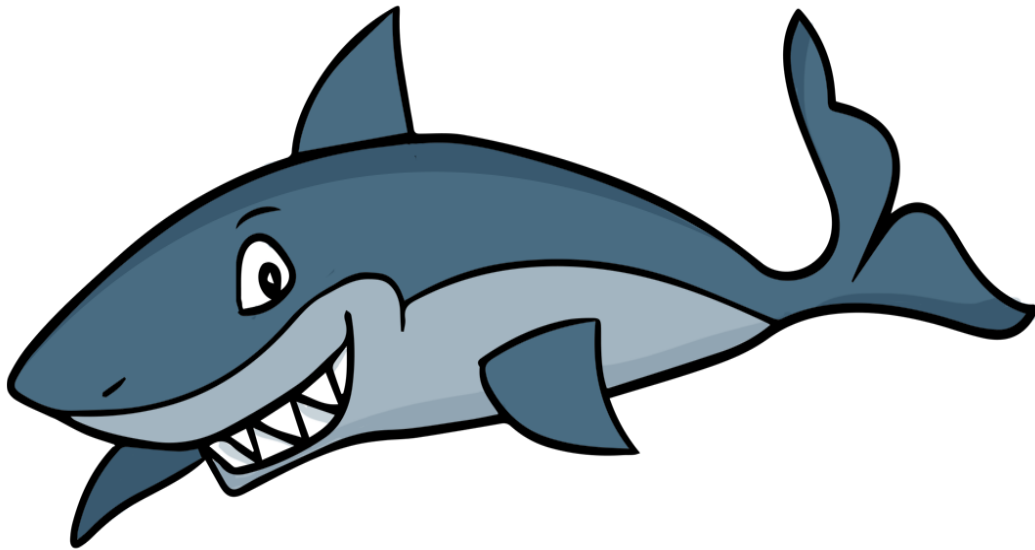


Teaching  
Cave

## Shark Attack

Teaching  
Cave



Teaching  
Cave

## Shark Attack

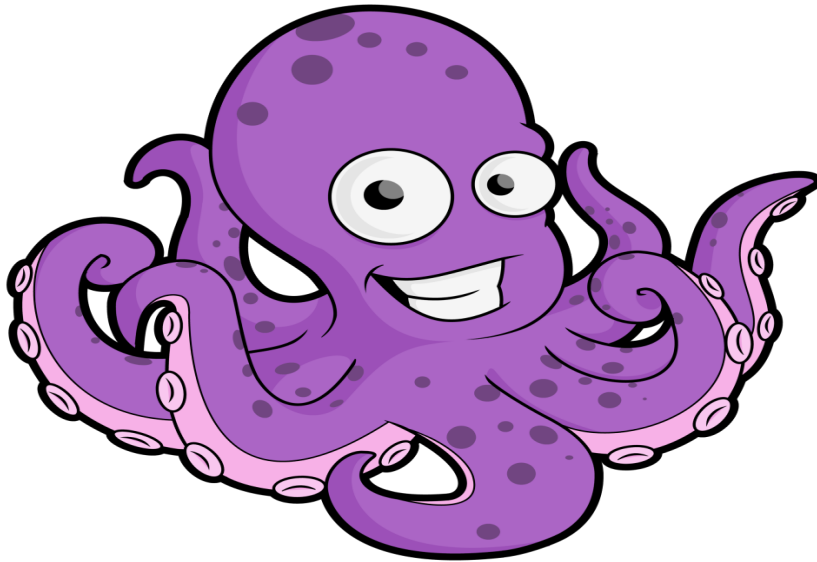
Teaching  
Cave

Mark out a square area suitable for the size of your class. Space the hoops around the area and inform the children they are the islands. Choose one shark for every six/seven children in the class. Ask the sharks to put their hands above their heads in the shape of a fin and allow them to make the 'Jaws' shark sound (da dum). The teacher should demonstrate this first. When the teacher shouts 'Shark Attack!' the sharks must try to catch the other children before they find an island.

Teaching  
Cave

## The Depths

Teaching  
Cave



Teaching  
Cave

## The Depths

Teaching  
Cave

Inform the children that this game takes place on the seabed. Mark out a large area and choose a child to be the octopus and give them a bib so they can be identified. All the children will start on one side and try to reach the other side by running, jumping, skipping, hopping, galloping etc. If a child is caught, they are turned into seaweed and must stand on the spot where they've been caught. 'Seaweed' can only catch someone by moving their arms.

Teaching  
Cave

## Tails

Teaching  
Cave



Teaching  
Cave

## Tails

Teaching  
Cave

Mark out a large grid and give each child a dance scarf or a bib, which acts as a tail. Inform the children to create a tail with the bib or scarf with most of the 'tail' visible. The aim of the game is to catch as many tails as you can within one minute. If someone's tail is taken, they must try to replace it by catching another tail. You can start with a single catcher and then build up to 'every man for themselves' format. This game can also be played in pairs and the children with tails get a two metre head start.

Teaching  
Cave

## Cone Home

Teaching  
Cave



Teaching  
Cave

## Cone Home

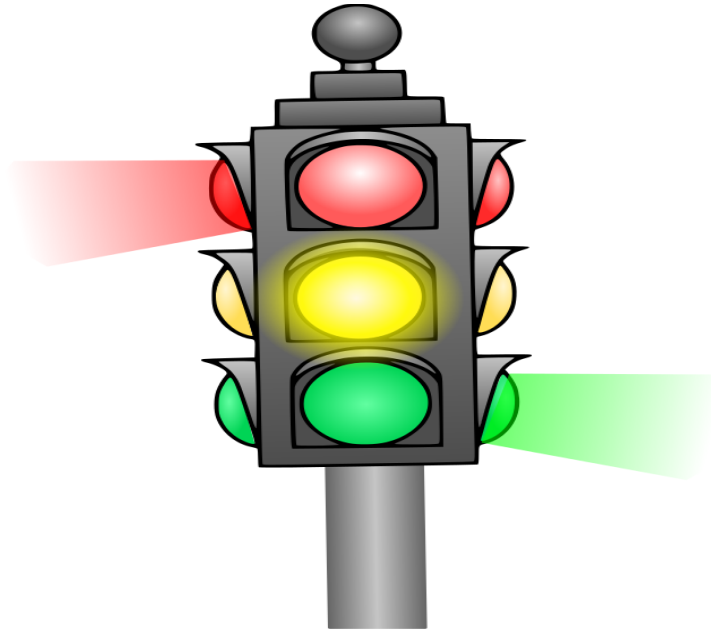
Teaching  
Cave

Place coloured cones in a repeating pattern (E.g. green, red, blue, yellow, white, green, red, blue etc...) in the shape of a square. Instruct each child to choose a cone as their 'home cone'. When the teacher shouts 'cone home', the children must run around a cone on another side of the square and back to their 'home cone'. They can't run to a cone on the same side as their 'home cone'. To develop this game further and turn it into a listening activity, you can give the children the colours to remember. E.g. 'yellow, green, blue then home'.

Teaching  
Cave

## Traffic Lights

Teaching  
Cave



Teaching  
Cave

## Traffic Lights

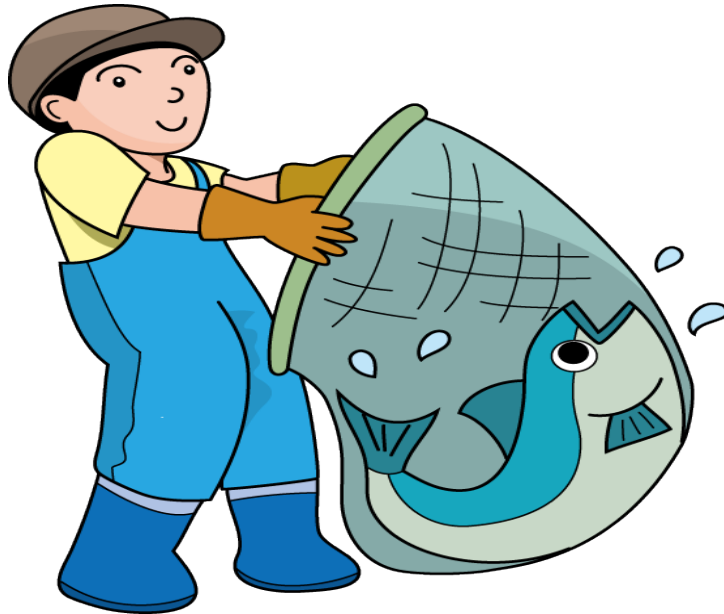
Teaching  
Cave

This is a game that you can modify depending on which movements you are teaching. Mark out an area that the children can move around in. Inform the children that each colour of cone represents a different movement. When the teacher holds up a cone, the children must complete the associated movement until the cone has been put down. Inform the children that the green cone is 'jog' and the red cone is 'rest'. This develops memory, awareness of space, as well as developing specific movement skills.

Teaching  
Cave

## The Fisherman

Teaching  
Cave



Teaching  
Cave

## The Fisherman

Teaching  
Cave

This activity develops spatial awareness. The children will be moving around the area in different ways as instructed by the teacher. Once the teacher shouts 'Drop Anchor', the children (fish) must freeze (hopefully in space). If the children are not in space, the fisherman's net will scoop them up. The teacher is the fisherman and the net is a large hoop. The teacher shouts, 'Anchor's Aweigh!' and the children move around again. You can increase or decrease the size of the area to add to the difficulty. You can also complete this game dribbling a ball to make it more challenging.

Teaching  
Cave

## Body Parts

Teaching  
Cave



Teaching  
Cave

## Body Parts

Teaching  
Cave

Mark out a large area and scatter cones (one for each child) evenly around the inside. The game involves the children using different body parts to touch the cones. Instruct the children to jog around the area until they hear an instruction. The teacher can shout 'Elbow' (or other body parts) and the children must find a cone and touch it with their elbow. Take away a cone each round and the children that are out must sing the 'Head, shoulder, knees and toes' song, then join in again with the game. The game stops when half the children are singing.

Teaching  
Cave

## Dr Dodgeball

Teaching  
Cave



Teaching  
Cave

## Dr Dodgeball

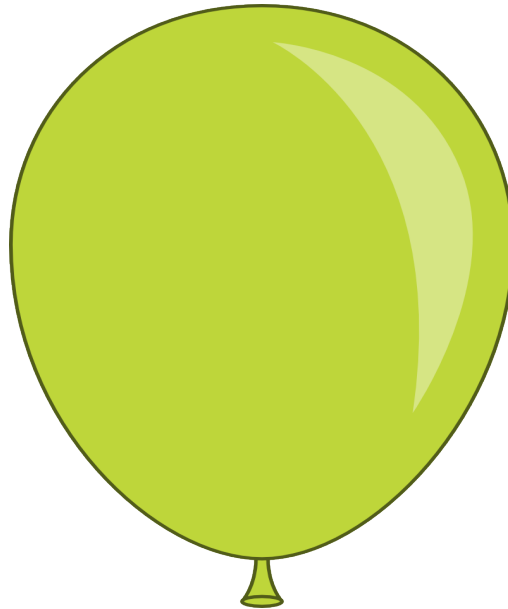
Teaching  
Cave

Keeping to the original format, divide your class into two teams, with each team going to opposite sides of the area. Before the game starts, each team will choose a doctor and keep their identity a secret. Play the game with teams throwing one or more soft balls at the legs of the opposing team. When someone is hit below the knee, they must sit. Eliminate the other team by hitting all the players with the soft balls. The secret doctor can touch the injured and bring them back into play. Once the doctor is hit, the team's only hope is their skill.

Teaching  
Cave

## Balloon Ball

Teaching  
Cave



Teaching  
Cave

## Balloon Ball

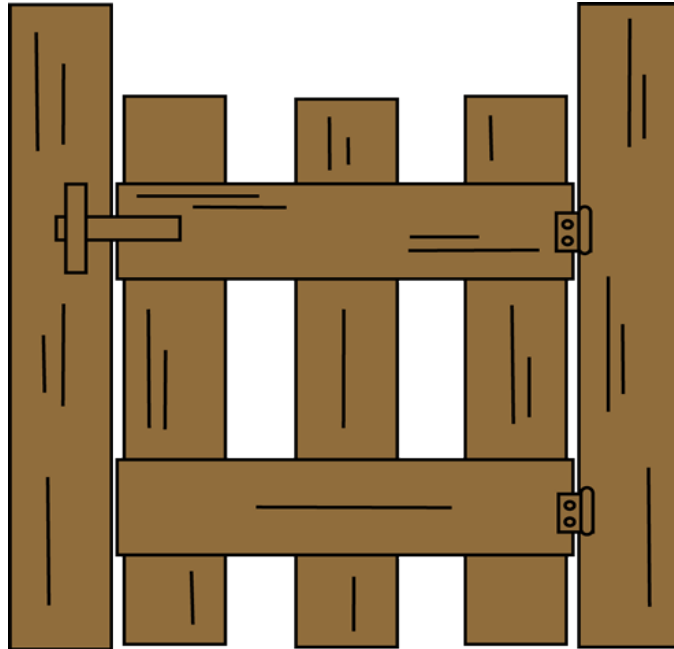
Teaching  
Cave

This game works on coordination and will need to be played inside. The children are going to use a balloon and try to keep it up in the air using different body parts. Instruct the children to start with their head and see how long they can keep the balloon up in the air. Once the children have grasped the activity, you can encourage them to try different body parts. Once you have completed all body parts, place the children in teams and have a relay race. The children must run around a cone at the end of a 10m run whilst keeping the balloon in the air using any body part.

Teaching  
Cave

## Gates

Teaching  
Cave



Teaching  
Cave

## Gates

Teaching  
Cave

In this game, the teacher will mark out an area with cones to make 'gates'. Each player will need a ball. The children will dribble the ball through the gates using their hands or feet and count how many gates they get through in one minute.

**In Pairs** - You can also play this game in pairs. With one football between two, the players will move around the area passing the ball through as many gates as they can to their partner.

Teaching  
Cave

## Minefield

Teaching  
Cave



Teaching  
Cave

## Minefield

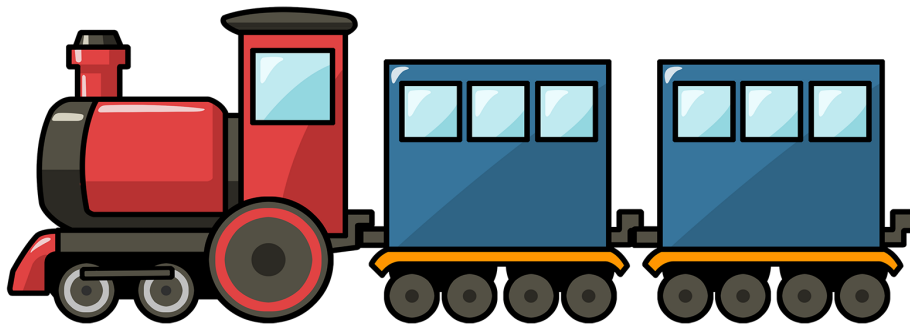
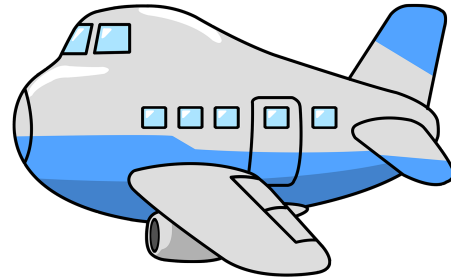
Teaching  
Cave

In this game, the teacher will mark out an area (the minefield) with cones. Scatter cones out randomly around the area – these cones are the mines. Each child will jog and dodge, moving in different directions and at different speeds to avoid each other and the mines. Once the children have grasped the concept of the game, inform them that there is one faulty mine that can explode when someone gets too close. The teacher will choose a random mine, and when the teacher shouts 'Boom!' the children all freeze, and those near the mine lose a life. Give each child three lives.

Teaching  
Cave

## Cars, Planes & Trains

Teaching  
Cave



Teaching  
Cave

## Cars, Planes & Trains

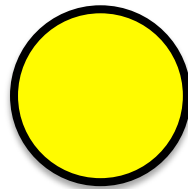
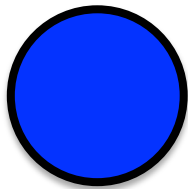
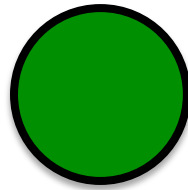
Teaching  
Cave

Mark out an area for the activity with cones. In this activity, the children will be cars, planes and trains. The cars find a quoit, start their engines and steer around the area. The planes fly around, making sound effects and dodging other planes. A train is created when 2 or more people are in a row and are moving in sequence making sound effects. The teacher will shout out the different methods of transport and the children will adjust their movements accordingly. Create roundabouts, parking spaces, runways and train tracks using different equipment to add to the game. You can also use traffic lights (coloured cones) to instruct the children to get ready, start and rest.

Teaching  
Cave

## Colour Run

Teaching  
Cave



Teaching  
Cave

## Colour Run

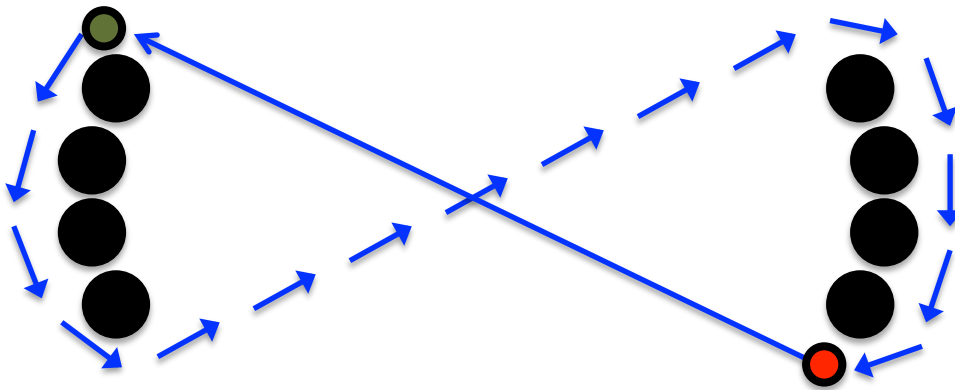
Teaching  
Cave

In this game, the children will be listening out for commands given by a partner. Firstly, ask the children to find a partner and instruct one of them to lift four different coloured cones and a spot. Then ask the children to find a space and set the cones out in a square with the spot in the middle. The size of the square will change depending on the age of the children. One player will stand inside the square on the spot. The 'coach' will stand outside the square and will give their partner colours to run to. E.g. Red, blue then green etc. The child in the square will then touch the cones in order and return to the middle spot after touching each cone.

Teaching  
Cave

## Figure of 8

Teaching  
Cave



Teaching  
Cave

## Figure of 8

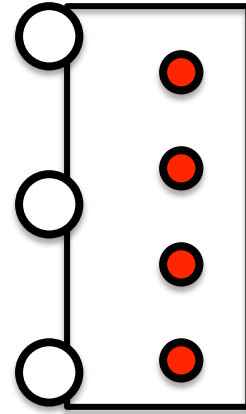
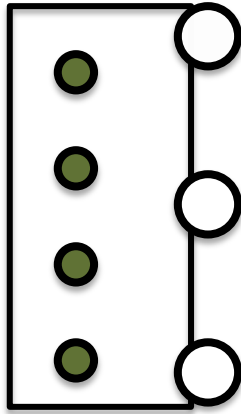
Teaching  
Cave

This game is an endurance activity and is completed as a team. Set up two areas as shown above. Split the class into four groups. One team will start at the red spot and the other at the green spot on each figure of 8. The children will run continuously for 2 minutes with a 1 minute recovery. The team with the most children still running after 2 minutes wins. If runners are tired, instruct them to walk until the 2 minutes are up. Repeat 3 times. Remind the children that they must go at their own speed and it is not a race. Also instruct the children to be careful when passing each other in the middle.

Teaching  
Cave

## Defend the Castle

Teaching  
Cave



Teaching  
Cave

## Defend the Castle

Teaching  
Cave

Set out as many areas (shown above) as you need to suit your class size – 4/5 children per team. Each team will need 3 cones and 3 balls balanced on top of the cones. Each child will also need a large or small softball. The aim of the game is to throw the ball (underarm) to knock the opposing team's balls off the cones. Each game will last a maximum of 2 minutes and the scores will be counted. A win is worth 3 points, 2 points for a draw and 1 for a loss. Keep track of the points on a table. To make this game more challenging, use smaller balls or more balls on top of the cones on each end.