

Capture the Flag

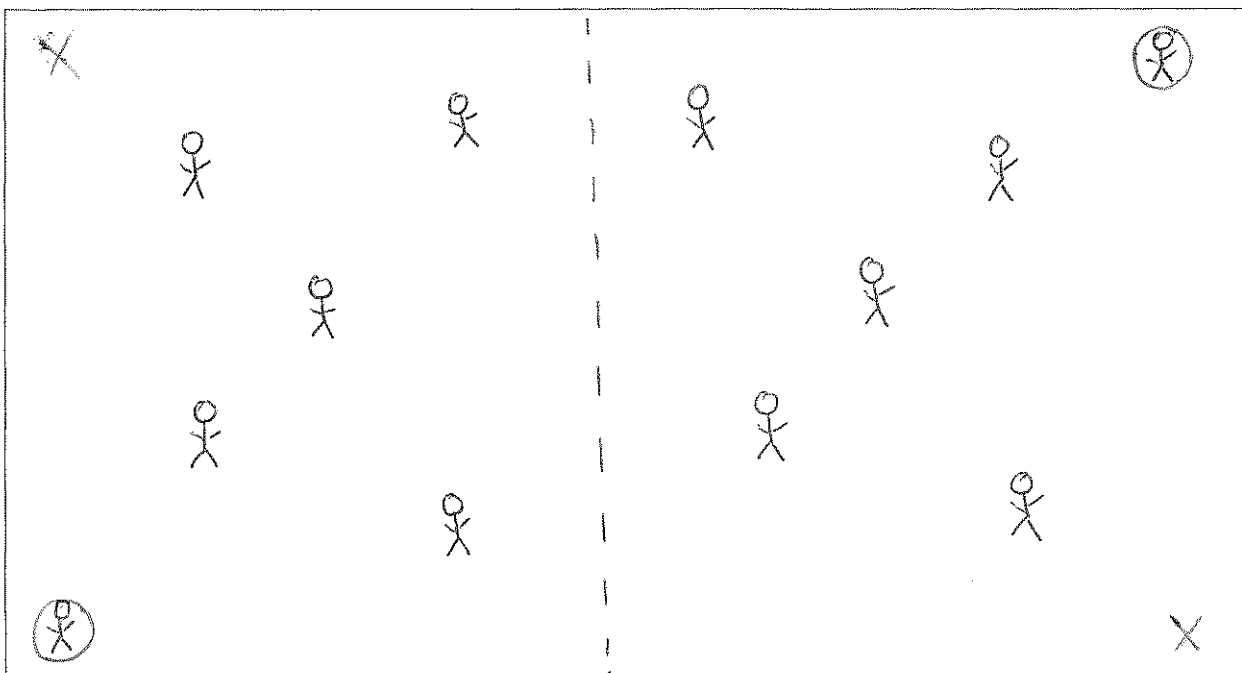
Objective: To improve teamwork, speed and agility

Resources: Two flags and the resources to mark out the "caught" area, e.g. hoops

Rules:

1. Split the group into two teams
2. Use the full space
3. Place a flag for each team either end of the hall
4. You can only be caught on opposing territory
5. If you are caught you have to stand in a specified area, where you can be freed by another teammate
6. The team that captures the opposing team's flag first, wins

Layout:



X = Flag
O = Caught area

Monster March

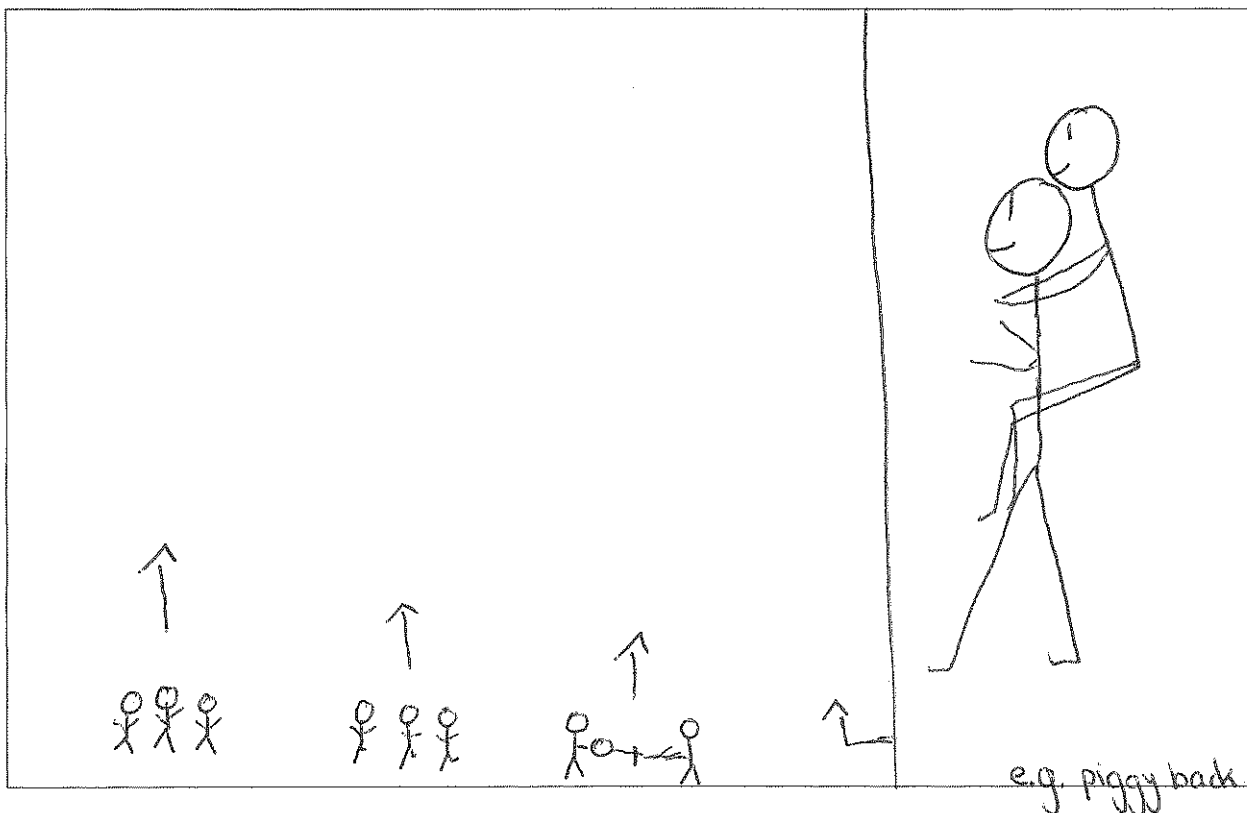
Objective: To improve teamwork and gets people thinking

Resources: None

Rules:

1. The group into small teams of 3/4
2. Line up on one side of the hall
3. Try to get across to the other side with as least contact to the floor as possible, e.g. piggy backs, hopping on one leg or carrying one person from the group
4. It is a race against the other teams

Layout:



Lines

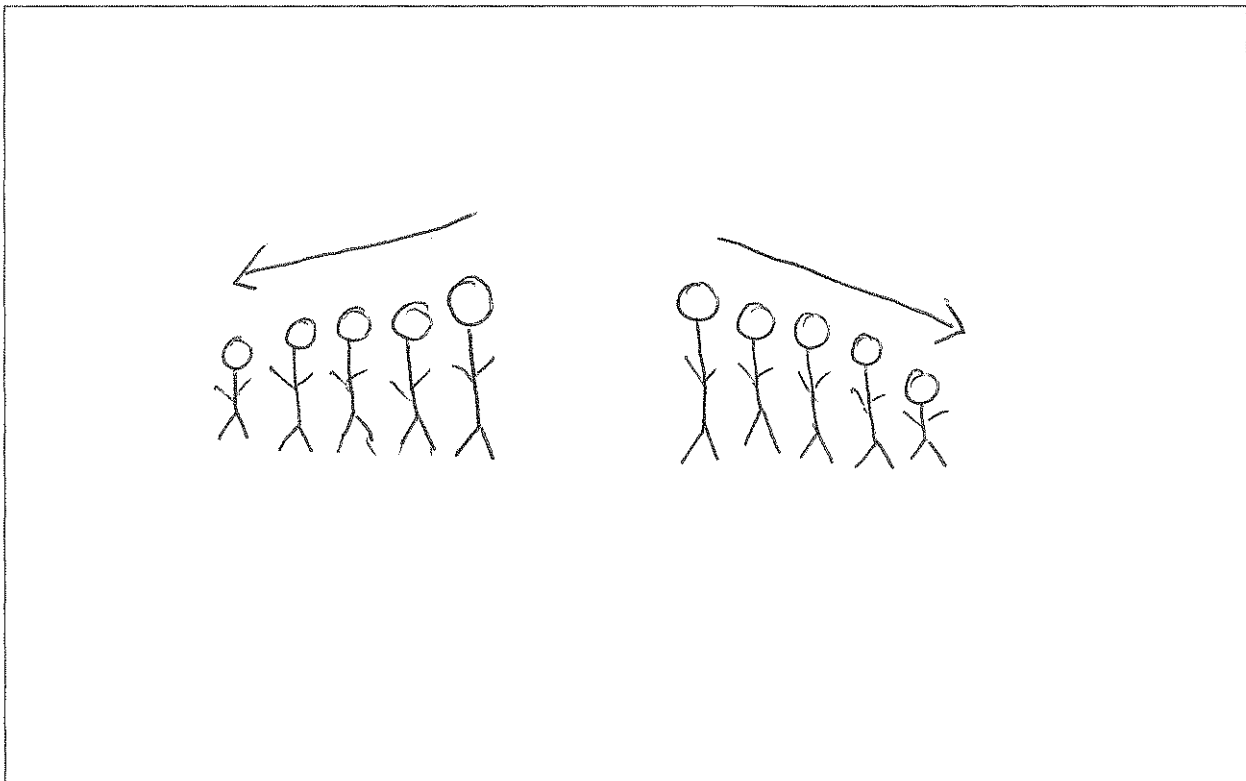
Objective: To improve teamwork and is used as an icebreaker

Resources: None

Rules:

1. Split the class into teams
2. Each team lines up shoulder to shoulder
3. Once a criteria is called out they have to get themselves into the correct order in the quickest time, e.g. tallest - smallest, oldest – youngest, and most letters – least letters in name
4. This has to be done silently
5. It is a race against the other team(s)

Layout:



Shapes

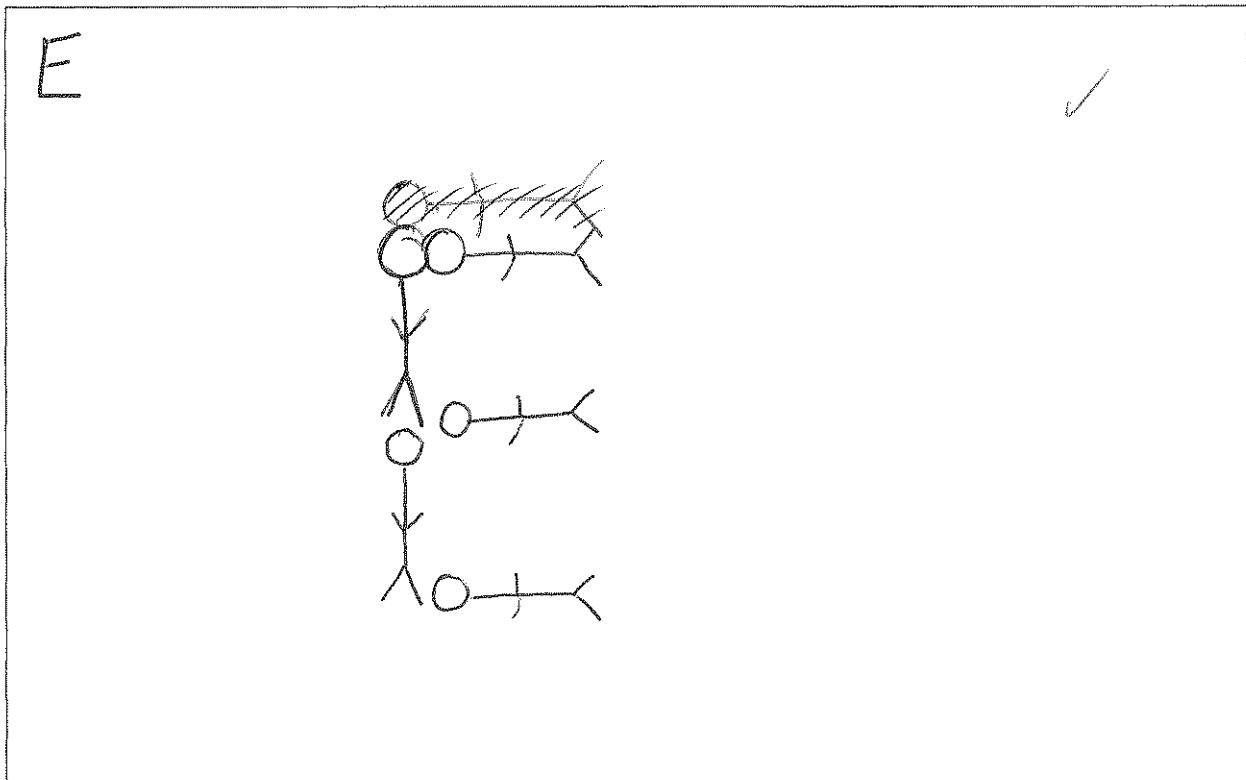
Objective: To improve teamwork and is used as an icebreaker

Resources: None

Rules:

1. Split the class into two teams
2. Each team has to make whichever shape is called, e.g. if the letter was "E" then each team would make that shape by laying out on the floor
3. It is a race against the other teams
4. Shapes, letters and numbers can all be called

Layout:



Hula Hoop and Circle

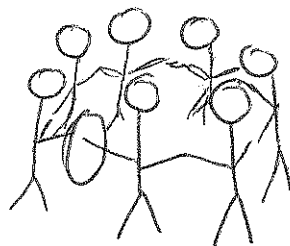
Objective: To improve teamwork and flexibility

Resources: One or two hula hoops per group

Rules:

1. Split the class into two teams
2. Get each team to hold hands in a circle formation
3. Start the hula hoop going around the circle by manoeuvring hands and legs through the hoop
4. Race against the other team
5. Add in another hoop to each circle to make it harder and increase the participation in class

Layout:



Human Knot

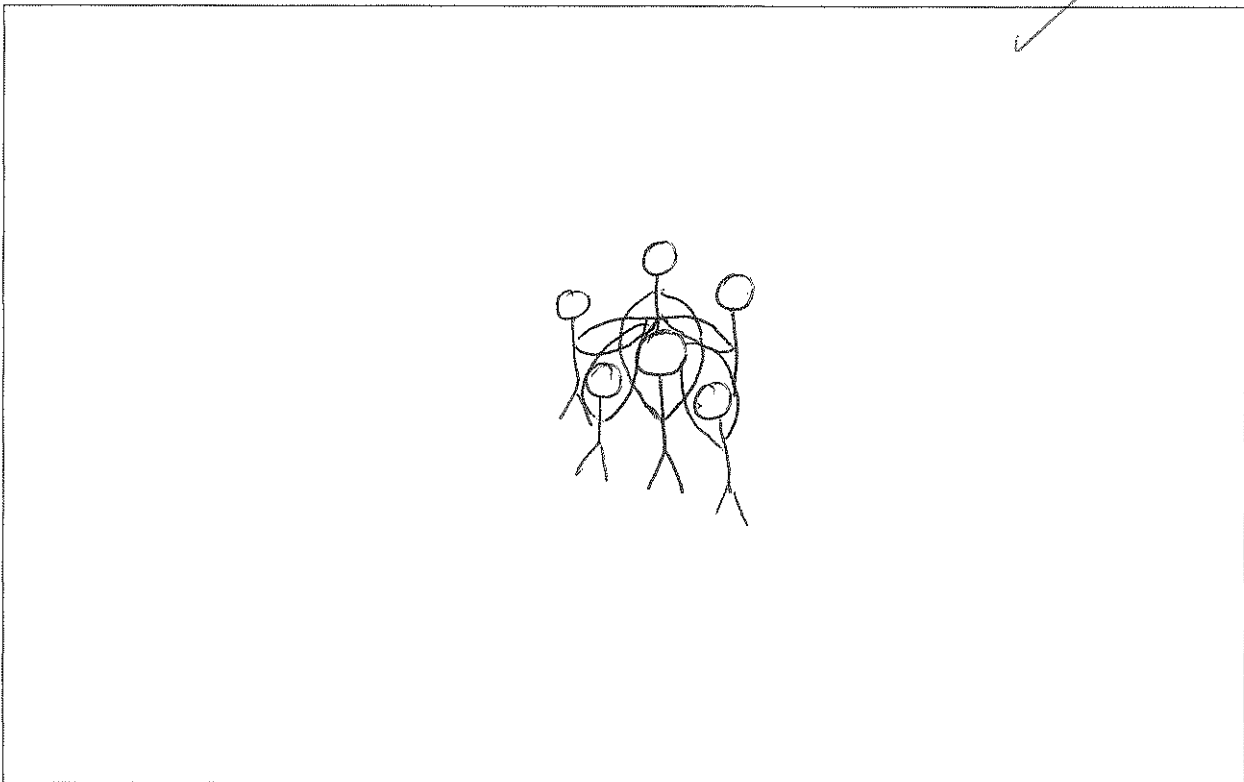
Objective: To improve teamwork

Resources: None

Rules:

1. Form a circle with the group
2. Get each person to put their hands in the centre and grab another person's hand
3. Do the same with the other hand
4. Ask the participants to untangle themselves without letting go of anyone's hand
5. Don't forget that you need two ends of the knot!

Layout:



Bench Ball 1

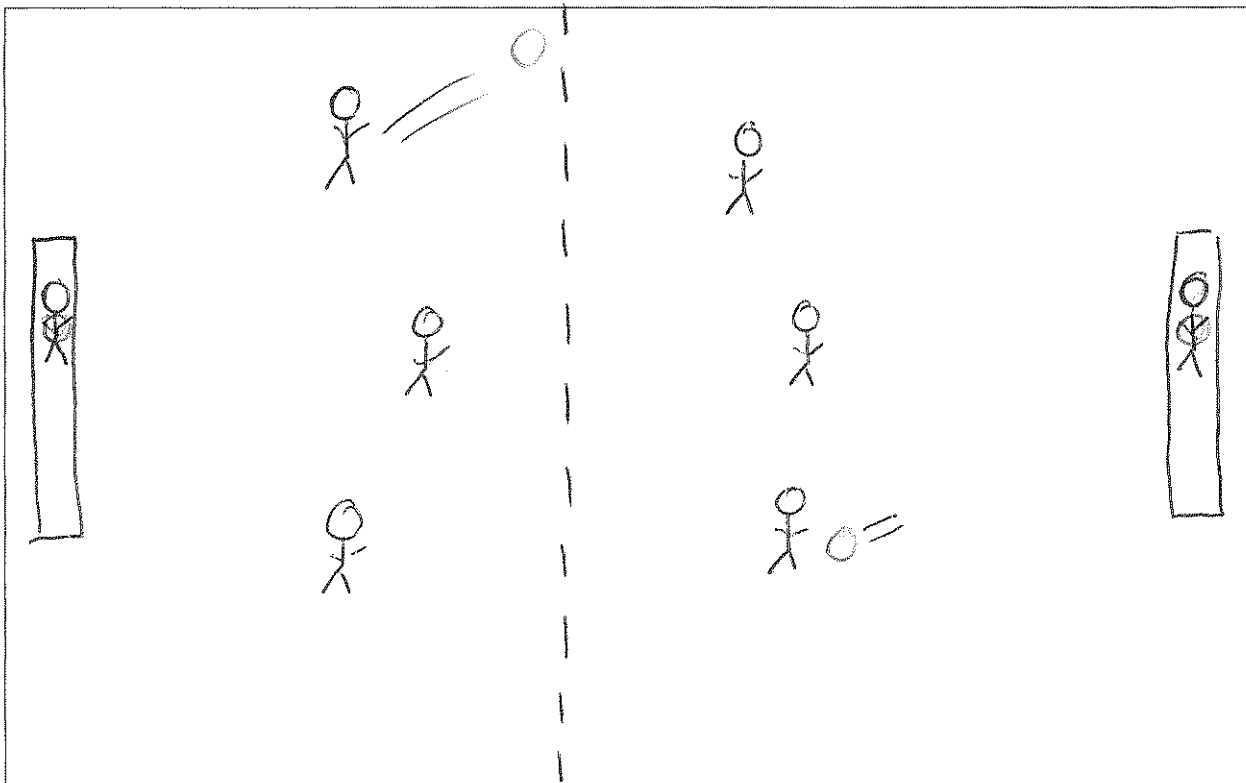
Objective: To improve teamwork and hand eye co-ordination

Resources: Dodge balls/Volleyballs and 2 Benches

Rules:

1. Split into two teams
2. Get one/two person(s) from each team to stand on a bench opposite the team
3. Only they can hit people with the balls and get them out
4. Throw the balls to that teammate
5. If you're caught you sit out

Layout:



O = Ball

Bench Ball 2

Objective: To improve teamwork and hand eye co-ordination

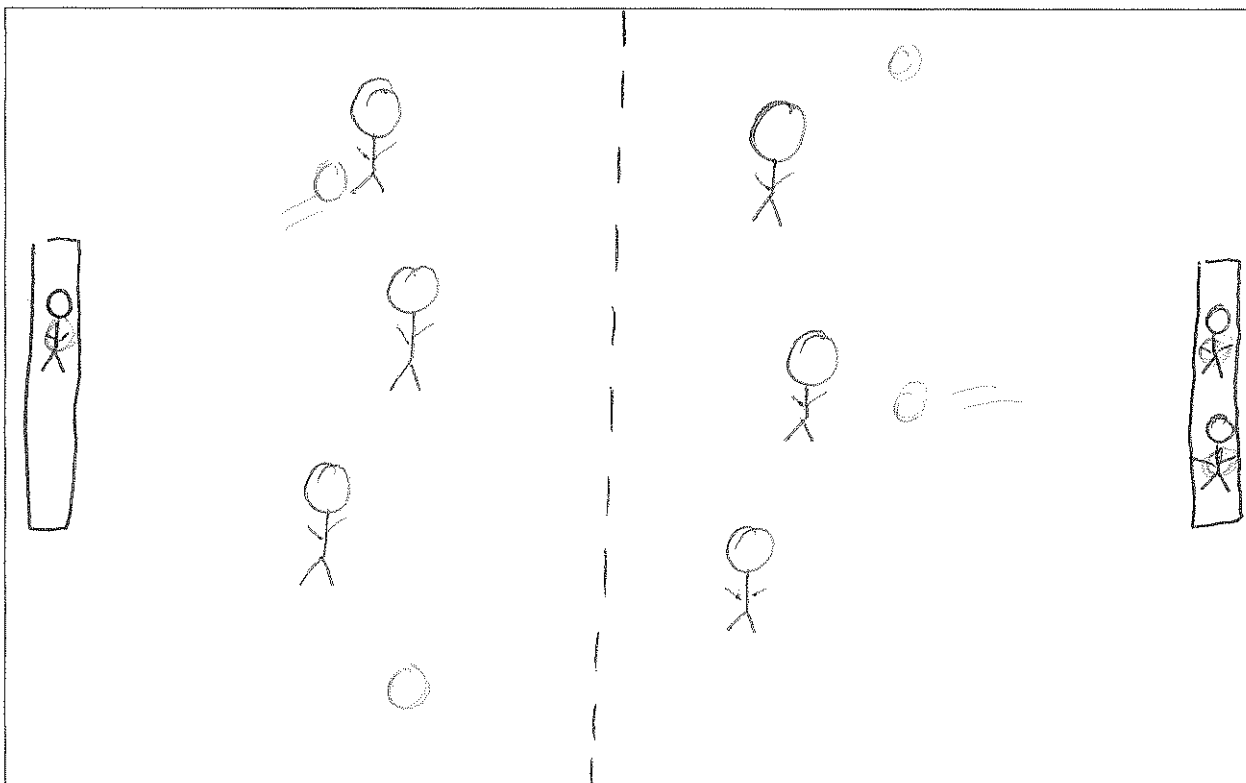
Resources: Dodge balls/Volleyballs and 2 Benches

Rules:

1. Split into two teams
2. Get one/two person(s) from each team to stand on a bench opposite the team
3. Throw the balls to that teammate
4. If you're caught this time you join the teammate on the bench and now you can catch people too

Layout:

Mod



⊙ = Balls

Benches

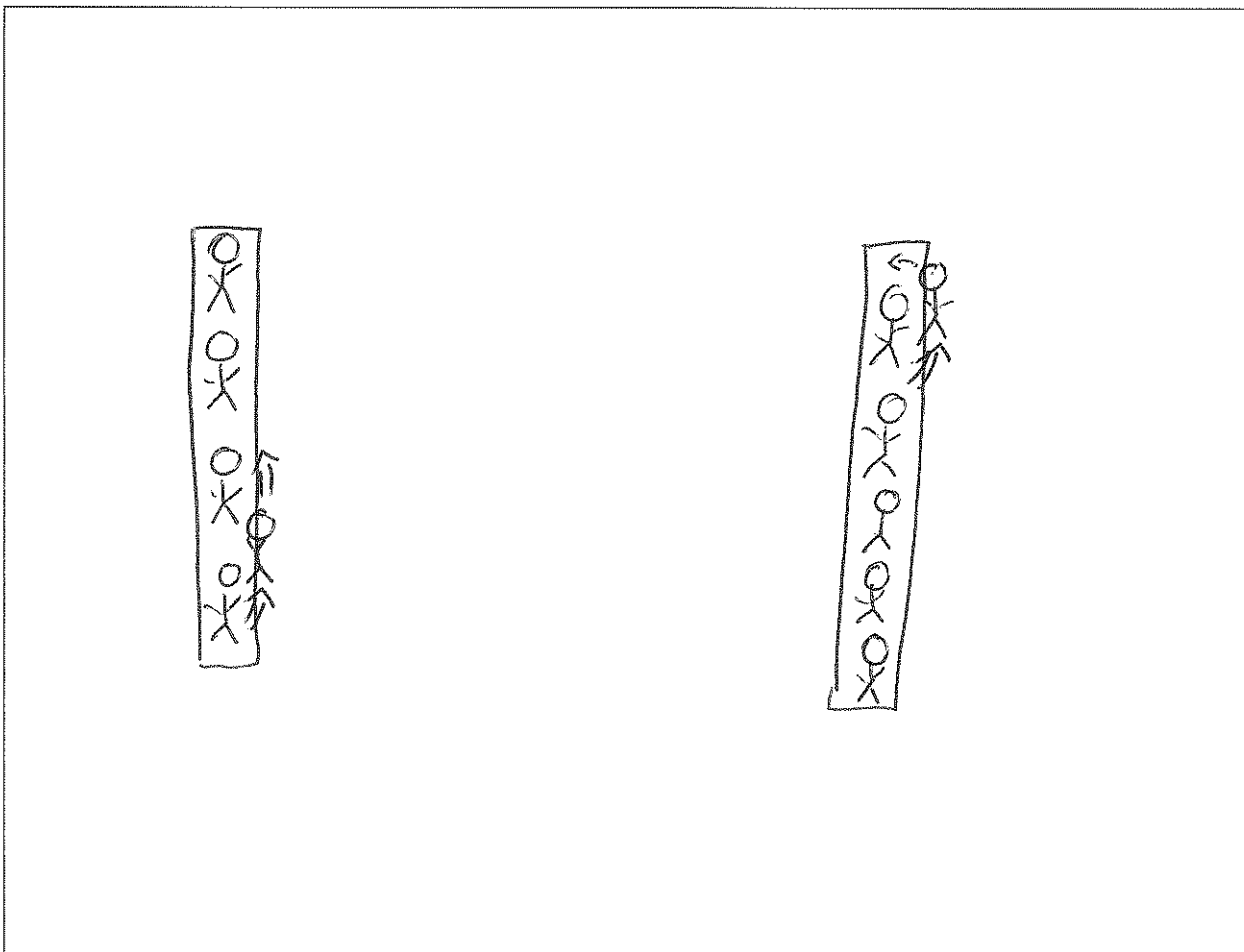
Objective: To get people thinking and improve agility

Resources: A bench per team

Rules:

1. Each team member stand on the bench belonging to their team
2. The person at the edge starts to move past their teammates, without either of them touching the floor
3. Once they reached the other end the next person goes

Layout:



Centipede Relay

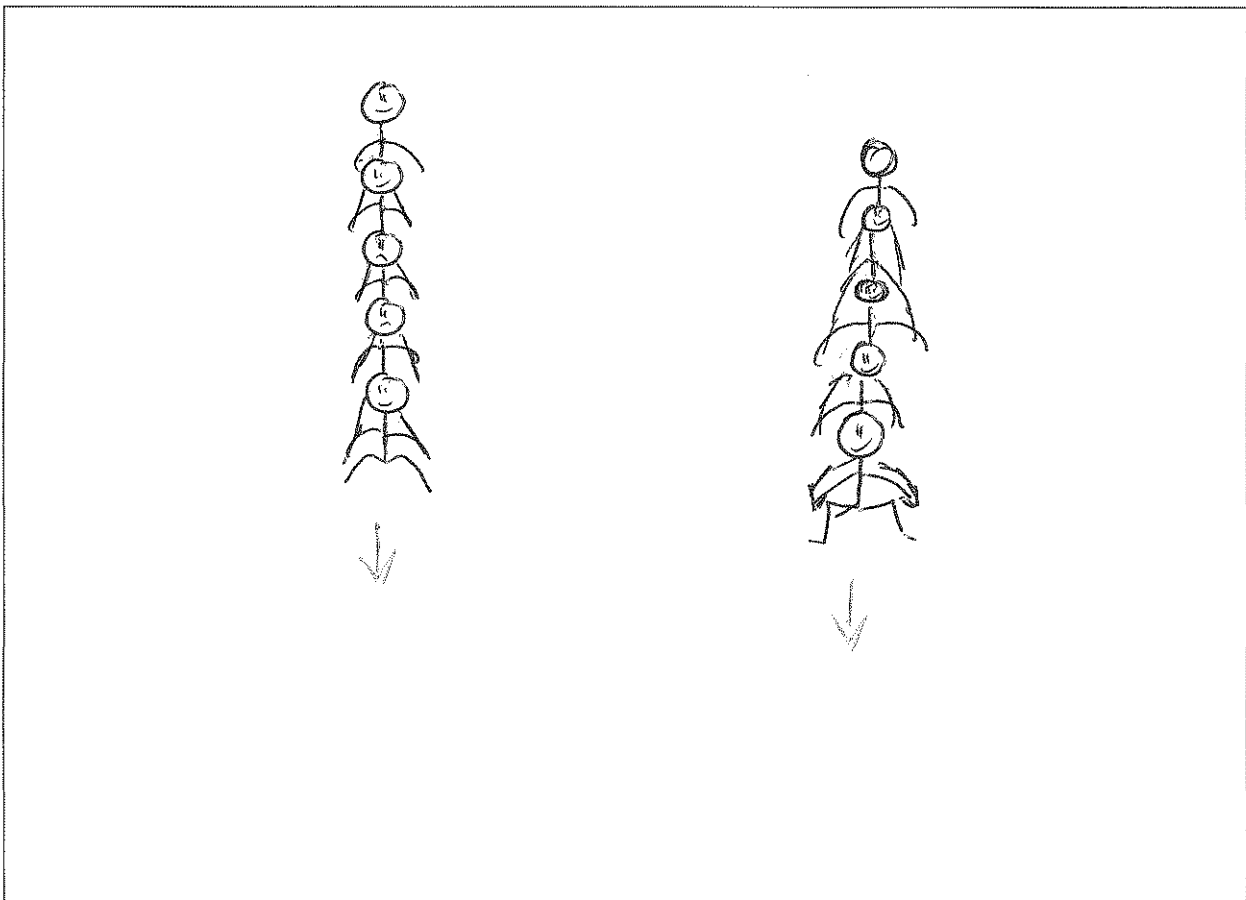
Objective: To work on teamwork and used as an icebreaker

Resources: None

Rules:

1. Split the group into teams
2. Everyone sits behind their teammates on the floor, legs placed either side
3. Each person holds onto the legs that come beside them
4. They have to quickly manoeuvre their way to the other end before the other team

Layout:



Fun Relays

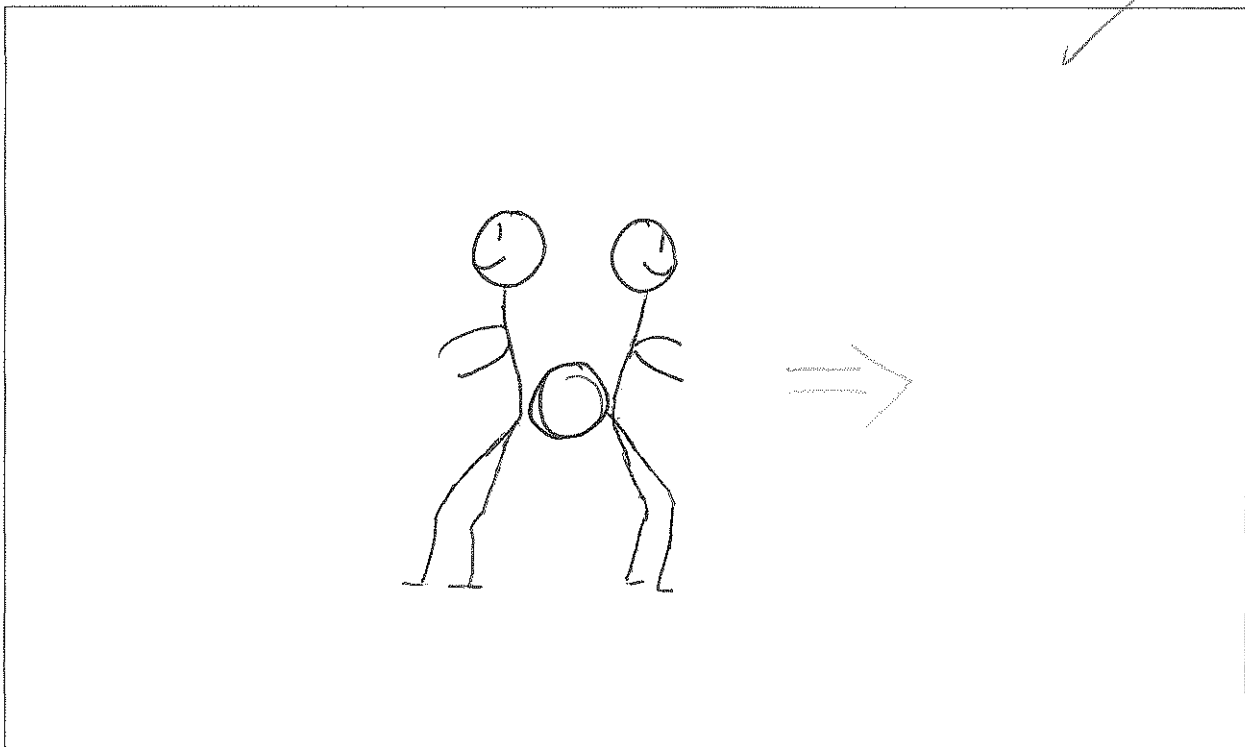
Objective: To improve teamwork while working on co-ordination

Resources: A ball per team (tennis ball and football)

Rules:

1. Get into twos
2. Take the football first
3. Place it between the two while they're facing away from each other
4. Without using their hands they are to make it down to the other side
5. The ball is not allowed to fall, If it does they're to start again
6. The same can be done with a tennis ball between their foreheads, football between their legs or any other way to incorporate teamwork into the game

Layout:



Grand National

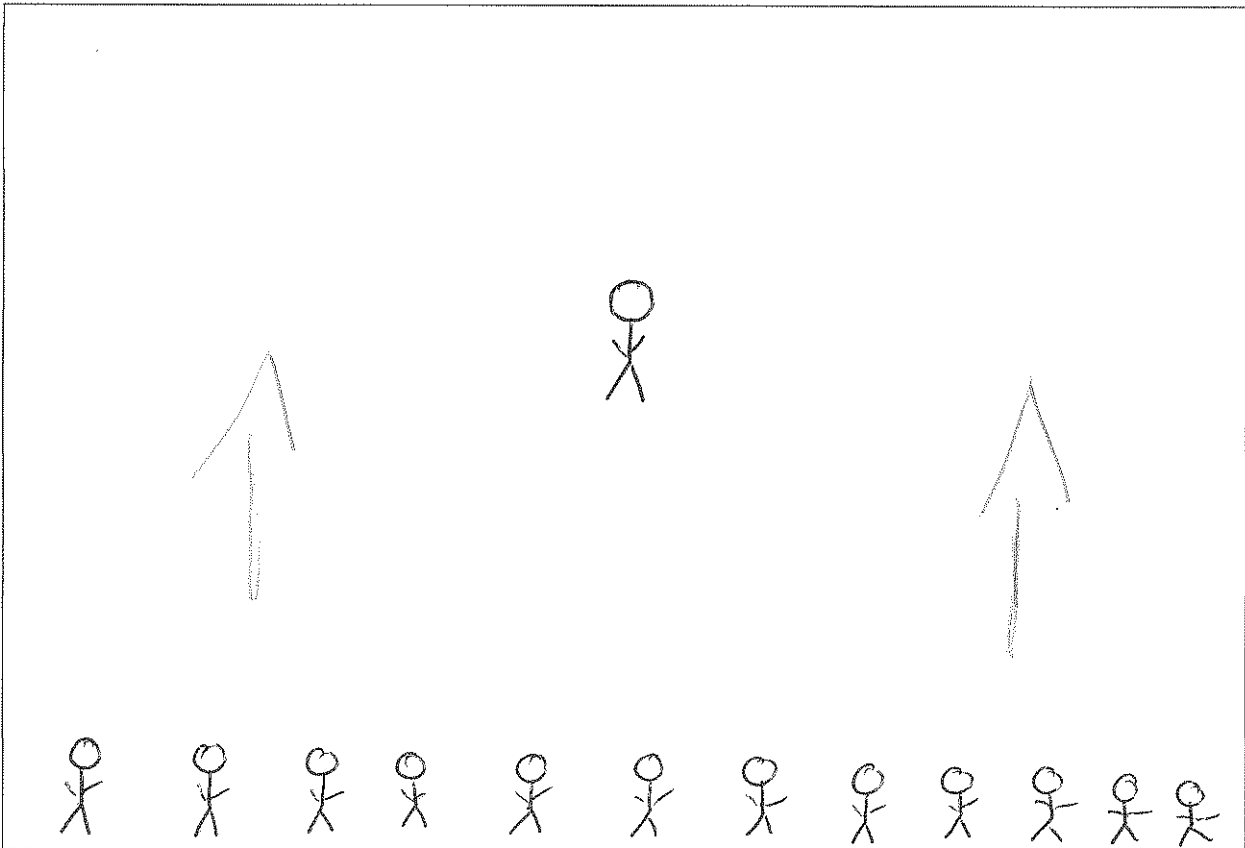
Objective: To improve speed

Resources: None

Rules:

1. Pick one person to be on
2. The rest line up in a line at one side of the hall
3. The group run across the hall while the person on tries to catch as many as possible
4. Whoever they catch is now on with them
5. This carries on until there is only one person left running across the hall

Layout:



Murderer and Detective

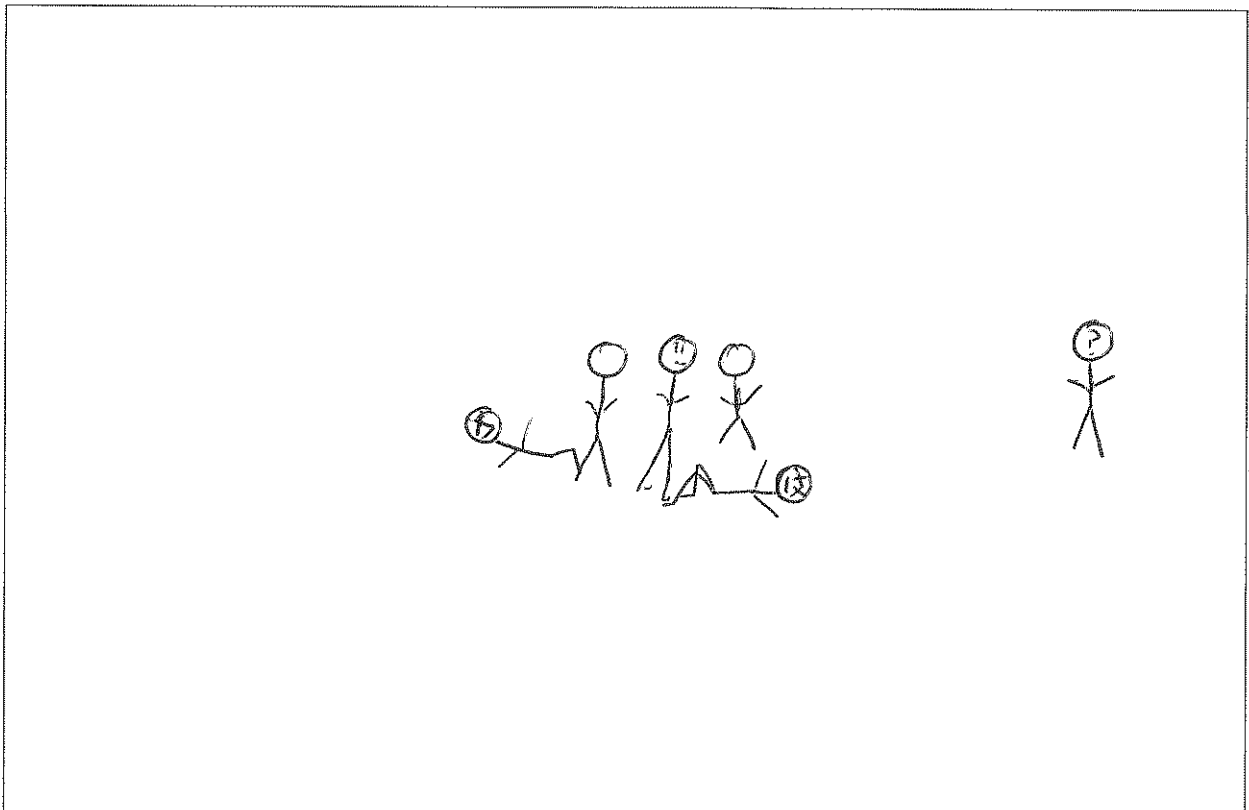
Objective: To think fast while breaking the ice

Resources: None

Rules:

1. Form a circle with the group
2. Pick a "Murderer" and "Detective" from that circle
3. The murderer can wink or tickle a person's hand discreetly to kill them
4. Once caught the victims fall to the ground gently
5. The detective tries to find out who's killing all the people before it's too late!

Layout:



Red Rover

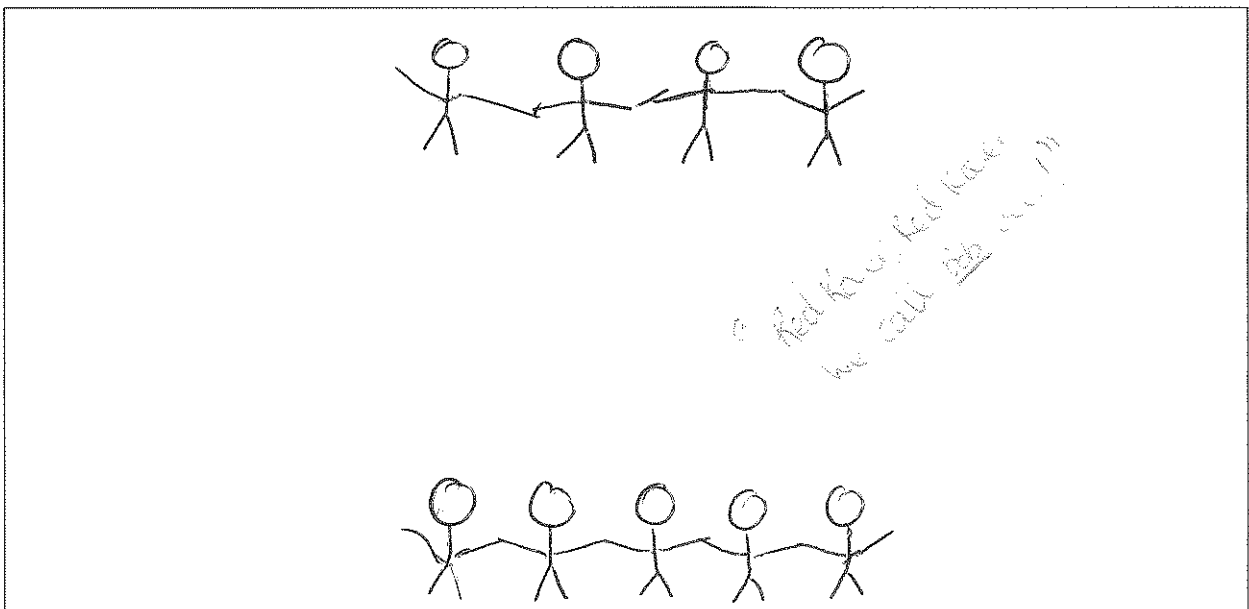
Objective: To improve agility and strength

Resources: None

Rules:

1. Two teams are picked
2. Each team lines up facing the other on opposite sides of the hall
3. The team that's "red rover" first must call over a member of the other team and challenge them to break the chain.
4. They do this by calling out "Red Rover, Red Rover, we call (name) over"
5. The person called runs to the links. If they break them then they gain two players for their team, if they do not succeed then they are to join the team that called them over
6. This goes on until there is nobody left on one side

Layout:



Life Rafts

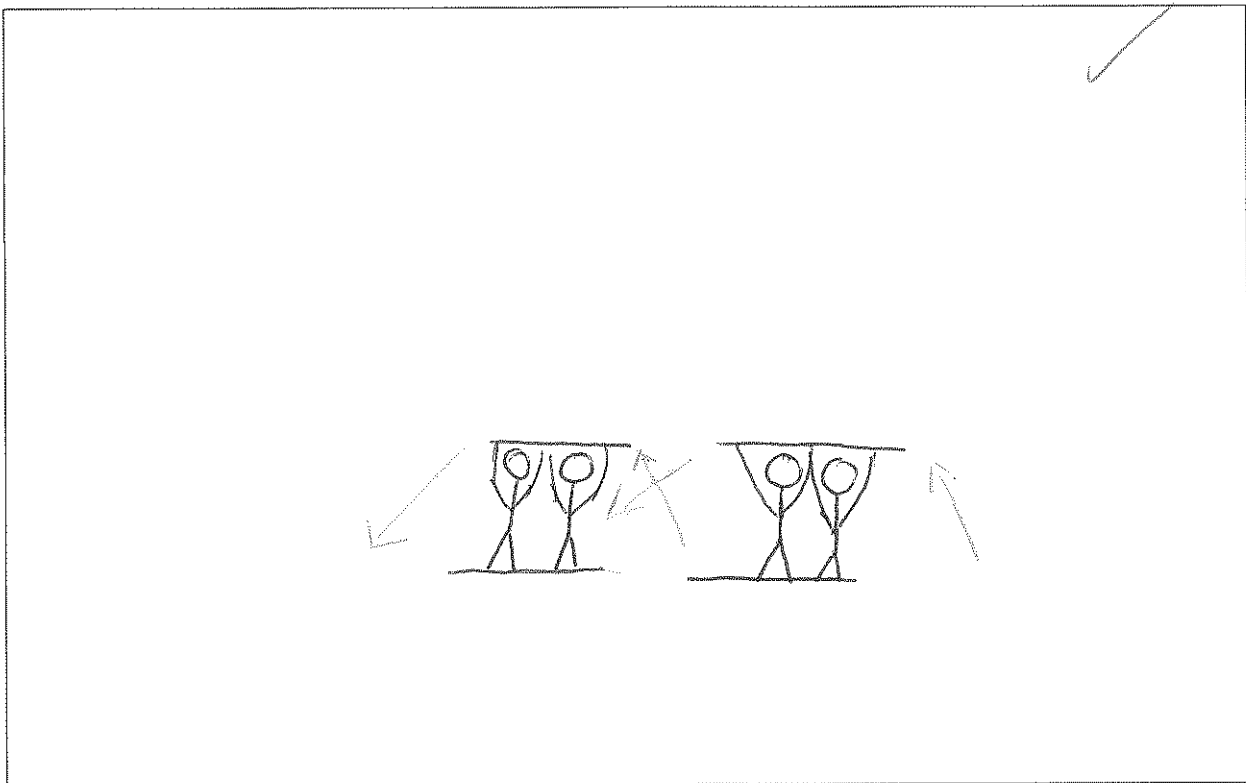
Objective: To improve teamwork and can be used as an icebreaker

Resources: 2 Gym mats per team

Rules:

1. Separate the group into teams
2. Each team has 2 "life rafts"
3. They have to get to the other side without touching the ground and while racing the other teams
4. This can be achieved by standing on one mat and passing the other overhead and placing it in front of them or in any other way they can safely move the mats forward

Layout:



— = life Rafts (Mats)

Snatch the Bacon

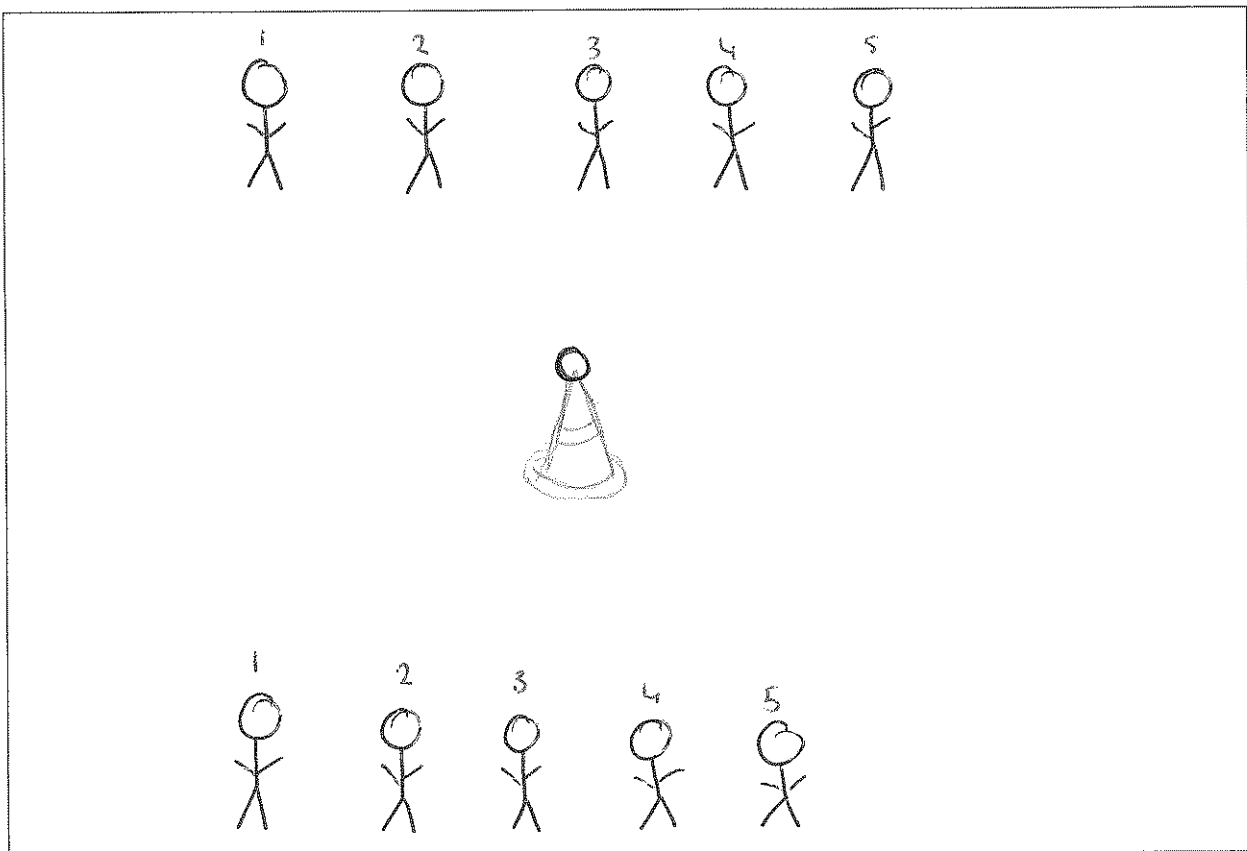
Objective: To improve speed and reaction time

Resources: A tennis ball and Cone

Rules:

1. There are two teams that line up across from each other with a tennis ball on a cone in the middle
2. Each person and the person they're standing across from get a number
3. Once that number is called both people who have that number race to the centre to grab the ball
4. If you grab the ball but get caught then it's a point to the other team

Layout:



Tail Gather

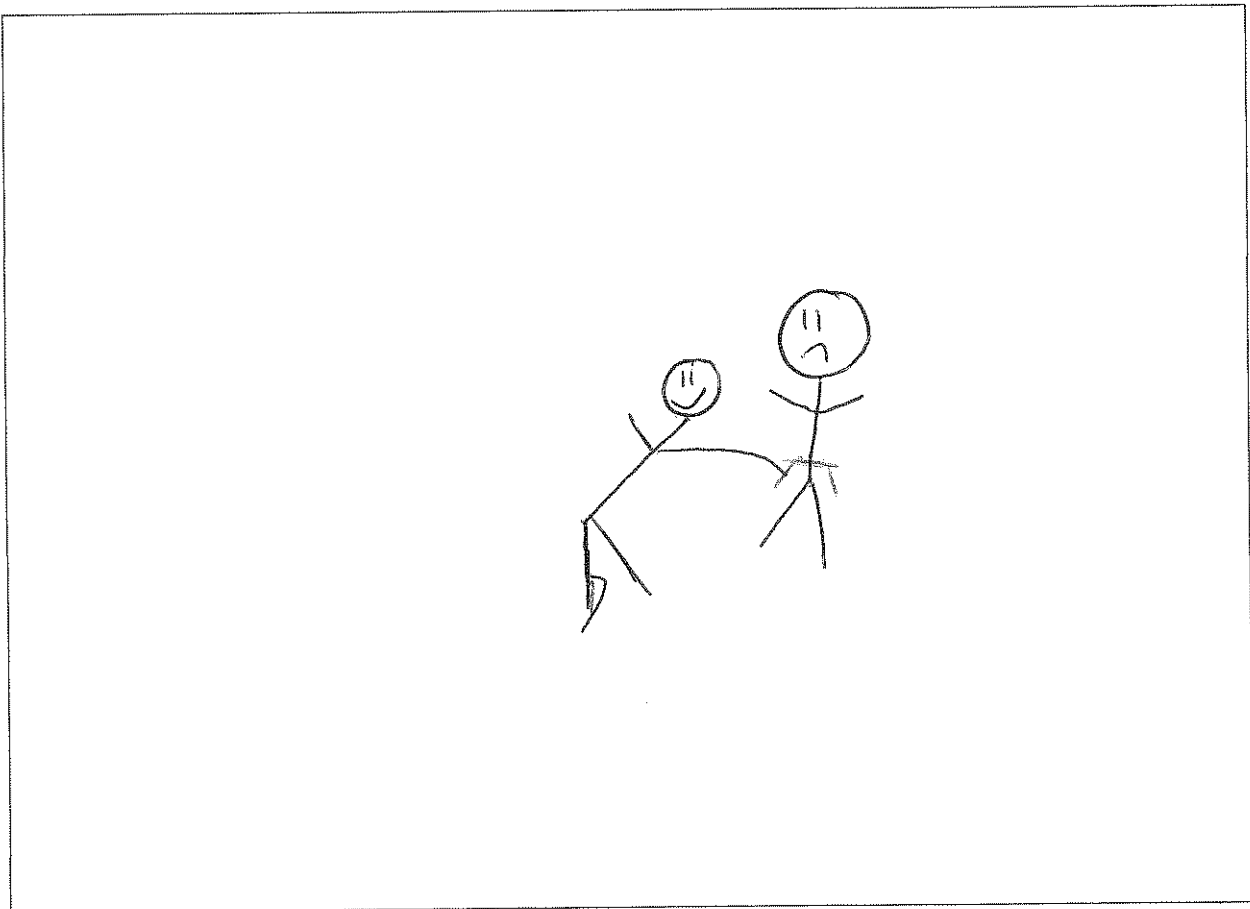
Objective: To improve reaction time and speed

Resources: Tag rugby tags and belts

Rules:

1. Each person gets a belt and two tags
2. They have one/two minute(s) to take as many tags off other people as they can
3. They're not allowed to hold them in their hands, they have to be put straight onto their belts

Layout:



T ← Belt + tags

Train Chasing

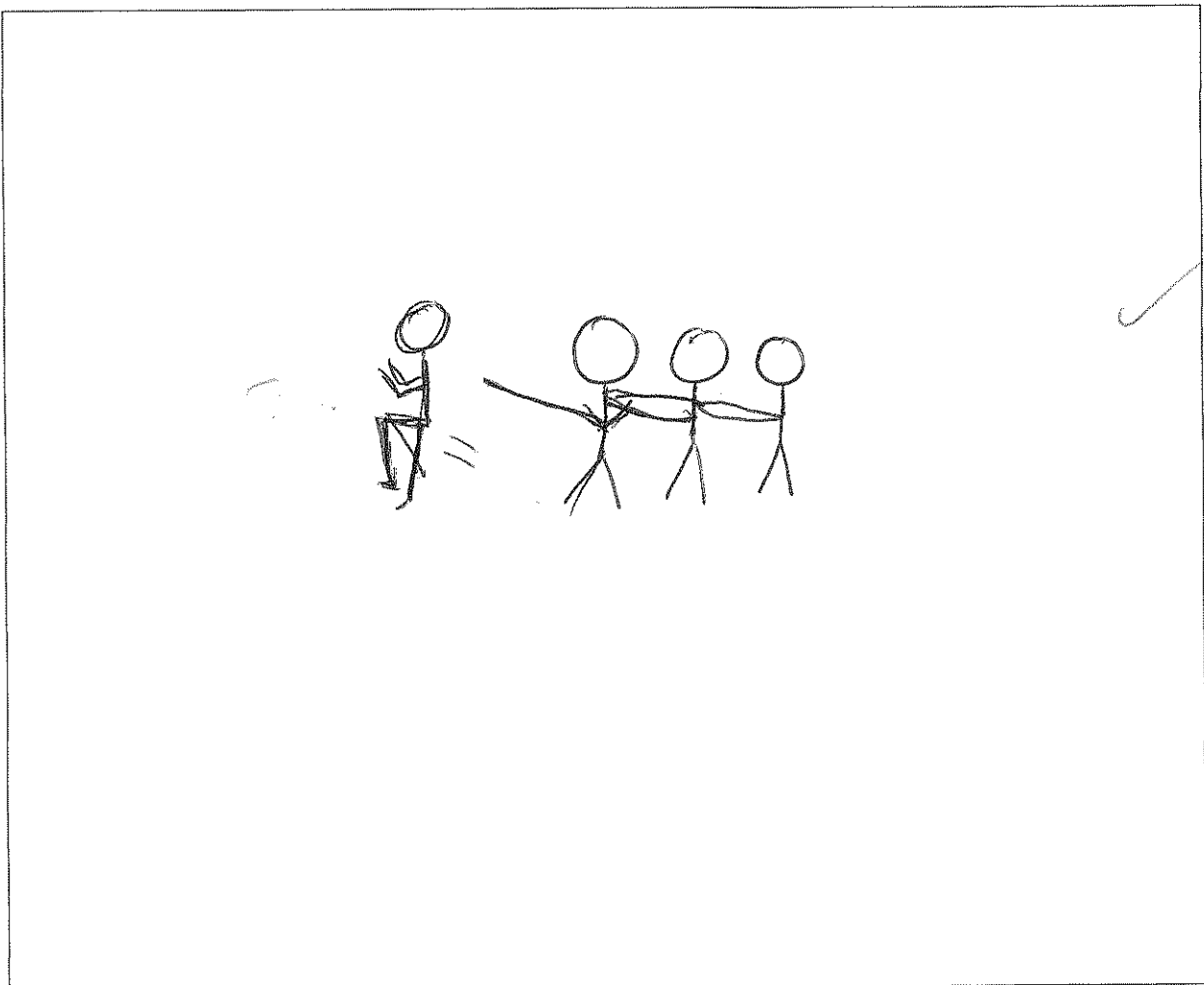
Objective: To improve agility and teamwork

Resources: None

Rules:

1. Like regular chase, pick one person to be on
2. If you get caught you're to join onto the back of the train
3. Only people at the front and back can tag others

Layout:



Turtle Chasing

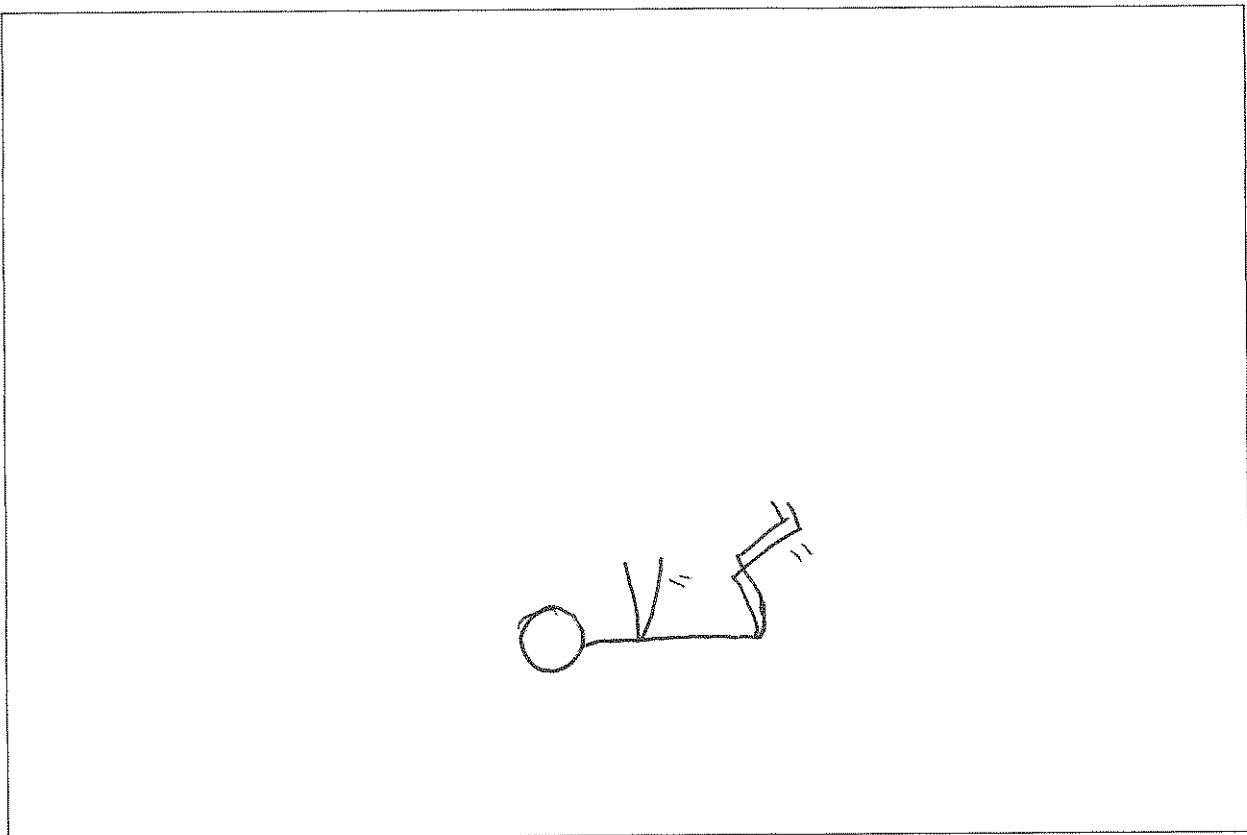
Objective: Encourages teamwork

Resources: None

Rules:

1. Like regular chase, one person is on
2. When they catch someone however, that person has to lie on their back with their legs and arms waving in the air as if they're a turtle that can't turn onto their stomach
3. To free the person who's caught, you must push them onto their hands and knees, help them to walk again!

Layout:



Link Arms

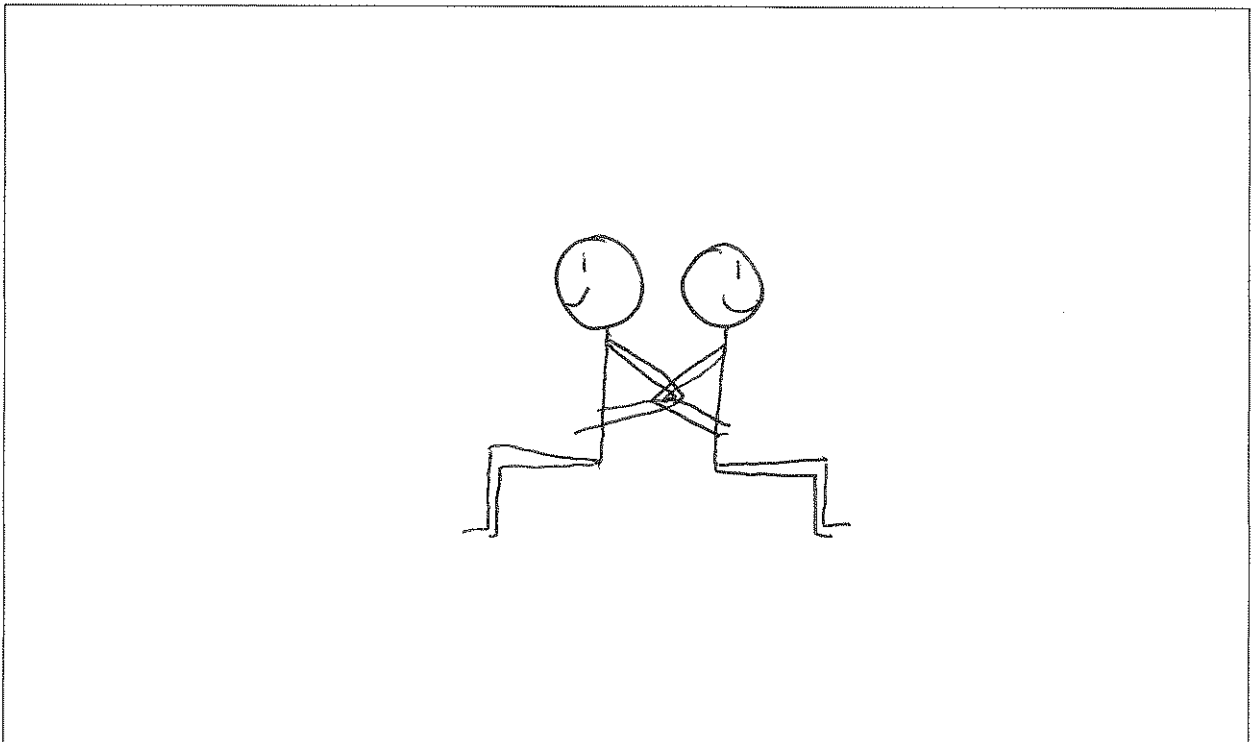
Objective: Improves teamwork and strength

Resources: None

Rules:

1. The group is broken into pairs
2. Each pair must firstly sit back to back with their arms linked to each other
3. They must push against each other to stand up
4. It's a race against the other teams
5. The next version of it is to sit facing each other with their feet touching
6. They must try to stand again bit this time while holding hands

Layout:



Lapper

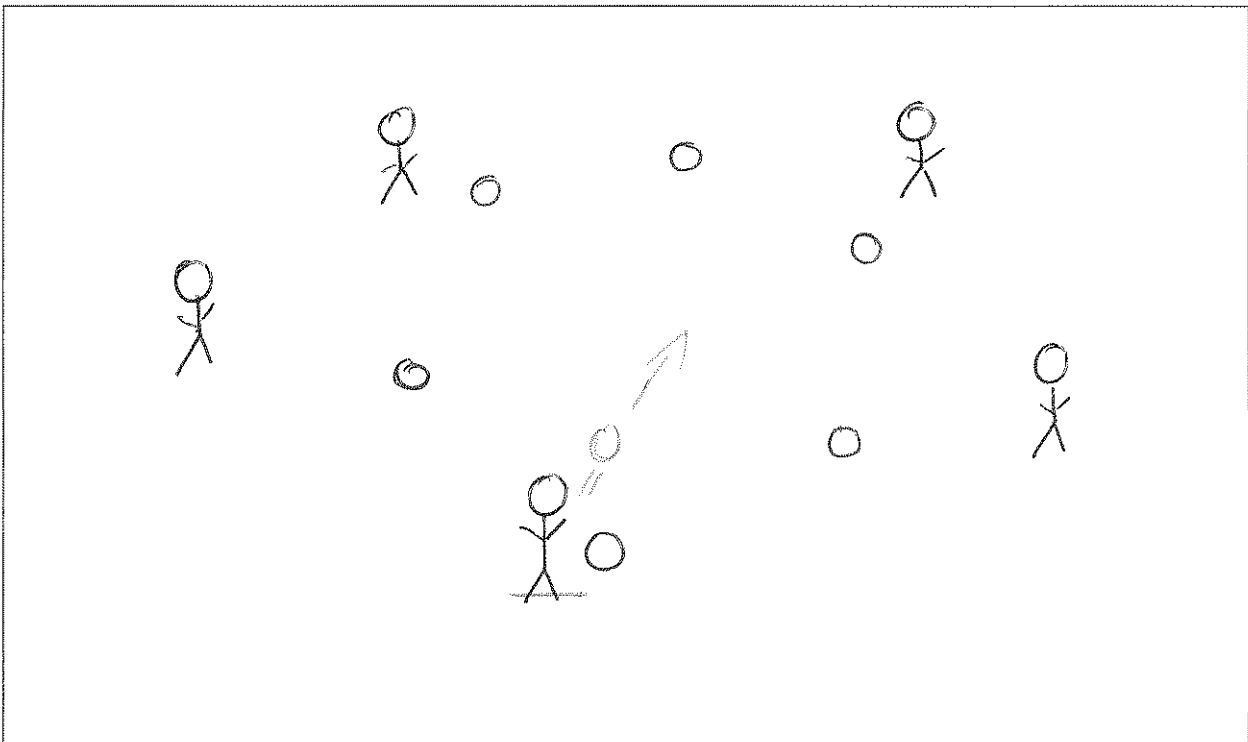
Objective: Improves throwing skill and speed

Resources: Cones to mark out the area and Tennis Balls

Rules:

1. The group is broken into two teams
2. They take it in turns to bat and then pitch like in rounders
3. The batters must throw the ball in any direction except backwards
4. The pitchers must get the ball and pass it to every teammate before calling out that they're done
5. While this is happening the batter must run around the cones, counting how many they have passed
6. They must stop when the pitchers call time
7. Whichever team has the most cones passed in total, wins

Layout:



○ = Cones

○ = Ball

Statue Chasing

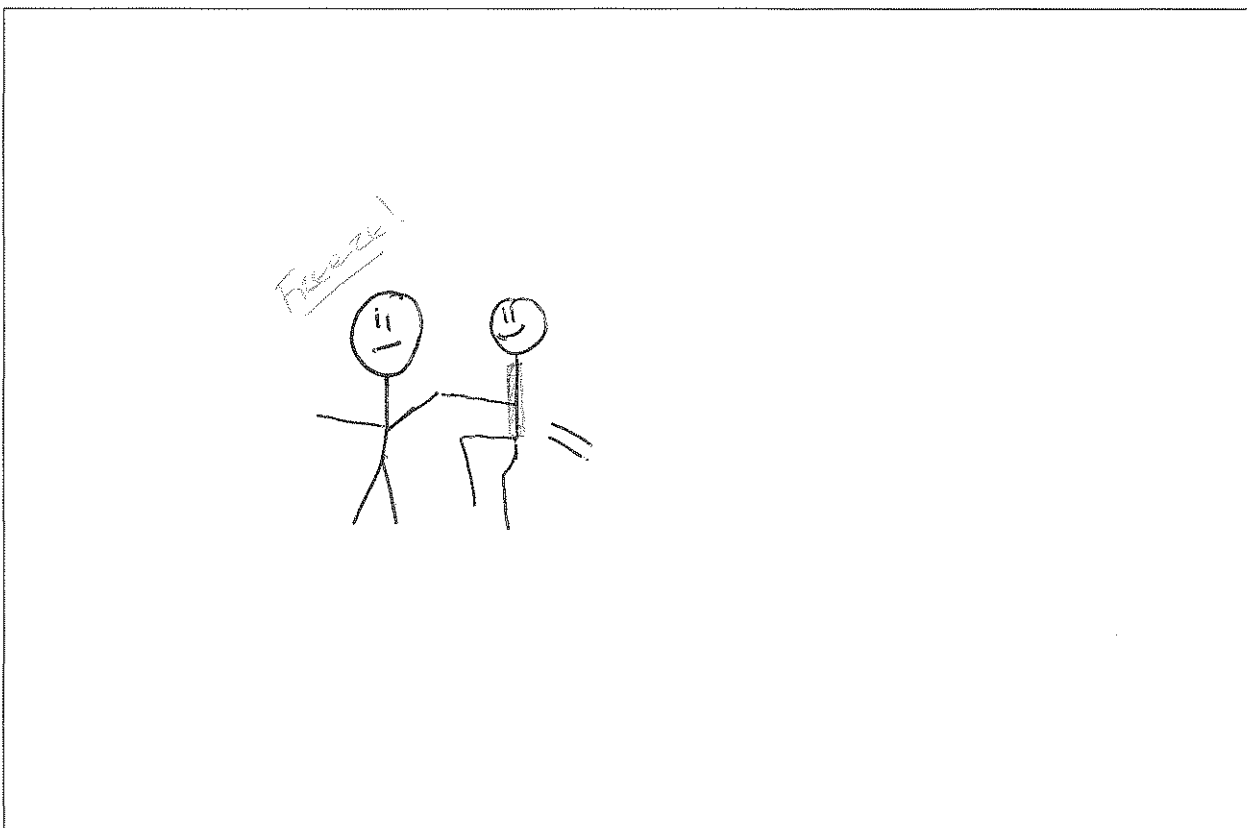
Objective: Improves agility and speed

Resources: None

Rules:

1. Make one person be on
2. Like regular chase, everyone else must avoid being caught by this person
3. Once caught you must stand still like a statue until freed
4. The person who's on can be joined by several more to make the game harder if desired

Layout:



|| = Bib

Dragon Killer

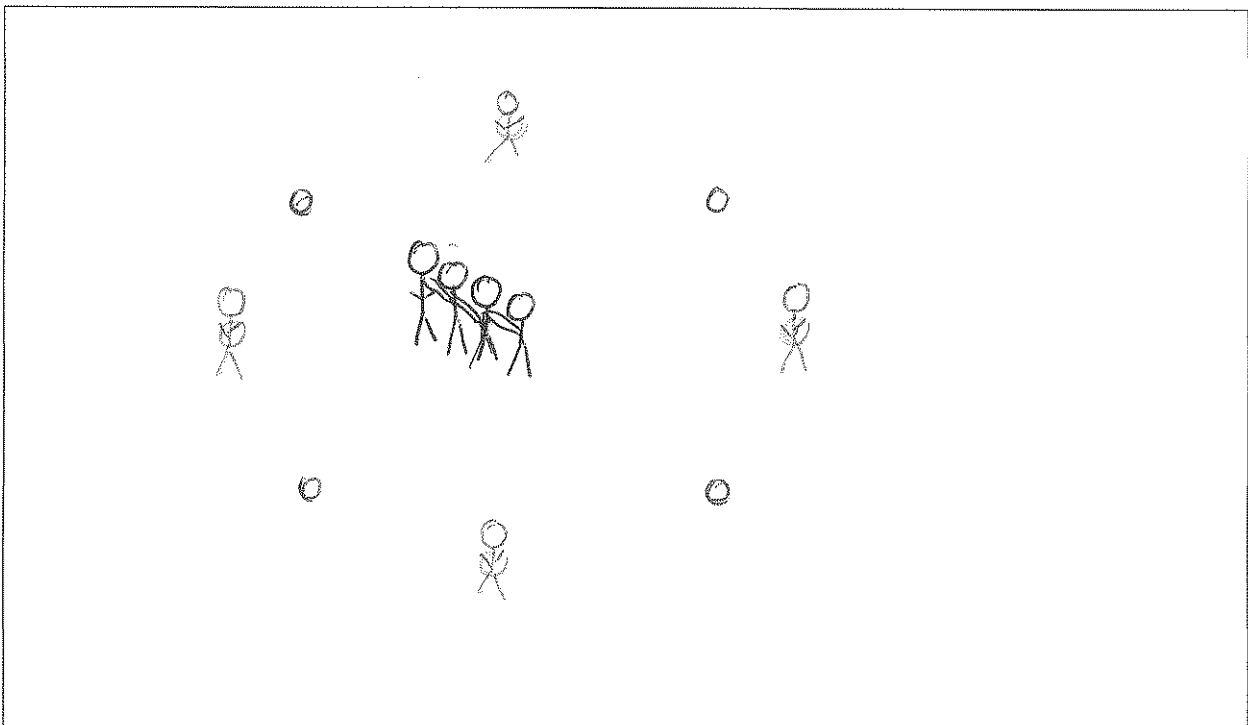
Objective: Improves teamwork and reaction time

Resources: Soft balls to throw & Cones

Rules:

1. Mark out a square with cones
2. Have four people in the centre, lined up with one in front of the other
3. Have four people outside with soft balls to throw also
4. The people outside must try to hit the people in the middle (the Dragon)
5. They can only hit the back person and have to stay outside the square
6. Once the back person is hit they move to the front and have to try defend the next person at the back
7. Once everyone inside has been caught then they swap with people on the outside

Layout:



○ = Balls

○ = Cones

Foxes and Rabbits

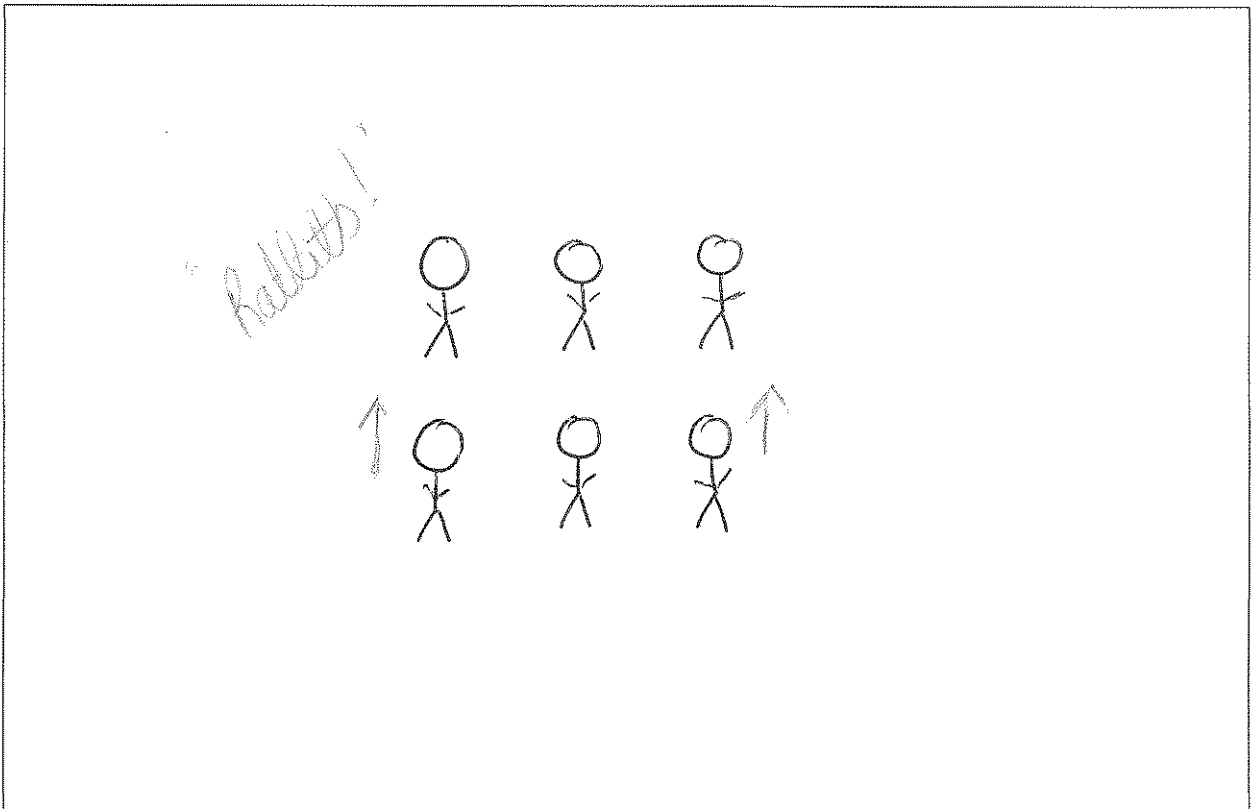
Objective: Improves speed and reaction time

Resources: None

Rules:

1. Break the class into pairs
2. Each pair belongs to a team
3. They face each other
4. One side is the Rabbit side and the other is the Fox side
5. If "Rabbits" is shouted out then the rabbits must chase the foxes to their line, if "Foxes" is called then it's reversed

Layout:



○ = Foxes

□ = Rabbits

Breakaway Belts

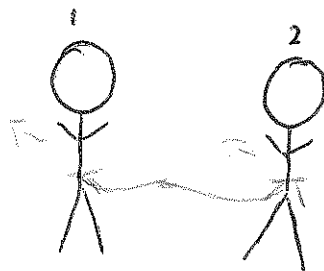
Objective: Improves agility and reaction time

Resources: Tag Rugby tags and Belts

Rules:

1. Break the class into pairs
2. Each person gets a belt and tag
3. Each partner faces each other and joins their tags together
4. One person must mirror the other person's actions to avoid the tags breaking off
5. The other person's job is to try break the tags
6. No hands are allowed

Layout:



1 = Mirror

2 = Person

Horse and Jockey

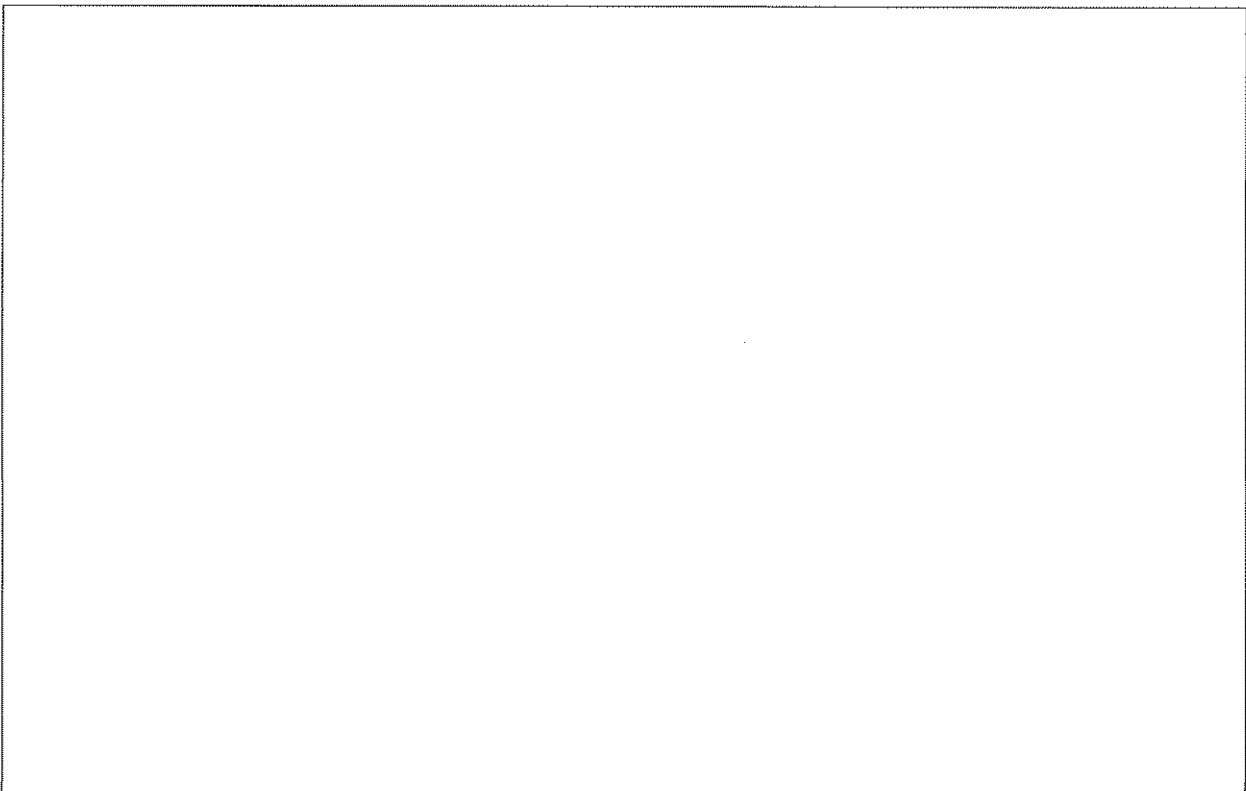
Objective: Improves reaction time and speed

Resources: Cones to mark out the area and Balls

Rules:

1. Each person has a partner
2. They are both to stand at a cone, which make a circular shape
3. In the centre there are as many balls as there are teams
4. One person is to wait on their knees while the other person runs around the circle and races to the middle to get a ball
5. As the game goes on there will be one less ball in the centre to take
6. The partners take it in turns to run

Layout:



Dodgeball

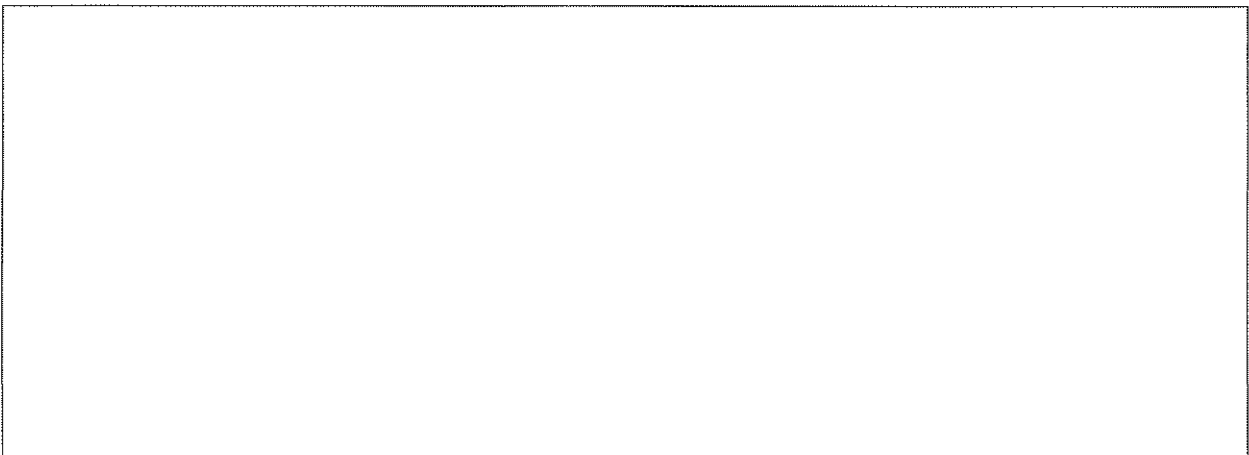
Objective: speed, agility, hand eye co-ordination and teamwork

Resources: Cones, soft balls

Rules:

1. Divide the group up into two teams and have them stand at opposite ends of the hall
2. Have a certain line dividing the two teams
3. At the beginning of the game place balls in the centre and have all members to go to back of their court
4. When you shout go they must run to try and get the balls before the other team does
5. Once you have the ball you can throw the ball to try and hit the other team with the ball.
6. Throws must be underarm throws and must hit opponents from the waist down, if not then you may be disqualified
7. If you hit opponent with the ball then they are out, but if they catch the ball you are out and they are entitled to bring back one of their teammates that was knocked out previously
8. The game continues until one team has no more people left

Layout:



King Dodgeball

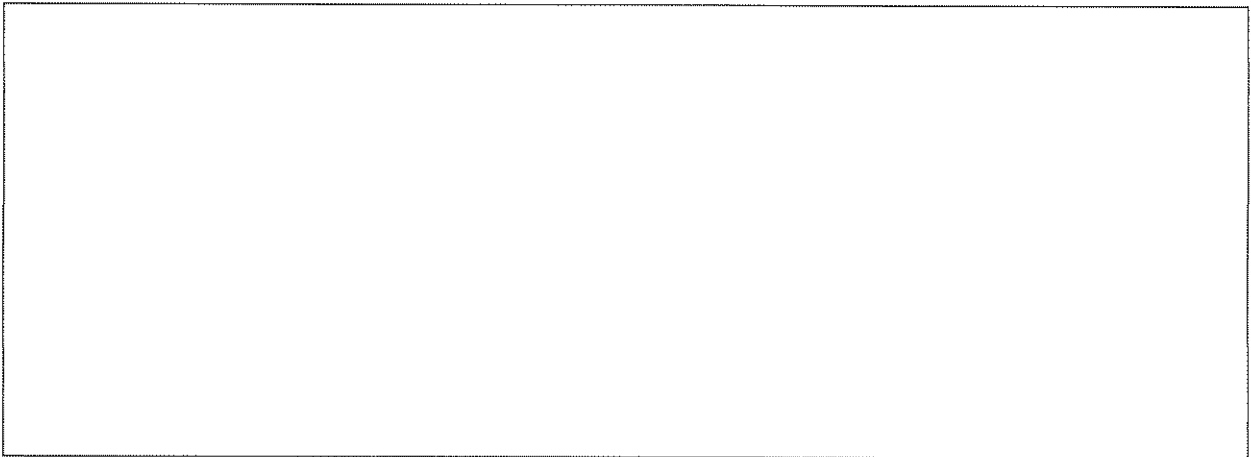
Objective: Improves speed, agility, hand eye co-ordination and teamwork

Resources: Cones, soft balls

Rules:

1. This is the same as normal dodgeball but the main aim is to knock your opponent's king out of the game.
2. Each team has one king which is selected at the beginning
3. Teammates must try protect their king from opponents balls being thrown
4. If you hit you must stand with legs spread and only king can release you by crawling through your legs
5. Once you hit the opponent's king your team is the winner

Layout:



Cone Dodgeball

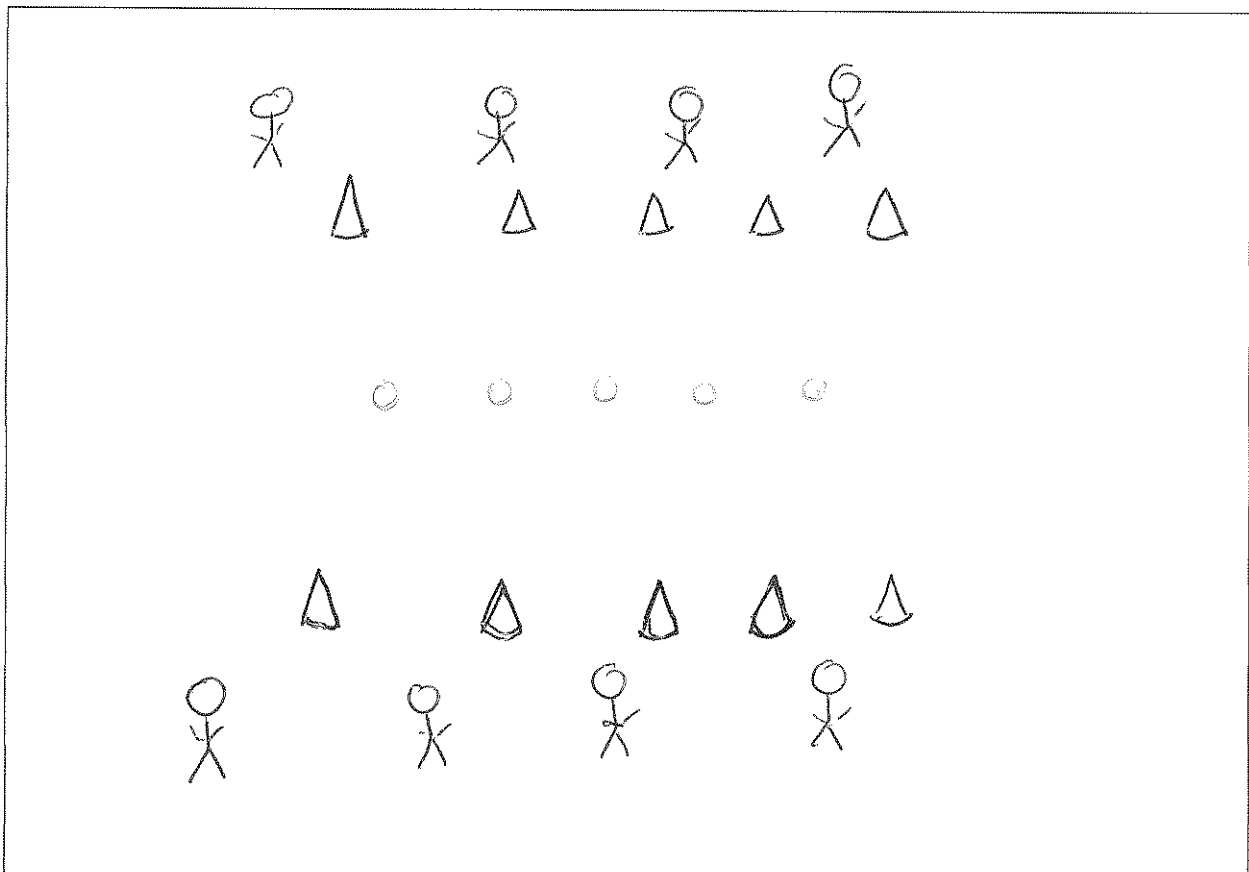
Objective: Improves speed, agility, hand eye co-ordination and teamwork

Resources: Cones & soft balls

Rules:

1. This is another adaptation of dodgeball but instead of hitting your opponent's bodies, you must try knock over their cones instead
2. Each team has about 5 cones on their court and the first team to knock over the opposition's cones, wins

Layout:



O = balls

△ = cones

Pyramid

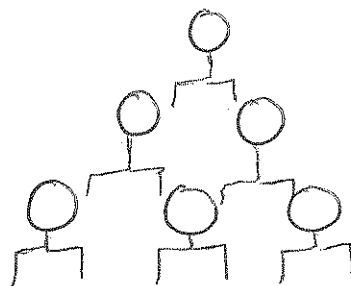
Objective: Improves teamwork

Resources: Safety mats

Rules:

1. Divide the group into teams
2. The aim is to build a human pyramid.
3. Select members to be the base on the bottom.
4. Each person must assume the box position, which is both knees on the floor and leaning on hands.
5. In a group of 6 have 3 at the bottom with 2 on top of them and then 1 person goes on top of everyone to complete the pyramid.
6. Numbers on bottom and middle depend on numbers of people in each group.
7. This can be a race between teams to build their pyramid.

Layout:



Chinese wrestling

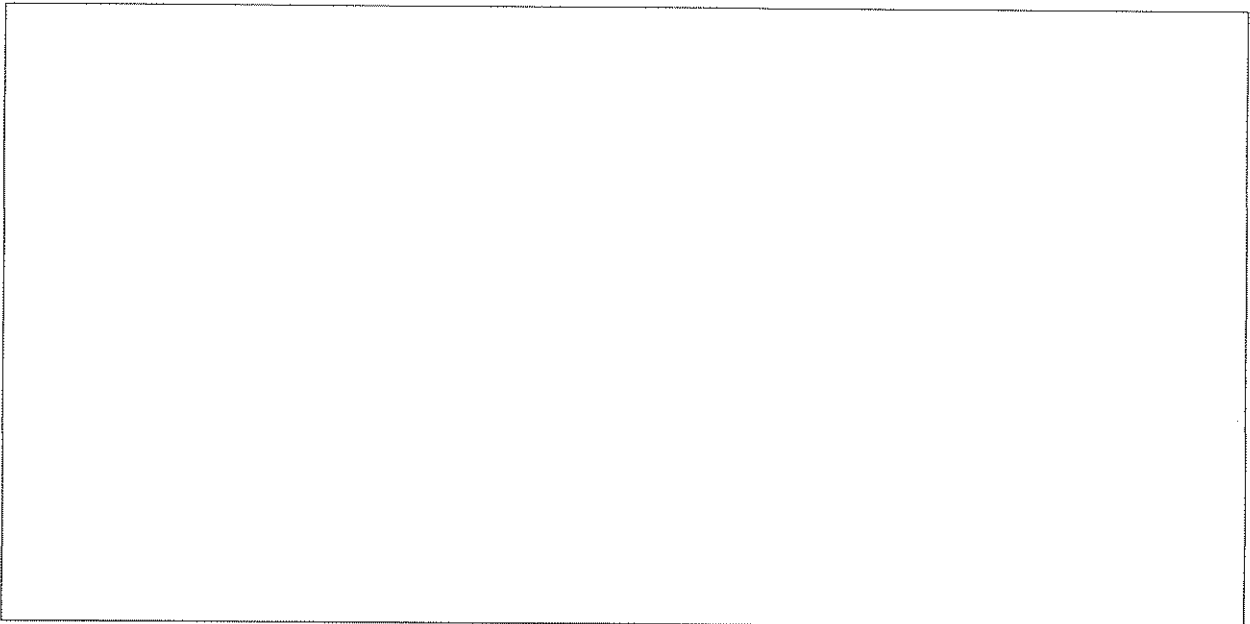
Objective: Incorporates speed, agility and fun

Resources: Floor mats

Rules:

1. Separate people into groups of two
2. Both partners take the push-up position facing each other
3. The objective is to knock your opponent down by slapping their hands away and make them fall to the mat
4. The winner is whoever knocks their partner down first
5. You may then swap partners and vary it

Layout:



Fish and Net

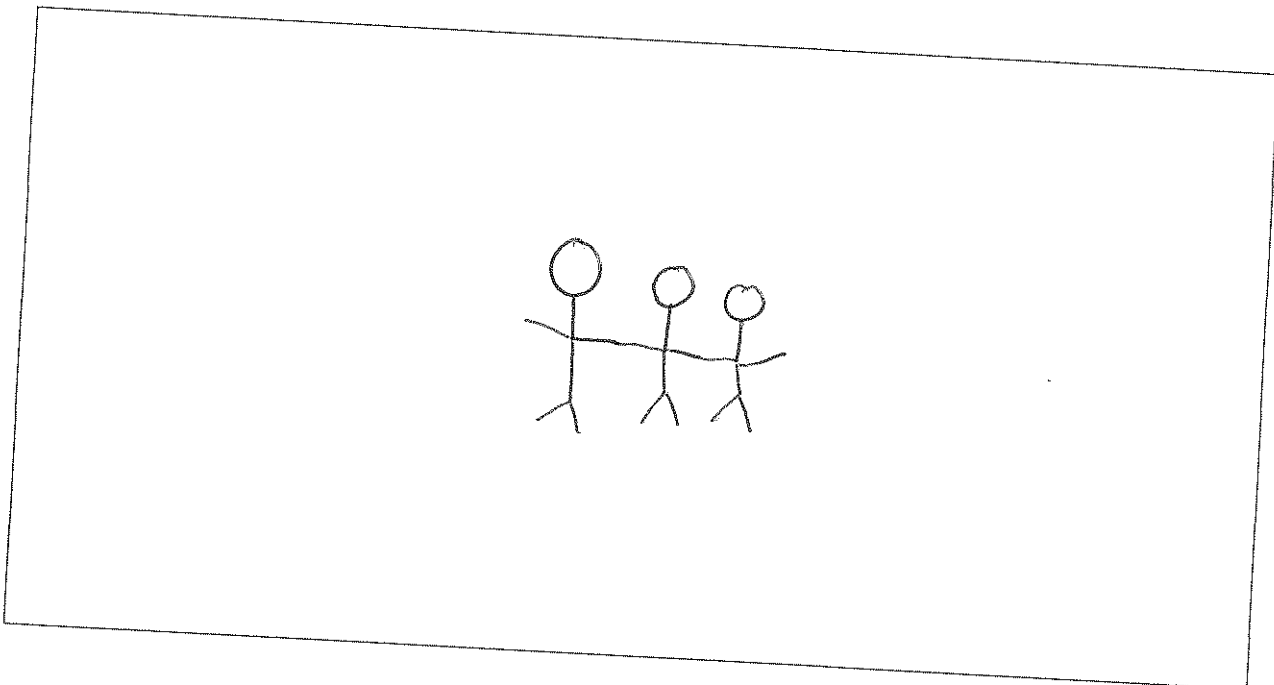
Objective: To improve speed and agility

Resources: Cones to layout the hall

Rules:

1. Pick two people to be on at the beginning
2. These two must hold hands, chase the other participants and try to catch them
3. If you get caught you hold hands with the two and are now also on
4. Once there are four of you together, divide into separate groups of two and try to catch the people that are not already caught
5. The game finishes when everybody is caught

Layout:



The Bomb

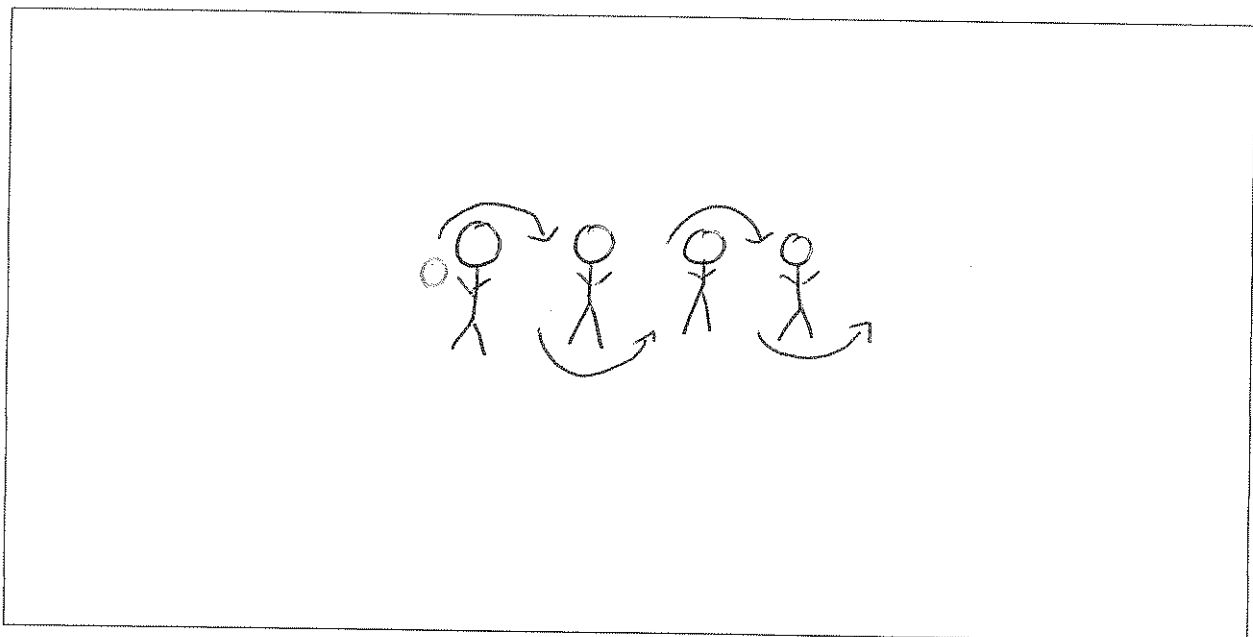
Objective: To improve teamwork

Resources: Ball

Rules:

1. Divide the group up into teams
2. The team lines up one behind the other, all facing in the same direction
3. The front person on the team has ball in their hand
4. They must pass the ball over head to the partner behind them, 2nd person in line must pass ball between their legs to the 3rd person and so on
5. The objective is to get ball over and under every second person until the ball reaches the top of line or back to start again
6. You can divide the group into lots of teams and have races and involve everyone

Layout:



Commando

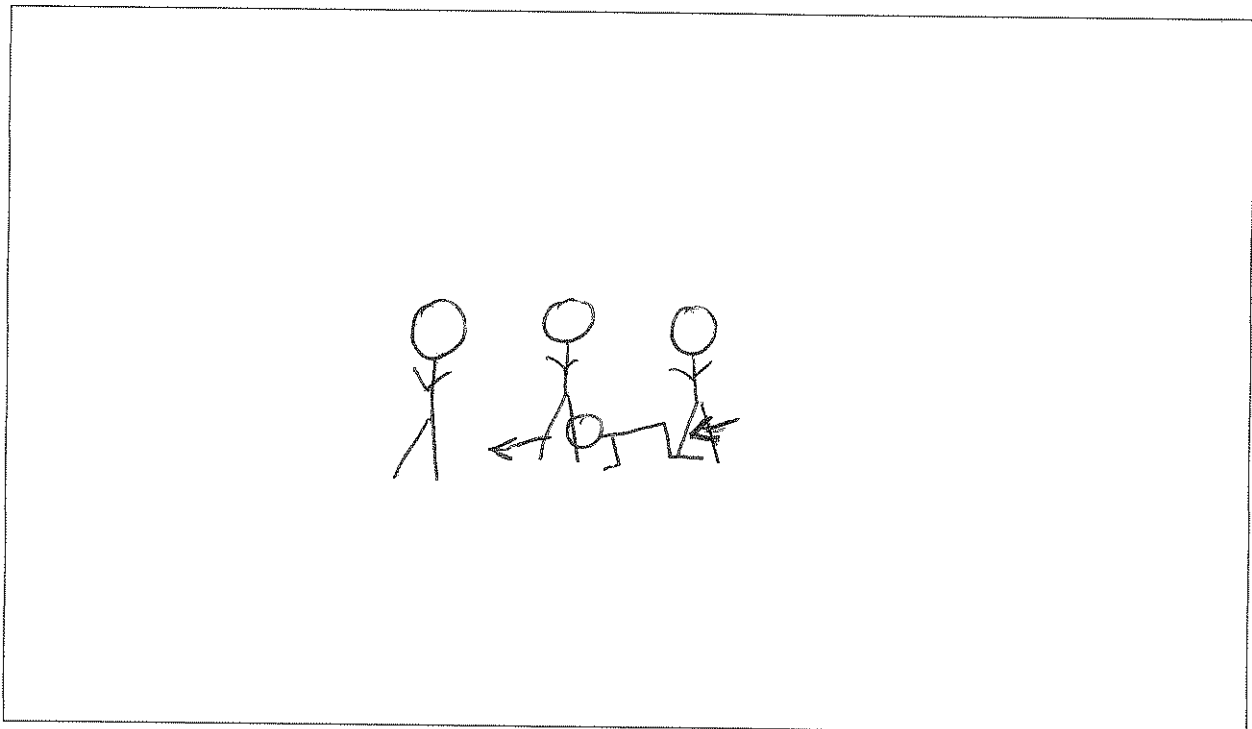
Objective: Teamwork

Resources: None

Rules:

1. Divide the group up into teams
2. The team must line up behind each other, all facing in the one direction
3. The person at the back must crawl through the teams legs to get to the front, they then must stand with legs spread and shout go, then person at the back crawls threw also and this continues until person who started at the front is back to their original position at the front
4. Is usually a race between teams

Layout:



Goodies and Baddies

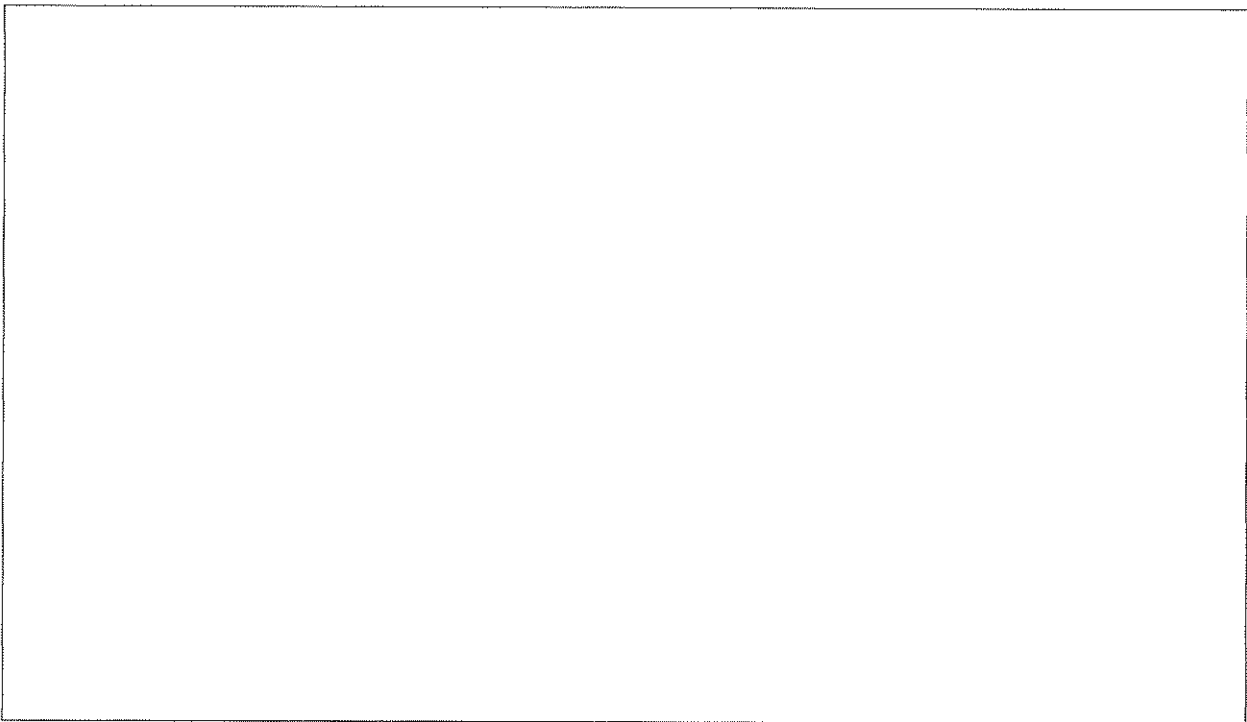
Objective: To improve speed and agility

Resources: Cones and bibs

Rules:

1. Get the group in a circle with their eyes shut
2. You select 3 goodies and 3 baddies at random
3. The baddies put on bibs and the goodies can free anyone who is caught
4. The baddies must try catch everyone running round
5. Once caught you must stop until your freed by a goodie
6. The baddies must try figure out who the goodies are
7. Once identified the goodies can no longer free anybody and then remain caught in the game

Layout:



Sheep and shepherds

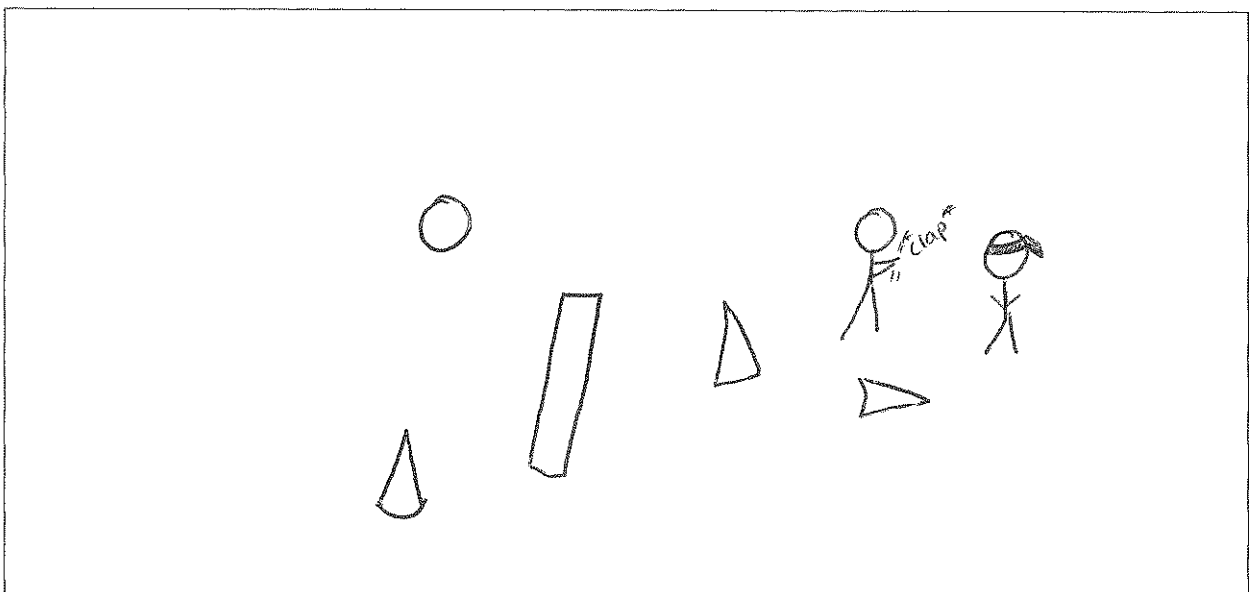
Objective: Communication between partners

Resources: Blindfolds, cones, balls, benches, hula hoops etc.

Rules:

1. One partner must put on a blindfold (the sheep), other partner (the shepherd) must guide their sheep across the hall and back again without physically leading them.
2. The shepherd must get the sheep to avoid all the obstacles strewn around the area.
3. It is normally a race against other teams.
4. A variation of the game is that the shepherd cannot talk to the sheep but must communicate in a different way but still must keep the sheep safe while crossing the hall.
5. The shepherd may clap or make a certain noise to communicate but cannot talk to the sheep.

Layout:



Managers, supervisors and workers

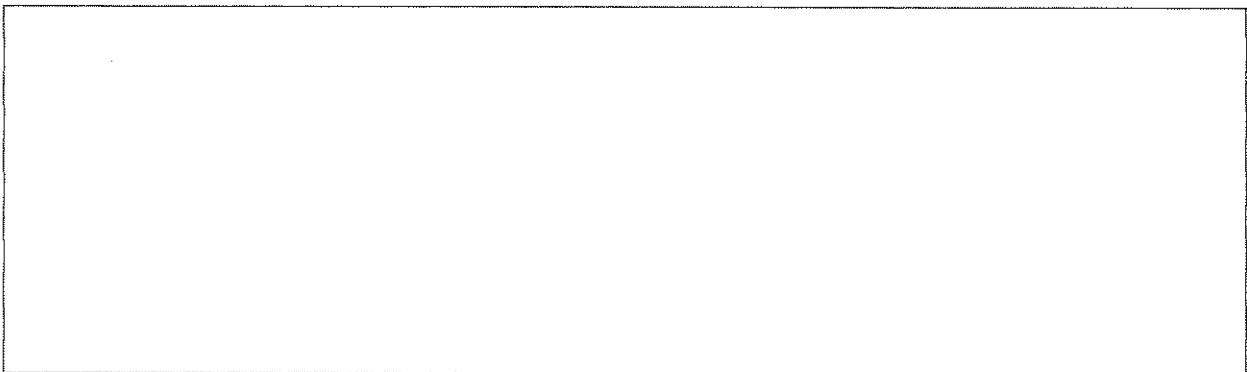
Objective: Communication game

Resources: cones, hula hoops, tennis balls, soccer balls etc.

Rules:

1. Divide the group up into groups of 3, depending on the number of people participating.
2. You could have 3 workers, 3 supervisors and 3 managers if the numbers allow. Numbers vary for each group.
3. Workers must put on a blindfold and stand in one section at the end of the hall, supervisors in the middle and managers at the other end.
4. Managers cannot talk to supervisors but must give them instructions on what to get the blindfolded workers to do.
5. The managers must use actions and movements to show supervisors what they want the workers to do.
6. The supervisors must then talk their workers through the instructions but cannot lead their workers, who are still blindfolded.
7. Instructions can vary using different objects between the groups. You can then switch roles also to change the game around.

Layout:



Pictures

Objective: Communication between partners

Resources: Pictures, pens and paper

Rules:

1. Partners must sit back to back, each partner has a picture already drawn placed in front of them.
2. The partners each have 1 minute to describe the picture to their partner.
3. Their partner must then try draw the picture being described on the own piece of paper.
4. At the end of the minute we see how much the pictures correspond with each other.
5. This shows how good or bad the communication was between the partners

Layout:

