

# Warm up Games

## Contents

Warm up Games .....	1
Traffic Lights .....	2
Over, under races .....	2
Tails .....	3
Bibs Noughts and Crosses .....	4
Cat and Mouse .....	4
Head, Shoulders, Cone .....	5
Domes and Dishes .....	5
Captains Coming .....	6
Runner Beans .....	7
Tag Games .....	8
Chaos Tag .....	8
Toilet Tag .....	8
Banana Split .....	9
Shark Attack .....	9
Chain Tag .....	10
Dance Tag .....	10
Line Tag .....	11
Recharge .....	11
Ball Tag .....	12
Elbow Tag .....	13

## Traffic Lights

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li><li>• 1x red cone, 1x yellow cones, 1x green cone</li><li>• Bibs</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Use the cones to create a playing area</li><li>• Players must be reminded to look where they are moving around</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• Players start jogging around the playing area</li><li>• When the leader holds up the red cone, all players must stop and stand still</li><li>• When the leader holds up the yellow cone, all players must jog on the spot</li><li>• When the leader holds up the green cone, all players must jog around the playing area</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• The following actions can be shouted by the leader and introduced at any stage:<ul style="list-style-type: none"><li>- Speed Bump – all players jump</li><li>- Roundabout – turn in a full circle</li><li>- Bridge – crawl on hands and feet</li></ul></li></ul>

## Over, under races

EQUIPMENT	<ul style="list-style-type: none"><li>• X2 balls</li><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Using the cones, set out a start and finish line</li><li>• Players stand in a line, one behind the other facing towards the finish line</li><li>• The player at the back must be standing on the starting line</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• In a line, players alternate passing the ball over their heads and through their legs</li><li>• When the ball reaches the end of the line, the last player must run to the front</li><li>• This process is repeated until the front player reaches the finish line</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Split the group into two teams and have them race against each other</li></ul>

## Tails

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones, bibs</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Each player is given a bib (dragon tail)</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• Students must tuck their dragon tail into the waistband of their shorts/trousers.</li><li>• It must be clearly visible.</li><li>• Students work individually to protect their dragon tails from others and at the same time take other students' tails.</li><li>• If a student loses their tail, they are out of the game</li><li>• Students are not allowed to touch their own tails after the start of the game.</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Extra lives: If students take tails, they can keep them as extra lives.</li><li>• Team Dragon Tails: Teams work together to protect each other and be the last team left in the game. Teams have different colours</li><li>• Players who lose their tail do a forfeit to re - enter the game</li></ul> <p>Introduce players having more than one tail – other players can take only one tail at a time</p> <p><b>Easier:</b> Increase the playing area</p> <p><b>Harder:</b> Reduce the playing area</p>

## Bibs Noughts and Crosses

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li><li>• Bibs</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Using the cones, set up a 3 x 3 grid</li><li>• Split the group into two teams</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• Each team is given 3 bibs of different colour</li><li>• One from each team runs out and places a bib in a grid then runs back to tag their next team mate</li><li>• Once all 3 bibs out then they keep going and move position of one of their bibs at a time</li><li>• First team with 3 in a row wins.</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Increase / decrease the amount of grids and bibs</li></ul>

## Cat and Mouse

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Players are in pairs and decide who is the 'cat' and who is the 'mouse'</li><li>• using the cones, mark out two lines 10 metres apart</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• Pairs stand, one metre apart, facing each other</li><li>• When the leader shouts 'cat', the 'mouse' must turn around and run over their line before getting tagged by the 'cat' and vice versa.</li><li>• If a player crosses their line before getting tagged, they earn one point</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Increase / decrease the playing area depending on the ability and age of the group</li></ul>

## Head, Shoulders, Cone

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Have players stand across from a partner with a cone directly in between them</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• Whilst jogging on the spot, players put their hands on their head, shoulders or knees when they are called by the leader</li><li>• If 'cone' is called, players race to be the first one to grab it</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Add additional actions</li><li>• Introduce extra, different coloured cones to each pair</li><li>• Players must run to a designated area before the other player tags them</li></ul>

## Domes and Dishes

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Place cones out in the area, with half the cones facing down to look like domes and the other half facing up to look like dishes</li><li>• Split the group into two teams</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• One team will be 'domes' and the other 'dishes'</li><li>• Domes must try and turn over all the cones to make them look like domes whilst the dishes try to turn all the cones upside down to look like dishes</li><li>• The leader must count to before shouting 'stop'</li><li>• The winning team will be the team with the most cones shaped like their name</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Increase / decrease the time limit</li></ul>

## Captains Coming

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Using the cones, mark out a playing area</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• The leader 'Captain' will call out the following commands for the players to respond to:<ul style="list-style-type: none"><li>- <b>Bow</b> - Run to the front of the playing area</li><li>- <b>Stern</b> - Run to the back of the playing area</li><li>- <b>Port</b> - Run to the left of the playing area</li><li>- <b>Starboard</b> - Run to the right of the playing area</li><li>- <b>Captain's coming</b> - Stand completely still and salute.</li><li>- <b>Hit the deck</b> - Lie down on your stomach</li><li>- <b>Climb the rigging</b> - Pretend to climb rigging.</li><li>- <b>Person overboard</b> - Hug the person next to you</li><li>- <b>Cannonballs</b> - Crouch on floor with hands over head</li><li>- <b>Dig for treasure</b> - Mime digging a hole</li><li>- <b>Seagulls</b> - Flap your arms like a bird</li></ul></li></ul>
ROUNDS & ADAPTATIONS	<p>Easier</p> <ul style="list-style-type: none"><li>• Reduce the amount of actions</li></ul> <p>Harder</p> <ul style="list-style-type: none"><li>• Add more actions</li><li>• Shout the commands faster</li><li>• The last person to do the action must do a forfeit</li></ul>

## Runner Beans

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Using the cones, mark out a playing area</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• Players should begin by walking around the room in any direction</li><li>• On the various commands listed below, they should carry out the appropriate action:<ul style="list-style-type: none"><li>- Jumping bean – jump around the area</li><li>- Runner bean - Run around the area</li><li>- Broad bean - Stretch your arms and legs out wide</li><li>- Baked bean – tuck arms and legs into chest</li><li>- Jelly bean – wobble like jelly</li><li>- Chilli bean – shiver and shake</li></ul></li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Add more beans and actions</li></ul>

# Tag Games

## Chaos Tag

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Using the cones, mark out a playing area</li><li>• Players need to look where they are running</li><li>• When a player is down, they must keep their arms and feet close to their body</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• All players can tag each other</li><li>• If a player is tagged, they must squat down</li><li>• The person who is down can get back up when the person who tagged them is tagged</li><li>• If two people tag each other at the same time, they should play rock, paper, scissors to decide the winner</li></ul>
ROUNDS & ADAPTATIONS	<p>Easier</p> <ul style="list-style-type: none"><li>• If a player is tagged, they stay down until the round is restarted</li><li>• Introduce 'jailbreak' – if this is shouted by the coach, all players they are down re-join the game</li></ul>

## Toilet Tag

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Using the cones, mark out a playing area</li><li>• Choose 3 players to be the 'taggers'</li><li>• Demonstrate how to flush by gently pushing down on an arm</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• When tagged, players become a toilet!</li><li>• They must kneel on one knee, arm up for the flush and other knee flat for the toilet seat.</li><li>• To be released, someone must flush your chain</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Swap the taggers after one or two minutes</li><li>• Players can become toilets by standing and holding out their arm</li></ul>

## Banana Split

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Using the cones, mark out a playing area</li><li>• Choose 3 players to be the 'taggers'</li><li>• Demonstrate how to 'peel' by gently pulling down on an arm</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• Players run around the playing area</li><li>• When tagged, players turn into a Banana by holding both arms above their head, hands together (in the shape of a Banana)</li><li>• Players must peel 'bananas' by gently putting their arms to their side</li><li>• Once peeled, bananas can continue as a runner again</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Bananas must be peeled by two runners, one arm each</li></ul>

## Shark Attack

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Using the cones, mark out a playing area</li><li>• Ask fish to jump if space is limited</li><li>• Seaweed must only move their arms</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• All fish to begin behind the same line with the shark in the middle</li><li>• Shark shouts "fishy, fishy, fishy come swim in my sea!"</li><li>• Fish reply "shark, sharky, shaky you can't catch me"</li><li>• The fish run to the other side and the shark tried to tag</li><li>• When a fish is tagged, they turn into seaweed</li><li>• If seaweed tags a player, they also turn into seaweed</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• When seaweed successfully tags a fish, they can become a crab and move horizontally</li><li>• When a crab tags a fish, they become a lobster and move both vertically and horizontally</li></ul>

## Chain Tag

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Using the cones, mark out a playing area</li><li>• Choose one player to be the tagger</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• When players are tagged, they link arms / hands to become a chain</li><li>• Players joined together continue to tag others and join the end of the chain</li><li>• The chain is not allowed to be broken</li><li>• When one person is left they become the tagger for the next round</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Add multiple taggers</li></ul>

## Dance Tag

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Using the cones, mark out a playing area</li><li>• Choose one player to be the tagger</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• The tagger aims to catch all players</li><li>• If a student is caught, they must stop and create a dance move</li><li>• They keep repeating the dance move until another player mirrors the dance move for 5 seconds</li><li>• They are then free to rejoin the game</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Players cannot repeat a dance and must create a different dance move if they are caught again</li></ul>

## Line Tag

EQUIPMENT	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
SET UP AND SAFETY	<ul style="list-style-type: none"> <li>• Choose 2 players to be the taggers</li> </ul>
HOW TO PLAY	<ul style="list-style-type: none"> <li>• Students (Cars) move around along the marked lines (Roads) in the playing area</li> <li>• Taggers (Police) must chase the cars along the lines</li> <li>• If a car is tagged by the police or the car falls off the roads, then they are caught and must sit down where they committed the crime</li> <li>• Caught cars become a roadblock, preventing other cars from getting past (except Police who have special powers)</li> </ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> <li>• To be freed, another car must touch the roadblock on the head and this allows them back into the game</li> <li>• Change the movement activity: Reversing (move backwards), Jumping, Hopping etc.</li> </ul> <p>Easier</p> <ul style="list-style-type: none"> <li>• Reduce taggers</li> <li>• Allow cars to jump lines.</li> </ul> <p>Harder</p> <ul style="list-style-type: none"> <li>• Increase taggers</li> </ul>

## Recharge

EQUIPMENT	<ul style="list-style-type: none"> <li>• 8 Hoops</li> </ul>
SET UP AND SAFETY	<ul style="list-style-type: none"> <li>• Place 4 hoops at one end of the playing area and 4 hoops at the opposite end</li> <li>• Select 1-3 taggers (Energy Zappers)</li> </ul>
HOW TO PLAY	<ul style="list-style-type: none"> <li>• The 'energy zappers' aims to catch all players</li> <li>• When players are tagged, all of their energy is zapped out of them</li> <li>• To recharge their batteries, they must visit the recharging tunnel where they must perform a two footed jump from hoop to hoop</li> <li>• Once they have completed the recharging tunnel they are back into the game</li> <li>• The exercises through the recharging tunnel should be changed each game</li> </ul>

ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> <li>• Change recharge to hopping, star jumps, quick feet or squats in each hoop</li> </ul>
	<p><b>Easier</b></p> <ul style="list-style-type: none"> <li>• Fewer taggers</li> <li>• Reduce the distance between each hoop in the recharging tunnel</li> </ul> <p><b>Harder</b></p> <ul style="list-style-type: none"> <li>• More taggers</li> <li>• Smaller playing area</li> <li>• Increase the distance between each hoop in the recharging tunnel</li> </ul>

## Ball Tag

EQUIPMENT	<ul style="list-style-type: none"> <li>• Two different coloured soft balls (pink and purple)</li> </ul>
SET UP AND SAFETY	<ul style="list-style-type: none"> <li>• Choose 2 players to be the taggers (evil villains) – each given a pink ball</li> <li>• Choose 2 player to be the super heroes – each given a purple ball</li> </ul>
HOW TO PLAY	<ul style="list-style-type: none"> <li>• Evil Villains aim to throw pink balls at players below the shoulders</li> <li>• When players are hit, they are tagged and must freeze with their hands in the catching position</li> <li>• To be freed, they must catch a purple ball from the superheroes and throw it back to them</li> <li>• If the ball is dropped, it must be repeated</li> <li>• Superheroes cannot be tagged</li> </ul>
ROUNDS & ADAPTATIONS	<p><b>Easier</b></p> <ul style="list-style-type: none"> <li>• Reduce evil villain taggers</li> <li>• Increase number of superheroes</li> </ul> <p><b>Harder</b></p> <ul style="list-style-type: none"> <li>• Superheroes can be tagged</li> <li>• Increase throwing distance</li> <li>• Increase evil villain taggers</li> <li>• Reduce number of superheroes</li> </ul>

## Elbow Tag

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Using the cones, mark out a playing area</li><li>• Players must link arms in pairs</li><li>• Choose one player to become the tagger and another player to become 'the chased'</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• The Chased must link elbows with a pair of players</li><li>• The player on the other side of the pair must break off from the group</li><li>• This player now becomes The Chased</li><li>• If The Chased gets tagged, they become the tagger</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Increase the amount of taggers and players being chased</li></ul>

..