

# Duck, Duck, Goose

**Equipment needed:** None

**No of participants:** Depends on space; Unlimited

**How to play:**

- In this game, players sit down or stand in a circle facing each other.
- One person is "it" and walks around the outside of the circle. As they walk around, they tap the player's heads and say whether they are a "duck" or a "goose". Once someone is the "goose" they get up and try to chase "it" around the circle.
- The goal is for the "goose" to catch "it" before they are able sit/stand in the "goose's" spot. If the goose is not able to do this, they become "it" for the next round and play continues.
- If they do catch "it", the person tagged has to sit in the center of the circle.
- Then the goose becomes "it" for the next round. The person in the middle can't leave until another person is tagged and they are replaced.



# Rats and Rabbits

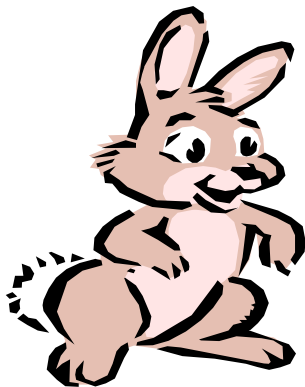


**Equipment needed:** None

**No of participants:** Depends on space; an even number in each team

**How to play:**

- Divide the players into two teams and form parallel straight lines so that each player is an arms length behind the other, and at least an arms length distant from a player from the opposing team.
- Each team should be an equal distance from an end line on their side of the playing area. (It is best to bring both teams to the centre of the playing area and then ensure each team has a safe end line to run to)
- The players on one team are called Rats and the other called Rabbits.
- On the call "Rabbits" the players with that name run to their end line before being tagged by their "Rat" opponent. On the call "Rats" the reverse applies.
- When players are tagged they must join the team they have been tagged by.



# Red light, Green Light

**Equipment needed:** None

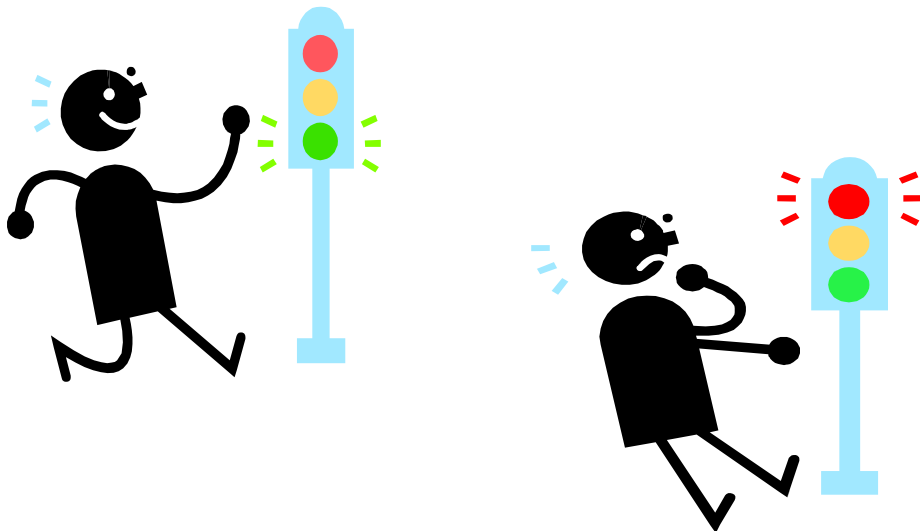
**No of participants:** Depends on space; unlimited

## **How to play:**

- One person is the leader.
- The rest of the group stands at the other end of the playing area to the leader.
- When the leader shouts green, they all run.
- When the leader shouts red they must stop.
- If the leader spots any body moving, they have to go back to the start.
- Once a person reaches the end she/he becomes the leader.

## **Adaptations:**

- An amber light can be introduced; when the leader calls 'amber' the players can move slowly.
- Different movement forms can be introduced such as hopping, skipping or crawling to reach the end line.



# Simon Says

**Equipment needed:** None

**No of participants:** Unlimited, depends on space

**How to play:**

- One person is nominated as the leader “Simon”.
- “Simon” calls out an action such as “Sit down” and all the participants must do the action.

Some example actions:

- Sit Down
- Stand up
- Lie on your back/tummy
- Wave one hand
- Wave both hands
- Hop on one leg
- Shake one foot/feet

When Simon calls out an action he must use the phrase “Simon says.....” if Simon calls an action without using this phrase it’s an invalid action and anyone that does the action is out of the game.



# Circle Pass Relay

**Equipment needed:** Ball for each team.

**No of participants:** Depends on space; unlimited

## **How to play:**

- Divide the players into a number of small teams (4-5 per team). Each team forms a circle in its own space. In each team the players face outwards and stand approximately 1m apart.
- Player No.1 in each team passes the ball to the next player and so on, around the circle. When the ball reaches the “last” player, he/she runs round the outside of the circle and on returning to his/her place, the ball is again passed round until it arrives at the new player, who runs round the circle.
- The game continues until all players have run the circle.

## **Adaptations:**

- Join the small teams together and add a second ball to the group.
- Have the balls begin at the first players once again. When the balls reach the last players they both run around the circle.
- To progress the game further, the last players may race each other around the circle. The winner stays in the game.

# Circle Relay

**Equipment needed:** none

**No of participants:** Depends on space; unlimited

**How to play:**

- All players stand in a circle, a distance of one meter apart
- The leader issues each player with a number 1 to 3.
- The game begins by the leader calling a number out loud i.e. 1, 2, 3.
- On this command all players with the number sprint around the outside of the circle and return to their starting position.
- Each player will, of course, find him/herself hotly pursued by another player.
- The aim of the game is for each player to attempt to tag the player in the front without being tagged from the player behind.



# Corner Relay

**Equipment needed:** Cones

**No of participants:** Depends on space; unlimited

**How to play:**

- Set up the cones in a square formation. Divide the group into two teams of equal numbers.
- Both teams line up behind one another at two diagonal corners of the square.
- When the leader shouts, “go” the first member of the team has to run anti-clockwise around the four corners.
- When he/she arrives back at base he/she tags the next person to go.
- The first team to complete the course wins.

**Adaptations:**

- Have players hop, skip or jump the course.
- Have the players bounce a ball; use a skipping a rope etc.



# Scarecrow Tag

**Equipment needed:** None

**No of participants:** Depends on space; unlimited

**How to play:**

- Select two players to be taggers. On a signal from the leader, the taggers chase and tag other players. Once tagged a player becomes a "scarecrow" standing completely still with feet wide apart and arms held out.
- The tagged player must remain still until another player runs a full circle around them. This action frees the player to move about again. The aim for the tagger is to freeze all players in the scarecrow position.

**Adaptations:**

- Taggers should be changed often to avoid players getting bored.
- Instead of players running a circle around the tagged players, have them crawl under their legs.





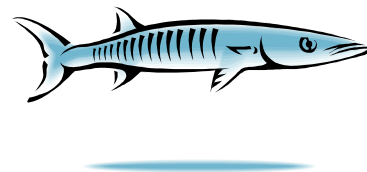
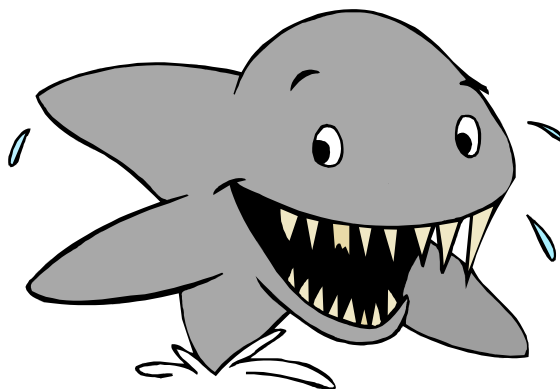
# Sharks and Barracudas

**No of participants:** Unlimited, depends on the space

**Equipment needed:** Cones

**How to play:**

- Divide the group into two smaller groups, one group are the Sharks, the other group are the Barracudas.
- Set up two lines of cones, one at each end of the playing area.
- Place the sharks behind one line and the barracudas behind the other at different ends of the playing area. The sharks have a leader that faces the barracudas while the rest of the sharks have their backs to the barracudas. The barracudas start walking towards the sharks, when the barracudas are near enough to the sharks the shark leader shouts “barracudas”.
- The sharks turn around and try to catch the barracudas before they reach the line they started from. If the sharks catch a barracuda they become a shark. The sharks must try to catch all the barracudas.
- Playing area must be free from obstacles, and the lines must be away from the walls in order to avoid collisions.



# Circle Hoop

**Equipment needed:** Hoops

**No of participants:** Depends on space available; unlimited

**How to play:**

- The entire group forms a circle and joins hands.
- The leader introduces the hoop e.g. red into the circle.
- The object of the game is to circle the hoop around the group without breaking hands.
- This is done by each player making their way through the hoop.
- An extra hoop which is of a different colour e.g. blue is then added to the circle
- This time the leader announces that the blue has to catch up with the red hoop.

**Adaptations:**

- Split the group into two teams and give each group a hoop
- The first team to rotate the hoop in a full circle wins



# Farmer, Farmer May We Cross Your Golden River?

**Equipment needed:** None

**No of participants:** 6 +



## **How to play:**

- One player is named the farmer and stands in the middle of a designated area of the playground.
- The other players stand behind a line, in a row about ten metres away from the farmer.
- A designated 'home' area is agreed, usually the opposite end of the play area.
- The players call out, 'Farmer, Farmer may we cross your golden river?'
- The farmer replies, 'Not unless you have the colour... on.'
- Those players lucky enough to have that colour on may cross the playground safely to the designated home area.
- The farmer then counts to five and on five the other players must walk or run 'home' whilst the farmer tries to catch them. Anyone who is caught helps the farmer to choose what colour the players should be wearing next to be able to cross the river.
- The game continues with a different colour each time until the last player is caught and they become the farmer.

## **Adaptations:**

- Once a player is caught they join hands with the farmer and help them to catch players.
- The farmer can choose different replies such as ..not unless you had cornflakes for breakfast or have the letter S in your name etc..

# What's the Time Mr Wolf?

**Equipment needed:** None

**No of participants:** 10 +



## **How to Play:**

- One player is chosen to be Mr Wolf.
- The other players stand in a line on the opposite end of the playground about 10-12 metres away from Mr Wolf. This line is referred to as 'home'.
- Mr Wolf stands with their back to the players.
- The players chant, 'What's the time Mr Wolf?' Mr Wolf replies (for example), '3 o'clock.'
- The players advance the same number of steps, that is, 3 steps for 3 o'clock.
- The game continues until Mr Wolf thinks the players are close enough to catch and after being asked the time again replies, 'Dinner time,' then turns and chases the players.
- The first child caught becomes Mr Wolf.
- If Mr Wolf does not catch anyone, he/she has to be Mr Wolf again.
- If a player reaches Mr Wolf before dinnertime, they tap Mr Wolf on the shoulder and run for home. If the player gets home then they are safe. If they are caught they become Mr Wolf.

# Fishes in the Sea

**Equipment needed:** None

**No of participants:** 8 +

## **How to Play:**

- The players stand in a circle. They are alternately named Cod, Haddock, Plaice and Salmon.
- One player is chosen to be the Fisherman. This person is the caller and stands in the middle of the circle.
- When a fish name is called, all the players in that category move around the outside of the circle in a clockwise direction until they reach their places again. They are instructed on how to move with various directions.
- For example: Cod – high tide , Salmon – coral reef

Movement ideas:

High tide = move quickly

Low tide = move slowly

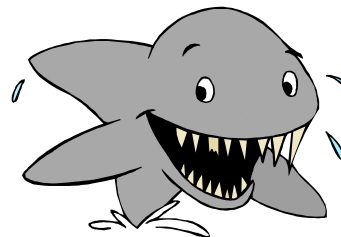
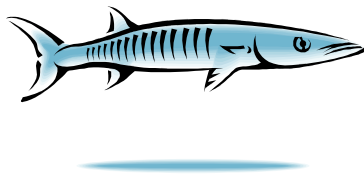
Fisherman about = crouch down low to avoid the nets.

Sharks = walk backwards.

Coral reef = jump

Tide turns = change direction

**The last person back to their place becomes the Fisherman.**



# The Keeper of the Treasure

**Equipment needed:** Bean bag or Keys

**No of participants:** 8 +



## How to Play

- A suitable treasure is found (a bean bag, set of keys).
- The players form a circle and create a space large enough to represent a door for the children to run through.
- A leader is chosen and another player is chosen to be the keeper of the treasure. They then sit in the middle of the circle with their eyes closed and the treasure placed behind their back.
- The leader then silently selects a robber by pointing to a player.
- The robber then tiptoes as quietly as possible up to the keeper and steals the treasure from behind the keeper's back.
- Once the keeper realises the robber has the treasure they leap to their feet and chase the robber, in a clockwise direction, around the circle, with the intent of catching them.
- The aim of the game is either for the keeper to catch the robber or for the robber to get back to the keeper's home base in the centre of the circle.
- If the keeper catches the robber then they are the keeper again and a new robber is chosen.
- If the robber gets back to the home base in the centre then they are safe and become the keeper and a new robber is chosen.

## Comments

- If you find when playing this game that players run through gaps in the circle other than the door, it may be helpful at the start of the game to create a rule which says players cannot jump/run out of the windows (the gaps) they can only run out of the door.

# Mother May I?

**Equipment needed:** None

**No of participants:** 6 +

## **How to Play:**

- One player is 'Mother'.
- The other players line up and face Mother about ten metres away.
- Mother selects one of the players and says something like, '... (name of player), you may take five giant steps.' That player then responds with, 'Mother, may I?' Mother replies, 'Yes, you may.'
- Mother then addresses another player and the game continues until one of the children reaches Mother. Whoever makes it to Mother first becomes Mother for the next round.
- Does this sound simple? It is! Except that in the excitement of the game, someone is bound to take their steps without asking, 'Mother, may I?' When that happens, Mother reminds the player of her manners and the player is sent back to the beginning of the line.

## **Adaptations:**

- Here are some ideas for the different ways children can move.
- Scissors step – jump while crossing your feet, then jump while uncrossing them.
- Banana step – lying down with feet at current spot, marking where the top of your head was and getting up there for new spot.
- Bunny hop – a hop.
- Baby steps – small steps.
- Giant strides – giant steps.
- For an older children's variation, try this one: 'Fourth cousin once removed on my father's side, may I?'