

Cups and Saucers

Warm - up (P4-P7)

Cones

Step 1

Split the group into two teams at either end of the hall. Team one is 'cups', Team two is 'saucers'.



Step 2

Place 10 - 15 cones in the middle of the hall or playground, some upside down (cups) and some right way up (saucers).

Step 3

When you give the signal (clap hands, blow whistle) teach team member takes a turn to run to the middle of the hall and turn the cone the right way round for their team.

Step 4

After 30 seconds, the winning team is the one with the most cups or saucers left in the middle.

Rock, Paper, Scissors

Warm - up (P4-P7)



Step 1

Split the group into two teams, facing each other, in a line about 5 meters apart. Behind each team is a designated safety line on the floor (roughly 10 paces away).

Step 4

The winning team then chases the losing team, catching players to join their team. Players cannot be caught past the safety line.



Step 2

As a group, they select either Rock, Paper or Scissors.

Step 3

Both teams say "1,2,3..Go" at the same time, then all team members show their selected item.

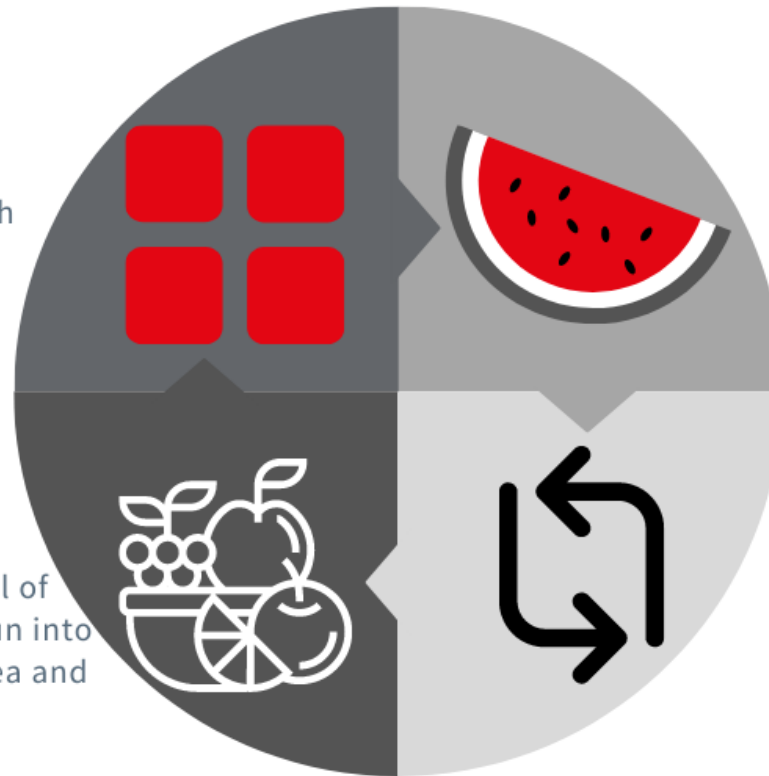
Fruit Basket

Warm - up (P4-P7)



Step 1

Split the group into four teams, and move them into each corner of the area.



Step 2

Name each group after a fruit e.g. banana's, apples, pears, watermelons etc. They maintain the same name throughout the game.

Step 4

Call 'Fruit Basket' all of the children must run into the centre of the area and sit down.

You can change the movement to hopping, skipping, etc.

Step 3

Call the name of two fruits, who have to run and exchange places across the hall.

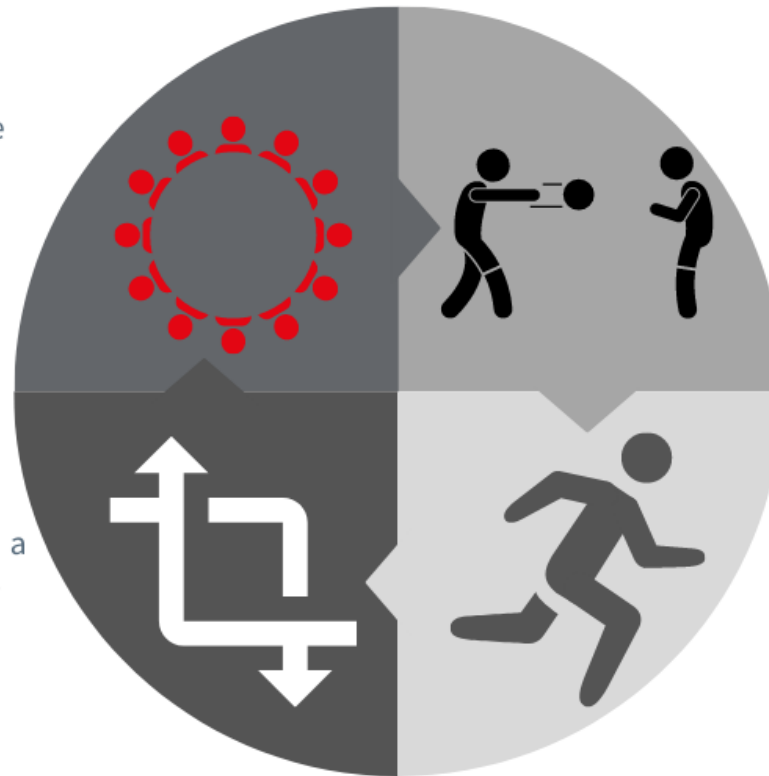
Beat the Ball

Warm - up (P4-P7)

Ball

Step 1

Children stand close to each other in a circle.



Step 2

Person who starts with the ball passes it to the person on their right. The ball continues to be passed around the circle in this direction.

Step 3

Once the first player passes the ball, they must leave the circle, running around the outside to beat the ball back to their space.

Step 4

The ball can travel in a different direction to the running child.

You can decide the direction the ball travels in.

Stealers

Warm - up (P4-P7)

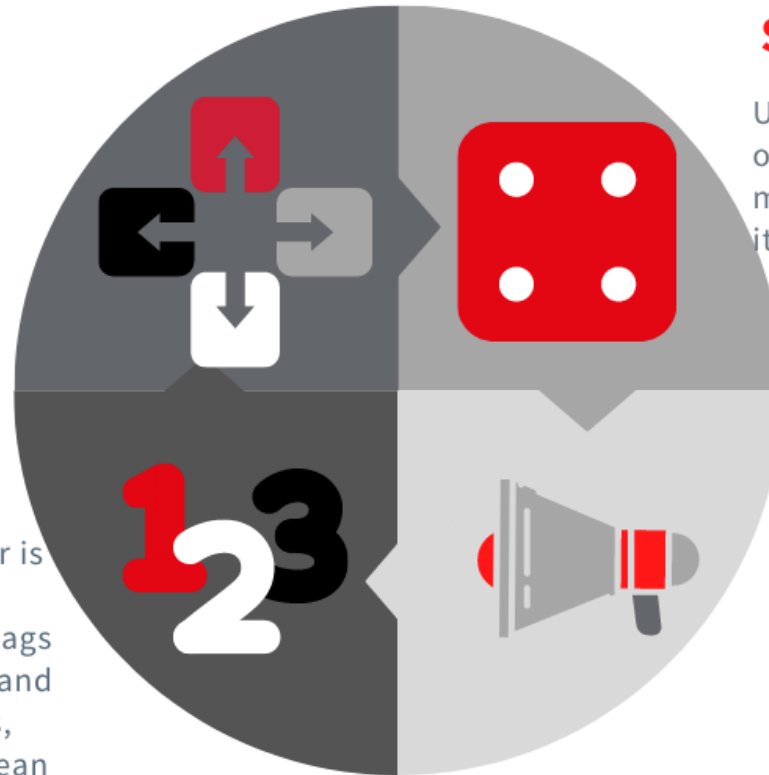
Hoops, Cones,
Bean Bags

Step 1

Split the group into four teams, sitting in a line behind each other in their teams, facing the middle of the hall. Each team has a hoop in front of them and players are numbered 1-5.

Step 4

When a second number is shouted, this time the player can take bean bags from the middle hoop and steal from other teams, until one team has 3 bean bags in their hoop.



Step 2

Use four cones to mark out a square, in the middle of the hall, and fill it with a hoop bean bags.

Step 3

Start the game by calling out a number. This player from each team runs toward the middle and take ONE bean bag. Placing it back in their teams hoop. They keep going until one team have 3 bean bags in their hoop.

Stealers

Warm - up

Hoops, Cones,
Bean Bags

Hearing impairment

Use diagrams or written explanations.
Use of demonstration.
Use Visual cues i.e. Show numbers with your hand

Visual Impairment

Have a buddy or member of staff to run along side participant.
Clear use of instruction



Physical Disability

Shorter distance to the bean bags, have the bean bags on a table off the ground to allow them to be picked up

Learning disability

Short simple instructions, use of demonstrations.

Cups and Saucers

Warm - up

Cones

Hearing impairment

Use diagrams or written explanations.
Use of demonstration.
Use Visual cues i.e. flags/bibs for start/finish

Visual Impairment

Have a buddy or member of staff to run along side participant.
Clear use of instruction



Physical Disability

start closer to the centre,
if unable to turn the cone
over have a buddy join
them, only turn over the
one they choose.

Learning disability

Short simple instructions,
use of demonstrations.