the rope needs to spin it low to the ground. Everyone else tries to jump over the rope. The rope should spin fast enough so that it doesn't hit the ground, but slow enough so that it's not going too fast for people to jump over. If a person gets tagged by the rope, they are out. The last person not tagged by the rope is the winner.

RUN THE GAUNTLET (Multi) ★★

Equipment:

- Soft, spongy balls
- Markers

How to Play:

Choose two to four throwers to stand on the sidelines across from each other with two or three soft balls, all balls should be on one side at a time. Players will line up at one end of the play area and they are to run to the other end of the field approximately 15m to 20m away (i.e. running past the throwers or 'through the gauntlet'). If any player is hit they are out and can go to the sideline to become an additional thrower. Once all runners have come through have them go back again. Only run in one direction at a time to prevent injury. All throws should be below the waist and should be thrown underarm. The last person remaining is the winner.

RUNNING ALONG LINES (Run) ★

Equipment:

- Nil

How to Play:

It is as easy as it sounds and is preferably done in a place with lots of court markings. Say “WALK ALONG ANY LINE” or “JOG ALONG ANY LINE”.

SAUSAGE (Misc) ★

Equipment:

- Nil

How to Play:

Everyone sits in a circle. The person who is ‘it’ stands in the centre of the circle. Each person asks the person who is ‘it’ an appropriate question. The only answer to every question can be sausage. The first person to make the centre person laugh wins a try in the middle. For example ‘What colour is your hair? Sausage.’ ‘What do you brush your teeth with? Sausage’ (other words can be used for variety).

SCAVENGER HUNT (Misc) ★★★★★

Equipment:

- See game for details. Use as much or as little as needed.

How to Play:

Set up a scavenger hunt around the oval. Get into pairs (you must stay with your partner at all times) and see who can complete the scavenger hunt first. You can make the items to get fairly simple. Here are some examples:

1. Find three leaves
2. Run/walk two laps around the oval and mark your hand with a marker for each one you’ve completed
3. Get two adult’s signatures on the back side of a piece of paper. Make sure to thank them
4. Find something blue
5. Find something prickly
6. Find a person under the age of 25 and get them to record their signature and date of birth on the piece of paper
7. Find a piece of rubbish on the ground and take it to a rubbish bin
8. Find something smooth
9. Find something useless
10. Skip one lap around the oval with your partner and mark your hand with a marker when you are done
11. Do ten star jumps

When you have completed the entire scavenger hunt, return to where the group started. First group back with all items (or the most) completed wins.

SCORING RUNS (Run) ★★

Equipment:

- 2 Markers per team

How to Play:

Partner A stands on one side of a centre line and Partner B on the other. On the “GO” signal, A runs to a marker approximately 5m - 10m away and returns to touch B’s hand at the centre line. Then B runs to a marker (same distance away as the one on the other side of the line) and back to A. The runners see how many times they can touch hands in 90 seconds.

Variation: This activity can also be done jumping, hopping and skipping.

SHARKS AND ISLANDS (Run) ★★★

Equipment:

- Hula-hoops or mats
- Markers

How to Play:

Designated chasers are chosen from the group. Hoops or mats are scattered around the playing area (islands). There are fewer islands than players. Sharks inhabit the space between the hoops or mats. The sharks attempt to tag a player not on an island. Only one player per island is allowed. A player without an island may jump to an inhabited island, whereupon the occupier must run to find another island. If tagged, a free player becomes a new attacker. You can introduce time limits on islands if players are not moving off their islands, or similarly on a given command all inhabitants of islands must vacate to find another.

SHIP WRECK (Misc) ★★

Equipment:

- Markers

How to Play:

Using four markers, mark out a 20m x 20m square area. This is the ship. Then instruct the players which areas of the ship are where.

- Bow - Front of the ship
- Stern - Back of the ship
- Port - Left side of the ship
- Starboard - Right side of the ship
- Climb the Rigging - Action of climbing the rigging
- Hit the Deck - Lie face down on the deck
- Scrub the Deck - Down on knees and scrub the deck
- Captain's Coming - Stand to attention and salute
- Captain's Tray - Stand to attention and hold the captain's dinner tray

Call out one command at a time (eg. "BOW" - all the players run to the bow end of the ship. Then maybe "SCRUB THE DECK" and so on). Once the players become familiar with the instructions you can eliminate the players by the last one to perform the action.

SHIP, SHORE, DECK (Run) ★

Equipment:

- Nil

How to Play:

This game is for four or more players and should be played in an open area. One player (preferably the parent/coach) is the captain of the ship, and the rest of the players have to follow the captain's orders. The captain gives four commands. When the captain says "SHIP", players have to run to the right. When the captain says "DECK", players have to run to the middle. When the captain says "SHORE", players have to run to the left. And when the captain says "HIT THE DECK", players have to run to the middle and lie down on their stomachs. If a player makes a mistake, they're out. The last player left at the end is the winner.

SHIPS CAPTAIN (Run) ★

Equipment:

- Nil

How to Play:

One player is chosen as the captain (preferably the parent/coach). They call out orders to the rest of the players who are the crew. If a player does not follow an order correctly, they're out (this decision is made by the captain who is always right). Orders are:

- To the ship = run to the captain's right
- To the island = run to the captain's left
- Hit the deck = lay down on your stomach (or if players don't want to get dirty, they can crouch down)
- Attention on deck = salute and yell, "Aye, aye captain!" - players may not move now until the captain gives the order of, "At Ease!" (i.e. even if the captain gives a different order such as "to the ship" the crew must continue to remain at attention until told "at ease")
- Three men in a boat = the crew must form groups of three and sing "Row, row, row your boat". Anybody who is not in a group of three is out
- The love boat = crew members grab a partner and dance. Anybody without a partner is out
- Clear the deck = everyone must have their feet up off the floor
- Scrub the deck = everyone on their knees scrubbing
- Captain's Quarters = everyone ran towards the captain
- Man-over-board = Players must find a partner as quickly as possible. One partner must lie on their stomach while the other places their foot on their partner's back. Players without a partner or pairs that are too slow are eliminated
- A Periscope = Every player falls on their back and sticks one leg in the air. The last ones are eliminated
- SHARK!!!! = Everyone must run to a designated base (multiple bases can be used). The last player to the base is eliminated
- Crow's nest = All players must find a partner. The lightest player rides on their partner's back. Those without partners or who assemble the crow's nest too slowly are eliminated
- Three maids in a row = Players form groups of three and sit in a vertical row. The players who are the odd-man-out are eliminated
- Sick turtle = Everyone falls onto their backs and waves hands and feet in the air
- Bow = Run to the front of the boat
- Stern = Run to the back
- Port = Run to the left side of the boat
- Starboard = Run to the right side of the boat
- Row the Boat = Each player finds a partner, sits face to face, holds hands, and pretends to row a boat. Players who can't find partners or who are too slow are eliminated

Alternative rules: If playing in a pool, all of the orders stay the same except for "hit the deck" which becomes "walk the plank". This means that crew members must bob underwater. The game is less competitive, players do not get 'out'. Instead, if the captain notices that they do not follow an order, they must stand out for a count of 20.

SHOT PUT BOWLS (Throw) ★★★★★

Equipment:

- Markers or mat
- Shots
- Measuring tape

How to Play:

Each team will consist of four players. A grassed area is quite adequate. A mat, marker or other article is used to mark the starting off spot. A designated Shot serves as a kitty. The kitty is placed about eight metres from the starting point. At eight metres the weaker competitors have the chance to reach the kitty with their better shots. Better competitors will have to restrict their throw to avoid over shooting the kitty. In a case where the ground is soft the kitty distance should be altered to suit. Players attempt to lob or throw a Shot, suitable to their age group, as close to the kitty as possible. The Shot is allowed to roll and it is this feature which helps the player in the learning process to take an equal part and gain enjoyment. Each of the four players in the team puts their shot. They endeavour to get as near as possible to the kitty. This may mean knocking away an opponent's shot to gain a better position. When both teams have completed their shots a tape measure is used to decide the distance of each Shot from the kitty. The distances for each member of a team are totalled together. The team with the lowest score is the winner. To complete the game it is necessary to give each team the opportunity to compete three times. This gives each player three puts of the Shot and makes a worthwhile game. The winner of the three set match is the team with the lowest centimetre score. The shot put action must be insisted upon. This requires that the action be judged.

SHOT PUT TARGET (Throw) ★★★

Equipment:

- 1 Bucket per team
- 1 Hula-hoop per team
- Markers
- Shots or beanbags

How to Play:

Divide players up into equal numbered teams (three or four teams). Weight team's bucket to the ground and place bucket in the middle of a hoop. Teams line up a set distance away, designated by markers. Each team member uses the correct standing put technique to put an object (substitute shot for beanbags) into their team's bucket. Two points are scored for puts in the bucket and one point for puts into the area of the hoop. The team could rotate two or three times, so that each team member has two or three attempts/puts.

SHOT PUT TEN PIN BOWLING (Throw) ★★☆☆

Equipment:

- 10 x 2L plastic bottles
- Shots

How to Play:

Have the participants set up about 10 empty plastic 2 litre plastic bottles on a flat surface. Each player gets two attempts at knocking the cans down at about 5 or 6m away. Players must use the correct shot put technique. If one player knocks all the bottles down within the allocated two shots they get another turn to add to their score (i.e. a third turn). The total amount of bottles they knock down gets added to their score. You can go up to 10 complete turns and the person with the highest score wins.

Variation: Use discus instead of shots and have participants roll their discus at the plastic bottles.

SHOULDER GRIP (Run) ★★★

Equipment:

- Balloons
- Markers

How to Play:

Set up two teams, you need one person on each team to be the 'middle man'. They stand at the other end of the marked play area across from their team and can move about to help team mates. Put a balloon in-between the shoulders of two team mates and have them run down to the other end and back. The balloon carriers are not aloud to touch balloon with their hands, only the 'middle man', at the other end can. The 'middle man' (who can touch the balloon), can put the balloon back between shoulders if it falls to the ground. When they return to the starting line they then pass off the balloon. First team to finish wins.

SHOWER BALL (Throw) ★★★

Equipment:

- Foam balls
- Markers

How to Play:

The players are divided into two teams. A line separates the teams. Each team has a supply of foam balls. When the supervisor says "GO" both teams throw the balls over the line into the other teams territory. Each player can only throw one ball at a time. When the supervisor calls "STOP", no more balls can be thrown. Each team counts the number of balls in their possession. The team with the least amount of balls wins.

SIMON SAYS (Misc) ★

Equipment:

- Nil

How to Play:

This is best played just as the traditional game of 'Simon Says', except your instructions are orientated around warm up activities. For example, Simon Says run on the spot, Simon Says do five star jumps, Simon Says do this stretch (demonstrate).

SIT DOWN TAG (Run) ★

Equipment:

- Nil

How to Play:

The game starts with the parent/coach picking a player to have the 'magic hands'. All other players are 'it'. Players spread out and on starting, signal to try to tag all other players. When tagged, players sit down and stay in one spot. Sitting players have two ways to stand up again:

- 1) Tag another standing players who runs too close to them or
- 2) The player with the 'magic hands' touches them on the head and then the player can stand up again.

Play continues until the parent/coach decides to end the game or until one player is left standing.

SKIN THE SNAKE (Misc) ★

Equipment:

- Nil

How to Play:

Players stand in a single file with their legs slightly apart. Each player places their right hand between their legs. With their left hand they grasp the right hand of the person in front. Once the 'snake' is formed the tail member of each snake lies down on their back with their feet between the second last players' legs (feet toward the front or 'head' of the 'snake'). The snake then slowly moves backwards, players still have their hands joined at all times. When a player reaches the head of a player lying on the ground, they then lie down on their back with one leg either side of the player in front of them.

SKUNK TAG (Run) ★★

Equipment:

- 4 Hula-hoops
- 4 markers

How to Play:

All players but two are scattered in the playing area. Place four hula-hoops at the four corners of the playing area, which are safety zones. Players can stay 20 seconds in a safety zone, or until someone else steps into the hoop following them. Only one player is allowed in a hoop at a time. Place one in the middle, which is the skunk's home. Designate two players to be skunks, and place them in the centre to begin the game. On "GO", the skunks chase and try to tag someone. If successful, they change places. The new skunk must run to the centre hoop and yell "NEW SKUNK!" before chasing others.

Snake Pit (Run) ★★

Equipment:

- Markers

How to Play:

All players gather in the area that the parent/coach has marked out. One player is the 'snake'. None of the other players are to know who the snake is though. At the signal (blow the whistle OR say "GO") all players move freely in the 'snake pit'. At the call 'SNAKE IN THE GRASS' all players, except the snake, freeze. The snake wriggles on it's stomach and touches as many frozen players as possible before the signal to move is given again. All players touched then become snakes. The game continues until the pit is full of snakes.

Snakes (Run) ★★

Equipment:

- Markers

How to Play:

Players jog around the grid (or oval) in single file touching each corner. On "GO" (or whistle) the last player must sprint to the front of the line.

Spider and Fly (Run) ★★

Equipment:

- Markers

How to Play:

Mark out a square playing area. One player is assigned the role of the spider. Everyone else becomes a fly and stand along one side of the square (their home). The parent/coach will call "FLIES....FLY AWAY". All the flies run around the spider in a clockwise direction who must remain still in the middle. When the parent/coach then calls "SPIDER", the spider must try and tag as many flies as possible before they reach their home. Any tagged flies become spiders. The game continues until there are no flies. The parent/coach can then choose a new spider.

Spiders Web (Run) ★

Equipment:

- Nil

How to Play:

Six players form a circle by joining hands. These six players become the spider's web. The remainders of the players (flies) are randomly distributed throughout a designated area. Players forming the web, attempt to move together to snare the flies in the web. As the flies are snared the size of the spiders' web should increase. The game continues until all the flies have been caught by the spider's web.

SPIN RELAY (Run) ★★

Equipment:

- 1 Baseball bat (or something of similar size) per team

How to Play:

Set up two or more teams. One person from each team is to race down field, stand up bat, bend their body forward with head on bat and quickly spin around the bat 10 times, then run back for next player to do the same. Be sure to do this on a soft surface since they will be very dizzy and may fall down. The first team to complete the relay wins.

SPONGE TOSS CONTEST (Throw) ★★★★★

Equipment:

- Large car sponges, 2 per team
- Large containers of water, 2 per team

How to Play:

Divide players into teams. You can have as many teams as you have equipment. Each team forms a line with team mates a little more than an arms length away from each other. At one end of the line is a large container of water with large sponges in it. The other end has a small bucket, which you could mark with a fill line where you want the finish point to be or just fill to the top. When signalled to start, teams are to race. The player at the large container is to throw a sponge to the next team mate and that player to the next until it reaches the end of the line. The last player is to squeeze the sponge out and then run to the start of the line, dip the sponge in the large container and pass to the next person. If sponge is dropped while being passed, it is to be thrown back to the start of the line and you are to continue again. After full rotation of the line, meaning everyone has taken sponge out of the large container and passed, the team with the most collected water is the winner.

SPOON WATER RELAY (Run) ★★

Equipment:

- 1 spoon per team
- 1 bucket per team
- 1 large can per team (juice can works)
- Water

How to Play:

Divide your players into teams of six to ten. Place a bucket of water at one end of the field and the jar or can about two or three metres away. Each team lines up behind the bucket of water. The first person takes the spoon, fills it with water, and empties it into the jar or can. They then run back to the line and hand the spoon to the next player. The first team to fill their jar or can or wins.

Variations: You can also set a time limit with the most at the end of the time limit the winner, or have a set mark in the can so that the first to reach it is the winner.

SPRINT RELAY (Run) ★

Equipment:

- Markers (optional)

How to Play:

Split group into two and line up players, one behind the other, in parallel groups. Have first player in each group sprint 30m, go around a cone or flag, return to original spot and touch the next runner on his team, who should repeat the procedure. Everyone gets a turn and the team finishing first is declared the winner.

SPUD (Multi) ★★

Equipment:

- Ball

How to Play:

Players are huddled around as one person throws a ball into the air. The person throwing the ball is to shout out someone's name. The person that was called is to get the ball and shout "FREEZE", before the other players run too far away. The person with the ball is to gently try to hit any player. 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 a letter. The targeted player will be the one to throw the ball. Once a player has been given all the letters to spell 'SPUD', they are out of the game.

SQUAT JUMPING (Jump) ★

Equipment:

- Markers (optional)

How to Play:

Eight players is the ideal number for each team. This can be varied depending on the number of players and parents attending the session. Large numbers can cause problems when trying to calculate the number of jumps. Teams start from two scratch lines with approximately 30m of flat surface in front of the lines. Each team member is given 10 squat jumps or leap frogs. The player stands at the scratch line with toes touching the line. They then squat down and jump as far forward as they can. This is done continuously until the 10 jumps are completed. Movement must be constant, no pauses are allowed between jumps. When the 10 jumps have been completed the distance achieved is measured from the scratch line to the heel mark on the final jump. To complete the team's total, the distances covered by each team member are added together. The team, which has jumped the furthest distance, is the winner.

STARTING BALL GAME (Run) ★★☆☆

Equipment:

- Markers
- 2 small balls
- Hula-hoops (optional)

How to Play:

The ideal team size is eight. The team should be graded on size and ability then numbered from one to eight. This is important due to the fact that the numbers are used to tell each team member when to run. Two teams are placed in competition against each other. Both are located in a large 20m radius circle. Each team member has a location mark indicated by a marker or hoop. They will remain standing at this point and wait for the signals to be called. The teams will be arranged to ensure that each number will be opposite each other across the circle. When a number is called that member of each team will know it is their turn to run. At the centre of the 20m radius circle will be another circle of one metre radius. On the rim of this small circle two balls will be placed opposite each other. On being called both team members will try to be the first to gather the ball. The team member doing so wins a point for his/her team. The signals for the game are “ON YOUR MARKS” “SET” and then a number from one to eight is called. There should be about 20 repeats of this ensuring that each participant will have two or three runs. The team scoring the most points will win and progress to the next round.

STEPPING STONES (Jump) ★★

Equipment:

- Mats or hula-hoops
- Markers

How to Play:

Ten carpet squares or hoops are set out across an area. The object is to get across the area without touching the ground. This can be done by stepping, hopping or jumping. The squares may be moved further apart when everyone has been successful.

STUCK IN THE MUD (Run) ★★

Equipment:

- Nil

How to Play:

One or two chasers are allocated and when the game starts they attempt to tag any free players. The parent/coach specifies a static position, which is assumed whenever one of the free players is tagged (usually legs astride). Any free player can free a tagged player standing in the static position. Ways of freeing a player include touching, crawling under legs, stepping over etc.

TAG FOR TWO'S (Run) ★

Equipment:

- Nil

How to Play:

You'll need at least six people (or any even number) to play this game along with a big space in which you have set up boundaries (part of a soccer field or even the whole oval, but you have to be sure to have boundaries). On the count of three, everyone must grab a partner. This will get you into groups of two for 'Tag for Two's'. If there is a third person left out, they can do some easy jogging, walking, or cheering this round, but must be in a team in the next round. One person in each pair will be 'it' and the other person, the runner, will be chased by 'it'. On the count of three, the 'it' in each pair must start chasing the runner.

Variation: You might even pair up with other 'its' or runners and see if you can set up a strategy. If the runner in the pair gets caught, then they become the 'it'. Now the person that was 'it', is the runner and the runner is 'it'. After a few minutes, all running stops and everybody will need to switch partners. You can play this for as long as you want and it is sure to wear the players out. Just for fun, keep track of how many times you are tagged. The person that is tagged the fewest number of times can be the winner!

TAIL TAG (Run) ★★

Equipment:

- Ribbons (tails)
- Markers

How to Play:

Players are given a ribbon to tuck into the back of their pants acting as a tail. Players move around the designated area and try to grab as many tails from others as possible. Once a tail has been stolen this must be tucked into their pants as well. A tail must only be taken from someone else when the player's stolen tails are tucked into the back of his or her pants (you are not allowed to grab them from the hands of others). Only empty hands can grab a tail.

TEAM PURSUIT (Run) ★★

Equipment:

- 10 - 12 markers or a marked square (eg. ½ basketball or netball court)
- Stopwatch

How to Play:

Divide players up into teams of about five or six players and name teams (eg. Team A and Team B). Set the players a certain number of 'laps' to finish (eg. seven). Team A starts at one corner of the square while team B starts at the opposite corner. Team A tries to catch Team B while Team B is trying to catch Team A. The parent/coach blows a whistle when every member of one team has completed the allocated laps. If you have 3 teams the loser of team 1 and 2 can play team 3. If you have 4 teams, teams 1 and 2 play and teams 3 and 4 play. The winners then play off for 1st and 2nd, and the losers play off for 3rd place.

Variations: Include running in the other direction and changing team members from team to team. Change the number of laps or shorten them. Try it on the 400m track if you like (less laps of course!).

THE COMPASS GAME (Run) ★★

Equipment:

- Markers

How to Play:

One player at a time runs around the centre dome 'control' until they hear the command of North, South, East or West. On this command they must run around that particular dome and back to 'control' as quickly as possible.

Variations: To make this game easier for the very young, change North, South, East or West to colours matching coloured domes. This game tests their memory, agility and speed.

THE SIMPSON'S GAME (Run) ★

Equipment:

- Nil

How to Play:

Arrange the group of players in a circle about arms distance apart from each other. The parent/coach moves around the circle give each player a name. Player one is 'Bart', player two is 'Lisa', player three is 'Maggie', player four is 'Bart' and so on. Once all the players have a name, call out either "BART", "LISA", or "MAGGIE" and the players have to run around the outside of the circle in a clockwise direction (or anticlockwise - so long as they all go in the same direction). The player that is last back to their position must come into the middle of the circle and may then call out the next name. They can also help watch for the last person to return after each run. This may continue until there is only one player left. To get all the players to run around the circle at the one time, call out "THE SIMPSON'S". If there is a large group of players you may also like to incorporate the names 'Homer' and 'Marge'.

THREE BALL RELAY (Run) ★★

Equipment:

- 3 balls of similar size per team
- Markers

How to Play:

This game is for four or more players and should be played outside or in an open area. Players pair up. Each pair needs three balls (similar size and shape - could also use balloons). To play, partners put a ball between their heads and a ball between each of their knees. Players have to race to the end of a marked area (eg. a marker placed 10m away) and back without dropping any of the balls. If a ball drops, they have to go back to the starting line and start all over again. The first team to finish wins.

THREE-LEGGED RACE (Run) ★★

Equipment:

- Scarf or pieces of cloth for each pair
- Markers

How to Play:

Have each team break off into pairs. Take one scarf and tie together the inside ankles of the pairs while they stand hip to hip. Mark off a starting line and finish line for the players to race through. The first team to cross the finish line is the winner.

Variation: You could even plot out a marathon or obstacle course for them to run through.

TIME BOMB (Run) ★

Equipment:

- Nil

How to Play:

You ask each player in the group to individually choose one other person in the group to be a 'bomb' and a different person to be their 'shield'. Ask them to keep their choices secret. Tell the players that their 'bomb' is about to explode any minute and the only way to survive the blast is to hide behind their 'shield'. Each player should try to keep their 'shield' between him and the 'bomb' and since each player has made different choices, you end up with a room full of excited players desperately trying to keep behind their shield, who is also always on the move to keep behind their own shield.

ZOMBIE (Misc) ★★

Equipment:

- 1 Balloon per participant
- String

How to Play:

Pick one person to be the Zombie, that player will not be given a balloon. All other players will be given one balloon with a piece of string to tie around their waist. Once the balloon is tied on, players must position the balloon to be in the middle of their back clearly exposed. Players are given a 45 second head start to hide from the Zombie. The Zombie is released to go and make other Zombies by popping balloons. Once a player's balloon is popped (either accidentally or by a Zombie) they become a Zombie and begin to pop other player's balloons as well. The game is timed and at the end, when the allotted time is complete, any non-Zombie will be given a prize (eg. a small lolly). Another option is to play this in the dark with minimal lighting.

TOE TAPPING (Misc) ★

Equipment:

- Nil

How to Play:

In pairs, players try to tread gently on their partner's toes. To make it more difficult each of the pairs could hold their partners shoulders.

TOUCH AND COME BACK (Run) ★

Equipment:

- Nil

How to Play:

Locate distinctive and safe targets (eg. lines on the ground, shapes and colours on the floor, fence. Remind all playing to “watch out for one another when you move around”. Say “TOUCH THE BLUE RECTANGLE / WHITE LINE (or whatever target that you have selected) AND COME BACK HERE”. Begin with targets that are nearer to the parent/coach first. Then, progressively go on to targets further away. Attempt to vary the distance and intensity (walk or slow jog for younger athletes).

TOUCH TAG (Run) ★★★★★

Equipment:

- Markers
- Flags

How to Play:

Eight players to a team is the ideal number. The playing area for ideal team sizes comprises of a rectangle 60m by 30m. A centre line 60m long and 15m in from each of the long sides are needed. The four corners of the rectangle should be marked with four foot flags. Players can then see that they are likely to go over the line while running at top speed. Ideally the rectangle should be marked out in white. In situations where this is not possible the four flags can serve as a suitable method of marking the area. One team of eight is located inside the rectangle. The other team is placed on one of the 60m sides. The eight team members in the centre must be located behind the 15m line. This means that when one of the opposition begins to run there is a clear 15m area to run into. A selected member of the centre team chooses a member of the opposition who must run immediately on being named or pointed at. Running involves moving across the rectangle trying to avoid the eight players in the centre by running very fast or dodging to keep away from opponents. On being touched with an open hand on the back, by even the slightest tap, a player is out and moves to the sidelines. As soon as a player is tagged the remaining members of the running team must cross and can do so the instant tagging occurs. When all team members are trying to run across, the centre team sets out to tag as many as possible. On being caught, members of the running team drop out and move to the side. The remaining runners will now be on the opposite side of the area. Another runner will be named or pointed at and must run immediately across the 30m area. Should the first runner reach the other side quickly then a further person will be nominated to run. This process continues until all the running team has been tagged at which point the game is concluded.

TUNNEL RACE (Misc) ★

Equipment:

- Nil

How to Play:

Teams race against each other while lined up in relay formation. All players spread their legs in straddle position and the last player from each team crawls through the legs. The next player follows in turn until the team is back into original formation. As soon as a player has crawled through the tunnel, they are to stand up so the next player can get through his legs. The first team that completes the order is the winner.

TV TAG (Run) ★

Equipment:

- Nil

How to Play:

In this variation, when the person who is 'it' tags someone, they are frozen in place. To be unfrozen, someone must touch them and must yell out the name of a TV show (eg. The Simpson's). A TV show name can only be used once. Play continues until all are frozen. The last person to be tagged is 'it' for the next game. Can also be played using any other category (eg. Movie Tag or Football Team Tag).

TWO DOGS AND A BONE (Run) ★★

Equipment:

- Hula-hoop
- Beanbag

How to Play:

Partners stand on opposite sides of a hula-hoop that contains a colour band (bone). Partner A tries to grab the bone and run safely without being tagged by Partner B. Change roles. For a variation try this game with four or more pairs.

TWO GROUPS, WHICH IS BIGGER? (Run) ★

Equipment:

- Markers (optional)

How to Play:

Two players are designated 'its'. The remainder of the players are randomly distributed in a designated playing area. On the word "GO" the two 'its' attempt to tag other players. Once tagged, the other player joins hands with 'it' and attempts to tag a third person and so on. The aim of the game is to see which of the 'its' can form the bigger group.

ULTIMATE SIMON SAYS (Misc) ★

Equipment:

- Nil

How to Play:

All you need is an area where you can stand and see all the players who are playing. It must also be quiet enough for them to hear you. This game is played like the normal Simon Says except that you (as Simon) are trying everything you can to trick them into getting out. As Simon, you give commands to the players and you either preface them with “SIMON SAYS” or not (i.e. Simon says put your hands on your head, Simon says put your hands on your stomach, jump up and down, etc.). If you start with ‘Simon says’ the players have to do it, if you do not start with ‘Simon says’ then they cannot do it. If, at any time, they either do something that Simon didn’t say or don’t do something Simon said, they are out. Basically the players do what Simon says and do not do what he doesn’t say. Since this is Ultimate Simon Says, speak quickly and keep the kids moving. When someone does the incorrect thing then have them complete a set number of repetitions of a particular exercise (sit ups, push ups, etc) or run a particular distance. Do whatever you can to trick them into doing the wrong thing. Some ideas: Say “SIMON SAYS PUT YOUR HANDS ON YOUR HEAD” but put your hands on your stomach while you say it, or say a bunch of Simon says things very quickly followed by a non-Simon says command. Pick on specific people by saying things like “JOHNNY I CAN’T SEE YOU OVER THERE, CAN YOU PLEASE MOVE OVER HERE” (if he moves he’s out - Simon didn’t say), or pick on the entire group with sayings like “RAISE YOUR HAND IF YOU’RE STILL IN”. Start the game by saying “THE GAME IS STARTING (pause) IF YOU’RE PLAYING I NEED YOU TO STEP FORWARD”. If they stepped forward they’re out. Since this game is great for practicing listening skills it is a good idea to have some sort of prize for the winner (a small lolly or something). This also keeps the game running longer.

Cautions: Some kids will want to be the ‘police’ of the game and try to call their friends out or they may whine because they think someone is out. Just tell them that that person got lucky because you didn’t catch them.

UNDER OVER RELAY (Run) ★★★★★

Equipment:

- Hurdles

How to Play:

The teams line up at both ends of a straight. Hurdles are placed on the straight. The hurdles are set in a manner that involves the player hurdling or jumping the first and crawling under the second. Once through all the hurdles the players then run back down the side of the hurdles to tag the next member of their team. Game continues until all players have been through.

UNDERWEAR RELAY (Run) ★★★

Equipment:

- 1 extra, extra large white cotton underwear per team
- Markers

How to Play:

Separate players into teams and give each team one set of underwear. Show all players what point they are to run to during the relay. Once all players understand the course then have them line up into teams. Then inform them that there is one more rule to the game; it takes two players per team back to back in the underwear to play the game. The first team to complete the course is the winner.

WATER AIR RAID (Misc) ★★★★★

Equipment:

- Supply of large balloons
- Water source
- A bucket with measurements
- A net if possible (eg. volleyball net)

How to Play:

The water source is placed three metres from the net. The net should be high enough to make it impossible or impractical to pass the balloons filled with water over the top. The bucket with measurements is placed approximately five metres on the opposite side of the net or rope. The supply of balloons is placed next to or near the water source. One participant from each group stands on the side of the net/rope (the balloons are not tied) to the waiting participant. This participant then empties the balloon into the bucket. The game can be timed or a predetermined number of balloons used. To add interest to the game, add jugs and funnels to assist those filling the balloons. This may encourage people to increase the volume of water in each balloon and increase the chance of the balloon breaking.

WHEELBARROW RACE (Misc) ★

Equipment:

- Nil

How to Play:

This game is for four or more players. To play, find a partner and decide who is going to be the wheelbarrow first. To make a wheelbarrow, get down on all fours and have your partner stand behind you. Have your partner carefully lift up your legs while you support yourself with your hands. On the word “GO”, race the other teams to end of the playing area, switch positions with your partner, and go back to the starting line. The first team to finish wins.

WHO HAS/LIKES? (Run) ★

Equipment:

- Nil

How to Play:

Sit the group in a circle and select a leader. The leader then asks the group, for example, “WHO HAD A BLUE SHIRT ON?” All those in the group with a blue shirt on jump up and run around the circle in the same direction before sitting back down in a different place in the circle, after completing one whole lap. The last person to sit down then becomes the leader. You can ask questions such as ‘Who has/likes’:

- Brown hair?
- Green eyes?
- A big brother?
- A pet dog?
- High jump?
- Running?
- The name Tom?

WIGWAMS & INDIANS (Run) ★

Equipment:

- Nil

How to Play:

This is a game for any even number of competitors. The players are asked to run sprints with periodic rests. The players are arranged in teams of two, either Indians or Wigwams, and positioned in two large circles (approximately 20m - 30m in diameter). The ‘Indians’ sit with crossed arms and crossed legs, facing the centre of the circle. The ‘Wigwams’ stand behind the Indians with arms crossed and legs spread wide. The caller of the game can call either Indians or Wigwams. If Indian is called the Indians crawls between the Wigwams legs and runs around the outside of the circle in an anti-clock wise direction. An Indian on returning to the Wigwam crawls through the legs and sits up straight as in the starting position. The first Indian back is the winner. A Wigwam called will run in the same direction and on returning to their Indian stand up straight. The first Wigwam to stand up straight behind the Indian is the winner.

WINDOWS AND DOORS (Run) ★

Equipment:

- Nil

How to Play:

Participants form a circle holding hands. Then they would spread out enough that everyone’s arms were straight out, to form large spaces between participants. These were the windows and doors. Then one player would start running, and weaving in and out between players. As they did this the kids in the circle would randomly drop their arms down trying to touch or trap the person weaving their way in and out. Once the person was caught or touched by the arms of someone, they were out. They would then choose which person would be next to weave in and out of the windows and doors.

WIZARDS AND ROCKS (Run) ★

Equipment:

- Nil

How to Play:

Select two players to be the 'wizards'. State boundary clearly (eg. you can only move around the basketball courts/rectangle). Say "IF YOU ARE TOUCHED BY THE WIZARDS, YOU WILL TURN INTO A ROCK IMMEDIATELY". To become a player again, someone else must run around you two times.

WORLD END RACE (Run) ★★

Equipment:

- Markers

How to Play:

A team of between eight and 15 players is recommended. One straight line is marked on the ground. The two teams line up on the line with the captains together in the middle and the teams spread out along the line from those points. Number the teams from one to however many participants in the team. The leader calls out a number and the two participants' spring to touch four selected points (eg. markers) that were laid out beforehand. The first to return and stand up straight in their place, gains a point for the team. After every team member has had a turn the team with the highest total is the winner.

Variation: Set a total number of points and play until the total is reached. This can be an exciting variation. Ensure however, that everyone gets a run.

WRAP 'EM UP (Misc) ★★

Equipment:

- One full toilet roll per group
- A rubbish bin

How to Play:

Have the groups form straight lines. Groups of about five are a good size - the smaller the better. The first person in each line is given a toilet roll. At the command to start, the first person passes the roll over their head (while holding on to the end of the roll) to the next person. The roll gets passed down the line until it gets to the end. When it reaches the end it is then passed back through the legs up the front of the line. Once at the front of the line the roll is then passed down the line so that it is weaved through the participants. The game ends when the roll runs out. Once the game ends have the participants pick up all the toilet paper and place it in the bin.

Variation: When group is wrapped up have them run to a designated marker and back (trying to not break the paper). First team back (paper still intact, or most intact) is the winner.