

# Scavenger hunt

- Get children to search for a list of items in the school building or outside in the grounds.
- The items could be natural materials, which they can then use to create a picture or collage.
- You could get them to photograph the items with a camera or tablet, then use them to make a display or artwork?

# FootGolf

- Footgolf combines the skill and accuracy of golf with the fun of football.
- Children use their feet to kick a ball into a target such as a hula hoop or a marked area of cones.
- You can set a course of 'holes' around the playground or field and keep a tally of how many kicks it takes each child to get around the course. Children could pair up to count for each other (staying 2m apart)
- Challenge older children to use a tennis ball, while keeping younger children interested with a football or large sponge ball. Remember only use feet to touch the ball.

# Hide and Seek

- Add a social distancing twist to this fun activity. Children find a place to hide, show only a hand or foot, and another child takes a photograph of the scene.
- Afterwards, have a competition to see who can spot the person hiding in the photograph.
- Alternatively take it in turns and time each pupil to see how long it takes them to find everyone.

# Sports Day

- Recreate sports day with your children. Set up activity stations for children to enjoy.
- You could include: Balance beam, Skipping (each to have their own rope not share) Jumps over a hurdle, Football goal practice, Squats, Lunges, races (crawling, hopping, skipping etc)
- Set a time challenge before moving onto the next station.

# Design a game

- Children will love designing their own games to play.
- Give clear instructions about social distancing and encourage children to be creative.
- Encourage them to consider things that include jumping, balancing, running, throwing, co-ordination and agility.
- Take it in turns to play the games they have designed.

# Animal Kingdom

- Form a circle and stand 2m away from each other. Select one player to be the zookeeper, who will stand in the middle of the circle.
- The zookeeper will close his or her eyes and instruct other players how to move around the circle (skip, run, jump, etc.). Make sure to keep your distance.
- When the zookeeper is ready, he or she says, "freeze," points to someone, and shouts out an animal.
- If you are chosen, you have to make the sound and movement of an animal that the zookeeper says.
- The zookeeper has three chances to guess who made the sound.

# Animal Relay

- Players line up standing 2m away from each other. The leader will split players into teams of three and use cones to mark start and end lines.
- The leader calls out an animal (cheetah, shark, elephant). When the leader says, "go," the first pupils in line will act like the specified animal as they move toward the end cone.
- They act like the animal on the way back to the start line. Once the player sits down at the end of his or her line, the next player goes.
- The first team to have all players sitting down wins!

# Body Bingo

- Instruct players to find their own space, 2m apart from one another. You can use cones or tape to help designate appropriate spaces.
- Hand out copies of body bingo boards and movement sheets, one per student.
- The goal is to try to get body bingo, which is done by solving the math problems and doing the corresponding movements in each square on the board. A completed horizontal, vertical, or diagonal line gets you body bingo!
- To complete one square, first, solve the math problem. Next, do the exercise indicated in the square. The answer to the math problem is the number of repetitions the player must complete.



# Classy Moves

- Players form a circle standing 2m away from each other. The dance leader will be in the middle.
- The dance leader will dance in the middle for 20 seconds.
- Everyone must copy the dance leader's moves. Then it's someone else's turn.
- Continue until each player gets a chance to be the dance leader.
- Could be done in a circle or smaller groups or pairs (maintaining distance) could use hoops to stand in

# Freeze Dance Party

- Players line up standing 2m apart from each other.
- It's time for a dance party! But it's not an ordinary dance party, it's a FREEZE dance party.
- The facilitator is the freeze dance leader. When the leader starts dancing, everyone can dance!
- When the freeze dance leader stops dancing, all players freeze and stop dancing.
- If players are caught dancing when they should be frozen, they do five jumping jacks, squats, or lunges.

# Riverbank

- Instruct students to put their toes on the line and face you.
- The facilitator will call out "river," "bank," or "riverbank."
- Players hop forward when they hear "river" and backward when they hear "bank."
- When the facilitator calls out, "riverbank," players hop sideways with one foot in the river and one foot in the bank.
- If a player makes a mistake, he or she will do five jumping jacks or a silly dance before re-joining the game.

# Simon Says

- Players line up standing 2m away from each other.
- The leader is Simon. Players must listen carefully.
- When players hear, “Simon says,” they must do that movement.
- Do not do any movements without hearing, “Simon says.”
- If a player messes up, he or she runs on the spot or does an exercise, then re-joins the game.

# Up Down Stomp Clap

- Everyone, pick a seat. You will do a lot of moving but you will not move from your seats.
- A designated leader gives a series of commands for players to follow. When the leader says:
- UP, raise your arms up. DOWN, put your arms down. STOMP, stomp your feet once. CLAP, clap once.
- Listen very carefully because in the next round gets harder.
- Round 2: UP and DOWN are opposites.
- Round 3: UP and DOWN and STOMP and CLAP are opposites.

# Ba-Boom

- Players form a circle, standing 2m apart from one another.
- The leader continuously says, “Ba, ba, ba.” Eventually the leader will say, “Boom!”
- When you hear BOOM you can choose to perform one of two actions:
- BA-BOOM - turn to someone on either side of you and clap-point while saying, “Ba-boom.”
- DUCK - squat and hold it.
- There are consequences for every action:
- If you ba-boom someone whose back is turned to you, then he or she does five jumping jacks.
- If you ba-boom someone who ba-booms you, then you both do five jumping jacks.
- If you duck while someone tries to ba-boom you, then the ba-boom passes over your head to the person next to you.
- If no one ba-booms anyone, then everyone does five jumping jacks!

# Countdown

- Form a circle, standing 2m away from one another. The goal is to count down from 15 to 1.
- The leader will start the countdown. Another player will say the next lowest number.
- Each player can only say one number in the countdown. There is no order regarding who should say the next number.
- If two players say a number at the same time, the group must do 10 jumping jacks, and the game will start over.

# Mirror Mirror

- Players pick a partner and face each other, keeping 2m of space between each other.
- One person is going to be the leader.
- The other must mirror his or her movements.
- After a period of time, switch roles to let the other person lead.



# Partner Circuit

- Set up stations spread across the activity area that require no equipment.
- In pairs, one student starts on a station, while the other student runs on the spot. Students then swap places. Continue for one minute, rest for one minute, before moving to the next station.
- The running on the spot can be swapped for another stationary activity like jumping or it could be turned into a rest period.

# Shipwreck

- Players line up at the starting line! Stand 2m away from each other. The facilitator is the captain and the players are the crew. Listen for the following commands. When you hear:
- **ROLL CALL:** the crew must line up, feet together, and salute saying, "aye, aye captain!"  
**AT EASE:** the crew may stop saluting and do the next movement that is called.  
**CROW'S NEST:** the crew must climb the ladder to the crow's nest.  
**SWAB THE DECK:** the crew must mop the deck.  
**ROW THE BOAT:** sit on the floor and row a boat while singing, "row, row, row your boat."  
**SPEED BOAT:** run on the spot as fast as you can.
- If you make a mistake, do five jumping jacks, then re-join the game.

# Splat

- Players form a circle standing 2m away from each other. The leader will stand in the middle.
- The leader splats someone by clap-pointing at them while saying, "splat!" That player must duck.
- The two players on each side of the player who duck turn and splat each other.
- The last player to splat does five jumping jacks and re-joins the game.
- If the player who is supposed to duck messes up, he or she does five jumping jacks, then re-joins the game.

# Kick Rounders

- The bowler (the teacher) throws the ball underarm from the bowling box to the batting box.
- The batter then kicks the ball. Once the batter has kicked the ball, they then run around the 4 bases. They can stop at any base.
- The fielders then pass the ball (only using feet) to the bowler in order to stop the batter from running on

# Monster Moods

- Exploring the different moods of a monster, to make a Monster Mood Mash!
- Ask everyone to think of a movement of a happy monster, then angry monster/sad monster, nervous monster, excited monster, silly monster etc. Choose 1 of the children's actions for each of the moods and have at least 5 moves.
- Ask everyone to make tiny tip toe runs on the spot. You call out the Monster Moods the children made up to create a Monster Mood Mash, using tip toes in between each call.
- Let everyone have a chance to get their move chosen.

# Getting to know you

- Players form a circle and stand 2m away from each other.
- 1 player will say their name and complete an action (it could rhyme or start with the same letter) (John, Jump) (Kate, Kick) etc. The rest of the group copy action
- Player 2 repeats player 1's name and action and then adds their own name and action. The rest of the group copy action.
- This continues until everyone has a said their name and action.
- The whole group repeat the full sequence.

# Zone Ball

- Children have to stay in their zone. Pass the ball (using feet) to each other with the aim to
- score a goal. Could be a target, e.g. knock a ball off a cone or goal.
- Each team could have a ball, so more are involved.
- Miss the pass and start again, the idea is for all players to pass and receive the ball.

# Rock Paper Scissors

- In pairs 2m apart play rock paper scissors and the winner gets to chose a static exercise for the looser to complete eg jumping jacks, squats etc.
- if you set this up in a circle the winner can rotate round so they each play someone different each time



# Adventure Assault Course

- Draw out enough squares for the number of pupils in the group, in each square is a different challenge. (there is a time limit on each activity)
- Shark infested waters – draw a plank and water either side – don't fall in!
- Lillypads – draw several lillypads or put flat markers on the ground – pupils jump between them all
- World cup final – draw a goal – as the pupils go past they pretend to score and do a celebration
- Helipad – the pupils pretend to be a helicopter, turning round and jumping in the air on the spot
- Climb the mountain – draw a mountain and pupils do mountain climber until they reach the top
- Thin ice – the pupils have to be light on their toes to cross this square