

Playground games: Progressions for class levels

Class	Game	Resource
Infants	Cat and Mouse Keep the basket full Fox and Geese Hot Ball The Bean Game Busy Bee Traffic Lights Copy Cat Magic Shoes Simon Says/ Deir ó Grádaigh	PE Teacher Guidelines p.106 PE Teacher Guidelines p.106 PE Teacher Guidelines p.106 PE Teacher Guidelines p.106 PSSI CD Warm-up bank p.2 PSSI CD Warm-up bank p.3 PSSI CD Warm-up bank p.3 PSSI CD Warm-up bank p.3 PSSI CD Warm-up bank p.3 PSSI CD Warm-up bank p.4
First and second	Stuck in the mud Frozen beanbag Chasing game – What time is it Mr. Wolf? Whistle Game Call the number Crusts and Crumbs Suns and Snowballs Foxes and Rabbits	PE Teacher Guidelines p.107 PE Teacher Guidelines p.106 PE Teacher Guidelines p.109 (Mr. Shark adapted) PSSI CD Warm-up bank p.2 PSSI CD Warm-up bank p.3 PSSI CD Warm-up bank p.3 PSSI CD Warm-up bank p.4 PSSI CD Warm-up bank p.4
Third and fourth	Prison Ball Tunnel Ball Chasing game – Crows and Cranes Sticky Tag Shamrocks and Leprechauns Chinese knee-boxing Saucers and Domes	PE Teacher Guidelines p.107 PE Teacher Guidelines p.108 PE Teacher Guidelines p.109 (Adapted for land) PSSI CD Warm-up bank p.10 PSSI CD Warm-up bank p.9 PSSI CD Warm-up bank p.8 See below
Fifth and sixth	Hunt the beanbag Wheel relay Elbow Tag Chain Tag Tails Crocodile Pit Snatch the Bacon Prison Wall	PE Teacher Guidelines p.107 PE Teacher Guidelines p.108 PSSI CD Warm-up bank p.10 PSSI CD Warm-up bank p.9 PSSI CD Warm-up bank p.9 PSSI CD Warm-up bank p.8 Playground markings & other traditional games p.13(PDF copy on www.sehb.ie) Playground markings & other traditional games p.14 (PDF copy on www.sehb.ie)

Some Playground Games

These documents were originally compiled by team members of the previous support services that are now part of PDST.

Title: Frogs and Ladybirds

Equipment: 24 plastic cones, 12 frog pictures or green beanbags, 12 ladybird pictures or red beanbags and a whistle. (If working in a hall appropriate music and a CD player could also be used.)

Description: Scatter cones on the gym floor and place a frog or ladybird under each cone. Divide the class in half with one-half as frogs and one-half as ladybirds.

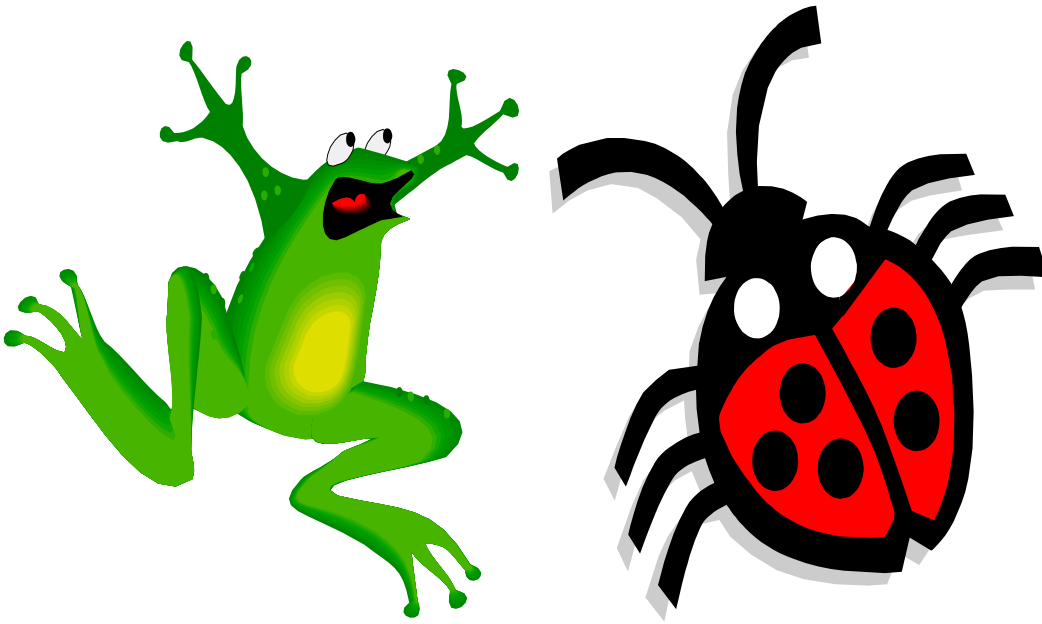
On the teachers instruction or when the music plays, all students will move around the gym and look under the cones for a frog or a ladybird. The object of the game is to get as many frogs or ladybirds (depending on the team the child is on) from under the cones and placed beside the cones before the whistle blows or music stops. Children that are "frogs" try to take the ladybirds out from under the cones and students that are "ladybirds" try to take all of the frogs out from under the cones.

If a "ladybird" sees one of their pictures/bean bags next to a cone, they may place the cone back over it. Once a student places a frog or ladybird outside or under a cone they must run to a different cone - only one person may be at one cone at a time.

When the whistles blows or the music stops, all children must stop and stand/sit down on the center circle or a specified section of the play area. Ask a child who is a frog to go around and place the cone back over all frogs. Have a child who is a ladybird do the same thing. Repeat the activity.

Variations: You can change how students move. Instead of running from cone to cone to find frogs or ladybirds, you could have students do other locomotor movements or move on different levels.

Differentiation: Students with disabilities may be given a hockey stick to knock the cones over to get the bean bag out.



Title: Dodge Cars

Equipment: Cones and space markers

Description: Scatter a number of cones around the hall/yard. Each child collects a space marker as they enter the hall/yard, this they hold in their hands and use as a steering wheel. The children travel around the play area avoiding the cones on the ground and avoiding each other. Encourage them to change pathways as they go.

Variations: When teacher blows the whistle they drop the space marker on the ground/floor and then jog without it. On hearing the next whistle they lift any space marker (doesn't have to be the one that they dropped) and jog again and so on using skip, march, sideways steps, hop etc.

Differentiation:

- To increase the level of difficulty simply reduce the size of the play area.
- Create an inner zone in the play area, with fewer obstacles, for children with limited mobility who may wish to move at a slower pace.
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Title: Follow the Leader

In groups of 4 children play 'Follow The Leader', changing leader on signal from the teacher by the person at the back of the line running up to the front. Leader sets suitable pace for group. Teacher can give different instructions such as walk, march, skip, side-step or jog.

Title: Colour Cone Run

Equipment: Space markers – 7 of each colour, whistle.

Description:

Spread out 7 space markers of each colour in the hall or yard.

Each participant stands at a marker, this is their base cone. Participants pass each marker of their own colour as follows: **WALK** – step over cones, **MARCH** – bend elbow, lift knees, step over cones, **JOG** – stride over cones (land on one foot).

Variations:

Tip the Cones – On the whistle teacher calls out sequence children must follow e.g. touch 1 cone of every colour with your hand – before returning to your base cone. Different movement skills or actions at each cone can be used for subsequent goes.

Differentiation:

- Use one set of taller more visible cones and place them on the ground in the play area in a pathway that the child/children will be able to follow or in a space where there will be little or no interference from others runner.
- Vary the movement instructions given.

Title: Saucers and Domes

Equipment: Space markers

Description:

Divide the play area in half. Each player has a space marker. (Teacher explains when space marker is upside down it is a saucer, otherwise it is a dome) Divide class in half and allocate one half of hall to each group. Each team puts their marker down in their half as a saucer or dome. Groups lines up at side of hall and on the whistle everyone runs to turn over one marker (i.e. saucer to domes, domes to saucer) and then returns to the base line. First team back to base are the winners. Repeat a number of times.

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Variations:

Team A as saucers, team B as domes. On the whistle Team A tries to make as many saucers as possible throughout whole hall while Team B tries to make as many domes as possible. At the end of designated time (30 secs) play stops and saucers and domes are counted to determine winners Repeat reversing roles.

Other alternatives include dividing the pupils into class groups to complete the same task, sometimes give 5 pupils a colour each and they turn over the space markers of their own colour only!!

Differentiation:

Adapt the rules of the game – i.e. you can only turn one dome at a time, you can't guard the cones.

Title: Suns and snowballs

Equipment: Yellow and blue bibs

Description:

Select two children as the 'Snowballs' and give them blue bibs. Select two children as the 'Suns' and give them yellow bibs.

The 'Snowball' children must chase others, [apart from the 'Suns' children] and touch them so they freeze. Children can only become defrosted when they are touched by the 'Suns'. Play the game for a designated amount of time.

Variations:

If playing on an indoor or grass surface the suns could crawl under the legs of the frozen children to release them.

Differentiation:

Increase the number of children playing as 'Suns' and/or 'Snowballs'.

PLAYGROUND GAMES

Chasing Games

Scarecrow / Stuck in the mud

Equipment: dome markers / cones

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Five children are chosen to be taggers. The remaining children are free to move anywhere inside the marked-out area. On given signal, taggers chase the free children and, when tagged, that child forms his or her body into a scarecrow formation with arms outstretched and feet apart. A scarecrow can only be freed by an untagged child crawling through its legs.

Frost 'n' Sun

Equipment – beanbags (4 yellow, 4 blue)

4 children are chosen as chasers and are given blue bean bag each. They are the frost. 4 children are chosen as releasers and are given yellow bean bags. They are the sun. The 'frosts' chase all the other children around the hall and try to touch them with a blue bean bag to freeze them. If a child is frozen by the blue bean bag he must stand with his hands over his head and wait to be released by the 'sun' with the yellow bean bag.

Hunt the Beanbag

Equipment – beanbags

Children form groups of six to eight. Every player in one group collects a beanbag, except the player chosen to be the tagger. Children find a free space and move in the general space. The tagger tries to tag a player who has a beanbag. To avoid being caught, players run and dodge the tagger or throw the beanbag to another player. A player who is caught with a beanbag becomes the new tagged.

Shamrocks 'n' Leprechauns

Equipment – cones / discs, bibs.

All the children are given a cone and told to spread out around the hall. 5 taggers are chosen and given bibs to wear. The taggers chase the children and if they touch them the children must give the tagger his/her cone. The child who has given up his cone then returns to the teacher to get another cone and go back into the game.

Cats 'n' Pigeons

Equipment – Hoops / ropes, cones, bibs

4 children are chosen to be a cats and given bibs to carry. 6 others are chosen to be a free pigeons. All other children (nested pigeons) stand in their nests (hoops). The cats carrying a bib chase the free pigeons, who may step into somebody else's hoop, thus forcing that nested pigeon to now become the free pigeon. Once the free pigeon is tagged, the cat becomes the free pigeon, gives the bib to the caught pigeon and the pigeon becomes the cat.

Cranes & Crows/Rabbits & Rats

Equipment – cones / discs

Children line up in two straight lines down the length of the hall back to back. The group on one side are called the rabbits and group on the other side are called the rats. When the teacher calls rabbits the rabbits must run 5 metres to a cone at the side of the hall and the rats must chase them to try and catch them before they reach the cone. When the teacher calls rats the rats must run 5 metres to a cone at the side of the hall and the rabbits must chase them to try and catch them before they reach the cone

Foxes' Tails

Equipment – bibs/ braids

Choose one catcher/chaser for every 6 children.

The other children have a bib or a braid tucked into their tracksuit at the back.(a fox tail) The chasers try to steal a tail from any fox. When they steal a tail from a fox he/she must do 5 jumps before running off to steal another fox's tail. The original chaser puts the new bib on as a tail and runs off.

Variation 1

Choose one catcher/chaser for every 10 children.

The other children have a bib or a braid tucked into their tracksuit at the back .(a fox tail) The chasers try to catch as many bibs/braids as possible in the allowed time (one minute).The chasers count the number of bibs/braids they have collected between them. Continue the game with different chasers

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Variation 2

On a signal from the teacher each child tries to rob another's tail. A child is eliminated when his tail is robbed and he must yield up to the robber all the tails he has gained before being caught.

While the robber is collecting the tails from a child who has been tagged, nobody may rob him.

The player with the most number of tails at the end is the winner

Swap Corners

Equipment – 4 cones

Put children in groups of 5. Put cones down to form a square 5m x 5m. 4 children stand at corners of square – one at each cone, while 1 stands in the middle of the square. Children at corners try to change places while child in middle tries to steal a corner. Child who loses his/her corner must go to middle.

“All change” – all must change corners.

Cat and Mouse

Equipment – none

Groups of six to eight children form circles. Each group selects a cat and a mouse. On a given signal, the mouse runs around the circle, weaving in and out between the children. The ‘cat’ follows the path taken by the mouse, trying to catch the mouse in a given time, signalled by the teacher. The game is restarted with different children taking turns to be the cat or mouse.

What’s the time Mr.Wolf?

Equipment – cones

The wolf moves around the hall followed by the children who say: what’s the time Mr. Wolf?

The wolf answers, e.g. 6 O’Clock.

The children continue to ask the question and the wolf replies.

However when the wolf replies: Dinnertime, the children all run to the dens situated around the hall.

Fox and Geese

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Equipment – none

Children form groups of four: Mother Goose, Father Goose and Baby Goose; the fourth member is the fox. Mother Goose and Baby Goose join hands, with Baby Goose between Father and Mother. The fox is outside the ring and attempts to catch the baby. By twisting, turning or dodging, the parents must protect the baby.

The wolf tries to tag as many as possible. If a child is tagged it goes to the wolf's lair.

Allow as many children as possible to have a turn as the wolf.

Gauntlet

Equipment – cones / discs

The two end sections of the hall / court are 'safe' areas and the central area becomes the 'Gauntlet'. The game leader, who is known as the 'Gladiator', stands in the central area. All the other players stand in one of the safe areas. The players shout "Gladiator, may we run the gauntlet?" and the Gladiator replies, "not unless you've got the colour..."

All players wearing clothing with the chosen colour may cross freely to the other side.

The remaining players must then try to cross and the Gladiator should try to touch them.

All players that are touched then join the middle and help the Gladiator. The game continues until one player remains. This last player then becomes the new Gladiator for the next game. Encourage the use of different conditions, for example, 'has a birthday in June', 'has the letter S in the first name', 'has an older brother/sister', etc.

Kings and Queens

You'll need 4 different coloured cards (3x5") with larger matching coloured cards. Make 10 small cards for each colour. On the larger cards write 1 activity to be done i.e. 10 jumping jacks, sit-ups, push-ups, burpees, mountain climbers etc. Place a large card in each corner of the gym. Give 4 students a set of 10 cards, they are the "Kings and Queens." They try to tag the other students who are running about the gym. Once tagged the students receives a card from the KING/QUEEN then runs to the corner which matches his/her card. The student does the activity then rejoins the game. Rotate the KINGS/QUEENS frequently. Each KING/QUEEN may have only 1 colour of cards or various colours

Ball games

Dodge Ball

These documents were originally compiled by team members of the previous support services that are now part of PDST.

Equipment – Soft sponge balls

Children spread out around the floor. 5 children are nominated to be taggers and are given a soft ball. The other children run around and try to dodge the taggers. The taggers try to hit the children below the knee with the softball. If a child is hit he must freeze with his hands in the air and feet spread apart until another child crawls through his legs from the back to release him.

Variation: 1 v 2 Dodge ball

Prison Ball

Two teams of ten to fifteen children face each other as in diagram. Each team begins with four small balls. On a signal the balls are thrown across the centre line, aiming to hit any child in the opposing team below the knees. If a child is hit he/she must run to the 'prison' behind the opposing team. He/she can only be released by gaining possession of a ball which runs through the opposing team and crosses the end line. Once the prisoner gains possession and is released, he/she can rejoin his/her own team and continue playing. Additional balls can be introduced to speed up the play.

Keep Ball: 4V4

Equipment – ball (soft or plastic)

Team A takes possession of the ball in the grid. They pass the ball among themselves. After 4/5 consecutive passes they put the ball on the ground- "Touchdown", and team B takes possession. If team B intercepts the ball before the required number of passes, they begin to pass among themselves to score a "Touchdown"

Piggy in the middle 3 v 1

Equipment – ball

3 children try to pass the ball among themselves without letting the 1 intercept the passes. Once the children have made three passes the person in the middle is replaced by one of the passers. The emphasis in the game is on passing successfully so the number of passers is overloaded.

Line Ball

These documents were originally compiled by team members of the previous support services that are now part of PDST.

Equipment – plastic balls, cones / discs

A passing game where players pass the ball to a team-mate standing behind a line. The ball has to be caught cleanly by the child behind the line to count as a score. Confine the children to passing only (no dribbling) to promote teamwork. Divide into teams of 4/5, wear braids/bibs. Indicate direction of play with one child from each team standing behind the line. Throw-in to begin the game: a player from each team contests the ball but may only strike it (not catch it). Throw-in from in front of the line when the ball goes behind the line taken by defending team i.e. not person on the line. The catcher may move up and down the line. After a score the scorer switches places with the person on the line, leaves the ball on the ground for a member of the opposing team to take the throw out. Simple tactics: look/ pass ahead, move ahead, spread out.

Hoop Ball

Equipment – plastic balls, mat/ hoop

The game is played as above with the receiver standing in a hoop or on a mat to receive.

Variation:

Instead of standing in a hoop, the receiver may hold a hoop, through which the ball must be passed in order to score. Again, it is important to allow the scorer to switch places with the receiver.

Pass and Duck

Equipment – plastic balls

Players line up in teams. Leader faces team. When a signal is given he/she passes to first in the line. Player passes back and ducks down. This continues until line is finished. Leader leaves ball on the ground and runs to join end of line. Next person is passer. The first leader to reach the front again is the winner.

Donkey

Equipment - balls

The child in the middle throws the ball to a child in the circle.

If that child fails to catch the ball s/he gets the letter D.

The child in the centre continues

Beat the basin

These documents were originally compiled by team members of the previous support services that are now part of PDST.

Equipment – balls, basin, cones.

Divide the hall / yard into 2 halves and scatter balls in both halves. Divide the children into 2 groups and place them at opposite ends of the hall. Put a basin in the middle of the hall. On the whistle the children pick up the balls and try to beat the basin to the other end of the hall .The winner is the team that beats the basin to their opponents end first

to throw the ball to each child in the circle.

The next child who fails to catch the ball gets the letter O.

The game continues until one child reaches the letter Y and then that child goes into the middle and the game starts again

Keep your yard clean

Equipment – sponge balls

Divide the hall / yard into 2 halves and scatter sponge balls in both halves. Divide the children into 2 groups and place them at opposite ends of the hall. On the whistle the children pick up the balls and try to throw all of the balls into the other half of the hall .The winner is the team that throws all of the balls into their opponents half first.

Tower ball

Equipment – ball, cones, hoop, tall cone.

Divide the children into groups of 4 or 5.Each group gets a tall cone which is placed in a hoop on the ground. No-one is allowed inside the hoop. Around the hoop is placed a circle of 10-15m diameter. The defender stands inside this to try to protect the tall cone. Everyone else stands outside this circle, passing the ball to each other to create an opening to hit the tall cone. If they hit the tall cone the defender must change place with the thrower.

Pattern ball

Equipment – balls

Children in groups of 7-8 hold hands and form a perfect circle. The leader takes a ball and throws it to person opposite him in the circle. Each person does the same, passing to person opposite until it arrives back to the leader. (each person gets only 1 pass and only gives 1 pass) This pattern is repeated until everyone is comfortable with who throws to them and who they throw to. Now add a second, third and fourth ball. Can they keep them going.

Relay Games

Tunnel Ball

These documents were originally compiled by team members of the previous support services that are now part of PDST.

Equipment – balls

Groups of six to eight children form lines, one behind the other, with the leader in front. They make a tunnel using their legs. The child at the front of the line (the leader) rolls a ball back through the tunnel until the last child receives the ball. When the last child receives the ball, he/she runs to the front with the ball while the rest of the group move back one space. The ball is passed back along the tunnel as before until all the children in the group have had a chance to roll the ball. The winning team is the first one to have its leader back in front. This game can be played by passing the ball overhead, or overhead and between legs alternately.

Alphabet Relay

Use a sheet with the letters A-Z on it (each letter should have a blank after it). Have races as to who can write in the most answers in a given time (answers don't have to be written in alphabetical order). This can be done in either the gym or classroom. Divide the class into 5-6 rows. Each row has an answer sheet and pencil at the opposite end of the gym. On a given signal, the 1st student goes to the sheet and writes in his/her answer, then returns to the row allow the next student to go. Continue until the time is up (4-5 min.) or the sheet is filled in. Students cannot pass on their turn so cooperation is encouraged. Some possible topics are: animals, sports/games, movies, boy's/girl's names, cities, countries, T.V. shows, books.....

Vary motion need when moving from row to answer sheet. Have the rest of the row do an activity while waiting their turn i.e. a group balance, jumping jacks.