





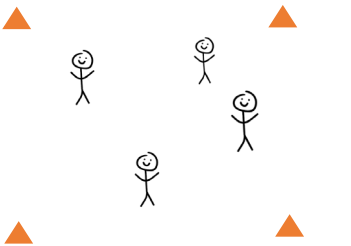
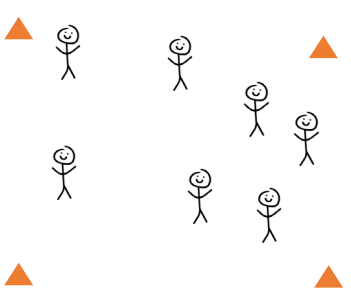
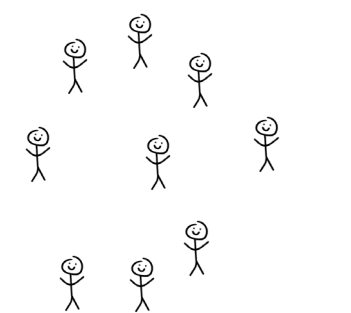
ACTIVITY RESOURCE BOOKLET

WARMUP GAMES / GAMES WITH NO EQUIPMENT



| Name of Activity | Equipment | Set-up | Instruction | Adaptations |
|--|--|--|---|---|
| <p>Chaos Tag</p> | <ul style="list-style-type: none"> - No equipment needed. | <ul style="list-style-type: none"> - Minimal set up. - Set out boundary area for the game. | <ul style="list-style-type: none"> - At the beginning of the game, everyone is "It". - Anyone can run and try to tag someone. - If you are tagged, you stick your arms out from your side and watch for the one who tagged you to get tagged. When that person is tagged, you are back in the game. - If you and the other person tag each other at the same time, then you do "Rock-Paper-Scissors", and whoever wins, watches until the person who "beat" you is tagged or beaten, at which point you can get up and resume playing the game. - The game is won when last person remains. | <ul style="list-style-type: none"> - Adaptions to make it easier: - Can make the playing area smaller. - Adaptions to make it harder: - Can make the playing area bigger. |
| <p>Cross the River</p> <p>Crossing the river</p> | <ul style="list-style-type: none"> - No equipment needed. | <ul style="list-style-type: none"> - Minimal set up. - Set out boundary area for the game. | <ul style="list-style-type: none"> - One or two people start as the main catchers. - These catchers are the only people who can give the group a command to cross the river. - They can shout out commands such as "cross the river if you have something red on..." or cross the river if you have blonde hair". Anything goes, if it is appropriate. - The people who have qualified for one of these commands can cross the river without being tagged/caught. - If you don't qualify then you must try and run across the river without being tagged/caught by the catchers. - If you are caught, then you become part of the catching team. - The last one standing wins. | <ul style="list-style-type: none"> - Adaptions to make it easier: - Can make the playing area smaller. - Adaptions to make it harder: - Can make the playing area bigger. |

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|--|--|--|--|---|
| <p>What's the time Mr/Mrs Wolf?</p>  | <ul style="list-style-type: none"> - No equipment needed. | <ul style="list-style-type: none"> - Minimal set up. - Set out boundary area for the game. | <ul style="list-style-type: none"> - One person starts out as Mr/Mrs Wolf, who is classed as the catcher. - The rest of the group will start in a line at the other end from wherever Mr/Mrs Wolf are starting. - The group will all shout together "what's the time Mr/Mrs Wolf?" - Mr/Mrs Wolf will reply with a number e.g., "it's 3 o'clock", meaning the group will take 3 steps forward. - They will continue to ask the question of time each go. - When Mr/Mrs Wolf eventually say, "it's dinner time!!" that when Mr/Mrs wolf becomes a catcher and tries to catch some of the group. - Once a member of the group has been caught, they then become part of Mr/Mrs Wolf's catching team. - The last person from the group remaining is the winner. | <ul style="list-style-type: none"> - Adaptions to make it easier: - Can make the playing area smaller. - Adaptions to make it harder: - Can make the playing area bigger. |
| <p>Jungles on Fire</p>  | <ul style="list-style-type: none"> - No equipment needed. | <ul style="list-style-type: none"> - Minimal set up. - Set out boundary area for the game. | <ul style="list-style-type: none"> - One person starts out as the hunter aka the catcher. - The rest of the group will start in a line at the other end from wherever the hunter is starting. - Everyone will get an animal name e.g., Lion, Tiger, Snake, Gorilla etc. - The catcher will shout out one animal's name at a time and they must try and make it to the other side without being caught. - If they are caught, they then also become a hunter. - If the hunters shout "jungles on fire" at any point, then all participants must run to try and reach the other side without being caught. - The last person from the group remaining is the winner. | <ul style="list-style-type: none"> - Adaptions to make it easier: - Can make the playing area smaller. - Adaptions to make it harder: - Can make the playing area bigger. |

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|---|--|---|--|--|
| <p>Duck Tails</p>  | <ul style="list-style-type: none"> - Bibs. | <ul style="list-style-type: none"> - Set a boundary for game. - Lay out safe zones, these must not be moved. - Give a player a bib each. | <ul style="list-style-type: none"> - Give each player a ball and a bib. - Bib is tucked halfway in their bottoms behind them (to look like tails). - Aim is to have the most bibs by the end of 2 mins. - Advise kids to be gentle when they are taking the bibs. No pulling clothes, only bibs. | <ul style="list-style-type: none"> - Adaptions to make it easier: - Make playing area bigger. - Adaptions to make it harder: - Make playing area smaller. - To maximise engagement, add more minutes so players are involved for longer. |
| <p>Stuck in the mud</p>  | <ul style="list-style-type: none"> - Cones. | <ul style="list-style-type: none"> - Set a boundary for game. - Lay out safe zones, these must not be moved | <ul style="list-style-type: none"> - Designate one person as the catcher. - Variation of tag if tug then you are frozen/stuck in the mud! - The only way to be freed is for someone to tag you. - Aim is to freeze all the players by the end. | <ul style="list-style-type: none"> - Adaptions to make it easier: - Change ratio of catchers/players. - Adaptions to make it harder: - Change ratio of catchers/players. |
| <p>Splat!</p>  | <p>n/a</p> | <p>n/a</p> | <ul style="list-style-type: none"> - Have everyone make a circle, coach starts off in the middle as the leader. - The leader points at an individual while shouting "Splat!". - The individual pointed at duck while the person on either side of the individual turn to face each other and point at each other while shouting "Splat!". - Quickest person to shout "Splat!" and point wins and the loser must sit down. - The process continues until there is only 2 people left. - The remaining 2 individuals turn their back to each other in a Texas shoutout style. - The leader comes up with a random key word for the individual to hear i.e., Pizza. - The leader will call out random words associate with the key word, each time they say one, the players take a step further away. - One the leader shouts the key word; the individuals turn around and point/shout "Splat!". - Quickest person wins and is this leader for the next game. | <ul style="list-style-type: none"> - Adaptions to make it easier: - Include the individuals name when pointing/shouting "Splat!". Also encourages those to remember each other's names/ get to know them. - To maximise engagement, allow participants to change the point i.e., throw imaginary pies, space guns or magical wands to make them disappear or whatever they would like if it's deemed appropriate. |