

1. Hide and sneak

Adult stands 20/30 yards away from pupils on the finish line.

Pupils stand in a line (2m apart).

When adult faces away from the children they must sneak up to the finish line.

If the adult turns and see's pupils moving, the pupils get sent back to the start line and start again.

The first pupil to cross the finish line where the adult is stood is the winner.

_____ Adult (finish line _____)

Pupil____Pupil____Pupil____Pupil____Pupil____Pupil____Pupil

2. Shuttle Races

Split the teams into even numbers (2/3 teams). Put markers for children to stand on (2m apart).

Teams have a team captain who has to run twice (1st and last, rotate every race).

At each station give the children an exercise to complete, e.g. star jumps, press ups, dizzy turns (spin round twice), throw a bean bag into a hoop, bounce a ball, bat and ball.

The child must run to each station, complete the exercise, run back to the start line and then to the next station and so on (3 stations).

Team 1

Team 2

Team 3

(station 1)

(station 1)

(station 1)

(station 2)

(station 2)

(station 2)

(station 3)

(station 3)

(station 3)

Continue shuttle races and increase difficulty with football (dribbling), basketball (dribbling), hockey sticks and balls, egg and spoon race, sack race.

3. Treasure hunt

Give the children a laminated picture of a treasure chest.

Laminate pictures of gold coins. Cut them out. 5 gold coins per picture (to save cutting individual ones).

Hide the pictures around the playground, in climbing equipment.

Give each child some blue tac to stick gold coins to the chest.

Time the children to see who can collect the most gold coins.

4. Bug hunt

Give the children a plastic bag/paper bag each.

Laminate pictures of insects to be found in the playground.

Laminate (1 animal per child = 5 children, 5 spiders) pictures of insects. Spiders, worms, butterflies, earwigs, woodlouse, caterpillars etc.

Children must go round independently (with an adult if needed) to find each bug.

5. Exercise hunt

Children are on a 10 minute timer.

Children must find cards hidden in the playground with instructions on.

Instructions can be things like: do 10 star jumps, go and touch the benches with your foot, run to the tyres, run on the spot, shout sausages as loud as you can 5 times.

Once timer runs out children can lie on the floor and play sleeping lions.

6. Sleeping lions

Children lie on a space on the floor and pretend to be asleep.

Children must stay as still as possible whilst adult try and put them off by walking by them, making jokes, bouncing a ball by them etc.