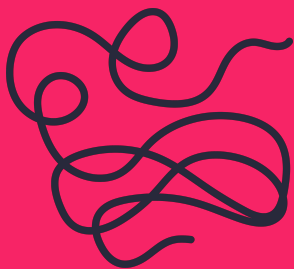
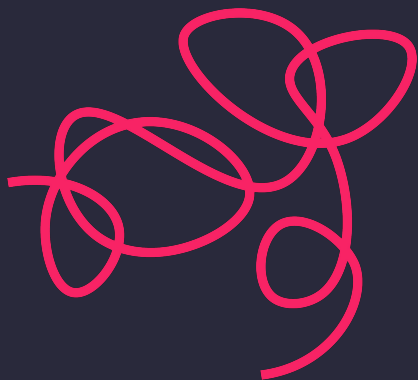


The PlayTank



being



learning
through
play



Power Plays

SHARK ATTACK

POWERPLAY 1



Equipment

Sashes or bibs
4 different colour cones
or discs
Hula hoops (1 between
2-4)



Group size

Three groups or 4 and
one group of 3

Aim

Be the last one able to move between the safe zones.



Set Up

Create four safe zones, which are different colours, in the four corners of the space you are working in

-

Ask the group of three to go and occupy the space between the safe zones. These children are the sharks

-

Ask the other groups to go and occupy a safe zone each, leaving one safe zone empty

-

Give each child one sash and ask them to tuck it into the top of their shorts, so it hangs like a tail

SHARK ATTACK

How to Play

On the word go, shout out one of the colours of the safe zones followed by the colour of the free safe zone

-

Children in the safe zone identified must move to the empty safe zone identified

-

Almost straight after, shout out the next colour followed by the colour of the free safe zone

-

Again, children in the safe zone identified must move to the empty safe zone specified

-

Continue this until all children are constantly moving around the safe zones

-

At a random points shout "shark attack!"

-

The sharks are then released and must go and pull the sashes from the shorts of the other children

-

If a child loses their sash, they become a shark

-

The game continues until there is one child left who is not a shark

-

Play this PlayUp again by blindfolding the sharks or by grouping the children into pairs and asking them to run together inside a hula hoop



HOOP BALL

POWERPLAY 2



Equipment

Throw down discs or
cones
Hula hoops
Large and medium
sized balls



Group size

Ten groups of three

Aim

Move through the slalom three times as a group



Set Up

Create a two lines, one at either end of the space you
are working in

-

Between the two lines create a slalom course of small
gates using throw down discs. One course for each
group

-

Give each group one medium sized ball and one hula
hoop

-

Ask each group to stand at the start of a slalom course

HOOP BALL

How to Play

On the word go, each group has to move through their slalom course, going through each gate

-

The way the children move forwards is as follows: The first child has the ball. The second child moves forward with the hoop. The third child moves further forward still directly in line with the first and second child

-

The first child then moves the ball through the hoop to the third child

-

Once the third child has the ball, the other two children run forwards and the process starts again. This time with the third child first

Children cannot run with the ball. If you see a child running, there group must be sent back to the start

-

Once a group has reached a line, the children must swap roles and go back through the slalom

-

Once a group completes the slalom again, the children must swap roles again and go through one more time

-

Play this PlayUp again by giving the groups a large sized ball instead of a medium sized ball or by changing the slalom course layout



RUSH HOUR

POWERPLAY 3



Equipment

Two sets of different coloured discs or cones
A range of different sized balls



Group size

Five groups of three

Aim

Move from one corner to the other without crashing into anyone



Set Up

Create one large square using eight red throw down discs which is as big as the space you are working in

-

Create one small square using eight yellow throw down discs in the centre of the larger square. This should be two metres squared

-

Ask each group to stand in one corner each of the larger square. With one group also standing on one side of the square

RUSH HOUR

How to Play

On the word go, one child from each group must make their way, as fast as possible, to the opposite corner. They must go through the smaller square in the middle

-

On arriving at the opposite corner, the next member of the group does the same

-

If a child makes contact with any other child, both children must go back to the corner they came from and try again

-

The game is complete when all children are back where they started

-

Play this PlayUp again by giving each child a ball to bounce or kick whilst moving from one corner to the other or by asking the children to do different movements to travel from one corner to the other



MUSICAL CHARADES

POWERPLAY 4



Equipment

A speaker and music device



Group size

Groups of two

Aim

Express a feeling through dancing until the other pair guesses the feeling



Set Up

Ask each pair to go and find a space

-

Place a large speaker in the middle of the space you are working in and prepare a selection of popular songs that the children like

-

Make sure they are songs with a range of tempos and emotions

-

Make one pair, pair number one and the other pair, pair number two

MUSICAL CHARADES

How to Play

Press play on the first song

-

Pair number one have fifteen seconds to decide how the song makes them feel, eg: happy, sad, excited, tired etc.

-

Pair number one must now dance in the style of that feeling until pair number two guess the feeling correctly

-

The first member of pair number two must have one guess. If it is incorrect, that member has to run to touch the nearest wall before returning to guess again

-

In the meantime the second member of pair number two can have one guess. If they are incorrect, they have to run and touch a wall before guessing again

-

Play this playUp again by choosing different songs or by changing the task that has to be done in between guesses



ROCK, TREE, BRIDGE

POWERPLAY 5



Equipment

Two sets of different colour cones or discs



Group size

Ten groups of three

Aim

Move from the start area to the finish area by being either a rock, a tree or a bridge



Set Up

Create a start area using eight red throw down discs at one end of the space you are working in

Create a finish area using eight yellow throw down discs at the other end of the space you are working in

Ask all the children to go to the start area

ROCK, TREE, BRIDGE

How to Play

On the word go, each group has to move from the start area to the finish area

-

The way the children move forwards is as follows: The first child in each group steps forward and makes a rock shape, the second child then jumps over the rock and makes a tree shape

-

The third child then jumps over the rock, does a circle around the tree and then becomes a bridge in front of the tree

-

The first child then runs around the tree and under the bridge and becomes a rock again

-

The pattern repeats until all the groups are in the finish area

-

Play this PlayUp again by swapping the roles of the children or by imagining new shapes with the children



RED LIGHT, GREEN LIGHT

POWERPLAY 6



Equipment

Two sets of different
colour cones or discs
One green and one red
cone
Sashes or bibs



Group size

One big group

Aim

Get to the finish line by running toward the finish line
when there is a green light and stopping without
falling over when there is a red light



Set Up

Create a start area using eight blue throw down discs
at one end of the space you are working in

-

Create a finish area using eight yellow throw down
discs at the other end of the space you are working in

-

Ask all the children to go to the start area

-

Stand in between the start and finish line with one
green throw down disc and one red throw down disc.
These are your red light and green light

RED LIGHT, GREEN LIGHT

How to Play

On the word go, hold up the green light in the air. This is the signal for the children to run forwards towards the finish line

-

At a random points raise the red light instead and call a number between one and four

-

At this point the children have to stop in a balanced fashion with that number of points of contact with the floor

-

If a child falls over whilst trying to stop they have to go back to the start line and try again

-

Play this PlayUp again by saying the colours rather than showing them to the children or by asking the children to pair up. Give each pair a sash to hold between them. If either member of the pair lets go of the sash at any point they must go back to the start line and try again



FROGS ON THE ROAD

POWERPLAY 7



Equipment

Three sets of different colour cones or discs



Group size

One large group
Three smaller groups

Aim

Cross the road as many times as possible before the children moving along the road complete their relay



Set Up

Create a lane using twenty red throw down discs down the middle of the space you are working in. This is the road

-

Make sure the road is at least four metres wide

-

Ask one group of four children to split in half, with one half going to one end of the road and the other half going to the other

-

Ask the second and third group of four to do the same.
These are the cars

-

Ask the group of eighteen to line the length of the road, standing on the outside. These are the frogs

FROGS ON THE ROAD

How to Play

On the word go, set the children in the first three groups off on their relay race up and down the road

-

At the same time set the frogs off across the road. They must move back and forwards across the road, moving like frogs, as many times as possible

-

If a frog tags a child in the relay race, that child must go back to the start and try again

-

The relay race is complete when all children are back where they started

-

Play this PlayUp again by swapping the roles of the children or by placing thirty green throw down discs and thirty yellow throw down discs randomly on the road. These are the lily pads. Frogs can only get across the road by stepping on lily pads



SHARKS AND FISH

POWERPLAY 8



Equipment

Two sets of different
colour cones or discs
Bibs or sashes



Group size

One large group
One smaller group

Aim

Move between the safe zones, dodging the sharks, and
be the last fish to be tagged



Set Up

Create a safe zone using eight red throw down discs at
one end of the space you are working in

-

Create another safe zone using eight yellow throw
down discs at the other end of the space you are
working in

-

Ask the children in the large group to go to one of the
safe zones. These are the fish

-

Ask the other group to stand between the start area
and finish area. These are the sharks

SHARKS AND FISH

How to Play

On the word go, the fish have to move between the safe zones without being tagged by the sharks

-

Fish can not be tagged in the safe zones but can only stay inside a safe zone for ten seconds

-

If a shark tags a fish, that fish then becomes a crab. Crabs can tag fish but can only move sideways along the width of the space you are working in

-

The fish run continually between the safe zones until there is only one fish left

-

Play this PlayUp again by swapping the roles of the children or asking the children in the large group to pair up. Give each pair a sash to hold between them. If either member of the pair lets go of the sash whilst moving between the safe zones they must become crabs



FRUIT OR VEG

POWERPLAY 9



Equipment

Two sets of different colour cones or discs



Group size

One large group

Aim

Decide if its a fruit or a veg and then make it to the right safe zone as quick as possible



Set Up

Create a safe zone using eight red throw down discs at one end of the space you are working in. This is the fruit zone

-

Create another safe zone using eight yellow throw down discs at the other end of the space you are working in. This is the veg zone

-

Ask all the children to gather in between the fruit zone and veg zone

FRUIT OR VEG

How to Play

On the word go, also state a fruit or a veg

-

The children then have to run to the fruit zone if they think that food is a fruit, or the 'veg zone if they think it is a veg

-

Repeat this with as many fruits or veg as you like. State less familiar fruits and veg for older children

-

Play this PlayUp again by using different fruits and veg or by asking the children to pair up



BEAN BAG BOMBARDMENT

POWERPLAY 10



Equipment

Lots of beanbags
5 hula hoops
Medium sized balls
4 different coloured
bibs or sashes



Group size

Five groups of six

Aim

Collect as many bean bags back to your group's base as possible



Set Up

Place eighty bean bags in the centre of the space you are working in

-

Give four of the five groups a coloured sash each. One colour for each group

-

Give the same four groups one hula hoops each. this is there base. Ask them to go and place it somewhere around the edge of the space you are working in

-

Give the fifth group a medium sized ball each and ask them to scatter around the space you are working in

BEAN BAG BOMBARDMENT

How to Play

On the word go, children have to collect the bean bags from the centre and return them to their group's base

-

Children can only carry one bean bag at a time

-

The group of children with a medium sized ball each must try and hit the other children below the shoulders with their ball

-

If a child is hit they must return to their base and try again. If they have a bean bag they have to drop it wherever they were hit

-

When there are no more bean bags in the centre, count how many each group has in there base

-

Play this PlayUp again by swapping the children's roles or by introduce twenty small sized balls as well as the beanbags. These are the golden balls and are worth ten bean bags



EGG TIMERS

POWERPLAY 11



Equipment

A few medium sized balls
Twice as many bibs or sashes as you have learners



Group size

One small group
One large group

Aim

Keep hold of your sashes for as long as possible



Set Up

Give the children in the group of three a medium sized ball each. These are the egg timers

-

Give all the other children two sashes each. Ask them to tuck the sashes into the top of their shorts, One on either side, with most of the sash still hanging out

-

Ask all the children to scatter around the space you are working in

EGG TIMERS

How to Play

On the word go, the children with the sashes must run away from the children with the egg timers

-

The children with the egg timers must grab the sashes from their shorts of the other children

-

These children can only grab a sash when they are not holding their egg timer or if their egg timer is resting on the floor

-

To achieve this, the children can bounce their egg timers. Whilst it is bouncing they can then grab as many sashes as possible

-

They must catch the egg timer again before it rests on the floor. If they don't get back to their egg timer in time they must drop any sashes they have collected

-

If a child has no sashes they must become static. However they can grab other sashes from the tops of other children's shorts. Once they have a sash they can tuck it in their shorts and move again

-

Any child can pick up a sash and tuck it in their shorts if they see one on the floor

-

Play this PlayUp again by swapping the children's roles or by introducing more egg timers



FIRE BALL

POWERPLAY 12



Equipment

Ten cones or discs
A mixture of different
sized balls
Three very large balls



Group size

Two even sized groups

Aim

Keep the three fire balls out of your group's half



Set Up

Create line using ten throw down discs which divides
the space you are working in into two equal halves

-

Ask one group to stand in one half and the other group
to stand in the other half

-

Give each group four small sized balls and four
medium sized balls

-

Place three extra large sized balls on the line you
created. These are the fire balls

FIRE BALL

How to Play

On the word go, the children must move the fire balls as far as possible into the others group's half

-

Children must move the fire balls by using the small or medium sized balls

-

The children cannot touch the fire balls or run with the small or medium sized balls

-

The PlayUp is complete after five minutes or if all the fire balls are in one half

-

Play this PlayUp again introducing more fire balls or by dividing the space you are working in into quarters and the children into four equally sized group. Each group then has one quarter to keep the fire balls out of their half

