

Sports Pack Activities

Group Games

Dodgeball

1. Mark out a court of 2 halves, get into 2 teams and grab a soft ball.
2. Stay in your own teams half.
3. The person with the ball shouts "DODGEBALL" and throws the ball
4. Take it in turns to throw the ball at the other team.
5. If you hit someone, they are out and have to do star jumps on the sideline.
6. If they catch it, the team gets to bring back someone who is out.
7. The team with the last player standing wins!

Group Games

Crab Football

- 1. Grab a football, mark out 2 goals and split into 2 teams.**
- 2. Sit down on the floor, with your feet in front of you like a crab.**
- 3. Everyone scuttles on their hands and feet, and tries to kick the ball into the goal.**
- 4. The team with the most goals after 10 minutes wins the Underwater World Cup!**

Group Games

Stuck-in-the-mud

1. Choose who is 'It'.
2. The person who is 'It' chases everyone around trying to tag them.
3. If you are tagged you become 'stuck-in-the-mud, and have to stand still with your legs and arms out.
4. Your friends who are not stuck will now need to free you from the mud by crawling through your legs or ducking under your arms.
5. Continue playing until everyone is stuck.
6. Make it more difficult by having more than one person as 'It'.

Group Games

Relay Time

- 1. Get into 2 teams of 3 players.**
- 2. Mark out a course and place each team member along it.**
- 3. Use a plastic bottle as a baton and run to your team member.**
- 4. They'll then take the baton onto the next person until you've done a lap of the course.**
- 5. Too easy? Try it whilst hopping!**

Group Games

Superbowl

- 1. Grab a ball and stand next to your friend.**
- 2. When you shout "GO", your friend runs away as fast as they can.**
- 3. Count to 5, then throw the ball as they run.**
- 4. When they've caught it, run over and stand next to them.**
- 5. Now it's their turn to throw the ball for you.**
- 6. Make it harder by throwing the ball as soon as they start running.**

Group Games

What's the time Mr Wolf

1. Everyone stands in a line.
2. One person is Mr Wolf and stands opposite the others, with their back turned.
3. Everyone shouts, "What's the time, Mr Wolf?"
4. If he shouts "2 o'clock", take 2 steps towards him. Or "5 o'clock", take 5 steps.
5. When he shouts "DINNER TIME", he turns and chases you.
6. First person he catches becomes Mr Wolf.

Group Games

Domes and Dishes

- 1. Spread out 10 cones in a space.**
- 2. Turn 5 of the cones upside down.**
- 3. One team must try to flip cones over to domes while the other is trying to flip them the other way so it looks like a dish.**
- 4. Play for 1 minute, the team with the most domes or dishes wins.**
- 5. Play the best of 5 games.**

Indoor Games

Icy Statues

- 1. One person is DJ, when they start the music everyone dances.**
- 2. When the DJ stops the music, everyone freezes.**
- 3. If you don't freeze in time, do 20 star jumps to thaw the ice.**
- 4. How long can you keep playing?**

Indoor Games

Hot Potato

- 1. Blow up a balloon**
- 2. Stand in a circle with your friends**
- 3. Hit the balloon to someone in the circle**
- 4. They must hit the balloon to someone else**
- 5. If you don't hit the balloon and it touches the floor you must sit down**

Indoor Games

Hide and Seek

1. Choose one person to be the 'seeker'.
2. The 'seeker' closes their eyes and counts to 20 while everyone else runs and hides.
3. The 'seeker' shouts "READY OR NOT, HERE I COME" and searches for the other players.
4. Once all the players have been found the first player to be discovered becomes the 'seeker'.

Indoor Games

Balloon Shuffle

- 1. Mark out a start and finish line and get into pairs.**
- 2. Sit back-to-back and place a balloon between your backs.**
- 3. Both shout "GO" then time yourself as you shuffle to the finish line without dropping or bursting the balloon.**
- 4. If you manage it, try and do it faster next time.**

Indoor Games

Simon Says

- 1. Stand in a circle and choose one person to be Simon.**
- 2. If Simon shouts out a move like “Simon says jump up and down” – everyone else should jump up and down.**
- 3. But if he doesn’t start by saying “Simon says”, nobody should do the move.**
- 4. If they do, they run around the circle 3 times.**
- 5. After 10 minutes, choose a new Simon.**

Indoor Games

Wiggly Snails

- 1. Lie on the floor on your tummy with your hands by your sides.**
- 2. Place a cushion on your back (or get someone else to help you).**
- 3. See who can wiggle to the finish line first without losing the cushion.**

Indoor Games

Mega Moves

- 1. Stand opposite your friend.**
- 2. One of you does a move, the other copies it.**
- 3. Do 5 moves and then swap over.**
- 4. How long can you keep going?**

Outdoor Games

Penalty Shoot Out

- 1. Make goalposts with anything you can find.**
- 2. Decide who's going to be the goalie.**
- 3. Take turns shooting at the goal.**
- 4. Too easy? Move the goal posts nearer to each other.**

Outdoor Games

Jump Off

- 1. Make a circular course and split into 2 teams.**
- 2. Each team lines up on the start line, jumping on the spot.**
- 3. The first 2 people shout "GO", then jump around the course keeping their feet together.**
- 4. When you get back, high five the next person in your team and they start.**
- 5. First team to finish are the winners!!**

Outdoor Games

Mega Frisbee

1. Stand in a big circle and grab a Frisbee.
2. The person with the Frisbee calls out someone's name and throws it to them.
3. As they throw it, they shout out a move like "star jumps".
4. If they catch it, they do the move 5 times.
5. If they drop it, they do it 20 times.

Outdoor Games

Blob Tag

1. Get a group of friends together.
2. Hold hands with one of them.
3. Try and catch the others while keeping hold of your friend's hand.
4. Whoever you catch joins the blob.
5. The last one that's not part of the blob is the winner!

Outdoor Games

Piggy-in-the-middle

1. Choose 1 person to be 'It'.
2. Everyone else forms a circle and the person who is 'It' stands in the middle.
3. Throw a ball to each of your friends in the circle.
4. The person who is 'It' must try to intercept and catch the ball.
5. Once the ball is caught by the middle player someone else will become 'It'.

Outdoor Games

Reaction Game

- 1. Place an object (ball, cone or beanbag etc.) in the middle of two people facing each other.**
- 2. The people facing each other must take 3 steps back and turn around to face away from the other person.**
- 3. When the official shouts go, the two people must turn around and touch the item in the middle as quick as possible.**
- 4. Too easy? Take an extra step back each time.**

Outdoor Games

Volleyball

- 1. Lie a skipping rope along the floor**
- 2. Split into two teams and stand on opposite sides of the skipping rope.**
- 3. Each team must try to hit the ball over the skipping rope to the other sides half.**
- 4. Each team can touch the ball three time before they have to hit it over.**
- 5. If it touches the floor on your side or you hit the ball more than 3 times, the other team get a point.**
- 6. First team to 10 points win the game.**