



Whole Camp Warm Up Ideas



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What is the purpose of this document?

Each morning, the children take part in a whole-camp welcome talk and warm-up. It is essential that these are delivered with high energy and enthusiasm – it sets the tone for the rest of the day.

You are not restricted to the use of these games only; they are provided as ideas to get you started. It's important to vary the warm-up activity daily to maintain excitement for the children. Please ensure that you adapt them to meet the needs of your camp and the facilities available to you.

The purpose of warming up before they begin their group sessions is to prepare mentally and physically ready to start their day on camp. Warming up increases the heart rate and therefore blood flow enabling more oxygen to reach the muscles.

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

Safety & Organisation

1. Check the grounds for debris and sharp objects before using the playing area. Set clear boundaries to avoid having children running off or running hard into walls/benches that may be at the side of sports hall spaces.
2. Always remember that we are there for the children to have a great time and be safe at all times.
3. Keep in mind that there may be children aged 5-17 in this warm up. Consider everyone's safety when choosing your activities. You may wish to assign spaces for younger/older children so that no-one gets hurt.
4. Ensure to provide an appropriate amount of space for the playing area.
5. 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.
6. Sun cream and hats should be applied if you do activities outside.



Evolution

| | |
|----------------------|---|
| EQUIPMENT | <ul style="list-style-type: none">• Cones |
| SET UP AND SAFETY | <ul style="list-style-type: none">• Use cones to mark out a playing area• Ensure there are no obstacles causing a tripping hazard |
| HOW TO PLAY | <ul style="list-style-type: none">• Everyone starts out as an egg by squatting down low and waddling around the playing area• “Eggs” find another egg and play a game of rock-paper-scissors• The winners turn into a chicken• Chickens move on to find other chickens, and eggs continue to play against other eggs• Each time a player wins a r-p-s bout, they evolve into the next stage• The game ends when all but the lone person in each stage evolve to the final stage. |
| ROUNDS & ADAPTATIONS | <p>The “evolutions” and actions are:</p> <ul style="list-style-type: none">• Egg: squatting down low near ground• Chicken: putting thumbs under armpits and flapping elbows• Eagle: flapping arms by sides• Pterodactyl – arms out at shoulder length and moving body back and forth as if soaring through the skies |

Cheerleader

| | |
|----------------------|--|
| EQUIPMENT | <ul style="list-style-type: none">• Cones |
| SET UP AND SAFETY | <ul style="list-style-type: none">• Use cones to mark out a playing area• Ensure there are no obstacles causing a tripping hazard |
| HOW TO PLAY | <ul style="list-style-type: none">• All players spread out in the playing area• Players must play rock paper scissors against each other• The player who loses places their hands on the shoulders of the winning player and becomes their cheerleader• The player that won continues to play other participants, if they win again, the player they won against and all of their cheerleaders join on to the winners train of cheerleaders• Continue until there are two groups and have both groups cheer for the last game of rock paper scissors |
| ROUNDS & ADAPTATIONS | <ul style="list-style-type: none">• Be creative with the actions |



Hungry Hippos

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|---------------------------------|---|
| EQUIPMENT | <ul style="list-style-type: none">• Hula Hoops• Selection of balls (tennis, foam, KS1)• Lacrosse sticks |
| SET UP AND SAFETY | <ul style="list-style-type: none">• Create a square in the centre of the playing area using cones• Place a variety of balls that are different colours and sizes within the square• Divide players into groups of 10 |
| HOW TO PLAY | <ul style="list-style-type: none">• One player at a time from each team must collect one ball, using their stick, and bring it back their base• When all balls have been collected, teams count how many balls they have at their base• The team with the most balls wins the round |
| ROUNDS & ADAPTATIONS | <ul style="list-style-type: none">• Progression:<ul style="list-style-type: none">- Assign different points to the variety of coloured and types of balls- Once all balls have been taken from the middle, players can steal balls from other teams' bases |

Mingle, Mingle, Mingle

| | |
|---------------------------------|--|
| EQUIPMENT | <ul style="list-style-type: none">• Cones |
| SET UP AND SAFETY | <ul style="list-style-type: none">• Use cones to mark out a playing area• Ensure there are no obstacles causing a tripping hazard |
| HOW TO PLAY | <ul style="list-style-type: none">• All players move around a playing area, shouting "mingle, mingle, mingle"• Coach calls out a category question (for example - what is your favourite colour?)• All players start calling out their favourite colour to each other and find the others in the group who have the same favourite colour as them• Players who have the same answer, link arms and continue to go round the group looking for more people with the same answer• When all players are grouped together, everyone stands still and each group calls out their answer |
| ROUNDS & ADAPTATIONS | <ul style="list-style-type: none">• Introduce a time limit• Be creative with the category question |



Runner Beans

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|----------------------|---|
| EQUIPMENT | <ul style="list-style-type: none"> • Cones |
| SET UP AND SAFETY | <ul style="list-style-type: none"> • Use cones to mark out a playing area • Ensure there are no obstacles causing a tripping hazard |
| HOW TO PLAY | <ul style="list-style-type: none"> • Players should begin by walking around the room in any direction • On the various commands listed below, they should carry out the appropriate action: <ul style="list-style-type: none"> ○ Jumping bean – jump around the area ○ Runner bean - Run around the area ○ Broad bean - Stretch your arms and legs out wide ○ Baked bean – tuck arms and legs into chest ○ Jelly bean – wobble like jelly ○ Chilli bean – shiver and shake |
| ROUNDS & ADAPTATIONS | <p>Additional actions:</p> <ul style="list-style-type: none"> • Chilli Bean - Shiver and shake • Butter Bean - Slide around on bottom • Beans on Toast - Find a partner and lay on the floor • French Bean – Walk around saying ‘ooh La La’ • String Bean - stretch yourself long and thin |

Domes and Dishes

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|----------------------|--|
| EQUIPMENT | <ul style="list-style-type: none"> • Cones |
| SET UP AND SAFETY | <ul style="list-style-type: none"> • 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 • Split the group into two teams |
| HOW TO PLAY | <ul style="list-style-type: none"> • One team will be ‘domes’ and the other ‘dishes’ • 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 • The leader will count down from 10 before shouting ‘stop’ • All players must then place their hands on their hands and return to the start line • The winning team will be the team with the most cones shaped like their name |
| ROUNDS & ADAPTATIONS | <ul style="list-style-type: none"> • Increase / decrease the time limit |



Captains Coming

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

Scoop

| | |
|----------------------|--|
| EQUIPMENT | <ul style="list-style-type: none">• Cones |
| SET UP AND SAFETY | <ul style="list-style-type: none">• Have players stand across from a partner with a cone directly in between them |
| HOW TO PLAY | <ul style="list-style-type: none">• Whilst jogging on the spot, players must place their hands on the body part the leader shouts out (i.e., "head", touch their head)• when the leader shouts "Scoop", players must try to grab the cone before their opposition• Rotate players each round |
| ROUNDS & ADAPTATIONS | <ul style="list-style-type: none">• Add additional actions• Introduce extra, different coloured cones for each pair• Winning players must run to a designated area before the other player tags them |



Giants, Wizards, Elves

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|----------------------|--|
| EQUIPMENT | <ul style="list-style-type: none">• Cones |
| SET UP AND SAFETY | <ul style="list-style-type: none">• Divide space into two areas• Create a safe zone at the end of each half• Divide players into 2 teams• Choose a team captain for each team <p>The following actions determine who beats who:</p> <ul style="list-style-type: none">• Giants squash elves,• Elves outsmart wizards• Wizards zap giants |
| HOW TO PLAY | <ul style="list-style-type: none">• Each team should decide together whether they'll be giants, wizards or elves, without making it obvious to the other team.• Both teams then line up and stand facing each other – 2M apart• On the count of 3 – both teams make the action of the creature they have chosen• The winning team tries to tag the opposition before they return to their safe zone• If tagged, players must join the other team• If both teams show the same character, no one wins.• Rounds keep repeating until one team has captured the entire other team |
| ROUNDS & ADAPTATIONS | <ul style="list-style-type: none">• To replace tagging – teams can gain points for winning rounds |



Tag Games

Please Mr Crocodile

| | |
|----------------------|--|
| EQUIPMENT | <ul style="list-style-type: none">• Cones |
| SET UP AND SAFETY | <ul style="list-style-type: none">• Using the cones, mark out a playing area• Choose 1-3 players to stand in the middle of the playing area as 'Mr Crocodile'• All other players stand at one side of the playing area |
| HOW TO PLAY | <ul style="list-style-type: none">• Players chant "please Mr Crocodile may we cross your river?"• 'Mr Crocodile' creates a different rule for each round i.e., "only if you're wearing purple", "only if you have a sibling"• Player that fit within the rule stated, can cross the river without getting tagged• All other players must then try to cross the river, without getting tagged by Mr Crocodile• If players are tagged, they also become crocodiles |
| ROUNDS & ADAPTATIONS | <ul style="list-style-type: none">• Be creative with the rule• If players are tagged, they become water and must try to tag other players whilst standing on a spot and waving their arms out wide |

Toilet Tag

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



Chaos Tag

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

Banana Split

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



Shark Attack

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

Chain Tag

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



Dance Tag

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

Line Tag

| | |
|----------------------|---|
| EQUIPMENT | <ul style="list-style-type: none">• Cones |
| SET UP AND SAFETY | <ul style="list-style-type: none">• Using the cones, mark out a playing area• Choose one player to be the tagger |
| HOW TO PLAY | <ul style="list-style-type: none">• players (Cars) move around along the marked lines (Roads) in the playing area• Taggers (Police) must chase the cars along the lines• 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• Caught cars become a roadblock, preventing other cars from getting past (except Police who have special powers) |
| ROUNDS & ADAPTATIONS | <ul style="list-style-type: none">• To be freed, another car must touch the roadblock on the head and this allows them back into the game• Change the movement activity: Reversing (move backwards), Jumping, Hopping etc. <p>Easier</p> <ul style="list-style-type: none">• Reduce taggers• Allow cars to jump lines. <p>Harder</p> <ul style="list-style-type: none">• Increase taggers |



Recharge

| | |
|----------------------|---|
| EQUIPMENT | <ul style="list-style-type: none">• 8 Hoops |
| SET UP AND SAFETY | <ul style="list-style-type: none">• Place 4 hoops at one end of the playing area and 4 hoops at the opposite end• Select 1-3 taggers (Energy Zappers) |
| HOW TO PLAY | <ul style="list-style-type: none">• The 'energy zappers' aims to catch all players• When players are tagged, all of their energy is zapped out of them• To recharge their batteries, they must visit the recharging tunnel where they must perform a two footed jump from hoop to hoop• Once they have completed the recharging tunnel they are back into the game• The exercises through the recharging tunnel should be changed each game |
| ROUNDS & ADAPTATIONS | <ul style="list-style-type: none">• Change recharge to hopping, star jumps, quick feet or squats in each hoop <p>Easier</p> <ul style="list-style-type: none">• Fewer taggers• Reduce the distance between each hoop in the recharging tunnel <p>Harder</p> <ul style="list-style-type: none">• More taggers• Smaller playing area• Increase the distance between each hoop in the recharging tunnel |

Elbow Tag

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



Ball Tag

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

Let's Dance

| | |
|-----------|---|
| EQUIPMENT | <ul style="list-style-type: none">• Speaker |
| SONGS | <ul style="list-style-type: none">• Macarena - Los Del Río• Cha cha slide – DJ Casper• I am the music man – Black Lace• Hula hoop - OMI• Superman –Black Lace• 5,6,7,8 – Steps |