

Game 15 – Top Gear

Equipment: Any outdoor space for children to run about in

Children become vehicles, following the leader's instructions, as follows:

1st gear – walking slowly, watching for clear spaces using arms to steer, as if using a car steering wheel

2nd gear – marching with bigger strides, arms as before

3rd gear – jogging slowly, with arms as before

4th gear – galloping, with arms as before

Top gear – sprinting, with arms as before

Crash! – Children freeze with hands in fronts of faces

Reverse – Children walk backwards looking in turn to each side behind them to avoid any other cars and beeping like a reversing lorry.

Leader can either go through the gears up and down, or vary it by moving to different gears at random

Game 16 – Cap'ain On Deck!

Equipment: Any outdoor space for the children to run about in

Children become pirates on a pirate ship.

The children jog about in the space, avoiding each other and keeping busy with their own pirate ship tasks. At various points the pirate leader makes loud announcements in their best pirate voice. The pirates must act as swiftly as possible to complete a related task, as follows:

Scrub the deck! – pirates crouch down and mime scrubbing the deck with their hands

Climb the rigging! – pirates run on the spot miming climbing up rigging with their hands

Walk the plank! – pirates stop, walk forward three steps along the imaginary plank, then jump to crouching, as if into the sea

Cap'ain on Deck! – All children stop and salute shouting 'Aye aye Cap'ain' in their best pirate voice

Leader varies the orders as they wish

Game 9 – Move Like...

Equipment: An outdoor space

Children stand spaced out. When an adult shouts the name of an animal, the children need to think of their own way of moving that represents something within a theme, without touching.

Ideas: Move like an animal (leader calls out an animal, or a kind of animal such as a mammal etc), move like a type of weather (specify kind of weather), move like an imaginary creature etc...