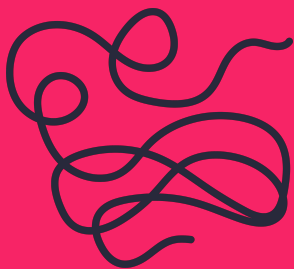
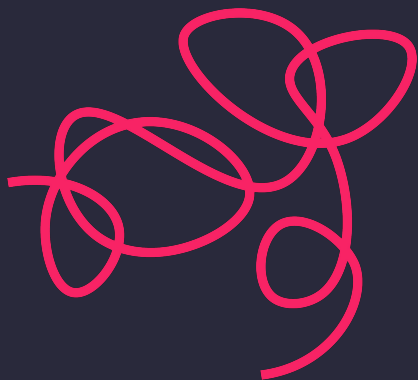


# The PlayTank



being



**learning**  
**through**  
*play*



**PlayGames**



# **Stage 1**



**Moving**

# MOVING

I feel happy moving in lots of different ways



## TIDY MY ROOM

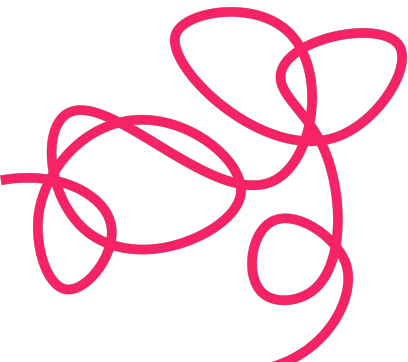
I know which type of movement is best for me at different times

## ESCAPE THE ZOO

I can move in lots of different ways

## COWBOYS & INDIANS

I can do different movements to solve different problems



# TIDY MY ROOM

## Stage 1, MOVING

I know which type of movement is best for me at different times



### Equipment

As many small, medium and large balls you can find.

Bean bags.  
Cones or discs.



### Group size

Two groups of 5. You can set up multiple courts.

## Problem

Move as many balls and bean bags as possible out of your room and into the bedroom of the other group.



## Aim

Keep your room tidy and make the other group's room messy.



# TIDY MY ROOM

## Set Up

Divide the space you are working in into two equally sized areas using throw down discs. These are the rooms.

-

Place the balls and bean bags around the rooms. Each room should have roughly the same amount of balls.

-

Separate the learners evenly between the rooms.

## How to Play

On the word go, each group must move the balls and bean bags out of their bedroom and into the other room.

-

Learners cannot leave their room.

-

After three minutes stop the PlayGame and see which room has the least amount of equipment in it.

## Play Again

Ask the learners to move like crabs. They can only move sideways. If they want to move forward or backwards they must turn to their side.

-

Give each learner a bean bag to carry in their strongest hand. They must not drop the bean bag during the round.





# ESCAPE THE ZOO

## Stage 1, MOVING

I can move in lots of different ways



### Equipment

Two different coloured  
discs or cones  
Bean bags  
Hula hoops



### Group size

One group of five  
One group of ten  
Or a similar ratio

## Problem

Escape from the zoo to the wild without being caught  
by the Zoo Keepers



## Aim

Move from the zoo to the wild to collect food for you  
and your friends



# ESCAPE THE ZOO



## Set Up

Create a two metre squared area using eight throw down discs in one corner of the space you are working in. This is the Zoo.

At the opposite end of the space you are working in, create a three metre squared area using twelve throw down discs. This is the Wild

Ask the group of five to stand in the space between the Zoo and the Wild. These are the Zoo Keepers

Ask the group of ten children to stand inside the Zoo. These children are the animals

Scatter forty eight bean bags in the Wild. This is the food

Choose any animal. This is the animal that the children must move like when escaping from the Zoo

## How to Play

On the word go, all the animals must attempt to move from the Zoo and into the Wild without being caught by the Zoo Keepers

Children must move like the nominated animal at all times

When an animal arrives in the Wild they must collect one piece of food and return in back to the Zoo

If an animal is tagged they must return to the Zoo before trying to escape to the Wild again. If they have

food when they are tagged they must drop it and leave it

The Playgame is complete when there is no food left in the Wild

## Play Again

Change the animal or ask the children to choose the animal

Give each child a hula hoop to place in the Zoo. This is their cage. They must place all the food they collect inside it.

# COWBOYS & INDIANS

## Stage 1, MOVING

I can do different movements to solve different problems



### Equipment

Hula hoops  
Discs or cones  
Bean bags  
A mix of different size balls  
Bibs or sashes



### Group size

One group of five  
One group of ten  
Or a similar ratio

## Problem

Move all the cows without being caught by the Indians



### Aim

Move as many cows as possible from one cow pen to the other without them being caught by the Indians



# COWBOYS & INDIANS



## Set Up

Place two hula hoops at one end of the space you are working in and two more at the other end. These are the cowboy's cow pen

Create a safe zone around each cow pen using ten throw down discs. The space between the cow pens is the Wild West

Ask the group of five children to stand in the Wild West. These children are the Indians

Ask the group of ten children to stand around one cow pen. These are the cowboys

Place twenty bean bags, ten small sized balls, ten medium sized balls and three extra large sized balls in the cow pen the cow boys are standing around. These are the cows

## How to Play

On the word go, the cowboys must attempt to move the cows from one cow pen to the other

A cowboy can only carry one cow at a time. Once they have placed a cow in the cow pen they can return and collect another cow

The Indians must try and tag the cowboys. If a Cowboy is tagged, they must leave their cow in the Wild West and return to a cow pen before starting again

Any cows left in the Wild West can be collected by other cowboys

Cowboys cannot be tagged inside a cow pen

The Playgame is over after five minutes or if the cowboys have all the cows in the other cow pen

## Play Again

Ask the cowboys to pair up and tie one wrist from each cowboy together using a sash. They become one Cowboy and one horse.

Scatter six hula hoops around the Wild West. These are hideout caves. Cowboys can hide in these and not be tagged



# COORDINATION

# COORDINATION

I can match my movements to other moving things.



## WHACK IT

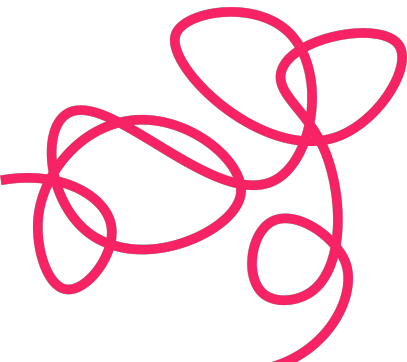
I can make contact with a moving object

## TREASURE CHESTS

I can think about the best way for me to throw  
and catch different objects

## DRAGON CATCHING

I know what it feels like to move with other people



# Whack it

## Stage 1 - Coordination

I can make contact with a moving object



### Equipment

throw down discs  
-  
medium sized balls  
-  
small sized balls



### Group size

One group of three children -  
One group of seven children  
-  
Set this up three times for  
thirty children

## Problem

Strike the balls to stop them hitting your legs



### Aim

Move between the whacker safe zones as many times  
as possible without a ball hitting you on the legs





## Set Up

Create a two metre squared area using throw down discs on one side of the space you are working in. This is one whacker safe zone. Create another area using throw down discs on the other side of the space. This is the other whacker safe zone

Create a middle channel two metres deep using throw down discs, that runs parallel to the whackers safe zones. This channel should be the same width as the whacker safe zones.

Ask the group of seven children to stand in one whacker safe zone. These are the whackers. Give the group of three children a medium sized ball each and ask them to stand in the middle channel. These are the hitters.

## How to Play

On the word go, the whackers must begin moving between the whacker safe zones.

Each time a whacker arrives at a whacker safe zone without being hit they must wait until all whackers have arrived before moving back to the other safe zone.

The hitters must attempt to hit the legs of the whackers by throwing or kicking the balls towards the them. Whackers can use their hands to stop this happening. If a whacker is hit on the legs they must become a hitter and receive a medium sized ball.

Hitters cannot leave the middle channel but a whacker can be struck when they are anywhere other than the whacker safe zones.

The Play Game is complete when there is only one whacker left.

## Play Again

Swap the roles of the children.

Change the medium sized balls to small sized balls.



# Treasure Chest

## Stage 1 - Coordination

I can think about the best way for me to throw and catch different objects



### Equipment

throw down discs  
hula hoops  
Lots of bean bags  
different sized balls  
throw down discs



### Group size

Five groups of two  
children  
-  
Set this up three times  
for thirty children

## Problem

Collect as much treasure into your treasure chest as possible



## Aim

Move as much treasure as possible from the treasure caves to the treasure chests





# Treasure Chest

## Set Up

Create a two metre squared area using throw down discs in one corner of the space you are working in. This is a treasure cave. Repeat this for all corners of the space you are working in to create four treasure caves in total.

Ask each pair to stand in a hula hoop somewhere between the treasure caves. These are the pirates with their treasure chests.

## How to Play

On the word go, the pirates must move from their treasure chests to the treasure caves. When they arrive at a treasure cave they must take a piece of treasure and get it back into their treasure chest. Each pair of pirates must only take one piece of treasure at a time.

When a pair of pirates arrive at their treasure chest, one pirate must stay outside the treasure chest and throw the piece of treasure to the other pirate who must be inside the treasure chest.

Only when a piece of treasure is caught inside the treasure chest can pirates go and collect another piece. The Play Game is complete when there is no more treasure in the treasure caves.

## Play Again

Place a circle of throw down discs around each treasure chest at least one metre wider in diameter and specify that the throwing pirate must be outside of this circle.

Specify that treasure must be thrown out of treasure caves as well.

# Dragon catching

## Stage 1 - Coordination

I know what it feels like to move with other people



### Equipment

Two different colour  
throw down discs  
Different coloured large  
balls  
hula hoops



### Group size

Two groups of three  
children  
Set this up five times  
for thirty children

## Problem

Capture the dragon and return it to your castle



## Aim

Capture the dragon and return it to your group's castle





# Dragon catching

## Set Up

Create a two metre squared area using one colour throw down discs in one corner of the space you are working in. This is the red castle. Repeat with another colour in another corner.

Place one large sized ball in the middle of each castle. These are the dragons. Ask one group of children to stand around the outside of their castles.

## How to Play

On the word go, each group must attempt to capture the dragon from the opposite group's castle. Each group must also defend their own castle at the same time.

Children must not enter into their own castle. The way to defend is by tagging a member of the other group. If a child is tagged they must run back and stand behind their castle for five seconds before playing again.

If a child has a dragon and they are tagged they must drop the dragon and run back and stand behind their castle for five seconds before playing again.

Children can pass the dragon between their group. The Play Game is complete when a group has their coloured dragon in their castle.

## Play Again

Introduce two dragons into each castle using large sized balls for the second dragon.

Place six hula hoops around the space you are working in. These are hideouts where children cannot be tagged.



# **Balance & Agility**

# BALANCE & AGILITY

I can stay balanced against different forces.



## CROCODILE RIVER

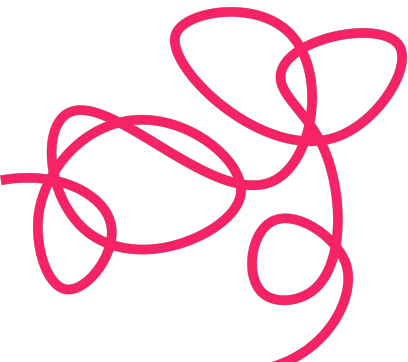
I can make myself stable

## ART ATTACK

I know what it feels like to be balanced

## POPPING PIRATES

I can change direction and stay in control



# Crocodile River

## Stage 1 - Balance & Agility

I can make myself stable



### Equipment

Throw down discs  
Hula hoops  
Bean bags  
Different sized balls



### Group size

Five groups of three  
children  
Set this up twice for  
thirty children

## Problem

Move across the crocodile river by only stepping on the  
stepping stones



## Aim

Reach the other side of the crocodile river as quick as  
possible without falling in





# Crocodile River

## Set Up

Create a two metre squared area using throw down discs on one side of the space you are working in. This is the starting river bank. Create another one on the other side. This is the finishing river bank. The space in between is the crocodile river.

Give each group of children three throw down discs. These are the stepping stones

Place ten hula hoops in the crocodile river. These are islands that children must navigate around.

Ask all groups to find a space on the starting river bank.

## How to Play

On the word go, each group of children must move as a group to the other side of the river. As a group of three, the children must use their stepping stones to cross the river.

Picking one up from the back and placing it to the front to move forward.

Children must not put any part of them into the river, or on an island. If they do they will be eaten by a crocodile and they must go back to the start and try again.

The Play Game is complete when all groups have got to the other side of the river

## Play Again

Place bean bags and different sized balls around the river. This is the food. Each group of children must collect five pieces of food and take them with them to the river bank.

Make one of the groups the crocodile. The crocodile must move around the pond in the same way as the frogs. If any of the children are tagged by the any member of the crocodile that group of children must return to the start and try again



# Art attack

## Stage 1 - Balance & Agility

I know what it feels like to be balanced



### Equipment

hula hoops  
Four different  
coloured bean bags  
Four different colour  
and sized balls  
throw down disc



### Group size

Five groups of three  
children  
Set this up twice for  
thirty children

## Problem

Move all the equipment back into the art  
cupboard, whilst only stepping on the  
stepping stones



## Aim

Collect all your coloured equipment into the  
art cupboard





# Art Attack

## Set Up

Place five hula hoops around the edge of the space you are working in. Place your bean bags randomly in the space, and balls randomly in the hula hoops.

Give each group of children three throw down discs. These are their stepping stones.

Create a two metre squared area using throw down discs in the middle of the space you are working in. This is the art cupboard.

Ask all the children to stand in the art cupboard and assign one colour to each group, with the fifth group being assigned 'multi-coloured'.

## How to Play

On the word go, all children must travel in their groups to the hula hoops. As a group of three, children must use the their stepping stones to move forwards.

No children may touch the floor at any point. When they arrive at the hula hoops they can collect two piece of equipment as a group to return to the art cupboard. If a child drops any equipment or steps anywhere except on their stepping stones they must leave the equipment where it is and start again.

Each group must only collect the equipment that is the same colour as the colour they have been assigned. The Play Game is complete when all the equipment is out of the hula hoops and in the art cupboard

## Play Again

Decrease the number of throw down discs to two

Give two children in each group a large sized ball to look after. If it is dropped they must go back to the art cupboard and try again

# Popping Pirates

## Stage 1 - Balance & agility

I can change direction and stay in control



### Equipment

hula hoops  
hula hoops  
bean bags  
different sized balls  
medium sized balls



### Group size

One group of five  
children  
One group of ten  
children  
Set this up twice for  
thirty children

### Problem

Collect as much treasure as possible from the treasure  
islands without being tagged



### Aim

Collect as much treasure as possible from the treasure  
islands without being tagged



# Popping Pirates



## Set Up

Create a two metre squared area using throw down discs on one side of the space you are working in. This is the pirate ship. Scatter fifteen hula hoops around the space you are working in. These are the treasure islands.

Place four bean bags and three different sized balls on each treasure island. This is the treasure.

Ask the group of ten children to stand in the pirate ship. Ask the group of five children to stand in the space you are working in. These are the sailors in the sea.

## How to Play

On the word go, the pirates must travel to the treasure islands. The sailors must try and tag the pirates to stop them making it to the treasure islands. A pirate cannot be tagged on a treasure island. If a pirate is tagged they must go back and stand behind their pirate ship for five seconds before playing again.

When a pirate arrives at a treasure island they can collect one piece of treasure. They must return that treasure to the pirate ship. If a pirate is tagged with a piece of treasure they must drop it in the sea and return to the pirate ship before trying again.

The Play Game is complete when all the treasure is on the pirate ship.

## Play Again

Making each pirate responsible for one colour of treasure.

Introduce one or more super sailor who has a medium sized ball. This is their cannonball. A super sailor can throw a cannonball from anywhere to tag pirates.



# **Negotiating Space**

# NEGOTIATING SPACE

I know how big I am



**SNAKES**

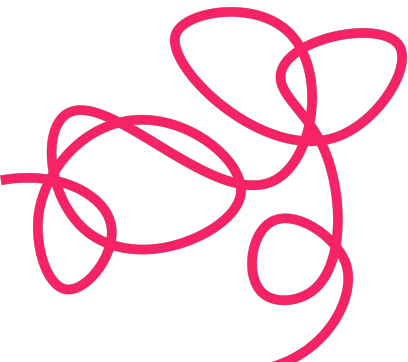
I can tell you if I can fit into a small space.

**DIGGING FOR GOLD**

I know when I can and cannot reach something

**STEPPING STONES**

I know the ways I can bend



# Snakes

## Stage 1 - Negotiating Space

I can tell you if I can fit into a small space



### Equipment

throw down discS  
huLa hoops  
bean bags  
different sized balls



### Group size

Five groups of two  
children  
Set this up three for  
thirty children

## Problem

Go through, over or under your partner's shape to  
collect the snake food



## Aim

Collect all the snake food and place them in the snake  
den as quickly as possible



# Snakes

## Set Up

Create a two metre squared area using throw down discs on one side of the space you are working in. This is one snake den. Create another space on a different side. This space is the other snake den.

Place five hula hoops randomly between the two snake dens. Place bean bags and different sized balls in each hula hoop. This is the snake food.

Give each pair one hula hoop. Ask each group of pairs to stand in one of the snake dens.

## How to Play

On the word go, each pair must choose one member to be the snake. As a pair they must visit each hula hoop on their way to the other snake den.

At each hula hoop the member of the pair that isn't a snake must make a shape with their body and or their hula hoop in front of the hula hoop on the floor, the snake must enter the hula hoop through, over or under this shape.

Once through, the snake can collect one piece of snake food and drop it off in the snake den. Each pair must then continue to visit all the hula hoops collecting snake food in the same way.

The Play Game is over when all snake food is in the finishing snake den.

## Play Again

Swap the roles of the children.

Ask the shape maker to make a shape for the snake to enter and exit the hula hoops on the floor through.





# Digging for gold

## Stage 1 - Negotiating space

I know when I can and cannot reach something



### Equipment

bean bags  
different sized balls



### Group size

Three groups of five  
children  
Set this up twice for  
thirty children

## Problem

Retrieve as many pieces of gold as possible



### Aim

Protect your gold whilst collecting as much gold as  
possible from other castles





# Digging for gold

## Set Up

Ask each group to find a different spot on the edge of the space you are working in.

Give each group ten bean bags and six different sized balls. This is the gold.

## How to Play

On the word go, the children must build a human castle over and around their gold. The gold must be on the floor at all times. No part of the children must be touching the gold.

At the same time, one member of each group must travel to another human castle and attempt to collect a piece of gold from inside. Children in the human castle can not move to deliberately block any child attempting to collect a ball from inside their castle.

Once a child collects a piece of gold they must take it back to their human castle and place it inside. They then tag another group member to collect a piece of gold and they become part of their group's human castle.

The Play Game is complete after five minutes. Which group has the most gold?

## Play Again

Making it possible for two children to go digging for gold at once.

Make it possible for children to collect more than one piece of gold at a time, but they must not drop any otherwise it is lost forever and they must return empty handed

# Stepping stones

## Stage 1 - Negotiating Space

I know the ways I can bend



### Equipment

Four different colours of  
hula hoops  
Four different colour throw  
down discs  
Four different colour bean  
bags  
Four different colour and  
sized balls.



### Group size

One group of fifteen  
children  
  
Set this up twice for  
thirty children

## Problem

Move all the equipment into the right coloured corner



## Aim

Move all equipment into the matching coloured corner  
whilst only stepping on stepping stones



# Stepping Stones

## Set Up

Place a different coloured hula hoop in each corner. Place the different coloured throw down discs between the hula hoops. These are the stepping stones.

Make sure the stepping stones are close enough together so that children can move from one to the other.

Scatter all the bean bags around the stepping stones. Scatter the different sized balls around the stepping stones.

Ask the children to stand on a different stepping stone each.

## How to Play

On the word go, specify one of the four colours. The children must then collect any piece of equipment and try and place it in the matching coloured corner.

Children must only place their hands and feet on the stepping stones that are of the colour specified.

Every thirty seconds change the specified colour of the stepping stones the children are allowed to use. Once a child arrives at the matching coloured corner they must place their equipment inside it and collect another piece of equipment.

The Play Game is complete when all the equipment is in the matching coloured corner



## Play Again

Specify two colours of stepping stones at once.

Divide the children into groups of three, and make each group responsible for one colour of equipment.



# **RELATING TO OTHERS**

# RELATING TO OTHERS

I think of others



## OVER AND UNDER

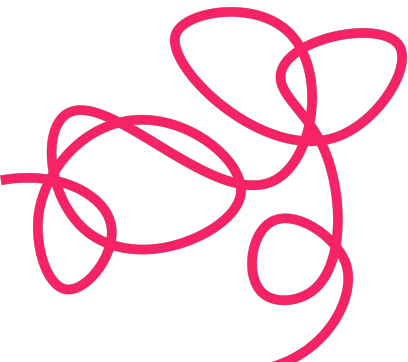
I can show you where my personal space starts  
and ends

## SUPERSTARS

I can be kind to others

## HUNGRY SNAKES

I think of others before I act



# Over and Under

## Stage 1 - Relating to others

I can show you where my personal space starts and ends



### Equipment

throw down discs  
medium sized balls  
blindfolds



### Group size

Five groups of three  
children  
Set this up twice for  
thirty children

## Problem

Get to the other side of the square going under and over the rest of your group



## Aim

Arrive at the opposite side of the square as quickly as possible



# Over and under

## Set Up

Create a large square using ten throw down discs.

Ask all the groups to find a place around the edge of the square.

## How to Play

On the word go, each group must set off toward the opposite side of the square. To start the first member of the group must take one large step forward. The next member of the team must go through their legs or over them and then take one step forward.

The next member must then go through the legs of the first group member or over the top of them and then over the next member or through their legs. Finally taking a step forward to create another gap.

If one group clashes with another group in the middle of the square they must navigate around each other.

The Play Game is complete when all groups are at the opposite side of the square that they started on.

## Play Again

Give two children in each group a medium sized ball to look after. If a ball is dropped the whole group must go back to the start line and try again.

Blindfold one member of each group





# Superstars

## Stage 1 - Relating to others

I can be kind to others



### Equipment

hula hoops  
hula hoops  
bean bags  
different sized balls  
sashes  
medium sized balls



### Group size

One group of five  
children  
Five groups of two  
children  
Set this up twice for  
thirty children

## Problem

Collect as many stars into your spaceship as possible



## Aim

Gather onto the space ship as many stars as possible





# Superstars

## Set Up

Create a two metre squared area using throw down discs on one side of the space you are working in. This is the space ship. Scatter hula hoops around the space you are working in. These are the galaxies. Place an even number of bean bags and different sized balls in each galaxy. These are the stars.

Ask the pairs to stand in the space ship. These are the astronauts. Tie one wrist of each astronaut together with the wrist of the other astronaut in the pair using a sash. Ask the group of five children to stand in the space you are working in. These are the space rangers.

## How to Play

On the word go, the astronauts must travel to the galaxies. The space rangers must try and tag the astronauts to stop them making it to the galaxies. An astronaut cannot be inside a galaxy.

If an astronaut is tagged by a space ranger they must go back and stand behind their space ship for five seconds with their partner before playing again.

When an astronaut arrives at a galaxy they can collect up to five stars. They must return those stars to the spaceship as a pair. If any astronaut is tagged with stars they must drop it in space and return to the spaceship before trying again. Stars can also be collected from space.

The Play Game is complete when all the stars are on the spaceship

## Play Again

Introduce a super space ranger who has a ball. This is their space gun. A super space ranger can throw their space gun from anywhere to tag an astronaut.

# Hungry Snakes

## Stage 1 - Relating to others

I think of others before I act



### Equipment

sashes  
small sized balls  
hula hoops



### Group size

Three groups of two  
children  
One group of nine  
children  
Set this up twice for  
thirty children

## Problem

Dodge the hungry snakes for as long as possible



### Aim

Be the last child left not in a hungry snake



# Hungry snakes

## Set Up

Give each pair a sash to hold onto. Each child in the pair must hold the sash in one hand and a small sized ball in the other. This is a hungry snake.



Ask each hungry snake to stand in a space within the space you are working in. Scatter three hula hoops around the space you are working in. These are safe zones.

Ask the group of nine children to find a space within the space you are working in. Give each child in the group of nine a sash to hold on to.

## How to Play

On the word go, the children must dodge the hungry snakes. The hungry snakes must try and tag the children with one of the balls.

Children can go into the safe zones and not be tagged, however a child is only allowed in a safe zone for five seconds. If a child is tagged by a hungry snake they must join that snake, by attaching themselves with their sash and taking the ball to become one end of the hungry snake.

At no point must the hungry snakes be broken.

The Play Game is complete when there is only one child not attached to the snake.

## Play Again

Start with less safe zones.

The children with the balls can throw the balls to tag children.



# **DECISION MAKING**

# DECISION MAKING

I can make good decisions



## DINOSAUR EGGS

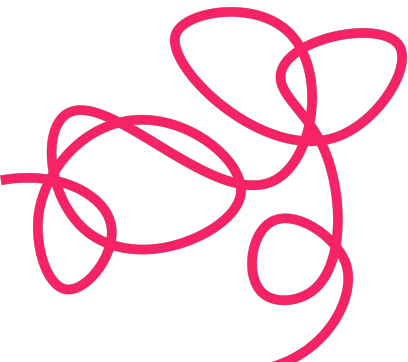
I can spot when to attack and when to defend

## SINKING SHIPS

I can spot the best way for me to solve a problem

## HIDING IN THE TREES

I know what I can and cannot do



# Dinosaur Eggs

## Stage 1 - Decision making

I can spot when to attack and when to defend



### Equipment

throw down disc  
different sized balls  
extra large sized balls



### Group size

Two groups of five  
children

Set this up three times  
for thirty children

## Problem

Steal the dinosaur eggs from the other group's nest



### Aim

Collect as many dinosaur eggs as possible inside your  
nest



# Dinosaur eggs



## Set Up

Create a large rectangle using throw down discs. Create two large end zones using throw down discs at the ends of the large rectangle. These are the nests. Place an even number of different sized balls in each nest. These are the dinosaur eggs.

Ask one group of five to stand and defend one nest at one end and the other group of five to stand and defend the other nest.

## How to Play

On the word go, children from each group must try and grab a dinosaur egg from the opposite group's nest. Children can run with the eggs but if they are tagged by a member of the opposite group they have to stop and pass the egg to another member of their group.

When a child returns back to their nest with a dinosaur egg and they must place it in their nest and try and collect another one.

The Play Game is complete after five minutes or when there is no more eggs in one nest

## Play Again

Specify that if a child is tagged they must drop their egg and go back and stand behind their nest for five seconds before playing again.

Place one extra large sized ball in each nest. These are super eggs and are worth five points.



# Sinking ships

## Stage 1 - Decision making

I can spot the best way for me to solve a problem



### Equipment

Four different  
colours of throw  
down sics  
different sized balls



### Group size

Two groups of five  
children  
Set this up three times  
for thirty children

## Problem

Move the cannonballs off the ship and into the sea  
over the other side of the ship



## Aim

Move ten cannonballs over the sail and over the  
opposite group's edge of the ship as quickly as possible  
before ten cannonballs cross your group's edge of the  
ship





# Sinking ships

## Set Up

Create a rectangle using throw down discs down either side, create two baselines using different coloured throw down discs. This is the ship. Create a two metre wide channel in the middle of the ship using another colour. This is the sail and it must cross the width of the ship.

Make sure the ship is large enough to be challenging but not impossible for the children to move the ball over the sail and over the ship. Ask one group of children to occupy one edge of the ship and ask the other group to occupy the other.

Place five different sized balls either side of the sail on the ship. These are the cannonballs.

## How to Play

On the word go, children have to move the cannonballs over the sail and over the opposite group's edge of the ship as quickly as possible. Children can run with the cannonballs but not enter the sail area or the other side of the ship. If a cannonball moves over the opposing group's edge of the ship that is one point to the group that moved it. Children can block the cannonballs going over their edge of the ship.

If a cannonball goes over their edge of the ship, they can collect it and reintroduce the cannon ball into play.

The Play Game is complete when one group reaches ten points

## Play Again

Make the sail wider.

Make the area of each edge of the ship that the cannonballs can go through smaller

# Hiding in the trees

## Stage 1 - Decision making

I know what I can and cannot do



### Equipment

throw down discs  
hula hoops  
medium sized ball  
-Two different sized  
balls



### Group size

Three groups of five  
children  
  
Set this up twice for  
thirty children

## Problem

Run to the trees, but make sure one member of the  
group is always at base



## Aim

Stay 'in' as a group for as long as possible



# Hiding in the trees

## Set Up

Create a square using throw down discs. This is the batter zone. Place six hula hoops in a semicircle in front of the batter zone. These are the trees. Make sure there is space between each tree and that they are different distances from the batter zone. Together they are the woods.

Create one square using throw down discs three metres from the batter zone and in the middle of the semi circle of trees. This is the bowler zone. Ask the group of five children to stand behind the batter zone, with one of the batters inside the batter zone. Place one medium sized ball inside the bowler zone and stand inside.

Ask the other two groups of five children to find a space inside or outside the woods. These are the fielders. Ask one of these ten children to be a backstop behind the batter zone.

## How to Play

On the word go, throw the ball towards the batter zone. Each batter has two attempts to hit the ball. On the second go they must move to one of the trees, and back to the batter zone if possible, even if they do not hit the ball. The batter can choose to stop at any tree if they feel they cannot make it back.

The fielders must try and tag the batter with it before they reach a tree or the batter zone. Fielders can run with the ball or pass it to other fielders. If a batter makes it back to their group then they earn one point for their group, if they are tagged they must return to the tree they started from.

Batters can stay at a tree if they choose and the ball then is returned to the bowler zone and the next batter has to hit the ball. Batters standing at trees can run back to the batter zone whenever they like unless the ball is in the bowler zone.

Once the batters have ten points or they have no batters left to bat they become fielders and one of the other groups of five children become the batters.

The Play Game is complete when all three groups have changed.

## Play Again

Introduce two more different sized balls.

Increase the number of trees to eight.





# **ANGLES & SURFACES**

# ANGLES & SURFACES

I can tell you about the world around me



## BOUNCING BALLS

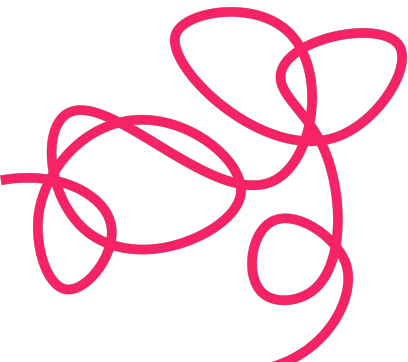
I can tell you about different surfaces

## BOULDERS

I can move a ball in different directions around  
obstacles

## HOPPING FROGS

I feel confident moving through busy spaces



# Bouncing balls

## Stage 1 - Angles and surfaces

I can tell you about different surfaces



### Equipment

throw down discs  
medium sized balls  
bean bags



### Group size

Two groups of two  
children

Set this up seven times  
for thirty children (with  
one group being a  
group of six children)

## Problem

Make the ball bounce twice on the opposite side of the  
dividing line before the other group can hit it back



### Aim

Collect five bounce points



# Bouncing balls

## Set Up

Place a line of throw down discs on the floor. Ask one group of two children to stand on one side of the line. Ask the other group of two children to stand on the other side of the line.

Give one group of two children a medium sized ball that bounces. This is the bouncing ball.  
Place bean bags and several pairs of throw down discs on top of each other, around each side of the line.

## How to Play

On the word go, the pair with the bouncing ball bounces it over to the other side of the line. The receiving pair then bounce it back before it bounces twice on their side of the line.

Children can catch the bouncing ball if they need to but do not have to. If the ball bounces twice on one side of the line, the pair who bounced it collects one bounce point. A new point is then started.

The Play Game is complete when one pair has collected five bounce points

## Play Again

Create a one metre wide channel instead of a line of throw down discs and place all bean bags and throw down discs inside the channel. The bouncing ball must then be bounced through the channel.

Increase the number of different surfaces on each side.





# Boulders

## Stage 1 - Angles & surfaces

I can move a ball in different directions around obstacles



### Equipment

Four different colours of throw  
down discs  
bean bags  
hula hoops

Four different colours of different  
sized balls.



### Group size

One group of fifteen  
children

Set this up twice for  
thirty children

## Problem

Move the rocks, using the boulders, into the matching  
coloured caves



### Aim

Move all of the rocks into the right coloured caves  
using the boulders



# Boulders

## Set Up

Create a square using throw down discs that is one metre squared in each corner of the space you are working in, with a different colour. These are the caves. Place bean bags and hula hoops between the four caves.

Give each child one ball. This is a boulder.  
Place the rest of the different coloured balls around between the four caves. These are the rocks.  
Ask each child to stand in a space.

## How to Play

On the word go, each child must hit the rocks into the matching colour caves using their boulder.

Children can only move the rocks using their boulder. Children can be touching the boulder when it touches a rock. Children must avoid hitting any of the beanbags or hula hoops with the rocks.

Once children arrive at a cave, they must knock the rock into it using their boulder and then go and do the same with another rock.

The Play Game is complete when all the rocks are in the matching caves.

## Play Again

Change the size of both balls or change the obstacles.

Ask the children to work in pairs, taking it in turns to hit the rocks.



# Hopping frogs

## Stage 1 - Angles & surfaces

I feel confident moving through busy spaces



### Equipment

throw down disc  
hula hoops  
red sashes  
bean bags  
different sized balls



### Group size

One group of ten  
children  
One group of five  
children  
Set this up twice for  
thirty children

## Problem

Collect as many pieces of frog food as possible



## Aim

Collect as many pieces of frog food as possible on your  
lily pad





# Hopping Frogs

## Set Up

Create a square using throw down discs that is four metres squared. This is the pond. Place hula hoops around the edge of the pond. These are the lily pads.

Ask each child in the group of ten to stand on one lily pad each. These are the frogs. Give the group of five children a sash each and ask them to stand in the middle of the pond. These are frog catchers.

Scatter bean bags and different sized balls inside the pond. These are the pieces of frog food.

## How to Play

On the word go, all the frogs must move like frogs to collect pieces of frog food and bring them back to their lily pad.

If a frog drops their piece of frog food they must go back to their lily pad and try again. If a frog is tagged by a frog catcher they must drop their frog food and spend five seconds on their lily pad before starting again. Each frog must have one piece of frog food at a time. Frogs and frog catchers must not go outside the pond.

The Play Game is complete when all the pieces of frog food are on the lily pads.

## Play Again

Ask the frogs to pair up and stand inside a hula hoop, holding it around their waists as they hop around.

Decrease the size of the pond.



# **SPATIAL AWARENESS**

# **SPATIAL AWARENESS**

I feel confident moving through different spaces



## **BLIND DONKEY**

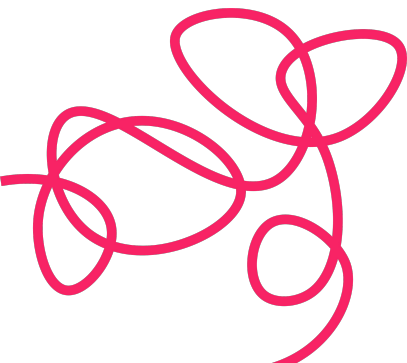
I feel confident moving when i can not see

## **MOUSE TRAP**

I know how to make more space for myself

## **MONSTERS & ALIENS**

I can sport when there is lots of space around me



# Blind Donkey

## Stage 1 - Spatial awareness

I feel confident moving when I cannot see



### Equipment

throw down disc  
blindfolds  
hula hoops  
different sized balls



### Group size

Eight groups of two  
children

Set this up twice for  
thirty children (with  
seven pairs in the  
second set up)

### Problem

Move to the donkey pen with five pieces of donkey  
food



### Aim

Collect five pieces of donkey food and arrive safely in  
the donkey pen as quickly as possible





# Blind Donkey

## Set Up

Create a two metre squared area using throw down discs on one side of the space you are working in. This is the starting donkey pen. Repeat this on the other side of the space. This is the finishing donkey pen. The space between the two donkey pens is the field.

Place bean bags and different sized balls around the field. These are the pieces of donkey food. Place hula hoops around the field. These are the trees.

Ask the pairs to choose one member to be blindfolded. These are the donkeys and the other member is the guide. Ask all of the blind donkeys and their guides to stand in the starting donkey pen.

## How to Play

On the word go, the guides must direct their blind donkey through the field toward the other donkey pen. Each blind donkey must collect five pieces of food before arriving in the donkey pen.

If two blind donkeys collide then they must both return to the starting donkey pen, drop any food, and try again. If a blind donkey goes into a tree they must return to the starting donkey pen, drop any food, and try again.

At no point should the blind donkey remove their blindfold.

The Play Game is complete when all donkeys and all guides are in the donkey pen with five pieces of donkey food for each pair.

## Play Again

Specify that the guide cannot speak to the blind donkey.

Ask the children to swap roles or change the group size.



# Mouse Trap

## Stage 1 - Spatial awareness

I know how to make more space for myself



### Equipment

throw down disc  
hula hoops  
bean bags  
different sized balls  
sashes  
medium sized balls



### Group size

One group of four  
children  
One group of eleven  
children  
Set this up twice for  
thirty children

## Problem

Stay in possession of the mouse tail for as long as possible



## Aim

Collect as many pieces of cheese as possible and place them into the mouse holes without becoming a mouse trap





# Mouse trap

## Set Up

Create a square using throw down discs on one side of the space you are working in. This is the cheese factory. Place hula hoops at the opposite end of the space you are working in to the cheese factory. These are the mouse holes. Place bean bags and different sized balls in the cheese factory. These are the pieces of cheese.

Ask the group of four children to stand around the space you are working in. These are the cats. Ask the group of eleven children to stand in the mouse holes. These are the mice.

Give each mouse one sash and ask them to tuck it into the top of their shorts, making sure over half of the sash is hanging out. These are the mouse tails.

## How to Play

On the word go, all the mice must attempt to collect the pieces of cheese from the cheese factory and place them into the mouse holes. The cats must attempt to pull the tails from the mice, but cannot go inside the cheese factory. If a cat takes the tail of a mouse, they must become a mouse trap. A mouse trap cannot move but can now take the tails from other mice.

Mice can only take two pieces of cheese at once. If a mouse is carrying pieces of cheese when their tail is taken they must drop all the cheese where they are. Mice cannot have their tails taken in a mouse hole but cannot stay in a mouse hole for more than five seconds.

The Play Game is complete when all the mice are mouse traps or all of the cheese are in the mouse holes.

## Play Again

Give each mouse a ball when they become a mouse trap. They can use this ball once to throw or kick it towards a mouse. If a mouse is hit by a ball from a mouse trap, they also become a mouse trap.

# Monsters and Aliens

## Stage 1 - Spatial Awareness

I can spot when there is lots of space around me



### Equipment

throw down discs  
different sized balls



### Group size

Two groups of three  
children  
Set this up five times  
for thirty children

## Problem

Use the balls to get two members of the opposite  
group sitting down



### Aim

Get two children in the opposite group sitting down at  
once



# Monsters and Aliens



## Set Up

Create a rectangle using throw down discs. This is the court. Divide the court into two halves using throw down discs. This is the halfway line. Place two different sized balls along the halfway line.

Ask one group of three children to stand in one half of the court. These are the monsters. Ask the other group of three children to stand in the other half of the court. These are the aliens.

## How to Play

On the word go, the monsters and aliens must move to the halfway line to grab a ball. The monsters must then try and hit the aliens and the aliens must try and hit the monsters with the balls. If a child is hit by a ball they must sit down. Any child sat down can continue to play but cannot stand up.

If a child already standing catches a ball they can tag a member of their group who is sat down and they can stand up again. Children must not cross the halfway line at any point. Only hits below the shoulders count.

The Play Game is complete when one group has two children sat down at once.

## Play Again

Introduce a super monster or super alien for each group. A super monster or super alien is immune from hits. They can use their superpower to block the balls from hitting other children in their group.

Introduce a third ball.



# **OBJECT CONTROL**

# OBJECT CONTROL

I can keep control of different objects



## WISHING WELLS

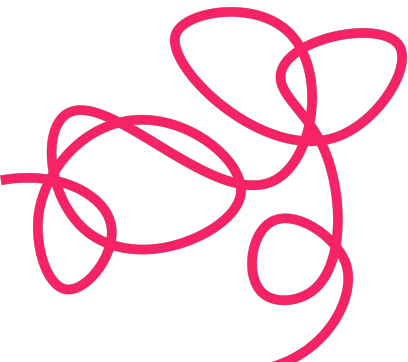
I know how to keep control of different objects

## MAGIC BEANS

I know how to keep control of different objects  
using something between me and the object

## ASTRONAUTS

I Know the best way for me to carry lots of things  
at once



# Wishing Wells

## Stage 1 - Object control

I know how to keep control of different objects



### Equipment

throw down discs  
hula hoops  
different sized balls  
bean bags



### Group size

One group of three  
children  
One group of two  
children  
Set this up six times for  
thirty children

## Problem

Move the coins into the wishing wells



## Aim

Move all of the coins from the bank into the wishing  
wells



# Wishing Wells

## Set Up

Create a rectangle using ten throw down discs. This is the pitch. Place hula hoops at one end of the pitch. These are the wishing wells. Place two hula hoops at the other end of the pitch. Place three different sized balls and three bean bags in each. These are the coins in the bank.

Ask the group of three children to stand in front of the bank. These are the attackers. Ask the group of two children to stand by the wishing wells. These are the blockers.

## How to Play

On the word go, the attackers must take a coin from the bank and place it into one of the wishing wells. The attackers can run with a coin and can also pass it to other attackers. The attackers must only take one coin as a group at a time.

The blockers must try and stop the attackers reaching the wishing wells. The blockers can tag the attackers but not steal any coins. If an attacker is tagged they must pass the coin to a different member of their group. Once an attacker makes it to a wishing well they must place the coin inside, move back to the bank and then move another coin to the wishing wells.

The Play Game is complete when all the coins are in the wishing wells.

## Play Again

Swap the roles of the children.

Specify that if an attacker is tagged with a coin they must take it back to the bank and try again.





# Magic Beans

## Stage 1 - Object control

I know how to keep control of different objects using something between me and the object



### Equipment

sashes  
hula hoops  
bean bags  
different sized balls  
throw down discs



### Group size

One group of two  
children  
Set this up fifteen times  
for thirty children

## Problem

Move all the magic beans up the beanstalk without dropping them



## Aim

Move all five magic beans into the magic bean box at the top of the beanstalk



# Magic Beans



## Set Up

Create a lane using sashes on the floor which is as long as possible. This is the beanstalk. Place hula hoops up the beanstalk. Place bean bags in a slalom course at the end of the beanstalk. Create a square at either end of the beanstalk using throw down discs. These are the magic bean boxes. Place different sized balls inside one magic bean box. These are the magic beans.

Ask both children to stand next to the box with the magic beans in. Give one child in each pair a throw down disc to hold in both hands. These are the balance pads.

## How to Play

On the word go, the child must place a magic bean on their balance pad and start to climb the beanstalk. The other child in the pair must move alongside them.

When a pair encounters a hula hoop the child without the balance pad must hold it up for the child with the balance pad to move through it. When the pair encounters the slalom course they must move through it touching each throw down disc.

If the magic bean is dropped the pair must go back to the start and try again. Once one magic bean is placed successfully in the box at the top of the beanstalk, the pair can return to collect another magic bean.

The Play Game is complete when all the magic beans are in the box at the top of the beanstalk.

## Play Again

Introduce six different sized balls and specify that the children can take two at once.

Swap the roles of the children.

# Astronauts

## Stage 1 - Object control

I know the best way for me to carry lots of things at once



### Equipment

throw down discs  
bean bags  
small sized balls  
medium sized balls  
large sized balls  
extra large sized balls  
hula hoops



### Group size

Five groups of two children  
One group of five children  
Set this up twice for thirty children

## Problem

Collect as many stars as possible without dropping them



### Aim

Gather all the stars into the spaceship





# Astronauts

## Set Up

Create a large rectangle using throw down discs. This is Space. Create a two metre squared area at the edge of space using different colour throw down discs. This is the spaceship. Scatter bean bags, small sized balls, medium sized balls, large sized balls and extra large sized balls around the space you are working in. These are the stars.

Give each pair of children a hula hoop and ask them to stand inside it and hold it around their waists. These are the astronauts. Give each member of the group of five children a hula hoop and ask them to stand inside it and hold it around their waist. These are the space rangers.

Ask the astronauts to stand inside the spaceship and the space rangers to find a space in Space.

## How to Play

On the word go, the astronauts must go and collect the stars and return them to their spaceship. If any stars are dropped then all the stars must be put down and the astronauts must return to the spaceship before starting again.

Astronauts must stay inside their hula hoops at all times and the hula hoops must not touch the floor. Space rangers must go around Space tagging the astronauts. If an astronaut is tagged by a space ranger then they must drop any stars they have where they are tagged and return to the spaceship before trying again.

The Play Game is complete when all the stars are in the spaceship.

## Play Again

Swap the roles of the children.

Change the group size to three children, with two members of each group inside the hula hoop and one member holding the hula hoop.



# **REACTION & READJUSTMENT**

# REACTION & READJUSTMENT

I can react to moving objects



## DANGERFIELD

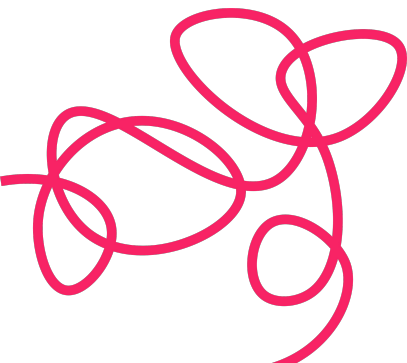
I can use my senses to be aware of what is  
around me

## PRESS THE BUTTON

I can use all parts of me to make contact with  
moving objects

## FOXES & RABBITS

I can dodge moving objects



# Dangerfield

## Stage 1 - Reaction & Readjustment

I can use my senses to be aware of what is around me



### Equipment

throw down discs  
Four different colours  
of hula hoops  
Four different colours  
of bibs or sashes  
blindfolds  
bean bags  
hula hoops  
different sized balls



### Group size

Eight groups of two  
children  
Set this up twice for  
thirty children (with  
seven pairs in the  
second set up)

### Problem

Make it back to basecamp safely without being able to  
see



### Aim

Collect one sash of each colour and then get back to  
basecamp



# Dangerfield

## Set Up

Create a large circle using throw down discs. This is the dangerfield. Create a square using throw down discs in the middle of the dangerfield. This is basecamp.

Place hula hoops around the outside of the dangerfield.

One red, one yellow, one green and one blue. Place matching colour bibs/sashes in each hula hoop. Scatter bean bags, hula hoops, throw down discs and different sized balls inside the dangerfield.

Give each pair a blindfold and ask one member of each pair to wear it. Ask each pair to stand inside basecamp.

## How to Play

On the word go, the child who can see must navigate their blindfolded partner around the dangerfield and towards one of the four coloured hula hoops. Once they arrive at a hula hoop they must collect one sash and place it around the neck of the blindfolded member of the pair.

Each pair must collect one sash of each colour and then return to basecamp. If a blindfolded child makes contact with any of the objects in the dangerfield they must return to basecamp and try again.

The Play Game is complete when all children have returned to basecamp with four different coloured sashes.

## Play Again

Swap the roles of the children.



Specify that the blindfolded children must be navigated without being touched.



# Press the button

## Stage 1 - Reaction & Readjustment

I can use all parts of me to make contact with moving objects



### Equipment

throw down discs  
medium sized balls  
One roll of tape



### Group size

One group of two  
children  
One group of three  
children  
Set this up six times for  
thirty children

## Problem

Keep the balls from hitting the button



## Aim

Stop the button pressers pressing the button ten times  
for as long as possible





# Press the button

## Set Up

Make a circle using throw down discs stuck on a wall. Make the circle one and half metre squared. This is the button. Create a line of three throw down discs on the floor in front of the button. Make the line three metres long, one and a half metres away from the wall and make sure it runs parallel with the wall.

Give the group of three children two medium sized balls. These are the button pressers. Ask the group of two children to stand in front of the button. These are the savers. Ask the button pressers to stand on the other side of the line to the savers.

## How to Play

On the word go, the button pressers must move the balls towards the button. Button pressers must not go onto the other side of the line and savers must not go over onto the other side of the line that they started on.

The savers can use any part of their body to stop the balls pressing the button. If a ball hits the button this is one press.

The Play Game is complete when the button presses have pressed the button ten times.

## Play Again

Make the button behind the savers into six small buttons.

Make it a 360 degree Play Game. Place the button in the middle of a large circle of five throw down discs on the floor. Then create another large circle of five throw down discs around the outside of that. The button pressers cannot go inside the largest circle and the savers cannot go inside the small circle.

# Foxes and Rabbits

## Stage 1 - Reaction & Readjustment

I can dodge moving objects



### Equipment

throw down discs  
medium sized balls



### Group size

One group of two  
children  
One group of eight  
children  
Set this up three times  
for thirty children

## Problem

Stay as a rabbit for as long as possible



### Aim

Be the last rabbit left inside the square



# Foxes and Rabbits

## Set Up

Create a four metre squared area using throw down discs. Give the group of two children a medium sized ball each. These are the foxes.

Ask the foxes to stand on the outside of the square. Ask the group of eight children to stand inside the square. These are the rabbits.

Place three more medium sized balls around the edge of the square.

## How to Play

On the word go, the foxes must attempt to hit the rabbits with the balls and the rabbits must attempt to dodge being hit for as long as possible.

If a rabbit is hit by a ball they must move to the outside of the square and become a fox. Foxes must not go inside the square and rabbits must not go outside of the square.

The Play Game is complete when there is no rabbits left

## Play Again

Swap the roles of the children.

Introduce a superhero for the rabbits. A superhero is immune from being hit and can block the balls from hitting other rabbits.





# **HEALTHY LIFESTYLES**

# HEALTHY LIFESTYLES

I am healthy and happy



## DINNER TIME

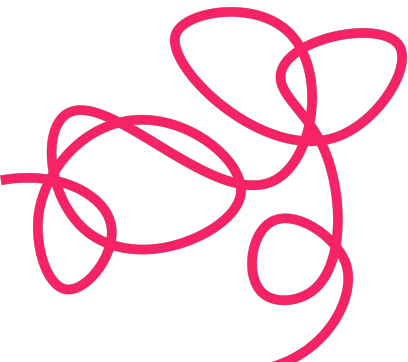
I know I need five pieces of fruit and vegetables  
everyday

## I'M HAPPY

I know what I need to be happy

## ANIMAL MIRROR

I know how to calm down



# Dinner Time

## Stage 1 - Healthy lifestyles

I know I need five pieces of fruit and vegetables everyday



### Equipment

throw down disc  
hula hoops  
bean bags  
different sized balls  
sashes



### Group size

Ten groups of three  
children

## Problem

Collect the right amount of fruit and vegetables



## Aim

Collect the right amount of fruit and vegetables from  
the market onto your group's dinner table



# Dinner Time

## Set Up

Create a square using throw down discs. This is the market. Give each group of three children a throw down disc. This is their dinner plate. Give each group of three children a hula hoop. This is their dinner table. Ask each group to place their dinner table outside of the market and sit around it with their dinner plate.

Place bean bags and different sized balls around the market. The bean bags are vegetables and the balls are fruit. Place hula hoops, sashes and throw down discs around the market. The hula hoops are burgers, the sashes are chips and the throw down discs are pizzas.

## How to Play

Before starting, discuss with the children a long list of fruit and vegetables and which foods are fruit and which are vegetables.

On the word go, shout “four vegetables and one fruit” for example. Each group must then move around the market collecting that combination on their dinner plates and returning it to their dinner tables one piece of food at a time.

Children must transport all food from the market to their dinner table on their dinner plate and not touch the food with their hands. Each child must have at least one hand on their dinner plate at all times. Once every group has collected the right combination on their plate select three groups to tell everyone else which fruit and vegetables they have. Then all the food must be returned the market. Then shout a different combination and repeat.

The Play Game is complete when every combination has been shouted out

## Play Again

Make one group of three a group of taggers. If any children are tagged they must drop their food, return to their dinner table and try again.

Give each individual child a dinner plate





# I'm Happy

## Stage 1 - Healthy lifestyles

I know what I need to be happy



### Equipment

hula hoops  
bean bags  
medium sized balls  
large sized balls  
small sized balls  
sashes



### Group size

Six groups of five  
children

## Problem

Create a game which makes everyone in your group  
happy



## Aim

Create and play a game that makes everyone in the  
group happy



# I'm Happy

## Set Up

Give each group two hula hoops, four bean bags, one medium sized balls, one large sized ball, two small sized balls and four sashes.

Ask each group to find a large space to work in.

## How to Play

Before starting, discuss with the children what makes them happy. On the word go, each group must create and a game using any combination of the equipment they have. The game can take any form and have any theme.

Then give the children time and space to play and evolve their game. The only condition to the game that each group creates is that every member must be happy playing it.

If a member is not happy the group must tweak the game until everyone is happy. After the children have played their game, bring all the groups together and ask children why their game made them happy.

Try to establish that it is not things and possessions but play, enjoyment and working together that makes people happy.

## Play Again

Provide a different set of equipment

Swap the members of each group



# Animal Mirror

## Stage 1 - Healthy Lifestyles

I know how to calm down



**Equipment**



**Group size**

One group of thirty  
children

## Problem

Calm yourself down



## Aim

Make the animal shapes and calm down after lots of  
excitement



# Animal Mirror

## Set Up

Play a high energy Play Game. For example Tidy My Room, Cowboys and Indians or Sinking Ships. Then discuss some of the best ways to calm down with the children. Discuss the following two ways: 1. Breathing deeply. 2. Stretching out.

Ask the children to find a space to work in, big enough that they cannot touch another child without moving. Stand at the front of the space you are working in so all the children can see you.

## How to Play

Create an animal shape using your body. See the examples below. The children must guess which animal it is. Then they must make that animal shape in their own way, making it as big as they can so they are stretching. Each animal shape must be held for five big deep breaths.

The SIX animal shapes to make for the children to begin with are:

1. Dog = On all fours and stretch.
2. Frog = Feet together, hands on floor and knees bent.
3. Bird = Moving whilst flapping both arms as high and low as possible.
4. Crocodile = Both arms stretched out in front opening and closing as wide as possible.
5. Elephant = Moving whilst making the body as big as possible.
6. Snake = Making the body as thin as possible and wiggling around slowly on the floor.

The Play Game is complete when all seven animal shapes have been made.

## Play Again



Ask one or more children to be the leader.

Create new animal stretches.



**EXPRESSION**

# EXPRESSION

I can show my feelings



## EXPRESS YOURSELF

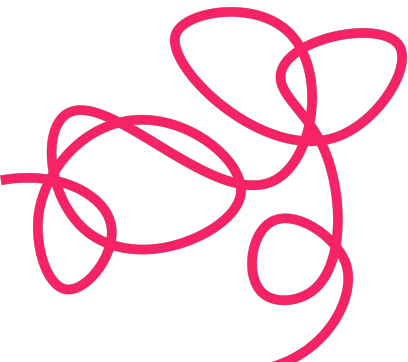
I can show my feelings

## BEARS IN THE WOODS

I can move to a simple beat

## JUST DANCE

I can move to different beats in different ways



# Express yourself

## Stage 1 - Expression

I can show my feelings



### Equipment

throw down discs  
hula hoop



### Group size

One group of thirty  
children

## Problem

Express your feelings about the different scenarios



## Aim

Move from one throw down disc to another showing  
how you feel about the scenario



# Express yourself

## Set Up

Set up a large circle using throw down discs with a metre between each one. Ask each child to stand on a throw down disc. Place a hula hoop in the middle of the circle. Stand in the hula hoop.



## How to Play

Read out one of the scenarios below:

1. I woke up this morning and got ready to go to school. 2. I had breakfast and there was no more of my favourite breakfast left. 3. I was on my way to school and fell over in a puddle. 4. I got to school and the first thing we did was my favourite lesson. 5. At playtime our ball burst on a spiky branch. 6. I tried really hard in numeracy but could not do it. 7. I knew I was going to my best friend's house for dinner. 8. It was my favourite story at story time

Once you have completed the sentence, the children must all move to a different throw down disc. Each child must move in a way that expresses their emotion toward that scenario if that were them. If a child is not moving in an expressive way, they must go back to their throw down disc and start again.

The Play Game is complete when all eight scenarios have been read out.

## Play Again

Start with one tagger in the middle, if a child is tagged they must also become a tagger for the next scenario.

Ask the children to go in pairs. One member of the pair must act out their emotion, and the other must guess it before they can both move to a free throw down disc.



# Bears in the woods

## Stage 1 - Expression

I can move to a simple beat



### Equipment

throw down discs  
bean bags  
different sized balls  
hula hoops  
large speaker  
music playing device  
drum



### Group size

One group of fifteen  
children  
  
Set this up twice for  
thirty children

## Problem

Collect as much honey as possible whilst moving to the  
beat



## Aim

Collect all the honey into the dens before the end of  
the song



# Bears in the woods

## Set Up

Create a large zone using throw down discs at one end of the space you are working in. This zone must be one metre wide and three metres long. This is the honey pot.

Place fifty bean bags and twenty different sized balls inside the honey pot. This is the honey. Place hula hoops at the opposite end of the space you are working in to the honey pot. These are the dens. Place throw down discs around the space you are working in. They should not be touching but be no more than one metre apart.

Prepare a popular song that the children will enjoy on the speaker. Make sure it has a simple beat.

## How to Play

On the word go, press play on the song and bang the drum on every beat. The bears must then move from one throw down disc to the next to collect as much honey as possible and place it back in their dens before the end of the song.

Bears must only move from one throw down disc to the next on the beat. If a bear moves from one throw down disc to the next off the beat they must go back to their den and try again.

The Play Game is complete when the song is finished or all the honey has been collected.

## Play Again

Use a different song.

Play without a drum.



# Just Dance

## Stage 1 - Expression

I can move to different beats in different ways



### Equipment

large speaker  
music playing device



### Group size

Ten groups of three  
children

## Problem

Create and perform a dance which includes everyone's  
choice of dance move



## Aim

Perform a twenty second dance which includes a  
chosen dance move from each member of the group



# Just dance

## Set Up

Ask the groups to find a space to work in. Place a large speaker in the middle of the space you are working in which is connected to a music playing device. Prepare a song on the music playing device which is upbeat, popular and one that the children will recognise.

## How to Play

On the word go, press play on the song. Each group must work together to create three different dance moves.

Each member of the group must create one dance move.

Play the song up to three extra times. If the children need more time to decide on the order of their dance moves. When every group is ready, play the song and ask all groups to dance at the same time to the song and repeat their routines over and over until the end of the song.

The Play Game is complete when the song is over

## Play Again

Choose a different song

Ask the children to organise into different groups



# End of stage 1: Learner reflection

Learning theme	Not always	Some times	Often	Always
I am healthy and happy				
I can show my feelings				
I can react to moving objects				
I can keep control of different objects				
I feel happy moving in lots of different ways				
I can match my movements with other moving things				
I can stay balanced				
I know how big I am				
I can tell you about the world around me				
I feel confident moving through a space				
I think of others				
I can make good decisions				