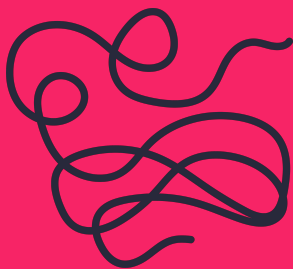
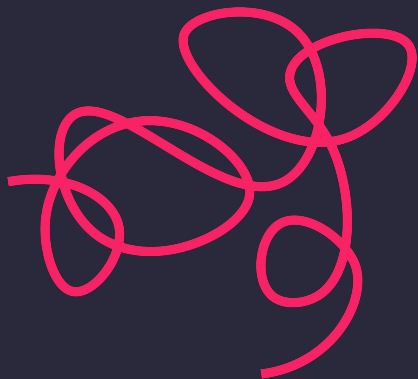


The PlayTank



being



learning
through
play



PLAYGAMES



Stage 3



Moving

MOVING

I can move creatively, confidently, and fluently



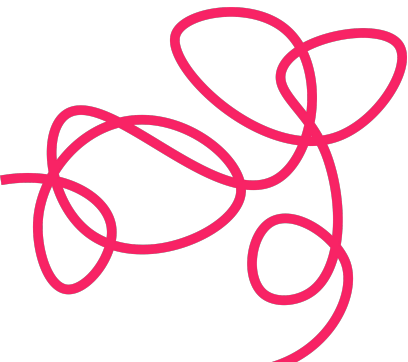
I know what it feels like to move fluently

ANIMAL ESCAPE

I can communicate through my movements

THE WILD WEST

I can evaluate and change my movements



Messy Rooms

Stage 3 - Moving

I know what it feels like to move fluently



Equipment

throw down discs
bean bags
small sized balls
large sized balls
extra large sized balls



Group size

Four groups of four children
Set this up twice for thirty children (with two of the groups will have only three children in the second set up)

Problem

Move as many balls and bean bags as possible out of your room and into the rooms of the other groups



Aim

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



Messy Rooms

Set Up

Divide the space you are working in into four equally sized areas using throw down discs. These are the rooms. Make one the kitchen, one the bedroom, one the study and one the lounge. Ask each group to stand in a different room each.

Scatter small sized balls, medium sized balls, large sized balls and extra large sized balls, as well as bean bags around the rooms evenly.

How to Play

On the word go, each group must move the balls and bean bags out of their bedroom and into the other rooms. Children cannot leave their room.

The Play Game is complete after three minutes

Play Again

Place throw down discs around each room and specify equipment can only be moved when a child is stood on a throw down disc.

Specify that children can only run with a ball or bean bag if they have caught it.



Animal Escape

Stage 3 - Moving

I can communicate through my movements



Equipment

throw down discs
Three different colours
of bean bags
Three different colours
of balls
One large speaker
One music playing
device



Group size

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

Problem

Bring as much food as possible from the Wild back to
the Zoo



Aim

Collect more food back into the zoo than the other
animals



Animal Escape

Set Up

Divide the space you are working in into four equally sized areas using throw down discs. These are the rooms. Make one the kitchen, one the bedroom, one the study and one the lounge. Ask each group to stand in a different room each.

Scatter small sized balls, medium sized balls, large sized balls and extra large sized balls, as well as bean bags around the rooms evenly.

How to Play

On the word go, each group must move the balls and bean bags out of their bedroom and into the other rooms. Children cannot leave their room

The Play Game is complete after three minutes

Play Again

Place five throw down discs around each room and specify equipment can only be moved when a child is stood on a throw down disc.

Specify that children can only run with a ball or bean bag if they have caught it.



The Wild West

Stage 3 - Moving

I can evaluate and change my movements



Equipment

Three different colours
of hula hoops
medium sized balls
sashes
bean bags
different sized balls



Group size

One group of three
children
One group of twelve
children
Set this up twice for
thirty children

Problem

Steal as many cows as possible from the other
cowboy's cow pen, whilst avoiding the indian's arrows



Aim

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





The Wild West

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. Place a different colour hula hoop on one side of the space you are working in and another one on the other side. These are the Indians Teepees. The space between the cowpens and the teepees is the Wild West.

Ask the group of three children to stand in the Wild West. Give them each one medium sized ball each. These children are the Indians and their arrows. Ask the group of twelve children to pair up. These are the cowboys. Ask the pairs to join by holding a sash. They become one cowboy and one horse. Ask half of the pairs to stand in one cow pen and the other half to stand in the other cow pen. Place ten bean bags and five small sized balls in each cow pen. These are the cows.

How to Play

On the word go, the cowboys and horses must attempt to steal cows from the other cow pen and return them to their own cow pen. 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 hit the cowboys and horse with their arrows, below the shoulders. If a cowboy is hit by an arrow, they must leave their cow in the Wild West and both cowboy and horse now become Indians.

Any cows left in the Wild West must be collected by the Indians and taken to a teepee. If a horse is hit, they are immune from Indian arrow strikes. Cows cannot be taken out of teepees.

The Play Game is complete when all the cows are in one cow pen.

Play Again

Give three of the cowboys a medium sized ball each. These are their guns. If they hit an Indian, the indian must go to a teepee and spend ten seconds in it before rejoining the Play Game.

Scatter six yellow hula hoops around the Wild West. These are hideout caves. cowboys can hide in these and not be hit by arrows.



COORDINATION

COORDINATION

I change the way I move based on the movements of other people and things around me



THE DANGER ZONE

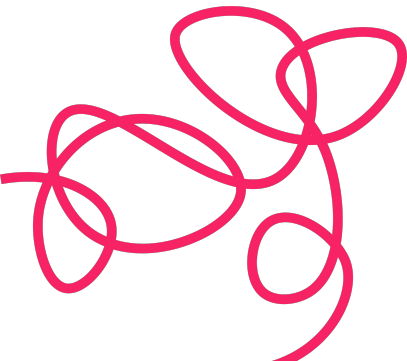
I know what it feels like to make clean contact with a moving object

BOING BALL

I can evaluate and change my throws and catches dependant on the object and target

CAPTURE THE FLAGS

I can connect my movements with the movements of others



The Danger Zone

Stage 3 - Coordination

I know what it feels like to make clean contact with a moving object



Equipment

Two different colours of
throw down discs
Four different colours
of hula hoop
racquets
medium sized balls
Four different colours
of bean bags
Four different colours
of balls



Group size

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

Problem

Strike the balls with a racquet to stop them hitting your
legs



Aim

Organise as many pieces of equipment as possible into
the matching coloured hula hoop before getting hit on
the legs



The Danger Zone

Set Up

Create a large circle as big as the space you are working in will allow using throw down discs. Place one hula hoop of each colour inside the space. Ask the group of five children to stand in and around one hula hoop. These are the Whackers. Each Whacker must have a racquet. Ask the remaining children to stand anywhere inside the circle and give five of the children a medium sized ball.

Scatter throw down discs around the space you are working in. Scatter bean bags and different sized balls inside the ring.

How to Play

On the word go, the Whackers begin moving to collect the bean bags and small sized balls and place them into the matching coloured hula hoop. The remaining children must attempt to hit the legs of the Whackers with the medium sized balls. Whilst Whackers must use their racquets to stop this happening.

If a Whacker is hit on the legs the child that throw the medium sized ball swaps with the Whacker. Medium sized balls can only be thrown at Whackers when stood on a throw down disc. Although children can throw balls to each other from anywhere. If a Whacker manages to hit the medium sized ball outside of the ring, the Whackers get five seconds free where they cannot be hit to move as much equipment as possible.

The Play Game is complete when all the bean bags and small sized balls are in the matching hula hoops.

Play Again

Take away the racquet and specify that the whackers must only use their hands to stop the medium sized balls hitting their legs.

Decrease the number of Whackers to four and make one Whacker responsible for one colour.



Boing Ball

Stage 3 - Coordination

I can evaluate and change my throws and catches dependant on the object and target



Equipment

Four different colours of throw down discs
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

Stop the other group from moving all the equipment



Aim

Make sure as few pieces of equipment as possible end up in the yellow area



Boing Ball

Set Up

Create an area using eight throw down discs in one corner of the space you are working in. Repeat this with a different coloured set of throw down discs. Place bean bags and small sized balls in one area.

Ask the group of five children to stand in the red area. These are the runners. Give each runner a medium sized ball. These are the Boing balls. Ask the group of ten children to stand in between the two areas. These are the blockers. Place throw down discs between the two areas. These are the throw pads.

How to Play

On the word go, the runners must throw their Boing balls into the playing area. Then the runners must take as much equipment as possible from one area to the other area. The blockers must use the Boing balls to hit the runners and stop them getting to the other area.

A Boing ball can be thrown from anywhere if a blocker catches it. If a blocker does not catch it they can only throw it from a throw pad. If a runner is hit by a Boing ball they must go back to the first area and try again, dropping any equipment they have. Equipment cannot be picked up once it has been dropped and cannot be taken out of the other area.

The Play Game is complete when there is no more equipment in the red area.



Play Again

Add a blue area using eight blue throw down discs and split the equipment at the start between two of the three areas.

Add a sixth runner and ask the runners to work in pairs whilst being connected together by holding a sash.

Capture the Flags

Stage 3 - Coordination

I can connect my movements with the movements of others



Equipment

Two colours of throw
down discs
extra large sized balls
sashes
hula hoops



Group size

One group of seven
children
One group of eight
children
Set this up twice for
thirty children

Problem

Capture the flags and return it to your Fort without
being tagged



Aim

Capture the flags and return them to your group's fort



Capture the Flags

Set Up

Create a two metre squared area using throw down discs in one corner of the space you are working in. This is one fort. Repeat with a different colour in another corner. Place two extra large sized balls in the middle of each fort. These are the flags.

Ask both groups of children to stand around each fort and give them a sash. Give all the children two sashes each. Ask them to tuck the sashes into the top of their shorts, one on either side, the sash must be the length to the knee.

How to Play

On the word go, each group must attempt to capture their coloured flags from the opposite group's fort. Each group must also defend their own fort at the same time. Children must not enter into their own fort. The way to defend is by pulling one of the sashes out of the shorts of a child in the opposite group to stop them entering a fort. If a sash is pulled from the shorts, the child who lost it must return to their fort before entering play.

The child who pulled the sash must place it in their fort. If a child loses both sashes they must return to their fort and either collect as sash from their fort or wait until one is placed in their fort before tucking it into their shorts and entering play again. If a child has a flag and their tag is pulled off they must drop the flag where they are and return to their fort before entering play again. Children can pass the flags between their group and also intercept a flag.

The Play Game is complete when a group has both of their flags in their fort.

Play Again

Introduce three flags into each fort.

Place six hula hoops around the space you are working in. These are castles where children cannot have their sashes stolen.





Balance & Agility

BALANCE & AGILITY

I know the best ways for me to be balanced whilst moving



CROSS THE RIVER

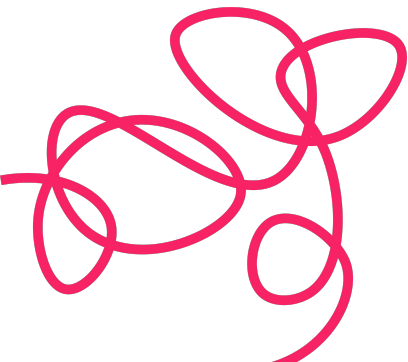
I can use other people to help me stay balanced whilst moving

CHAIN BALL

I can move my centre of gravity to help me stay balanced

TREASURE ISLANDS

I know how i can stay balanced whilst moving quickly



Cross the River

Stage 3 - Balance & Agility

I can use other people to help me stay balanced whilst moving



Equipment

throw down discs
hula hoops
bean bags
small sized balls



Group size

Three groups of five
children

Set this up twice for
thirty children

Problem

Move across the river using the stepping stones



Aim

Reach the other river bank as quickly as possible





Cross the River

Set Up

Create an area using throw down discs on one side of the space you are working in. This is one river bank.

Repeat this on the other side of the space you are working in. This is the other river bank. The space between is the river.

Give each group of children three throw down discs each. These are the stepping stones. Place hula hoops between the two areas. These are river islands.

Ask two of the groups to find a space on one river bank.

Ask the third group to stand in river. These are the crocodile.

How to Play

On the word go, each group must move as a group to the other river bank. As a group of five the children must use the three throw down discs as stepping stones.

Children must not put any part of their body into the river, or on a river island. If they do they must go back to the start and try again.

The crocodile must move around the river in the same way as the children. If any of the children are tagged by the front of the crocodile that group must return to the river bank and try again.

The Play Game is complete when both groups have got to the other river bank.

Play Again

Place bean bags and small sized balls in the river. Each group of children must collect five pieces of equipment and take them with them to the river bank.

Place fifteen bean bags and fifteen small sized balls on the river bank that the children do not start in. Each group of children must move all of the equipment and take it back to the starting river bank.

Chain Ball

Stage 3 - Balance & Agility

I can move my centre of gravity to help me stay balanced



Equipment

hula hoops
Four different colours
of bean bags
Four different colours
of balls
Four different colours
of throw down discs



Group size

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

Problem

Move all the equipment into the matching colour corner, whilst only stepping on the throw down discs



Aim

Organise all the equipment into the matching colour corners as quickly as possible



Chain Ball



Set Up

Place two hula hoops the middle the space you are working in. Place four different colours of bean bags in one of the hula hoops. Place the different sized balls in the other hula hoop.

Create a small area in one corner of the space you are working in using throw down discs. Do the same in the other three corners with different coloured throw down discs.

Give each group of children three throw down discs. Ask two of the groups to find a space on one edge of the space you are working in. Ask the third group to stand on the opposite edge. These are the taggers.

How to Play

On the word go, the first two groups must travel to the hula hoops. As a group of five the children must use the three throw down discs as stepping stones to move forwards.

All children must not touch the floor at any point.

When they arrive at the hula hoops they can collect one piece of equipment each to return to the matching colour corner. If a child drops any equipment or steps anywhere except on a throw down disc they must leave the equipment where it is and go to the edge of the space you are working in before starting again. The taggers must move around in the same way as the children. If any of the children are tagged by any of the taggers that group must return to the edge of the space they are working in and try again.

The Play Game is complete when all the equipment is out of the hula hoops and in the correct corner.

Play Again

Swap the roles of the children.

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

Treasure Islands

Stage 3 - Balance & agility

I know how I can stay balanced whilst moving quickly



Equipment

throw down discs
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 the treasure without being hit by the a
cannonballs



Aim

Gather onto the pirate ship as much treasure as
possible from the treasure islands





Treasure Islands

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 ten hula hoops around the space you are working in. These are the treasure islands. Place six 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. These are the pirates. Ask the group of five to stand around the treasure islands. These are the navy sailors. Give each navy sailor a medium sized ball. These are the cannonballs.

How to Play

On the word go, the pirates must travel to the treasure islands. When a pirate arrives at a treasure island they must collect a piece of treasure and return it to the pirate ship. The navy sailors must try and hit the pirates with the cannonballs.

If a pirate is hit by a cannonball they must drop the treasure in the sea, go back to the pirate ship and try again. Treasure cannot be collected from the sea.

The Play Game is complete when there is no more treasure left on the treasure islands.

Play Again

Making each pirate responsible for one colour of treasure.

Introduce one super pirate who is immune from being hit, but cannot collect treasure, only block cannon balls hitting other pirates.



Negotiating Space

NEGOTIATING SPACE

I can use things around me to help me negotiate space



SNAKES AND LADDERS

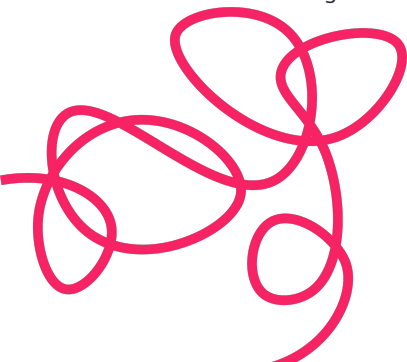
I can evaluate and change the ways I move
through small spaces

EMPTY THE SAFE

I can evaluate and change the ways I move
through small spaces

HUMAN MAZE

I can tell where things are around me whilst
moving fluently



Snakes and Ladders

Stage 3 - Negotiating space

I can evaluate and change the ways I move through small spaces



Equipment

Four different colours
of throw down discs

hula hoops

Three different colours
of bean bags

Two different colours of
different sized balls
blindfolds



Group size

Three groups of five
children

Set this up twice for
thirty children

Problem

Go through, over or under the other members of the
group to collect the equipment



Aim

Collect all the equipment of your colour and place
them in your box as quickly as possible



Snakes and Ladders



Set Up

Create a two metre squared area using throw down discs on one side of the space you are working in. Repeat this twice more with different colour throw down discs. Place three hula hoops between the boxes. Place bean bags and different sized balls in each hula hoop. Make sure all of the equipment is matching to the colour of the areas marked out. Ask each group of five to stand in one of the boxes.

How to Play

On the word go, each group must move together towards the hula hoops. When a group arrives at a hula hoop they must choose one member of the group. The four members who are not chosen must divide into pairs and each pair must make a shape, one pair behind the other. The chosen member must then enter the hula hoop through, over or under the two shapes that the other children in their group have made.

Children can only collect equipment that is the same colour as their box. If a child touches any part of the other children in their group they must try again from the start. Repeat, choosing a different child each time to collect equipment.

The Play Game is over when all equipment is in the correct coloured box.

Play Again

Blindfold the child moving through the shapes.

Allow the children to collect more than one piece of equipment at once but specify if they drop it or touch another child then that equipment must go back in the hula and the group must start again.

Empty the Safe

Stage 3 - Negotiating space

I can evaluate and change the ways I move through small spaces



Equipment

hula hoops
bean bags
differently sized balls
throw down discs



Group size

Six groups of five
children

Problem

Go through, over or under the other members of the group to collect the gold as quickly as possible



Aim

Get ten pieces of gold into the bank as quickly as possible



Empty the Safe

Set Up

Place a hula hoop down for each group of five children. Make sure there is plenty of space between each hula hoop. These are the banks. Assign each group of children a bank. Give each group five bean bags and five different sized balls. This is the gold. Give each group a throw down disc.

Ask four children from each group to form a human castle over their pile of gold approximately three metres from their bank. No child must be touching any piece of gold. Ask the fifth member of the group to take the throw down disc and stand in their group's bank. These are the raiders.

How to Play

On the word go, the raiders must take their throw down disc and place it down next to their groups human castle. The raiders must then keep one point of contact with that throw down disc at all times and attempt to reach into the human castle and collect the gold.

Once a piece of gold has been retrieved, the raiders must take it back to their bank. Before the raider returns to gather another piece of gold, the human castle must change into a new shape. The raider must continue to return until they have collected ten pieces of gold. They must only collect one piece of gold at a time.

The Play Game is complete when one raider has ten pieces of gold in their bank.



Play Again

Change the raider.

Allow the raiders to collect more than one piece of gold at once but specify that if they drop it on their way back to the bank they must return it all back inside the human castle.

Human Maze

Stage 3 - Negotiating space

I can tell where things are around me whilst moving fluently



Equipment

Different sized balls
Blind folds



Group size

Six groups of five
children

Problem

Move the balls through the human maze without touching anyone else



Aim

Move all five balls from one side of the human maze to the other



Human Maze

Set Up

Give each group of five children, five different sized balls.

Ask each group to find a space and place the five balls on one side of them.

How to Play

On the word go, each group must choose one member to be the maze runner. The other members of the group must make a human maze using their limbs.

The maze runner must then move all five balls through the human maze, one at a time, without touching any part of the human maze.

Once a ball is placed on the other side of the human maze the maze runner must move back through to shape to collect the next ball. The human maze must change shape every time the maze runner goes through it. If the maze runner touches the human maze, they must start that entry again.

The Play Game is complete when all members have been through a human maze.

Play Again

Make the human maze bigger by making groups of seven.

Blindfold the maze runner.





RELATING TO OTHERS

RELATING TO OTHERS

I can be empathetic to other people



MY SPACE - YOUR SPACE

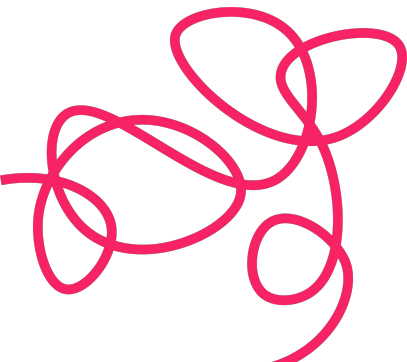
I can tell someone calmly when they are in my
personal space

54321

I know when other people need my support and I
think about what they need from me

CHAIN TAG

I know how to be empathetic



My Space - Your Space

Stage 3 - Relating to others

I can tell someone calmly when they are in my personal space



Equipment

Two different colours of
throw down discs
Two different colours of
bean bags
Two different colours of
sashes
Two different colours of
balls
medium sized balls
blindfolds



Group size

Ten groups of three
children

Problem

Organise all the equipment in the most comfortable
way possible



Aim

Place all the yellow equipment behind the red line and
all the red equipment behind the yellow line



My Space - Your Space

Set Up

Create a line using throw down discs at one end of the space you are working in. Repeat at the other end with a different colour. Place bean bags, sashes, balls and throw down discs behind each line. Ask all groups to stand behind one of the lines.

How to Play

On the word go, each group must set off and organise the equipment behind the matching line. 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. Once a group reaches the right line they can leave the equipment there and go again.

The Play Game is over when all the equipment is behind the right line.

Once all the equipment is organised, all children should be asked the following question: "How comfortable were you playing that Play Game out of ten?". Each child must then give a score out of ten, one being extremely uncomfortable and ten being the most comfortable.

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 line they started at and try again.

Blindfold one member of each group.



54321

Stage 3 - Relating to others

I know when other people need my support and I think about what they need from me



Equipment

hula hoops
throw down discs
different sized balls
One whiteboard
One whiteboard pen



Group size

Fifteen groups of two children

Problem

Find five things that you and your partner have in common with each other, four things that you do not have in common with each other, three ways of balancing together when each of you are on one leg, two ways of carrying each other to the next station and one unique handshake to say hello to each other in school with.



Aim

Find out about your partner and collect five balls, one from each station.



54321



Set Up

Place five hula hoops for each pair in a line from one side of the space you are working in to the other. With equal distance between each one. Number the first hula hoop Station one, the second Station two, the third Station three, the fourth Station four and the fifth Station five. A station can also be made by creating a one metre squared area using throw down discs. Place a ball in each station.

Ask the children to stand at one end of the space you are working in with each pair lining up behind a line of stations. On a whiteboard, write up the challenges for each hula hoop. Station one: "Find one new handshake to say hello to each other within school". Station two: "Find two ways of carrying each other to the next station". Station three: "Find three ways of balancing together when each of you are on one leg". Station four: "Find four things that you do not have in common with each other". Station five: "Find five things that you and your partner have in common with each other".

How to Play

On the word go, the children must travel to Station one in their pairs, and complete the challenge. On completion of the challenge they must collect the ball from the hula hoop and move onto the next station. Children must repeat this for Station two, three, four and five.

The Play Game is complete when all pairs have completed each station, collected all five balls and crossed the finish line.

Play Again

Ask the children to find a different partner.

Decide on different things to find out at each station.

Chain Tag

Stage 3 - Relating to others

I know how to be empathetic



Equipment

four different colours of
sashes
different sized balls



Group size

Ten groups of three
children

Problem

Stay outside the chains for as long as possible



Aim

Be the last child left not in a chain



Chain Tag

Set Up

Give each group two sashes to hold onto, forming a chain. One child in the middle holding a sash in each hand with the other children holding onto one of those sashes each. Give one group of three sashes to wear. This is one starter chain. Repeat with another group with a different colour sash. Give each of the chains two different sized balls. The child at either end of the chain must take a different sized ball in their free hand. Scatter three hula hoops around the space you are working in. These are safe zones.

Ask all the groups of three to find a space.

How to Play

On the word go, the groups of children must dodge the chains. The starter chains must try and touch either end of the other children's chains with one of the balls. Children can go into the safe zones and not be tagged, however children are only allowed in a safe zone for ten seconds.

If one of the children on the end of a group of three is tagged by a starter chain they must join that chain, making sure all children are connected with the sashes and that there is one ball at either end of the chain.

At no point must the chain be broken. Children must stay attached in their group of three at all times. If they separate they must become part of one of the starter chains. Once there is only the two chains left, each chain must try and tag the other before they get tagged.

The Play Game is complete when there is only one chain.



Play Again

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



DECISION MAKING

DECISION MAKING

I can evaluate and change my decisions



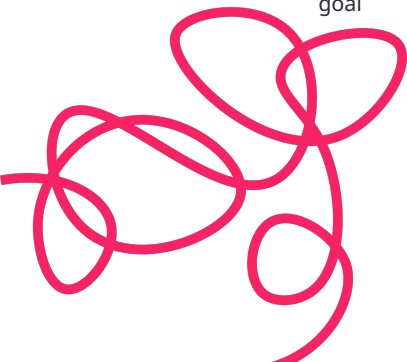
I know what it feels like to attack and defend as part of a group

RUGBY-TENNIS

I can evaluate my decisions and use what i learn to help me make more effective decisions next time

HOOPS

I can think of different ways to achieve the same goal



Invade

Stage 3 - Decision making

I know what it feels like to attack and defend as part of a group



Equipment

throw down discs
hula hoops
medium sized balls
large sized balls
red sashes



Group size

Two groups of five
children

Set this up three times
for thirty children

Problem

Score more goals than your group concedes



Aim

Move the balls into the opposite group's goals as many times as possible by moving the balls to a group member standing inside the goals



Invade

Set Up

Create a large rectangle using throw down discs. This is the pitch. Place a hula hoop in each of the corners. These are the goals. Place two medium sized balls in the middle of the pitch.

Ask one group of five to stand and defend the two hula hoops at one end and the other group of five to stand and defend the other two hula hoops. Give two members of each group a sash each.

How to Play

On the word go, children from each group must run to grab the balls. Children without a red sash can run with a ball but if they are tagged they have to stop and pass the ball. Children with a red sash cannot run with a ball, but cannot be tagged.

A goal is scored when either ball is caught by a child stood in the opposite group's goal. A ball can be intercepted, but children must not tackle the ball out of any child's hands. Once a goal has been scored the play starts again with the group that just conceded a goal starting from one of their goals.

The Play Game is complete when one group reaches ten goals.

Play Again

Use different sized balls.

Swap the roles of the children.



Rugby - Tennis

Stage 3 - Decision making

I can evaluate my decisions and use what I learn to help me make more effective decisions next time



Equipment

Four different colours of throw down discs
different sized balls



Group size

One group of seven children
One group of eight children
Set this up twice for thirty children

Problem

Move the balls past the opposite group's baseline more times than they move the balls over your baseline



Aim

Move ten balls over the opposite group's baseline as quickly as possible before ten balls cross your group's baseline



Rugby - Tennis



Set Up

Create a large rectangle using throw down discs, one baseline using different colour throw down discs and another baseline using another colour throw down discs. This is the pitch. Create a two metre wide channel in the middle of the pitch using throw down discs. This is no man's' land and must run the whole width of the pitch.

Make sure the pitch is large enough so that it is challenging but not impossible for the children to move the ball over the opposing groups baseline.

Ask one group of children to occupy one baseline and ask the other group to occupy the other baseline. Place different sized balls in each half of the pitch. Place throw down discs around each half of the pitch.

How to Play

On the word go, children have to move the balls over the opposing group's baseline. Children can only move a ball over to the other half if they are standing on a throw down disc. Children can run with a ball, if they have caught it, but cannot if they have just picked it up.

Children may pass a ball to another member of their group. Children can only pass the balls backwards. Children must not enter or go beyond no man's land. If a ball moves over the opposing groups baseline that is one point. Children can stop the balls going over their baseline. If a ball does go over their baseline, they can go and collect it and reintroduce it into play.

The Play Game is complete when one group reaches ten points.

Play Again

Make the area of each baseline that the balls must go through to score a point smaller

Hoops

Stage 3 - Decision making

I can think of different ways to achieve the same goal



Equipment

throw down discs
hula hoops
Two different colour
sashes
bean bags



Group size

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

Problem

Move the bean bag to the hoops without losing control
of it



Aim

Get rid of all of the hoops first



Hoops

Set Up

Create a large rectangle, using throw down discs down either side, and a base line each side. This is the pitch.

Create a halfway line in the middle of the pitch. Place hula hoops around the outside edge of each half of the pitch. These are the hoops.

Ask each group of five children to stand in one half of the pitch and give them one sash each to wear. Give one of the groups of children a bean bag.

How to Play

On the word go, the group of children with the bean bag must attempt to move the it into one of the hoops on the outside of the opposite half of the pitch. Children can move freely unless they have the bean bag. If they are holding the bean bag they must stay on the same spot. The group of children without the bean bag must stay in their half at all times. The group of children without the bean bag must attempt to intercept it, but must not tackle or snatch the bean bag from another child. They can only grab the bean bag when it is in the air.

If the bean bag is intercepted, the group of children who intercepted it must take the bean bag to their baseline. All children must then reset into their half and the Play Game is restarted. When a bean bag lands in a hoop, this hoop is removed and the opposite group of children restart the Play Game with the bean bag. No child must leave the pitch, unless it is to remove a hoop.

The Play Game is complete when one group of children has no hoops left to score in.

Play Again

Introduce a bean bag for each group. Each group must attack and defend at the same time.

Reduce the size of the pitch by a third.





ANGLES & SURFACES

ANGLES & SURFACES

I can control and change the way things interact with the world around me



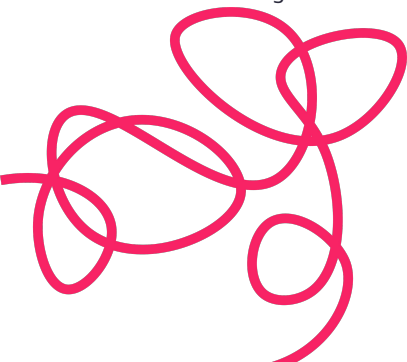
I know what i have to do to control the bounce of an object off a surface

CRAZY GOLFERS

I can control and manipulate how an object will move

THE FEEDING FRENZY

I can plan and carry out the best route for me through crowded spaces



Bounce

Stage 3 - Angles & surfaces

I know what I have to do to control the bounce of an object off a surface



Equipment

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



Group size

One group of four children
Set this up seven times for thirty children (with one group being a group of six children in the last set up)

Problem

Make the ball bounce twice before the other group can hit it back



Aim

Collect five bounce points



Bounce

Set Up

Place one hula hoop on the floor. This is the bounce pad. In the bounce pad, place two bean bags and then three throw down discs on top of each other.

Ask the group of four to divide into pairs and stand on one side of the bounce pad each. Give one pair around the hula hoop a medium sized ball.

How to Play

On the word go, the pair with the medium sized ball must bounce the ball into the bounce pad and toward the other pair. The receiving pair then have a maximum of four touches to stop the ball from bouncing twice on the outside of the bounce pad, without catching it, and then bounce it back through the bounce pad to the other pair.

If the ball bounces twice on the outside of the bounce pad, the pair who bounced it through the bounce pad collects one bounce point. A new point is started. The game does not have sides, it operates 360 degrees around the bounce pad.

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

Play Again

Specify a maximum of three touches per pair.

Change the size of the ball to a large sized ball.



Crazy Golfers

Stage 3 - Angles & surfaces

I can control and manipulate how an object will move



Equipment

throw down discs
bean bags
small sized balls
medium sized balls
throw down discs
sashes
One roll of tape



Group size

One group of six
children

Set this up five times
for thirty children

Problem

Move the object ball, using the knockerball, into the
golf holes



Aim

Move the object ball into all six holes, one hole at a
time, taking as few hits of the knocker ball as possible





Crazy Golfers

Set Up

Create six golf holes, which are all three metres long. Number each hole one to six. Set up a golf hole by creating a start point using one throw down disc at one end. This is the tee. At the other end, create a three sided area using three bean bags. This is the hole. Create at least one obstacle per hole, using sashes and throw down discs or other equipment. Obstacles will need securing to the floor with tape.

Give each child one medium sized ball and one small sized ball. This is the object ball and the knockerball. Ask each child to stand at the start of one hole each.

How to Play

On the word go, each child must hit their object ball, using their knockerball, towards the hole. Children can only move the object ball using their knockerball. Children cannot be touching the knocker ball when it touches the object ball. Once a child has moved their object ball into the hole, remembering the amount of shots it has taken them, they move onto the next hole once the child in front of them is finished.

The Play Game is complete when all six children have played all six holes.

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 knockerball.

The Feeding Frenzy

Stage 3 - Angles & surfaces

I can plan and carry out the best route for me through crowded spaces



Equipment

throw down discs
hula hoops
sashes
bean bags



Group size

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

Problem

Collect as many pieces of equipment as possible and
return them to your hula hoop



Aim

Collect as many pieces of equipment as possible and
return them to your hula hoop



The Feeding Frenzy

Set Up

Create an area using throw down discs. Place seven hula hoops round the edge of this area. Around the edge of each hula hoop make a ring of throw down discs, half a metre wider in diameter than hula hoops.

Assign a hula hoop to each group and ask them to stand in that hula hoop. Give one pair two sashes and ask them to stand in the middle of the area. These are the taggers.

Scatter bean bags and different sized balls inside the area. Tie the legs together of one member of each pair using a sash.



How to Play

On the word go, all children must move as pairs to collect equipment and bring it back to their hula hoop. Each pair must be touching at all times, if they are not they must drop their food and spend ten seconds in their hula hoop before starting again. Each child must only have one piece of equipment at a time.

If a child is tagged both children in that pair must drop their equipment and spend ten seconds in their hula hoop before starting again. Children must not go outside the area, if they do they have to spend ten seconds in their hula hoop. Children can only place the equipment in the hula hoop from outside of the ring of throw down discs.

The Play Game is complete when all the pieces of equipment are in the hula hoops.

Play Again

Tie the arms together of the other member of each pair.

Increase the number of taggers to four.



SPATIAL AWARENESS

SPATIAL AWARENESS

I can think about different ways to create and use space effectively



OUT OF SIGHT

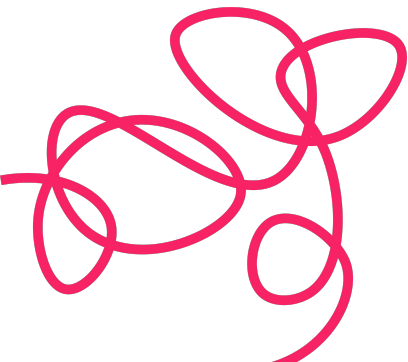
I can use other people to help me move through spaces when i cannot see

MOUSE HOLES

I can move to make space for others

DODGE IT

I can move to occupy as much space as possible



Out of Sight

Stage 3 - Spatial awareness

I can use other people to help me move through spaces when I cannot see



Equipment

throw down discs
blindfolds
bean bags
different sized balls
hula hoops



Group size

Ten groups of two
children

One group of ten
children

Problem

Move from one area to the other without being able to see



Aim

Collect five pieces of equipment and arrive at the finish
as quickly as possible



Out of Sight

Set Up

Create an area using throw down discs on one side of the space you are working in. This is the start. Repeat on the other side of your space. This is the finish.

Ask each pair to choose one member to be blindfolded. The child who is not blindfolded is the guide. Place bean bags and different sized balls around the space you are working in. Place hula hoops between the two areas. Ask all blindfolded children and their partners to stand in the start area.

Ask the group of ten to divide into pairs and give one member of each pair a blindfold to wear. These are the taggers. Ask the taggers to stand between the areas.

How to Play

On the word go, the guides must direct their blindfolded partners from the start to the finish. The guides can only give instructions whilst standing in a hula hoop. They can move from hula hoop to hula hoop but must not touch their partner. Each blindfolded child must collect five pieces of equipment before arriving at the finish.

If two blindfolded children collide then they must both return to the start, drop any equipment, and try again. If a blindfolded child goes inside a hula hoop they must return to the start, drop any equipment, and try again.

At no point should the blindfolded child remove their blindfold. The taggers must move in the same way as the blindfolded children and be guided in the same way. If a blindfolded child is tagged they must go back to the start and try again.

The Play Game is complete when all children are in the finish.

Play Again

Ask the children to swap roles.

Change the group size to three children and have two blindfolded children and one guide.



Mouse Holes

Stage 3 - Spatial awareness

I can move to make space for others



Equipment

throw down discs
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

Stay in possession of both mouse tails for as long as possible



Aim

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



Mouse Holes

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 five hula hoops around the space you are working in. These are the mouse holes. Place bean bags and different sized balls inside the cheese factory. These are the pieces of cheese.

Ask the group of five children to stand around the space you are working in. These are the cats. Ask the pairs of children to stand at the opposite end of the space you are working in to the cheese factory. These are the mice.

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

How to Play

On the word go, the mice must work in their pairs to collect the pieces of cheese from the cheese factory and place them into their mouse hole. The cats must attempt to pull the tails from the mice, but cannot go inside the cheese factory. When a mouse has lost both tails, they must become a mouse trap. A mouse trap cannot move but can take the tails from other mice. If one member of a pair of mice loses both tails, both members of the pair become a mouse trap. 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 for more than ten seconds.

The Play Game is complete when all the mice are mouse traps or all of the pieces of 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, they must become a mouse trap.



If a mouse loses their tails they, and their partner, become cats instead of mouse trap.

Dodge It

Stage 3 - Spatial awareness

I can move to occupy as much space as possible



Equipment

throw down discs
different sized balls



Group size

Four groups of four
children
Set this up twice for
thirty children (with two
groups of three
children in the second
set up)

Problem

Use the balls to get three members of the opposite
groups sitting down



Aim

Get three children in each of the opposite groups
sitting down at once



Dodge It

Set Up

Create a large rectangle using throw down discs. Divide it into quarters. This is the pitch. Place different sized balls along the dividing lines. Ask each group to stand in one quarter of the pitch.

How to Play

On the word go, all children must move to the dividing lines to grab a ball. Children must then move the balls toward the children in the other groups. If a child is hit by a ball they must sit down. If a child who is sat down catches a ball they can stand up again.

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

The Play Game is complete when three of the four groups have three children sat down at once.

Play Again

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

Create a channel one metre wide which runs through the middle, width ways and lengthways, of the pitch using twenty throw down discs. No children can enter this area and any balls that end up in this space are lost.





OBJECT CONTROL

OBJECT CONTROL

I can work with other people to keep control of different objects



UNDER PRESSURE

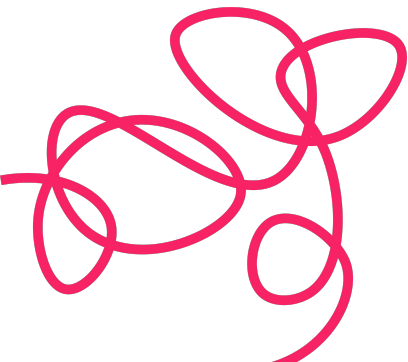
I know how to work together with other people to keep control of different objects

UNDER PRESSURE AGAIN

I know how to work together with others to keep control of different objects using something me and the object

SOLAR SYSTEMS

I can evaluate and change what worked and what did not when trying to carry multiple objects at once



Under Pressure

Stage 3 - Object control

I know how to work together with other people to keep control of different objects



Equipment

throw down discs
hula hoops
different sized balls
medium sized balls



Group size

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

Problem

Move the balls, one at a time, from one hula hoop to the other



Aim

Move all ten balls from one hula hoop to the other



Under Pressure

Set Up

Create a large rectangle using throw down discs. This is the pitch. Place one hula hoop at either end of the pitch. Place different sized balls in and around one hula hoop.

Ask the group of six children to stand around the hula hoop with the balls in. Ask the group of four children to stand anywhere inside the pitch. These are the blockers.

How to Play

On the word go, the group of six children must move the balls to the empty hula hoop, one at a time. Children can run with a ball. Children can pass the ball between their group. Blockers can intercept a ball in the air. If this happens that ball is lost and the group of six must collect a new ball and try again.

If a child is tagged by a blocker whilst in possession of a ball, that ball is lost and the group of six must collect a new ball and try again. Children must not go outside the pitch at any point. Once a ball is successfully in the finish hula hoop, the group of six must return to the start hula hoop and collect a new ball.

The Play Game is complete when there are no balls left in the starting hula hoop.

Play Again

Swap the roles of the children.

Make one of the children a superhero and give them a medium sized ball. They can throw this at blockers and if a blocker is hit they must freeze for ten seconds.



Under Pressure Again

Stage 3 - Object control

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



Equipment

throw down discs
hula hoops
different sized balls
medium sized balls
racquets



Group size

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

Problem

Move the balls from one hula hoop to the other



Aim

Move all ten balls from one hula hoop to the other



Under Pressure Again



Set Up

Create a large rectangle using throw down discs. This is the pitch. Place one hula hoop at either end of the pitch. Place different sized balls in and around one hula hoop.

Ask the group of seven children to stand around the hula hoop with the balls in. Give each child a racquet.

Ask the group of three to stand anywhere inside the pitch. These are the blockers.

How to Play

On the word go, the group of seven children must move the balls to the empty hula hoop. Children can run with a ball, but cannot hold the ball. They must balance it on their racquet. Children can pass the ball between their group by hitting it with their racquet. Blockers can intercept a ball in the air. If this happens that ball is lost and the group of seven must collect a new ball and try again.

If a child is tagged by a blocker whilst in possession of a ball, that ball is lost and the group of seven must collect a new ball and try again. Children must not go outside the pitch at any point. Once a ball is successfully in the finish hula hoop, the group of seven must return to the start hula hoop and collect a new ball.

The Play Game is complete when there are no balls left in the starting hula hoop.

Play Again

Swap the roles of the children.

Make one of the children a superhero. Give them a medium sized ball and take away their racquet. They can throw this at blockers and if a blocker is hit they must freeze for ten seconds.

Solar Systems

Stage 3 - Object control

I can evaluate and change what worked and what did not when trying to carry multiple objects at once



Equipment

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



Group size

Seven groups of two children
Set this up twice for thirty children (with eight groups of two children in the second set up)

Problem

Collect as many stars as possible without dropping them



Aim

Gather twenty stars into your base





Solar Systems

Set Up

Create a large rectangle using throw down discs. This is Space. Scatter bean bags, small balls, medium sized balls, large sized balls and extra large sized balls around Space. These are the stars. Give each pair, except one, two hula hoops. One is their spaceship and one is their base.

Ask the children to place their base around the edge of Space. Ask one child to step inside the spaceship and the other child to hold it around that child's waste whilst standing inside the spaceship. These are the astronauts. Ask the pair without a base to stand in the middle of the stars. These are the space rangers. Space rangers still need a spaceship. Tie each pair together by connecting one hand per child together with a sash.

How to Play

On the word go, the astronauts must collect the stars and return them to their base. If any stars are dropped then all the stars in that spaceship must be put down and the astronauts must return to base before starting again. Astronauts must stay inside their spaceships at all times.

Space rangers must go around collecting stars from the bases and returning them to Space in the same way that the astronauts are collecting them. If the space rangers are tagged by a spaceship then they must drop any stars they have where they are tagged.

The Play Game is over when one group has twenty stars back at base.

Play Again

Swap the roles of the children.

Change the group size to three with two members of each group inside the spaceship and one member holding the spaceship outside of the spaceship.



REACTION & READJUSTMENT

REACTION & READJUSTMENT

I can avoid contact with moving objects



RABBIT HOLES

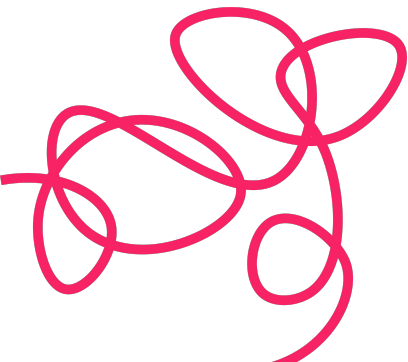
I can use all my senses to help me react

WALL BALL

I can choose the most effective part of me to
make contact with a moving object

OUTNUMBERED

I can put together a series of movements to help
me dodge moving objects



Rabbit Holes

Stage 3 - Reaction & readjustment

I can use all my senses to help me react



Equipment

throw down discs
bean bags
blindfolds
hula hoops



Group size

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

Problem

Get all the food back to the dens without touching the
rabbit holes



Aim

Get all of the rabbit food out from the centre of the
rabbit warren and into the rabbit dens



Rabbit Holes



Set Up

Create a large rectangle using throw down discs. This is the rabbit warren. At either edge of the rabbit warren create a two metre squared area using throw down discs. These are the rabbit dens. Place a hula hoop in the middle of the rabbit warren and fill it with bean bags. This is the rabbit food.

Ask one child from each pair to be blindfolded. These are the rabbits. Ask all pairs to go and stand in either rabbit den. Give the group of five children a hula hoop each. These are the rabbit holes. Ask them to stand anywhere within the rabbit warren.

How to Play

On the word go, the non-blindfolded rabbits must guide their partners to the rabbit food. Once they arrive they must take one piece at a time and return it back to either rabbit den. Ask the children with the rabbit holes to move around the rabbit warren blocking the path of the rabbits.

If a pair of rabbits are blocked by a rabbit hole the rabbit hole must be held in one place and the non-blindfolded rabbit must guide the blindfolded rabbit through the rabbit hole without touching the hula hoop.

If the blindfolded rabbit touches the hula hoop they must go back to either rabbit den and try again. Rabbit holes can move around and block a pair of rabbits wherever and whenever they like.

The Play Game is complete when all the rabbit food is in the rabbit dens.

Play Again

Ask one of the pairs of children to be a tagging pair. If a child is tagged they must go back to either rabbit den and try again.

Wall Ball

Stage 3 - Reaction & readjustment

I can choose the most effective part of me to make contact with a moving object



Equipment

throw down discs-
medium sized balls
sashes
racquets
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 targets



Aim

Stop the target attackers hitting the targets ten times
for as long as possible



Wall Ball



Set Up

Make six targets using six throw down discs stuck on a wall. Place two more throw down discs on the floor at the base of the wall, two metres apart. Create a semicircle on the floor in front of the targets using throw down discs. Make the semicircle two and a half metres wide by three metres in radius. Give the group of three children two medium sized balls. These are the target attackers. Give the group of two children one racquet and use a sash to tie the children together by their strong hands. These are the savers.

Ask the savers to stand in front of the targets. Ask the target attackers to stand on the outside of the semicircle. Create a two metre wide goal behind the target attackers using two throw down discs parallel to the wall.

How to Play

On the word go the attackers must move the balls towards the targets. Target attackers must not go inside the semicircle and savers must not go outside the semicircle. The savers can use any part of their body or the racquet to stop the balls hitting the target.

If a ball hits any of the targets this is one point. If the savers manage to hit the ball back through the goal behind the target attackers this is one point.

The Play Game is complete when the target attackers have ten points or the savers have three points.

Play Again

Give both savers a racquet.

Making it a 360 degree Play Game. Place the target 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 target attackers cannot go inside the largest circle and the savers cannot go inside the small circle.

Outnumbered

Stage 3 - Reaction & readjustment

I can put together a series of movements to help me
dodge moving objects



Equipment

throw down discs
medium sized balls



Group size

Two groups of five
children

Set this up three times
for thirty children

Problem

Stay on the side of the area you started on for as long
as possible



Aim

Be the last child in your group left on your side of the
area



Outnumbered

Set Up

Create a four metre squared area using throw down discs. Give one group of five children three medium sized balls between them.

Ask this group to stand inside the area. These are the insiders. Give the other group of five children two medium sized balls between them. Ask this group to stand around the edge of the square. These are the outsiders.

How to Play

On the word go, the children must attempt to hit the children in the other group with their medium sized balls whilst not being hit. If a child is hit they must join the other group. Insider to outsider and outsider to insider. If an insider leaves the square at any time they must instantly become an outsider. If an outsider enters the square at any time they must instantly become an insider.

The Play Game is complete when there is only one child left in either the insiders or the outsiders groups

Play Again

Specify that when a child is hit they stay on the same side but must sit down. They can still hit other children with the balls. The aim is to be the last remaining child standing up.

Introduce a superhero to each group. A superhero is immune from being hit and can block the balls from hitting other members of their group.





HEALTHY LIFESTYLES

HEALTHY LIFESTYLES

I know what i can do to make other people healthy and happy



INSIDE OUTSIDE

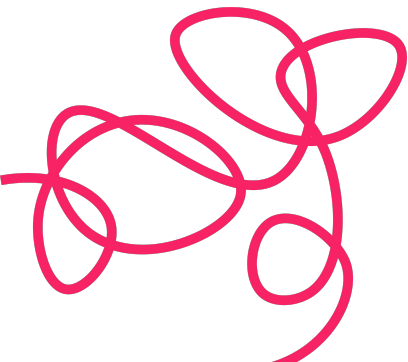
I know why being active is so important to being healthy

WE'RE ALL HAPPY

I can tell you what happiness feels like

MY LIFE

I know what a balanced lifestyle looks like for me



Inside Outside

Stage 3 - Healthy lifestyles

I know why being active is so important to being healthy



Equipment

throw down discs
hula hoops
sashes



Group size

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

Problem

Collect all the sashes from the inside of the circle



Aim

Collect all of the sashes from the Inside and place them in the Outside Box



Inside Outside

Set Up

Create a large circle that is almost as big as the space you are working in will allow using throw down discs. Create a two metre wide circle in the centre of the large circle and place a hula hoop inside. This is the Inside. Inside the hula hoop place sashes. Between the small circle and the large circle randomly place five hula hoops. These are the safe zones. On the outside of the circle, create a two metre squared area using throw down discs and stand inside this area. This is the Outside Box.

Ask the group of five children to occupy a space in between the large and small circles. These are the taggers. Ask the group of ten children to stand on the outside of the circle.

How to Play

Before starting this Play Game, discuss these ten reasons as to why being active is so important to being healthy: 1. It makes your heart stronger 2. It improves your mental health 3. It decreases the risk of illness 4. It improves sleep quality 5. It helps control weight gain 6. It helps you make new friends 7. It increases fitness 8. It helps you stay in a good mood 9. It increases energy levels 10. It makes bones and muscles stronger.

On the word go, the children on the outside of the area must move to the Inside and collect one sash. Once they have collected a sash they must place it over their shoulder and attempt to move to the outside of the area again. Once they make it to the outside of the area they must then move to the Outside Box where they must give one reason why being active is so important to being healthy. If they give a correct answer they can take off their sash, place it in the Outside Box and try to retrieve another sash.

The taggers must only try and tag children with a sash on and only when they are between the large outer circle and the Inside. If a child with a sash is tagged they must return to the Inside and try again. Children with a sash can use the hula hoops as safe zones.

The Play Game is complete when all the sashes are in the Outside Box.

Play Again

Remove the safe zones.

Specify that a child can be tagged at any point.



We're All Happy

Stage 3 - Healthy lifestyles

I can tell you what happiness feels like



Equipment

throw down discs
bean bags
different sized balls
hula hoops
sashes
blindfolds



Group size

Six groups of five
children

Problem

Create six games which make everyone in your class
happy



Aim

Create and play a game that makes everyone in your
class happy



We're All Happy

Set Up

Make a large pile of various equipment, making sure that there is a limited amount, in the middle of the space you are working in.

Ask each group to find a large space around the equipment.

How to Play

Before starting, discuss with the children what the terms 'fair', 'care' and 'share' mean to them. On the word go, give the children five minutes to create a game and use their imaginations to discuss what equipment they will need. The game can take any form, have any theme and use as many or as few pieces of the equipment as they choose. Then give the children five minutes to come to the equipment and collect what they need for their game. The only condition to the game that each group creates is that every member of the class must be happy with the equipment sharing.

If a child is not happy the groups must tweak their games until everyone is happy. Then give the children time and space to play and evolve their game. After the children have played their game, bring all the groups together and discuss why the games made them happy and what it felt like to be happy.

Play Again

Specify quotas of different equipment that each group can have.

Swap the members of each group.



My Life

Stage 3 - Healthy lifestyles

I know what a balanced lifestyle looks like for me



Equipment

hula hoops
throw down discs
sashes
bean bags
different sized balls



Group size

Ten groups of three
children

Problem

Create a balanced lifestyle as a group in your hula
hoop



Aim

Collect as many different coins as possible and then
make sure it represents a balanced lifestyle



My Life

Set Up

Place four hula hoops at one end of the space you are working in. Place ten hula hoops at the other end of the space you are working in. Assign each group of three one of the ten hula hoops. Give each group of children one throw down disc and ask them to sit between the two sets of hula hoops. In one of the four hula hoop at the other end place sixty sashes. These are the learning coins. In another hula hoop place sixty throw down discs. These are the family and friends coins. In another hula hoop place eighty bean bags. These are the playing coins. In another hula hoop place fifty different sized balls. These are the resting coins.

How to Play

Before starting, discuss the elements of a healthy lifestyle and why you need to learn, play, rest and be with family and friends. Begin by shouting out one of the elements of a healthy lifestyle.

Each group must then shout out how they might do this element. For example if you shout "resting", the children could respond "going to bed early" or "napping".

Once a group has given a satisfactory answer they then begin collecting the coins for that element and returning them to their hula hoop. The group must carry any coins they collect on their throw down disc with each member holding the throw down disc and balancing the coin on top. The children keep guessing until all groups are collecting coins. Once the relevant hula hoop is empty all group must return to the middle.

Repeat for all the elements and until all the coins are in the children's hula hoops. Then ask each group to go to their hula hoop and create a balanced lifestyle each from the coins they have collected.

The Play Game is complete when each child has a balanced lifestyle represented by the coins.

Play Again

Shout out example behaviours and the children must respond with which element it fits into.

Ask the children to play in groups of five.





EXPRESSION

EXPRESSION

I can relate feelings to music



GOOD VIBRATIONS

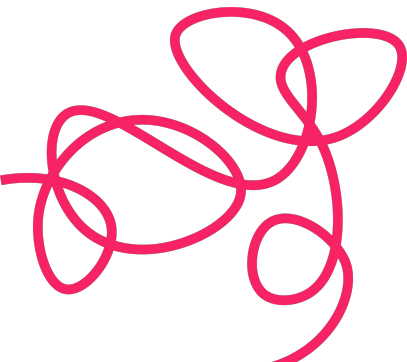
I can show my feelings in a positive way

BEAR HUNT

I can move to complex beats

CAN YOU FEEL IT

I can express the feelings in different pieces of music



Good Vibrations

Stage 3 - Expression

I can show my feelings in a positive way



Equipment

throw down discs
Two different colours of
hula hoops
Two different colours of
medium size balls-
bean bags



Group size

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

Problem

Collect as many pieces of equipment as possible into
your group's hula hoop



Aim

Collect as many pieces of equipment as possible into
your group's hula hoop and react positively to any
scenario



Good Vibrations

Set Up

Create a rectangle using throw down discs. This is the pitch.

Place one hula hoop in each half of the pitch, one metre from each baseline. Place five different sized balls in each hula hoop.

Ask each group to stand around each hula hoop. Place throw down discs behind each hula hoop. These are the feelings tabs. Label these tabs with four feelings: Pride, Frustrated, Confused, Excited. Place bean bags behind each hula hoop. These are the coins, one set of four coins per child.



How to Play

On the word go, one group must collect all the balls back into their hula hoop. The other group must then go. Each group can also steal the opposite coloured balls and place them in their hula hoop. Children must tag the members of the other group to stop them getting to their hula hoop. If a child is tagged they must drop a ball if they have one and touch the base line behind their hula hoop before entering play again. Children must only collect one ball at a time.

At random points shout "how are you feeling?". This is the cue for all the children to run to their four coins and spread them across the different feelings tabs based on how they feel about the Play Game at that moment. A child might place two coins on pride, one on excited and one on confused for example. Once every child has spread their coins play can resume.

The Play Game is complete when a group has all six of their balls in their hula hoop.

Play Again

Change the feelings of each tab to indicate different feelings.

Specify that if a child is tagged they must sit down until one of the other members of their group runs round them twice.

Bear Hunt

Stage 3 - Expression

I can move to complex beats



Equipment

bean bags
hula hoops
throw down discs
large speaker
One music playing
device



Group size

One group of ten
children
One group of five
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 before the end of the song



Bear Hunt

Set Up

Place bean bags and different sized balls around three of the edges on the outside of the space you are working in. This is the honey. Give the group of ten children hula hoops. These are the bears and their dens.

Ask the bears to scatter their dens on the outside of the one remaining side of the space you are working in.

Place throw down discs around the space you are working in. They should not be touching but be no more than one metre apart. Ask the group of five children to choose a throw down disc each to stand on. These are the hunters. Prepare a popular song that the children will enjoy on a large speaker.

How to Play

On the word go, press play on the song. 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.

If a bear is tagged they must drop any honey they have and return to their den before trying again. Hunters must only move on the beat and only step on throw down discs. 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.

Swap the roles of the children.



Can You Feel It?

Stage 3 - expression

I can express the feelings in different pieces of music



Equipment

One large speaker
One music playing
device



Group size

Six groups of five
children

Problem

Create and perform a dance which expresses how the
music makes you feel



Aim

Perform a twenty second dance which expresses the
way the music makes you feel



Can You Feel It?



Set Up

Ask half the groups to find a space around the outside of the space you are working in. Ask the other groups to find a group to work with and then stand opposite their chosen group.

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 popular and one that the children recognise.

How to Play

On the word go, press play on the song. Each group must work together to decide on the way the music makes them feel. Each group must create a twenty second dance routine which expresses that feeling. Play the song up to three extra times if the children need more time to decide upon the order of their dance moves.

When every group is ready, play the song again and ask the first group to perform their routine to their partner groups. The watching groups must then try and guess the feeling being expressed. Play the song again and ask the group that just danced to watch their partner group dance and attempt to guess the feeling they are expressing. Finally play the song one more time and ask the children to dance however they wish to the song. Ask the children to attempt their own interpretations of the dance moves they learnt whilst watching other children.

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 3: Learner reflection

Learning theme	Not always	Some times	Often	Always
I can relate feelings to music				
I know what I can do to make other people healthy and happy				
I can work with other people to keep control of different objects				
I can control and change the way things interact with the world around me				
I can think about different ways to create and use space effectively				
I can use my movements to help me solve problems				
I can change the way i move based on the movements of other people and things				
I know the best ways for me to be balanced whilst moving				
I can use things around me to help me negotiate space				
I can avoid contact with moving objects				
I can evaluate and change my decisions				
I can be empathetic to other people				