

 **Games linked to Movement**

* Running
* Kicking
* Throwing
* Landing
* Balancing

**Running Games**

1. Traffic Lights Game
* Children move around an area i.e a green or garden.
* The captain or leader calls out the instruction
* Red – Stop

Orange – Walk

Green – Run

1. Rock Paper Scissors Tag
* Children stand facing each other 1m apart
* The children play Rock Paper Scissors
* The child who wins turns and runs to their safe spot or line
* The other child runs after them and tries to tag them.
* The winner is the child who gets to safety across the line or the child who gets the tag.

**Kicking Games**

1. Through the Gate
* Set up a gate or goal with 2 objects eg. Jumpers
* Stand either side of the goal.
* Pass the ball to each other through the goal.
* Move further apart or make the goal narrower to make the game more difficult.
* If you are playing alone. Set up the gate/goal near a wall. Kick the ball off the wall and try to get it through the gate as it rebounds.
1. Kick to Score
* Do a penalty shoot out

Or

* Draw 5 circles on a wall with chalk
* Number them 1,2,3,4,5.
* Try to get a score of 10 by kicking a ball at the targets.

Throwing Games

1. Knock em down Pinball
* Put targets in a line spaced apart.
* Stand 10-15 steps away from the targets
* Roll a ball at the targets
* If you knock the target keep it.

Play this game on your own, in pairs, in 3s or 4s.

Use empty cartons or cereal boxes as targets.

The winner has the most targets.

1. Tennis Ball Challenge
* Throw the ball off the wall as many times as you can in 30 seconds.

Play this game on your own, in pairs. Highest score wins.

Throw underhanded or over handed.

1. Bowling
* Set up a bowling lane 10 – 15 steps long.
* Use empty milk, juice, cereal cartons as skittles.
* Put 5 skittles at the end of the lane.
* Throw a ball 3 times and count your score.
* Replace the skittles
* Next person tries.

Increase the distance to make the game harder.

Decrease the distance to make the game easier.

Landing Game

1. Jack be Nimble
* Draw small markers on the ground with chalk or use pieces of paper.
* Say “Jack be nimble Jack be quick, Jack don’t land on the candle stick.
* Try to jump over the markers with your 2 feet together and try to land safely on the other side, with your 2 feet together.
1. England, Ireland, Scotland, Wales Action Rhyme
* 3 Player
* Make a loop with wool or string.
* 2 children stand face to face 3 steps apart
* Place the string around the outside of your legs.
* The 3rd player jumps over the loop of string while you say “ England, Ireland, Scotland, Wales. Inside, outside, donkeys tails.”

Balancing Game

1. Walk the Line
* Walk along a line on the ground.
* Turn fully while in the middle of the line.
* Try to complete turn with eyes closed.
* Make a shape for the count of 3 while balancing on the line.