

BEANS

Group moves around area following the action for the 'bean' command.

- Runner bean – run round hall
- French bean – ooooh la laaa
- Baked bean – lie down and sunbathe
- Jumping bean – star jumps
- Tinned bean – whole group squeeze together

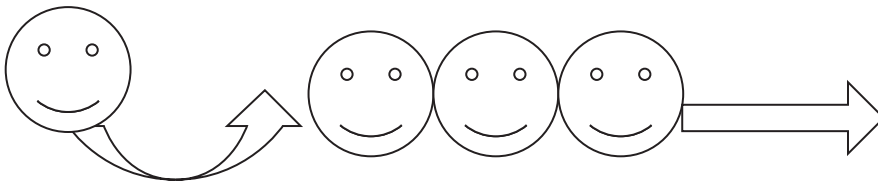
CAT AND MOUSE

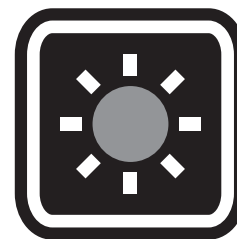
You have two cats and two mice or more to start with.

Everyone else gets into groups of three and crouches down side-by-side.



The cats then chase the mice. **HOWEVER**, if a mouse joins onto the end of a group of three, the person at the other end becomes a mouse.





TRAFFIC LIGHTS

Use a red, yellow and green cone/bib/piece of card to indicate a task/action you want the group to do, for example:

Red = Stop and copy the stretch

Yellow = Fast feet on the spot

Green = Jog around hall

NUMBERS GAME 1

Allocate each number to a command e.g. 1= jogging, 2= skipping etc., and the group responds to the number you shout.

NUMBERS GAME 2

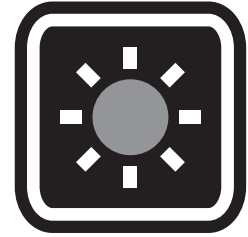
This is good if you have to split your group into teams. Get the group to move around the area and when you call a number they get into groups of that number. Anyone too slow to get into a group has to do a forfeit i.e. 10 star jumps.

CRAWS AND CRANES or SHARKS AND DOLPHINS

Split the group in half and have two lines standing facing each other. Name one line 'craws' and the other 'cranes', and give them a line to run to. When you shout one name out that line have to get to their line before their partner tigs them.

DUCK, DUCK, GOOSE (Aimed at Young Children)

Everyone sits in a circle. There is one person on the outside. They walk around and tap people on the shoulder and name them a 'duck' or a 'goose'. If they are a 'duck' they stay seated. If they are a 'goose' they have to try to run round the circle and tig the caller before the caller sits in their space. There can be as many people named 'goose' as the tigger wants.



TIG

(Suitable For Any Age)

There are lots of types of tig you can play. Here are just a few but you can be as creative as you like.

Toilet Tig

When you are caught you go down on one knee with one arm in the air. To be freed, someone flushes you by putting your arm down. (Sound effects are not compulsory – tee hee!)

Banana Tig

When you are caught you put both arms straight above your head. To be freed, someone peels you by separating your arms.

Disco Tig

When you are caught you stand on the spot doing ‘staying alive’ arm actions. To be freed someone spins you around.

Turtle Tig or Beetle Tig

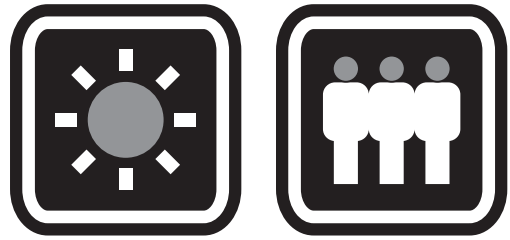
When you are caught, you lie on your back like an upside down turtle/beetle, and you wave your arms and legs until you are freed by someone rolling you over.

Tunnel Tig

When you are caught you stand with your feet shoulder width apart. To be freed someone goes through the tunnel you have made.

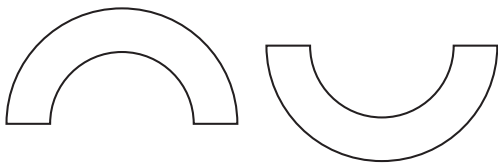
Leapfrog Tig

When you are caught, you tuck down so that someone can leapfrog over you to free you.



VOLCANOES AND CRATERS/ DISHES AND DOMES

Split your group into two teams and give them one of the names above. Scatter button cones around the area, with ones of the same colour set up in one of the ways below. The teams then have to race against each other to turn the opponents cones the other way around, whilst protecting their own team cones. The team with the most cones the correct way round at the end wins.



LADDERS

Split group in half and have two lines sitting facing one another with their toes touching. Each pair has a number. When their number is shouted they have to run up the middle of the ladder, around the top, and up through the middle back to their place. Whoever sits down in the correct place first is the winner. You can award team points and/or make the looser do a forfeit.