



CIRCLE GAMES



Contents

What is the purpose of this document?.....	3
Safety & Organisation.....	3
Head Catch.....	4
Monkey Ball	4
Gaga Ball	5
Horses and Jockeys	5
Boomba.....	6
Splat.....	6
Hula Hoop Game.....	7
Time Ball.....	7
Flinch	8
1,2,3 look.....	8
3,6,9 Clap.....	9
Clap, Pat, Snap.....	9
Frogger	10
Ninja	10
Zimmy, Zimmy	11



What is the purpose of this document?

These Circle Games are a resource designed to help you as a red top prepare for your sessions at Kings Camps. You are not restricted to the use of these games only; they are provided as ideas to get you started.

Circle Games require little to no equipment and therefore can be played within any space or facility. Circle Games are enjoyed by all ages, it is essential to ensure that you adapt them to meet the needs of your group and the facilities available to you. When working with children it is good practice to have good knowledge of three to four circle games that you can fall back on if needed.

Circle games are useful for controlling a group that is energetic, filling time and getting great engagement in a small space.

Safety & Organisation

1. Utilise coaches efficiently - if there are multiple coaches with one group, create more circles to ensure inclusivity.
2. To maximise participation, ensure that players are taking turns quickly.
3. The weather must be reasonably warm if able to do it outside and remain aware of the condition of children throughout. Keeping them active and moving will prevent them from becoming too cold.
4. Sun cream is applied if you are able to do activities outside.
5. Check the grounds for debris and sharp objects before using the playing area. – clear playing area and ensure circle is large enough
6. Always remember that we are there for the children to have a great time and be safe at all times.



Head Catch

EQUIPMENT	<ul style="list-style-type: none">• 1 Ball
SET UP AND SAFETY	<ul style="list-style-type: none">• Use a soft ball so all players can head the ball• Make sure your playing space is large enough
HOW TO PLAY	<ul style="list-style-type: none">• A leader stands in the middle of a circle and throws a ball to each player, shouting either “head” or “catch”• Players must head or catch the ball• The leader can decide to change the game so players must do the opposite of what they say• If a player misses they lose a life. All players have 2 lives• If players lose their lives they must do an active forfeit
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Use forfeits or lives so players are never out

Monkey Ball

EQUIPMENT	<ul style="list-style-type: none">• 1 Ball
SET UP AND SAFETY	<ul style="list-style-type: none">• Players should have their legs wide open so that the circle is large enough.• The monkey ball must roll across the floor and
HOW TO PLAY	<ul style="list-style-type: none">• Players create a circle with legs outstretched, touching toes with the player next to them• Take turns to roll the ball in between other players legs. Players cannot block the ball with their knees or legs• Every player has 4 lives. Each time the ball goes through their legs they do the following: Life 1: Put one arm behind their back. Life 2: Turn around. Life 3: Must do a forfeit in the middle.
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Make monkey noises when striking the ball



Gaga Ball

EQUIPMENT	<ul style="list-style-type: none">• Ball• Cones
SET UP AND SAFETY	<ul style="list-style-type: none">• Use cones to lay out a safe area to play in• Players must always stay on their feet
HOW TO PLAY	<ul style="list-style-type: none">• In a circle, any player can roll or strike the gaga ball against other players' legs below knee height• Every player must place one hand behind their back whilst playing• If a player is struck by a ball they must step outside of the playing area• If the leader shouts "jailbreak", every player is allowed to return to the game
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Players can return to the game by doing a forfeit• Introduce more balls• Players they are out, can help put the balls back in the playing area

Horses and Jockeys

EQUIPMENT	<ul style="list-style-type: none">• N/A
SET UP AND SAFETY	<ul style="list-style-type: none">• Players must not run through the circle• Remind all players which direction they must run in
HOW TO PLAY	<ul style="list-style-type: none">• In a circle, players need to get into pairs. The horse stands at the front and the jockey stands at the back• Call out "Horse" or "Jockey". The horse or jockey must step outside of the circle and run around the circle until they get back to their partner• The pair who gets to their position last has to sit down• The last standing pair win the race
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Vary the size of the playing area• Jockeys need to catch their 'horses' using a two handed tag• Vary the locomotor movement used to move around the circle



Boomba

EQUIPMENT	<ul style="list-style-type: none">• 1 Ball or Beanbag
SET UP AND SAFTEY	<ul style="list-style-type: none">• Players who are sitting down must have their legs straight out in front of them, flat on the floor
HOW TO PLAY	<ul style="list-style-type: none">• In a circle, players will pass the Boomba Ball to the player next to them• The leader will stand in the middle and close their eyes and loudly call out “tick, tick, tick”• When the leader ends the time, they must shout “Boomba!”• Whoever is holding the ball must sit down with their legs out• The player next to them must now jump over their legs• The last player standing, wins!
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Make some countdowns slow and some fast• Give players a chance to count in the middle

Splat

EQUIPMENT	<ul style="list-style-type: none">• N/A
SET UP AND SAFTEY	<ul style="list-style-type: none">• Players stand in a large circle
HOW TO PLAY	<ul style="list-style-type: none">• The ‘Splat Master’ stands in the middle of the circle• The splat master points at a player and must say “splat”• The player being pointed at, must duck down. The two players next to them turn to each other and say “splat”• The player to say “splat” first wins and the other player must sit down• The last two players standing have a final “splat off” and stand back-to-back• For every word that is not “splat” they take one step forwards• When “splat” is said, players turn to each other and the first to say splat, wins!
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Keep the game fast paced• Let players take turns at being the Splat Master



Hula Hoop Game

EQUIPMENT	<ul style="list-style-type: none">• 2 Hula Hoops• 1 Stopwatch
SET UP AND SAFETY	<ul style="list-style-type: none">• Make sure the Hula Hoop is large enough for players
HOW TO PLAY	<ul style="list-style-type: none">• All players stand in a circle and hold hands• Ask 2 players to let go of each other's hands, place the hula hoop in between their hands and ask them to hold hands again• Players must pass their whole body through the hula hoop without letting go of each other's hands• Once every player passes through the hoop, the time ends• Repeat the cycle and see if the team can improve their time
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Split the group into two teams and race against each other• Ask the players to count <p>Easier</p> <ul style="list-style-type: none">• Make the hula hoop larger <p>Harder</p> <ul style="list-style-type: none">• Make the hula hoop smaller

Time Ball

EQUIPMENT	<ul style="list-style-type: none">• Ball
SET UP AND SAFETY	<ul style="list-style-type: none">• Players stand in a circle
HOW TO PLAY	<ul style="list-style-type: none">• Players throw the ball to each other and chant "don't drop the ball"• If a player drops the ball, everyone should start counting down from 10• The player holding the ball at the end of the countdown loses a life or does a 'forfeit'
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Adapt the ball size suitable for your group



Flinch

EQUIPMENT	<ul style="list-style-type: none">• Ball
SET UP AND SAFETY	<ul style="list-style-type: none">• Players should not throw the ball too hard
HOW TO PLAY	<ul style="list-style-type: none">• All players stand in a circle and put both hands behind their back• The 'leader' stands in the middle and throws the ball to each player• If a player drops the ball, they must do an active forfeit to re-join• If the leader in the middle pretends to throw the ball to a player and their arms go in front of their body, they also must do a forfeit
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Allow players to be the leader in the middle

1,2,3 look

EQUIPMENT	<ul style="list-style-type: none">• N/A
SET UP AND SAFETY	<ul style="list-style-type: none">• All players stand in a circle with their eyes closed and their heads lowered
HOW TO PLAY	<ul style="list-style-type: none">• The leader calls out 1-2-3-Look!• As the leader calls "look," the players look up at one specific person.• Players cannot change who they are looking at during each round• If that person is looking directly back, both players are out. If that person is looking at a different person, the players put their heads back down and wait for the next call of "1-2-3 Look."• Continue the game rapidly to close the circle and eventually you'll be left with two people and the game is over
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Speed the pace of play up and down



3,6,9 Clap

EQUIPMENT	<ul style="list-style-type: none">N/A
SET UP AND SAFETY	<ul style="list-style-type: none">Players stand in a circle
HOW TO PLAY	<ul style="list-style-type: none">Players cannot say 3, 6, or, 9 and must clap instead when it is their turnPlayers take it in turn to count from oneIf a player incorrectly says a number containing 3, 6 or 9 they must perform a forfeit to re-join the game
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">Allow players to have three livesPlayers must perform a forfeit/ lose a life if they take too long to speak or clap

Clap, Pat, Snap

EQUIPMENT	<ul style="list-style-type: none">N/A
SET UP AND SAFETY	<ul style="list-style-type: none">Players sit in a circleChoose one player to be the 'detective' and leaves the circleChoose another player to be the 'mime'
HOW TO PLAY	<ul style="list-style-type: none">The mime performs an action (clap, pat or snap) and players within the circle continue to copyThe detective returns and stands in the middle of the circleThe mime continues to switch the action and everyone else followsThe detective in the center has three tries to guess who the mime is
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">Increase / decrease the amount of guesses allowedChange the mime and detective each round



Frogger

EQUIPMENT	<ul style="list-style-type: none">• N/A
SET UP AND SAFETY	<ul style="list-style-type: none">• Players sit in a circle with their eyes closed• Choose one player to be the 'detective' and leaves the circle
HOW TO PLAY	<ul style="list-style-type: none">• Leader walks around the circle and chooses one person to become the 'frogger' by tapping them on the head• When the frogger has been chosen, the detective returns to the circle and stands in the center• The frogger's role is to stick their tongue out at people. When they do this, it will "freeze" that person• The detective has three tries to guess who the frogger is
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Once frozen, players should make a funny face and hold it• Change the frogger and detective each round

Ninja

EQUIPMENT	<ul style="list-style-type: none">• N/A
SET UP AND SAFETY	<ul style="list-style-type: none">• Players stand in a circle close together
HOW TO PLAY	<ul style="list-style-type: none">• The leader says 'ninja', players jump back and freeze into a 'ninja' pose• The leader makes the first move to attempt to gently hit the person to the right or left of them in one move• After their attempt, they must freeze in the position they end up in• The person they are attempting to hit has one move to avoid the hit• That person then goes on to attempt to hit the person next to them, and so forth• Players must put their arm behind their back if it is hit• If a player loses both arms, they must do a forfeit to re-enter the game
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Players can also move their feet



Zimmy, Zimmy

EQUIPMENT	<ul style="list-style-type: none">• N/A
SET UP AND SAFETY	<ul style="list-style-type: none">• Players stand or sit in a circle• Choose a leader to be 'Zimmy'
HOW TO PLAY	<ul style="list-style-type: none">• Starting from 'Zimmy', players count, clockwise, from one – this is their number for the game• Players clap twice and snap once to make a pattern• All players start by chanting "Zimmy, Zimmy, Zimmy Zimmy, Zimmy, Zimmy, Zimmy Zimmy, to the pattern• The leader then starts by saying 'Zimmy, Zimmy' then calls out a number twice• The player with that number has to repeat its number and say another number and so on
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• When players call out 'zimmy, zimmy', everyone must start chanting again and the pace of the game increases