

## Warm up, Heat Up,.....Games to get them moving

**Jamie Lowe and Jay Haken**

**Zurich International School**

### Get out/ Space pods

This is a tag game which can be adapted to include a number of different rules. It involves a number of taggers, safe spaces and runners, which can develop tactical awareness and teamwork with only small variations on a traditional tag game. To set up, first distribute a number of large hoops randomly around an appropriate space, allowing space to run in between and around the hoops (for a class of 20 start with approximately 6 or 7 hoops). Also you must pre-select 2 or 3 aliens/ taggers. The premise is that the runners are in 'space' and must avoid being 'killed' by aliens. The hoops are 'space pods', which act as sanctuaries and safe areas from 'aliens'. Aliens are **not** allowed in space pods and **only one** space adventurer/ astronaut / runner can occupy a space pod at any given time. Should a space adventurer want to occupy an already occupied space pod they must run up to the space pod and say to the occupant "GET OUT!" the occupant must then immediately vacate the pod. They may only return to the space pod after first occupying another space pod. The exception to this rule is when there is only one space pod remaining. During the game the teacher will wander around picking up space pods as more space adventurers are killed by aliens. Any space adventurer tagged by an alien when not in a space pod is killed and moves to a designated side of the hall. The winner is the last remaining space adventurer. Games are generally over quickly so students tagged early are not stood around for long, but possible variations to the game could include having them become aliens (although this could become onerous as aliens are usually wearing coloured bibs) or there could be a rejuvenation planet area where they could come back to life if tagged by another space adventurer. Teaching points between games may include discussing how aliens can work as a team, assessing space and running lines to avoid being tagged and fair play.

### Equipment required:

Large Hoops

Bibs

### Giants, Wizards and Goblins

Two teams line up opposite each other in the middle of the gym.

Giants beat Wizards... Wizards beat Goblins... Goblins beat Giants (Classic rock, paper, scissors)

Teams go into a huddle and decide on Plan A and a back up plan... everyone in the team must know what they are going to be... and everyone must display their character clearly on command.

Re-group in two lines facing each other... sumo start (x3) then reveal characters. If the team won, they chase, if they lose they turn and run. If they run past the defined line without being tagged, they stay on the same team... if they get tagged they join the other team... and repeat.

If Plan A is a draw (tie) then the teams repeat with a sumo start (x1) and then reveal back up plan.

### Equipment required:

None

### **Pac-man Noodle Dodgeball**

This game is best played in a hall with marked lines and students should be told which lines they are limited to when running around. In a class of 20, 4 members of the class will be nominated as ghosts and each be given a noodle, which they will use as a tagging device in a pincer like motion. The ghosts will start at one side of the hall on designated lines; all other players will begin on the opposite side of the hall also on designated lines. They will be the pac-men/ pac-people. On lines appropriate to the players running lines, place out a number of white balls, red balls, and a couple of other coloured balls or random items. The goal of the game is for pac-men/ people to collect all red balls and accumulate them on their side of the hall. The white balls can be used to regenerate pac-men/ people killed by ghosts. The other coloured balls or random items of which there should be only 3 or 4 can be used to make pac-men/ people invincible for 10 seconds and able to 'kill' ghosts. If a ghost is tagged by an invincible player, they must immediately return to their start point. If a player is running with a red ball and is tagged by a ghost they immediately must place down the ball and head straight to the starting end of the hall, where they must wait to be regenerated by a team mate. Players with a white ball may hand it over to a 'dead' player, which will rejuvenate that player. A rejuvenated player may then rejuvenate another player from a different line (i.e. not someone immediately behind them). When moving around, players may not pass another player on a line in front of them and may only step onto other lines at a line junction. If everyone is tagged before the red balls are accumulated, then the ghosts win. If all the red balls are accumulated before being 'killed' then the pac-men/ women win the game. Teaching points include a discussion over selflessness versus individual survival, greed and adherence to rules.

### Equipment required:

Noodles

Lines

Red Balls

White Balls

Other Balls or items

### **Hunt the Moose**

Players (Moose) line up at one end of gym. Objective is to run to the other end of the gym without being hit by a ball. Hunters line up on side of gym and throw dodgeballs to try and hit the moose as they are running. Hunters cannot throw inside the defined running area... but they can retrieve balls and return to outside of the area before throwing again.

Teacher begins each game with the following... "Moose are you ready?" and the kids shout "Moose, Moose, Moose" whilst making the sign of horns on their head. Teacher then asks... "Hunters are you ready?" and the hunters imitate loading their gun with a ball in their hand.

On go... the moose run and the hunters throw... and anyone who is hit dies a dramatic death and then becomes a hunter.

Other instructions include...

if the ball hits you, you are out, if the ball bounces and hits you, you are out, if it hits someone else and then you, you are out... if you trip over a stationary ball, you are stupid and out... the only time you are NOT out if it hits you is when it hits your head... as moose have bullet proof heads! If you kick the ball intentionally, you have committed mooseicide and you are out.

Game continues until one moose remains who is the champion moose.

#### Equipment required:

Dodgeballs

#### **Ogre Tag**

Ogres are large monster like creatures, who traditionally carry a large club. Establish who would like to be a 'bad' ogre and distribute an appropriate number of 'ogre clubs' (blue pillow polo sticks). Ideally there should be 3 or 4 clubs for a class of 20. Players who are blue ogres run around clubbing other members of the class. When someone is clubbed by a blue ogre, they lie down on the floor. Ogres may club their victims anywhere on their bodies. Prostrated members of the class may only be brought back to life by a yellow ogre. Yellow ogres are not able to 'kill' people but can only free people on the ground. They do this by striking them with their yellow ogre clubs. If a yellow ogre is clubbed by a blue ogre, then the yellow ogre lies flat on the floor on their backs holding their yellow club at a right angle to the floor. Anyone may then run and take the ogres club, becoming a yellow ogre (note: yellow ogres are **not** allowed to club blue ogres). Blue ogres can only be 'killed' by powerful fire ball spells. These are represented by 4 or 5 dodgeballs distributed randomly at the start. Players holding fireball spells may run but the spell is only effective when thrown. In the case of being killed by a fireball spell, blue ogres lie down and hold their sticks erect and people can take their sticks and become blue ogres (spells can also kill yellow ogres). This game is a continuous game and usually there is no winner. Teaching points are minimal, however compassion when striking victims and an understanding of fair play is vital.

#### Equipment required:

Pillow polo sticks (4 blue, 3 yellow)

5 soft dodgeballs

#### **Global Ball**

This game starts with a big globe ball (or similar) in the middle of the hall. Split the class into two teams and have them start at opposite ends of the hall. The aim of the game is to get the ball to

touch the opposite wall. Players may not grasp the ball (i.e. has a canvas cover) and they may not drag other players away from the ball. Rule variations could include smaller points for touching the side walls (or being the last person to touch the ball before touching the wall awards the points to your team). This tends to be a rough game involving a lot of contact with each other and the floor. Students need to demonstrate self control and resilience. They may be trodden on or run over with the ball and injuries should be ideally prevented before they occur. It's easier to move the ball when elevated. You may wish to bring this up as a teaching point.

Equipment required:

Giant ball

**Buddy Up - Buddy Down**

Students pair up with someone similar size to them (they must be able to give each other a piggy back).

They stand in a circle one behind the other, both facing towards the middle of the circle, with one on the inside and one on the outside of the circle.

Teacher uses the following commands:

Buddy Up = kid behind jumps on back of partner (piggy back)

Buddy Down = kid jumps back down

Buddy Change (or switch) = kids change position from front to back and vice versa

Buddy Run = the kid on the outside of the circle runs around the circle and returns to the Buddy Up position with his/her partner.

The last pair to return to the Buddy Up position are eliminated.

Variations on the commands can make the game more fun... such as Buddy on the toilet (front partner sits on knees of back partner), Buddy flush... Buddy on the beach (kids all lie down as if they are sunbathing). The game could be played like "Simon says..." when they should only follow the command if it is preceded with the word Buddy? Otherwise they are to remain still.

I prefer to keep it simple, and elimination can be replaced with some form of physical challenge as a consequence of being last... if you do not want to eliminate kids from the game.

Equipment required:

None

**Birdie Ball**

Similar to Global Ball, however you only use a single shuttlecock. Players cannot move whilst holding

the shuttle cock (similar to netball), but may strike it with their hand (similar to a volleyball serve). If a shuttlecock is caught then it cannot be taken out of a player's hand. If it is thrown on the floor then the first person to touch it claims the shuttlecock and it is their play. If a score is made on the wall, the defending team plays it from there, not from the centre.

Equipment required:

Shuttlecock

**Dragon Tag**

In the land of dragons, the red dragons are the most powerful and ugly dragons. Establish 4 red dragons in a class of 20. These dragons win if all of the townsfolk are 'killed' or if they find the red treasure. Townsfolk are killed if they are tagged by a red dragon and must lie down on the floor. The good dragons are the golden dragons. They win if they prevent the red dragons killing everyone or they find the golden treasure. If there are 4 red dragons, there are 3 golden dragons. Golden dragons can be killed by red dragons. In which instance they lie down on the floor. Golden dragons free townsfolk if they tag them when they lie down on the floor. Townsfolk can **only be freed** by golden dragons. A blue dragon is the most powerful of all dragons (and the ugliest with no friends). The blue dragon wins if it kills everything or finds the blue treasure. An optional addition of a green dragon may be used for more advanced classes. The green dragon is a very secretive dragon, who does not kill anybody but sneaks around searching the dead to try and find his green treasure. Townsfolk may protect themselves from the green dragon if they possess the 'ball of power'. There is only one ball of power and this must be returned to the guardian (teacher) after each use. The ball of power may be used at any given time by raising the ball in the air and loudly shouting "BALL OF POWER!" at which point anything within 3 metres must lay down dead (note: if this is a blue dragon, there is nothing to free the blue dragon and he effectively fails). At the beginning of the game, all dragons must line up and face away from all townsfolk. The coloured treasures are distributed at this point and townsfolk should keep them out of sight (tucked into clothing or by hiding themselves). If a blue or red dragon tags/ kills a townsfolk with the appropriate colour treasure they must immediately hand it to the dragon in question, who must take it to the guardian. If this happens then they will win. Similarly if a yellow dragon is freeing a townsfolk and they have the yellow treasure, the townsfolk must immediately give it to them and the dragon brings it to the guardian (without being killed on the way). Note that players with e.g. a red treasure tagged by a blue dragon should **not** let the dragon know they have the treasure. If any treasure is found, all play is stopped and roles are redistributed. Note that the playing area is usually outdoors with possible obstacles/ hiding places for best effect. Strategy plays a large part in the game and talking about different approaches to avoid the dragons or maximising 'killing' efficiency can form the basis of an entertaining discussion.

Equipment required:

Red, blue, yellow (possibly green) bibs

1 x red, yellow, blue bean bag (treasure)

1 x table tennis ball (ball of power)

### **Handpad**

This is a multi-team game ideally with 3 or 4 teams - although it could also be done with 2. Scoring is achieved by placing a ball onto a small pad/ mat on the floor. Approximately 4-6 pads are placed randomly on the floor. Scoring can be done on any pad by any team. The ball should be pushed down (with downward pressure) as per rugby – dropping the ball voids the action. Teams start in the corners of the hall and a single ball is bounced in the middle. The ball should be approximately netball size. Teams pass and move the ball without moving their feet, allowing only a pivot on one foot. In the event of a drop, whichever team touches it first claims possession. Balls may be intercepted but not knocked out of hands. If a ball is scored on a pad, then the next point must be scored on a different pad. Initially you play the game with larger teams (approximately 6 or 7 per team), then open up discussion as to how the game is developing and what can be done to improve play. Then halve the teams with quick substitutions in order to develop learning outcomes and facilitate further discussion.

### **Equipment required:**

Flat pads for the ground

Ball

Bibs for team

### **Swatchit**

This is a multi-team game involving 4 teams and 3 balls. The balls should ideally be netball but equally could be a basketball or a similar ball that bounces. The field area consists of 4 hoops on the floor in a square approximately 20 metres apart. The aim of the game is to score points by bouncing a ball in your team's hoop (ideally teams will wear bibs and will use hoops of that corresponding colour). The ball must be bounced directly in the centre of the hoop. If it hits the side of the hoop it does not count. Second bounces are also void. Players may pass the ball in any way they choose, but may not move with the ball. There should be no contact between players and the ball cannot be knocked out of hands. Close marking **is** allowed. If defending a hoop, players must not step over a hoop or move a hoop accidentally with a foot. When a score is made, the ball should be carried back to the centrally placed scorer (referee/ teacher). The scorer then throws the ball in a random direction to put the ball into play. During the game the scorer is also deducting points scored without the knowledge of the players. Points are deducted for any infringements (e.g. body contact, player jumping over a hoop to retrieve the scored ball, extra steps with the ball etc). At intervals, play should be stopped and plus and minus points read out to individual teams to give feedback and allow them to assess their progress. As a very fast moving team game strategies and tactics are importing in both defending and attacking particularly with 3 balls in motion. Adherence to the rules will ensure that points aren't deducted.

### **Equipment required:**

4 hoops

3 netball sized balls

Bibs

### **Splat!**

This is a straight team race from one end of the hall to the other. On the start command "SPLAT!" the first member of each team lies prostrate on the floor with their arms outstretched and their feet on the start line. As soon as they are fully laid down, they shout "SPLAT!" then the next team member runs out and lies down in front of them with their feet touching hands and their arms outstretched saying "SPLAT!" This continues for each team member until the whole team is laid out. If they have not reached the finish line/ opposite wall,, the first team member to lie down (the one currently at the back) then stands up, runs the length of the line and 'splats' at the front. This continues until one team reaches the finish line. If any team members are not in contact (hand to foot) or are deemed to move before they should towards the front of the line, the referee should hold a hand up to delay the team for several seconds before allowing them to continue.

### **Equipment required:**

Relatively clean floor!

People willing to splat!