

Group Games

Dodgeball

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

Group Games

Crab Football

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

Group Games

Stuck-in-the-mud

- Choose who is 'It'.
- The person who is 'It' chases everyone around trying to tag them.
- If you are tagged you become 'stuck-in-the-mud', and have to stand still with your legs and arms out.
- 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.
- Continue playing until everyone is stuck.
- Make it more difficult by having more than one person as 'It'.

Group Games

Relay Time

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

Group Games

Superbowl

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

Group Games

What's the time Mr Wolf

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

Indoor Games

Icy Statues

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

Indoor Games

Hide and Seek

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

Indoor Games

Balloon Shuffle

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

Indoor Games

Simon says

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

Indoor Games

Wiggly Snails

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

Indoor Games

Mega Moves

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

Outdoor Games

Penalty Shoot Out

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

Outdoor Games

Skipping Challenge

- Grab a skipping rope and make sure you have lots of space.
- Shout “GO” and start skipping.
- Time yourself for 10 minutes.
- Can you skip forwards and backwards.
- Try it with 2 friends holding the ends of the rope.

Outdoor Games

Jump Off

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

Outdoor Games

Mega Frisbee

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

Outdoor Games

Blob Tag

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

Outdoor Games

Piggy-in-the-middle

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