



MUSIC GAMES



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What is the purpose of this document?

These Music Games are a resource designed mainly for children under 8 and 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. Please ensure that you adapt them to meet the needs of your group and the facilities available to you.

Music Games require little to no equipment and therefore can be played within any space or facility.

Safety & Organisation

1. The weather must be reasonably warm to be able play outside and ensure to remain aware of the condition of children throughout. Keeping them active and moving will prevent them from becoming too cold.
2. Ensure to provide an appropriate amount of space for the playing area.
3. Sun cream is applied if you are able to do activities outside.
4. Check the grounds for debris and sharp objects before using the playing area.
5. Always remember that we are there for the children to have a great time and be safe at all times.



NAME OF ACTIVITY	<ul style="list-style-type: none">• Musical Bumps
HOW TO PLAY	<ul style="list-style-type: none">• Using cones, set up a large playing area and a smaller area known as the 'after party'• Players dance around in the playing area• When the music is stopped, players must sit down on the floor as quickly as possible• The last to sit down must go to the 'after party' – eliminated players are encouraged to continue to dance in that designated area and help spot players that sit down last
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• The last player down is eliminated and becomes 'a spotter' who watches for additional players sitting down last• Introduce a 'jailbreak' which allows players that have been eliminated to re-join the game

NAME OF ACTIVITY	<ul style="list-style-type: none">• Musical statues
HOW TO PLAY	<p>Up-tempo songs present different challenges than smooth and slow songs, so use a variety of songs whenever you play!</p> <ul style="list-style-type: none">• Play the music and ask the kids to dance• When the music stops, the children should freeze like statues.• The kids must stand like that for 10 seconds, and anyone who moves, giggles, or even wobbles when the music is not playing is out• When the music is back on, they continue dancing• The last person dancing on at the end is the champion statue!
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Players that have been eliminated become 'statue police' and can look for players moving• Statue police can walk around and, without touching, try to make players laugh



NAME OF ACTIVITY	<ul style="list-style-type: none">• Mirrors
HOW TO PLAY	<ul style="list-style-type: none">• Players are split into pairs• Partners face each other at arm's distance apart• Decide who will be the "leader" and who will be the "mirror."• As the music plays, the leader performs simple movements as the mirror imitates them.• When the song is over, switch roles!
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Encourage leaders to experiment and be creative with their movements<ul style="list-style-type: none">- fundamental movements (running, skipping, hopping)- animal walks- dance moves- funny faces

NAME OF ACTIVITY	<ul style="list-style-type: none">• Pass the object
HOW TO PLAY	<ul style="list-style-type: none">• whilst the music is playing, players stand in a circle• players must pass an object around the circle on the beat• experience with the pace of the music – start slow and progress to faster songs
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Try to throw and catch a ball on the beat• Change directions

NAME OF ACTIVITY	<ul style="list-style-type: none">• Musical Hot Potato
HOW TO PLAY	<ul style="list-style-type: none">• Sitting in a circle, play any song as the players pass a ball around the circle to the beat• When the music is stopped; the player holding the ball gets the opportunity to share a fun fact about themselves (e.g. favourite animal, colour, food)
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Players must perform a forfeit to continue in the game if they are holding the ball when the music stops (e.g. 5 star jumps)



NAME OF ACTIVITY	<ul style="list-style-type: none">• Conga
HOW TO PLAY	<ul style="list-style-type: none">• Stand in a line one behind the other• Choose a leader to stand at the front of the line• All players must copy the movements that the leader performs• At the end of a song, choose a new leader and ask them to share a new way to move around the area.
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Dance in a line to a favourite song• Use fundamental movements

NAME OF ACTIVITY	<ul style="list-style-type: none">• Musical Spots
HOW TO PLAY	<ul style="list-style-type: none">• Place marker spots in a circle – one less than the amount of players in the group• Start the music and have the players walk/jog clockwise around the spots• When the music stops - all players must sit quickly on an empty spot• One player will be left standing without a spot, and they will be out of the game• Another spot is then removed• The game continues until there is only one person seated on a spot• That player is the winner of the game
ROUNDS & ADAPTATIONS	Players that are out can help: <ul style="list-style-type: none">• Stop the music• Identify which player is out• Instruct how the players must move around the circle (hop, skip, dance etc.)



NAME OF ACTIVITY	<ul style="list-style-type: none">• Tissue dance
HOW TO PLAY	<ul style="list-style-type: none">• Give each player a tissue and ask them to put it on their head• When the music starts, they should start dancing and moving on the dance floor, without letting the tissue fall• If the tissue falls on the ground, the player gains a point• The player with the least amount of points, wins!
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• If the tissue falls off the player's head and they catch it before it touches the ground, they can put it back on their head and continue dancing• If the tissue falls on the ground, the player is out and helps watch for any falling tissues• The last one to stand dancing with the tissue is the winner

NAME OF ACTIVITY	<ul style="list-style-type: none">• Dance like an animal
HOW TO PLAY	<ul style="list-style-type: none">• Players must move around the playing area like an animal stated by the leader• Play slow/ fast paced music depending on the animal being acted out
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Ask players which animal to dance like next• discuss how the animal moves, how fast or slow it moves, the sounds it makes, and any other unique traits it has



NAME OF ACTIVITY	<ul style="list-style-type: none">• Musical Limbo
HOW TO PLAY	<ul style="list-style-type: none">• A limbo stick (lacrosse stick) is held at a height such that the players can pass under it easily• Players must dance to move under the limbo stick without touching it• Play the music and have the children move from under the beam, one after the other.• Whoever touches the pole or fails to dance while under it is out of the game and continues to dance around the playing area (away from the players that are still in)• After one round, lower the stick a little and repeat the routine.
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Call 'jailbreak' so players that are 'out' can re-join the game• Players must perform a 'forfiet' before re-joining the game (e.g. dance move, silly face)