

# DALE SIDEBOTTOM'S

# TOP FIVE

OVER 100  
FREE AMAZING  
RESOURCES TO  
ENGAGE  
STUDENTS

## LIST'S OF

DESIGNED FOR  
STUDENTS OF ALL  
AGES AND  
ABILITIES

# EDUCATION BREAKS

AS SEEN ON OUR  
WEBSITE.  
[WWW.BREAKAPPZ.COM](http://WWW.BREAKAPPZ.COM)



@DALESIDEBOTTOM

# BreakAppz

# TABLE OF CONTENT

<i>Balance &amp; Coordination Activities</i>	<i>Page 3</i>
<i>Breathing Activities</i>	<i>Page 4</i>
<i>Name Game Activities</i>	<i>Page 5</i>
<i>Tag Activities</i>	<i>Page 6</i>
<i>Tag Activities - Part Two</i>	<i>Page 7</i>
<i>Team Building Activities</i>	<i>Page 8</i>
<i>Activities Using a Deck of Cards</i>	<i>Page 9</i>
<i>Class Circle Activities</i>	<i>Page 10</i>
<i>Class Counting Activities</i>	<i>Page 11</i>
<i>Activities Using a Dice</i>	<i>Page 12</i>
<i>Icebreaker Activities</i>	<i>Page 13</i>
<i>Jumping Activities</i>	<i>Page 14</i>
<i>Minor Games</i>	<i>Page 15</i>
<i>Minor Games - Part Two</i>	<i>Page 16</i>
<i>Organising Groups</i>	<i>Page 17</i>
<i>Outdoor Games</i>	<i>Page 18</i>
<i>Partner Warm Ups</i>	<i>Page 19</i>
<i>Posture Activities</i>	<i>Page 20</i>
<i>Paper, Scissors, Rock Activities</i>	<i>Page 21</i>
<i>Stretching Activities</i>	<i>Page 22</i>
<i>Activities For Supply Teachers</i>	<i>Page 23</i>
<i>Activities For Supply Teachers - Part Two</i>	<i>Page 24</i>
<i>Bus Activities</i>	<i>Page 25</i>
<i>Cricket Curriculum Engagers</i>	<i>Page 26</i>
<i>Literacy Lesson Starters</i>	<i>Page 27</i>

For more great resources such as the ones in this eBook, please check out our website.

**WWW.BREAKAPPZ.COM**

# BALANCE & COORDINATION ACTIVITIES

@DALESIDEBOTTOM

## CHICKEN MAN



STUDENTS START BY STANDING ON THEIR OWN, AND ON THEIR TOES, MAKING CHICKEN WINGS WITH THEIR ARMS. THEY THEN NEED TO TWIST THEIR BODY BACK AND FORTH, ALL THE WAY DOWN, UNTIL THEIR BOTTOM TOUCHES THEIR FEET. ONCE THE STUDENTS HAVE DONE THIS THEY THEN COME ALL THE WAY BACK UP, AND DO IT AGAIN. THIS CONTROLLED MOVE IS CALLED THE CHICKEN MAN BECAUSE YOU ARE DANCING LIKE A FUNKY CHICKEN.

## The Elephant



## Catch A Star



STUDENTS REACH WITH THEIR RIGHT HAND UP IN THE AIR AND BEND TO THEIR LEFT AS THEY PRETEND TO CATCH A STAR HIGH IN THE SKY. THEN THEY REACH WITH THEIR LEFT HAND UP IN THE AIR AND BEND TO THEIR RIGHT AS THEY CATCH A STAR HIGH IN THE SKY.

STUDENTS START BY PLACING THEIR LEFT EAR ON THEIR LEFT SHOULDER THEN EXTENDING THEIR LEFT ARM LIKE THE TRUNK OF AN ELEPHANT WITH THEIR KNEES RELAXED. STUDENTS THEN DRAW THE FIGURE 8 IN FRONT OF THEM, CROSSING UP IN THE MIDDLE OF THEIR STOMACH. STUDENTS THEN SWITCH ARMS AFTER FIVE COMPLETE FIGURES.

## THE PADDLER



STUDENTS START BY PUTTING FISTS ON TOP OF EACH OTHER AS IF THEY ARE HOLDING A BOAT PADDLE. TELL THEM TO PRETEND TO PADDLE ON THE RIGHT SIDE OF THEIR BODY AND THEN SWAP HANDS AND PRETEND TO PADDLE ON THE LEFT OF THEIR BODY. ONCE THE STUDENTS HAVE MASTERED THIS, YOU CAN GET THEM TO MOVE AROUND THE ROOM FOR EACH PADDLE THEY MAKE.

## THE FIREMAN

STUDENTS START BY PRETENDING THAT THEY ARE FIREMEN, AND THEY ARE CALLED TO PUT OUT A FIRE. FIRST THEY HAVE TO PRETEND THEY HAVE A BUCKET AND SCOOP UP WATER FROM THE FLOOR NEAR THEIR RIGHT FOOT. STUDENTS THEN HAVE TO THROW THE WATER OVER THEIR LEFT SHOULDER. ONCE STUDENTS HAVE COMPLETED TEN BUCKET THROWS OF WATER ON ONE SIDE OF THEIR BODY, THEY NEED TO SWAP AND DO THE SAME ON THE OPPOSITE SIDE.



BreakAppz



# TOP 5 BREATHING ACTIVITIES

@DALESIDEBOTTOM

## FLOWER POWER

Tell the students to imagine that they are smelling a beautiful flower. Students breathe in through their nose and out their mouth, releasing any tension. Ask them to imagine stopping and smelling the roses, daffodils, daisies or any other flower they like. This is a simple way to connect the students to their breathing and how it helps them to feel.



BreakAppz

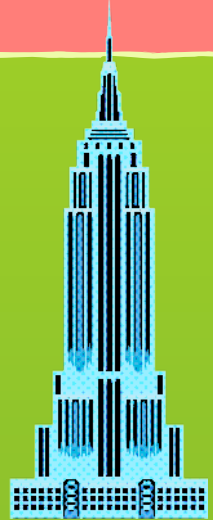
## BIG BEAR



Students inhale through their nose, pause, exhale out their nose, pause. Breathe in to a count of 3 or 4, pause for a count of 1 or 2, breathe out for a count of 3 or 4, pause for a count of 1 or 2. Repeat a few times. This will help ground and settle kids. Imagine a bear hibernating, with long controlled breaths.

## TALL BUILDING

Tell the students that their breath is an elevator taking a ride through their body, like a tall building. Students breathe in through their nose and start the elevator ride to the top floor. Breathe out and feel your breath go all the way to the basement, down to your toes. Breathe in and take your elevator breath up to your belly. Hold it. Now, breathe out all your air. This time, breathe in and take your elevator breath up to your chest. Hold it. Now breathe out all your air. Now breathe in and take your elevator breath up to the top floor, up through your throat and into your face and forehead. Feel your head fill with breath. Hold it. Now breathe out and feel your elevator breath take all your troubles and worries down through your chest, your belly, your legs, and out through the elevator doors in your feet. Repeat this for best results.



## humming



Get students to start with deep breaths in through their nose. As they exhale, encourage them to make a humming or buzzing sound. A deeper breath allows the students to hum for a longer period of time. Challenge the students to see how long they can hum to encourage deeper breaths.

## ROCKET TAKEOFF

Get the students to start by crouching down on the ground. Tell them that they are a rocket, and every breath they take is a takeoff. As they take a long, slow breath inhaling through their nose, they slowly move into a rocket position with their hands forming the tip of the rocket above their heads, standing as tall as possible. Then once they have finished inhaling through their nose, they hold the tall rocket for two seconds before quickly exhaling through their mouth and falling back into the crouch position. This is like a rocket taking off. Repeat the takeoff for two minutes.





# TOP 5 NAME GAMES



@DALESIDEBOTTOM

## coin stories

### RESOURCES:

COINS THAT WERE ALL MADE IN DIFFERENT YEARS

### DESCRIPTION:

THIS GAME IS PLAYED WITH STUDENTS SITTING IN A CIRCLE. THE TEACHER PASSES THE COINS OUT SO THAT EVERY STUDENT GETS A COIN EACH. THE IDEA IS TO LOOK AT THE DATE AND TRY TO THINK OF A STORY THAT HAPPENED TO THEM IN THE YEAR THAT IS ON THE COIN. FOR EXAMPLE, IF THE DATE ON THE COIN IS 2004, THE STUDENT HAS TO TRY TO THINK OF SOMETHING THAT THEY DID OR THAT HAPPENED TO THEM THAT YEAR. IT WILL BE IMPORTANT TO MAKE SURE THAT THE DATES ARE RELEVANT TO THE STUDENTS. OR YOU CAN DO THIS AS A RESEARCH GAME. GIVE STUDENTS COINS THAT WERE MADE BEFORE THEY WERE BORN. THEY THEN HAVE TEN MINUTES TO RESEARCH SOMETHING EXCITING THAT HAPPENED IN THE YEAR ON THEIR COIN. EVEN THOUGH THIS IS NOT A PERSONAL EXPERIENCE, YOU ARE TEACHING THE STUDENTS TIPS ON HOW TO RESEARCH AND FIND INFORMATION. THEN THE STUDENTS REPORT THEIR FINDINGS BACK TO THE CLASS.

## mingle, mingle, mingle

### DESCRIPTION:

STUDENTS MOVE AROUND THE ROOM SINGING "MINGLE, MINGLE, MINGLE" IN A NICE TONE UNTIL THE TEACHER CLAPS HIS OR HER HANDS THREE TIMES. THE TEACHER WILL THEN GIVE AN INSTRUCTION LIKE "FAVOURITE COLOUR". STUDENTS THEN NEED TO GET INTO GROUPS WITH OTHER STUDENTS WHO HAVE THE SAME FAVOURITE COLOUR AS THEM. THEN THE TEACHER WILL ASK EACH GROUP WHICH COLOUR THEY ARE BEFORE THE GAME STARTS AGAIN. THE TEACHER CAN USE ANY CATEGORIES. SOME GOOD ONES ARE WHAT YOU ATE FOR BREAKFAST, YOUR FAVOURITE CLASS SUBJECT, THE FOOTBALL SIDE YOU BARRACK FOR AND SO ON. THIS GAME IS GREAT FOR STUDENTS TO FIND OUT MORE ABOUT EACH OTHER AND STUDENTS THEY MIGHT BE ABLE TO BECOME FRIENDS WITH AS THEY HAVE CERTAIN THINGS IN COMMON.

## liar liar

### DESCRIPTION:

STUDENTS ARE TO GET INTO PAIRS (OR THREES). THE IDEA OF THIS ACTIVITY IS TO TRICK THE REST OF THE GROUP WITH FACTS ABOUT YOU BOTH. IN THEIR PAIRS, STUDENTS NEED TO WORK OUT TWO TRUTHS AND ONE LIE ABOUT EITHER OF THEM TO PRESENT TO THE REST OF THE GROUP. THE REST OF THE GROUP ARE GIVEN THE THREE 'FACTS' (ONE OF WHICH IS A LIE), AND NEED TO TRY TO WORK OUT WHICH ONE OF THEM IS A LIE.

### EXAMPLE

1. I CAN PLAY THE PIANO.
2. I HAVE A 21-YEAR-OLD PET CAT.
3. I'M THE YOUNGEST IN THE FAMILY. TWO STATEMENTS NEED TO BE TRUE AND ONE A LIE.

BreakAppz

## name game

### DESCRIPTION:

CLASS SITS IN A CIRCLE WITH THEIR FEET IN THE MIDDLE. ONE PERSON IN THE CLASS WILL START. THEY MUST SAY TO THE GROUP THEIR NAME, SOMETHING THEY LIKE AND AN ADJECTIVE THAT ALL START WITH THE SAME LETTER. THE NEXT PERSON WILL THEN HAVE TO REPEAT WHAT HAS JUST BEEN SAID AND SAY THEIRS AS WELL. IF THERE ARE TOO MANY PEOPLE IN THE GROUP YOU CAN MAKE IT THAT YOU ONLY HAVE TO SAY FOUR AT A TIME.

## line it up

### DESCRIPTION:

THIS ACTIVITY IS COMPLETED WITHOUT ANY VERBAL COMMUNICATION. THE GROUP LEADER WILL SET THE GROUP A NUMBER OF CHALLENGES TO COMPLETE; FOR EXAMPLE, LINE UP FROM LIGHTEST HAIR COLOUR TO DARKEST, LIGHTEST EYE COLOUR TO DARKEST, SURNAME STARTING FROM A TO Z, BIRTHDAYS FROM JANUARY TO DECEMBER OR TALLEST TO SMALLEST. YOU CAN USE ANY OF THESE OR MAKE SOME OF YOUR OWN UP. THE CHALLENGING TASK IS FOR THE GROUP TO DO THIS WITHOUT TALKING. THEY CAN USE SIGN LANGUAGE OR FINGERS TO TRY AND COUNT OR SHOW A LETTER OR NUMBER, BUT THEY ARE NOT ALLOWED TO TALK.



# @DALESIDEBOTTOM

## EGYPTIAN TAG

PICK TWO STUDENTS TO BE THE MUMMIES, WHO ARE THE TAGGERS. THE TWO MUMMIES THEN RUN AROUND AND TRY AND TAG THE REST OF THE STUDENTS WHO ARE CALLED EGYPTIANS. IF AN EGYPTIAN IS CLOSE TO GETTING TAGGED, THEY CAN ADOPT AN EGYPTIAN POSE WITH THEIR ARMS TO THE SIDE AND ONE LEG OFF THE GROUND. WHILE THEY ARE BALANCING IN THIS POSITION THEY CANNOT BE TAGGED. THEY REMAIN SAFE AS LONG AS THEY CAN BALANCE IN THE EGYPTIAN POSE. IF THE POSE IS EASY, AND YOUR CLASS CAN BALANCE LIKE THIS FOR LONG PERIODS, MAKE IT HARDER. AFTER TWO MINUTES, ROTATE THE MUMMIES SO OTHER STUDENTS CAN HAVE A GO.



## NOVELTY TAG

NOVELTY TAG IS A GAME YOU CAN PLAY ANY TIME OF THE YEAR BY INTERCHANGING THE CAST OF CHARACTERS EACH SEASON. PLACE THE STUDENTS IN A SQUARE FORMATION. GIVE EACH LINE A HOLIDAY NAME (ROAST CHICKEN, XMAS PRESENTS, EASTER EGGS, PLUM PUDDING, ETC.) THE TEACHER CALLS ONE GROUP TO TAG IN THE CENTRE WHILE THE OTHERS ARE CALLED ONE NAME AT A TIME TO RUN TO THE OTHER SIDE OF THE PLAYING AREA. IF TAGGED THE STUDENTS RETURN TO THE START LINE, AND IF THEY MAKE IT TO THE OTHER END THEY STAY ON THE OTHER CONTACT LINE. CALL A NEW GROUP EACH TIME UNTIL ALL STUDENTS HAVE HAD A TURN.

## CHAOS TAG

SPLIT THE STUDENTS INTO TWO EVEN TEAMS. EACH TEAM STARTS IN THEIR OWN HALF OF THE PLAYING AREA. THE STUDENTS' AIM IS TO CROSS THEIR OPPOSITION'S END LINE WHICH IS A SAFE ZONE, WHERE THEY CANNOT BE TAGGED. THE STUDENTS THEN TRY TO PICK UP ONE OF THE SMALL OBJECTS AND RUN IT BACK TO THEIR OWN END LINE WITHOUT BEING TAGGED BY AN OPPONENT. IF THEY ARE TAGGED THEY STAND ON THE SPOT LIKE A SCARECROW UNTIL A TEAMMATE CRAWLS THROUGH THEIR LEGS TO FREE THEM. THE TEAM WHO STEALS ALL THE OBJECTS FROM THE OTHER TEAM FIRST WINS.



## MEMORY TAG

ALL STUDENTS IN MEMORY TAG ARE TAGGERS. IF A STUDENT IS TAGGED THEY MUST BOB DOWN ON THE SPOT THEY WERE TAGGED. THEY HAVE TO REMEMBER WHO TAGGED THEM. WHEN ANOTHER STUDENT TAGS THE STUDENT WHO TAGGED THEM THEY ARE FREE TO JOIN THE GAME AGAIN. IF TWO STUDENTS TAG EACH OTHER AT THE SAME TIME, USE PAPER, SCISSORS, ROCK TO SEE WHO HAS TO BOB DOWN.

## REWARD TAG

HALF OF THE STUDENTS START INSIDE THE PLAYING SQUARE, WHILE THE OTHER HALF ARE LINED UP ON THE SIDE OF THE SQUARE READY FOR THEIR TURN. THE TEACHER LETS ONE STUDENT IN AT A TIME. THAT STUDENT HAS 10 SECONDS TO TAG SOMEONE. IF THIS STUDENT DOES TAG SOMEONE, THE TAGGED STUDENT LEAVES THE GAME AND RUNS AROUND THE COURT, LINING UP AT THE END OF THE LINE. IF 10 SECONDS GO BY AND NO ONE IS CAUGHT, THE TAGGER EXITS AND DOES THE SAME. LINES TURN OVER RAPIDLY. TASKS CAN BE SET UP ALONG THE WAY FOR STUDENTS IN THE LINE WAITING, SUCH AS JUMP ROPE, PUSH-UPS, SIT-UPS, JUMPING JACKS AND SO ON.

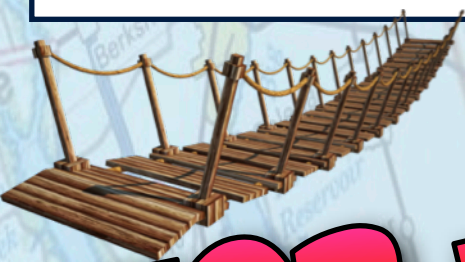
# TOP 5 TAG GAMES



# BRIDGE TAG

**EQUIPMENT:** FOUR CONES TO MAKE A 10M X 10M SQUARE AND COLOUR BANDS FOR TAGGERS

**DESCRIPTION:** THE TEACHER PICKS TWO OR THREE STUDENTS TO BE TAGGERS. THE REST OF THE STUDENTS SPEED WALK WHILE TAGGERS CHASE AND TRY TO TAG AS MANY STUDENTS AS POSSIBLE. WHEN TAGGED, STUDENTS STRETCH ARMS AND FORM A BRIDGE ON THE GROUND WITH HANDS AND FEET. TWO TAGGED STUDENTS CAN ALSO WORK TOGETHER TO FORM A STANDING BRIDGE. BRIDGES REJOIN THE GAME AFTER ANY STUDENT CRAWLS OR RUNS UNDER THE BRIDGE. CHALLENGE STUDENTS TO FREE AS MANY BRIDGES AS THEY CAN. STOP THE GAME EVERY FEW MINUTES TO CHANGE TAGGERS, AND TO ASK STUDENTS HOW MANY "BRIDGES" THEY WENT UNDER. CHALLENGE STUDENTS TO TRY TO BREAK PERSONAL RECORDS SO THE FOCUS OF THE GAME IS HELPING OTHERS.



@DALESIDEBOTTOM

# REFRIGERATION TAG

**EQUIPMENT:** 10 CONES AND FOUR SIGNS

**DESCRIPTION:** THIS IS A FUN WARM-UP GAME THE CLASS PLAYS TOGETHER. THE TEACHER PICKS FOUR OBJECTS THAT ARE PLACED IN EACH CORNER OF THE SPORTS HALL. THE FOUR OBJECTS ARE, 'DON'T LIKE IT', 'I LOVE IT', 'IT'S OKAY', 'NEVER TRIED IT'. PICK A STUDENT TO BE 'IT' AND THEY STAND IN THE MIDDLE AND THE OTHER STUDENTS STAND ON ANY BASE THEY WANT. THE 'IT' STUDENT CALLS OUT THE NAME OF A FOOD. STUDENTS THEN HAVE TO RUN TO THE BASE THAT BEST DESCRIBES HOW THEY FEEL ABOUT THAT FOOD. THE 'IT' STUDENTS TRIES TO TAG A STUDENT BEFORE THEY REACH THEIR CHOICE IN THE CHOSEN CORNER. IF A STUDENT IS TAGGED THEY SWAP POSITIONS WITH THE 'IT' STUDENT AND THE GAME STARTS AGAIN.

# TOP 5 TAG GAMES PART TWO

## TANTRUM TAG MICROWAVE TAG

**EQUIPMENT:** FOUR CONES TO MAKE A 10M X 10M SQUARE AND TWO COLOUR BANDS

**DESCRIPTION:** THIS IS A VERY FUN AND LOUD GAME. IF YOUR STUDENTS HAVE PLENTY OF ENERGY THIS IS A GREAT GAME FOR THEM. YOU WILL NEED TO SET IT UP AWAY FROM CLASSES, AS IT CAN BE VERY LOUD. TWO STUDENTS ARE GIVEN A COLOUR BAND EACH; THEY THEN BECOME THE TAGGERS. TRY AND CHANGE THE TAGGERS EVERY MINUTE TO GIVE EVERYONE A GO. THE TAGGERS RUN AROUND AND TRY AND TAG STUDENTS WHO ARE NOT HAVING A TANTRUM. IF A STUDENT IS HAVING A TANTRUM (YELLING AND SCREAMING VERY LOUD, WHICH THEY CAN ONLY DO FOR THREE SECONDS AT A TIME) THEY CANNOT BE TAGGED. IF A STUDENT IS TAGGED WHEN THEY ARE NOT IN A TANTRUM THEY BECOME A TAGGER AS WELL. THIS GAME IS EXTREMELY FUN, AND A GREAT WAY FOR THE STUDENTS TO RELEASE SOME ENERGY.



**EQUIPMENT:** COLOUR BANDS FOR TAGGERS AND CONES TO MARK PLAYING AREA

**DESCRIPTION:** THE GAME STARTS WITH THE TEACHER PICKING TWO STUDENTS TO BE TAGGERS. BOTH TAGGERS WILL BE GIVEN A COLOUR BAND EACH. WHEN THE GAME STARTS, IF ONE OF THE TWO TAGGERS TAG ANOTHER STUDENT, THAT STUDENT MUST BEGIN TO 'MELT DOWN LIKE A CANDLE IN A MICROWAVE' BY LOWERING THEMSELVES TO THE GROUND SLOWLY. IF ANOTHER STUDENT TOUCHES THE STUDENT MELTING BEFORE THEY REACH THE GROUND THEY ARE FREE TO RUN AROUND AGAIN. IF THEY MELT ALL THE WAY TO THE GROUND THEN THEY BECOME ANOTHER TAGGER AND PUT ON A COLOUR BAND. PLAY CONTINUES UNTIL ONLY ONE STUDENT IS LEFT, WHO IS THE WINNER. THE 'MELTING DOWN IN A MICROWAVE' SHOULD LAST ABOUT FIVE SECONDS. IF YOU ARE PLAYING WITH YOUNGER STUDENTS YOU CAN MAKE THE MELTING-DOWN TIME LONGER SO THEY HAVE MORE TIME.

# SECRECY TAG

**EQUIPMENT:** CONES TO MARK OUT A 10M X 10M PLAYING AREA

**DESCRIPTION:** THE GAME STARTS WITH ALL THE STUDENTS LINING UP IN A START LINE. THE TEACHER THEN PICKS THREE STUDENTS TO COME OUT THE FRONT. THE TEACHER PICKS THE THREE STUDENTS TO BE A TAGGER, A NORMAL PLAYER AND A DOCTOR. THE TEACHER IS THE ONLY ONE WHO KNOWS WHICH STUDENT IS PLAYING EACH ROLE. THE TEACHER THEN WHISPERS TO ONE STUDENT THAT THEY ARE 'IT', TO THE SECOND STUDENT THAT THEY ARE 'A NORMAL PLAYER', AND TO THE THIRD, THEY ARE 'THE DOCTOR'. THE DOCTOR IS THE ONLY STUDENT WHO CAN FREE STUDENTS THAT HAVE BEEN TAGGED BY THE 'IT' STUDENT. ONCE THE THREE STUDENTS HAVE BEEN PICKED, AND THEY UNDERSTAND WHAT THEIR ROLE IS, THE TEACHER THEN STARTS THE GAME. AFTER A MINUTE THE TEACHER STOPS THE GAME AND ASKS THE CLASS TO IDENTIFY THE 'IT' STUDENT AND 'THE DOCTOR'. THEN START THE GAME ALL OVER, BY PICKING THREE NEW STUDENTS TO PLAY THE THREE ROLES. SECRECY TAG CAN BE PLAYED BY STUDENTS OF ALL AGES.



# TOP 5 TEAM BUILDING ACTIVITIES

## EVERYBODY UP

**EQUIPMENT:** NONE

**DESCRIPTION:** SIT ON THE FLOOR IN PAIRS FACING EACH OTHER. EACH PAIR IS TO HOLD HANDS AND TRY AND STAND UP WITHOUT USING ANYTHING TO ASSIST THEM GETTING UP OTHER THAN THEIR PARTNER. IF SUCCESSFUL THEY MAKE GROUPS OF FOUR THEN HALF THE CLASS THEN PROGRESS TO A FULL CLASS, TO SEE IF THEY CAN STILL COMPLETE THE ORIGINAL ACTIVITY.

@DALESIDEBOTTOM

## LETTER SCRAMBLE

**EQUIPMENT:** NONE

**DESCRIPTION:** SPLIT THE CLASS INTO FOUR EVEN TEAMS. THE TEAMS WILL THEN WORK TOGETHER, USING THEIR ARMS, LEGS AND BODIES TO FORM LETTERS THAT THE TEACHER INSTRUCTS. THEY CAN PERFORM THE LETTERS LAYING DOWN OR STANDING UP. THIS ACTIVITY IS GREAT FOR STUDENTS WORKING.

## ISLAND OF PUNISHMENT

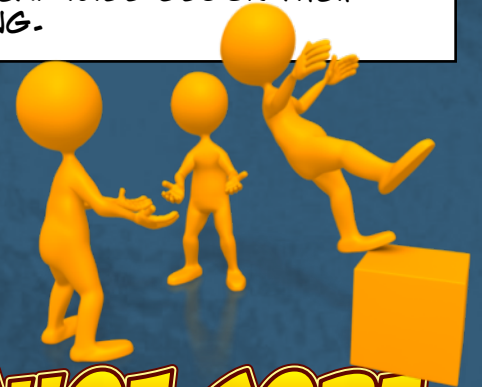
**EQUIPMENT:** THREE CRATES, ONE PLANK, FOUR HOOPS AND BLINDFOLDS

**DESCRIPTION:** YOU ARE STUCK ON A DESERT ISLAND. THERE ARE THREE OTHER ISLANDS IN SIGHT. THE WATERS BETWEEN ALL OF THEM ARE SHARK INFESTED. ONE ISLAND HAS PEOPLE WHO ARE MUTE. ONE HAS PEOPLE WHO ARE BLIND. ONE HAS PEOPLE WHO ARE DEAF. ONE HAS PEOPLE WHO HAVE PASSED OUT. THE PEOPLE WHO HAVE PASSED OUT HAVE BEEN POISONED. THE PEOPLE WHO ARE MUTE HAVE THE ANTIDOTE. ALL GROUPS HAVE TO WORK TOGETHER TO GET ACROSS THE SHARK-INFESTED WATERS TO SAVE THE POISONED PEOPLE. THEY ONLY HAVE THREE CRATES AND ONE PLANK TO GET ACROSS. THEY MAY NOT STAND IN THE WATER. THE GROUP WHO ARE BLIND HAVE THE CRATES AND THE PLANK. **ORGANISATION FOR THE ACTIVITY:** EACH GROUP HAS TO STAND IN OR AROUND THEIR HOOP; THE ISLANDS HAVE TO BE ABOUT FIVE METRES APART AND SET OUT IN A SQUARE; THE GROUP WHO ARE BLIND WILL BE BLINDFOLDED; THE GROUP WHO ARE DEAF WILL BLOCK THEIR EARS; THE MUTE GROUP WILL NOT BE ALLOWED TO SAY ANYTHING.

**EQUIPMENT:** BLINDFOLDS

## HOG CALL

**DESCRIPTION:** ASK THE GROUP TO MAKE A LINE FACING YOU. THE LINE IS IN ALPHABETICAL ORDER OF YOUR FIRST NAME IN REVERSE. FOR EXAMPLE, HOLLIE WOULD BE EILLOH. MAKE SURE THAT IF YOU END WITH THE SAME LAST LETTER MOVE ON TO THE SECOND LAST LETTER AND SO ON. FOLD LINE IN HALF AND THIS PERSON BECOMES YOUR PARTNER. GET EVERYONE TO SHAKE HANDS WITH THEIR PARTNER. EACH PAIR WILL THEN BE GIVEN A SET OF MATCHING WORDS AND THEY MUST EACH PICK ONE OF THE WORDS AND THEN LINE WILL MOVE OVER TO THE OTHER SIDE OF THE GYM TO PLACE ON A BLINDFOLD. THE AIM IS TO FIND YOUR PARTNER AGAIN USING ONLY THE WORD THAT YOU HAVE CHOSEN. FOR EXAMPLE, ONE PERSON WOULD BE PEANUT AND THEIR PARTNER WOULD BE BUTTER. BEFORE EVERYONE PUTS ON THEIR BLINDFOLDS INTRODUCE THE CONCEPT OF BUMPERS (HAVING ARMS UP, AND PALMS FACING OUTWARDS) TO PROTECT YOURSELF FROM RUNNING INTO OTHER PEOPLE OR OBJECTS. WHEN EVERYONE HAS THEIR BLINDFOLDS ON AND THEY ARE READY THEY MUST TURN AROUND THREE TIMES AND THEN TRY AND FIND THEIR PARTNER.



## SHOE SORT

**EQUIPMENT:** BLINDFOLDS

**DESCRIPTION:** THIS ACTIVITY WORKS BEST INSIDE. STUDENTS ARE ASKED TO LINE UP SHOULDER TO SHOULDER; HAND OUT ONE BLINDFOLD EACH. ALL STUDENTS ARE BLINDFOLDED, AND NOT ALLOWED TO TALK. THE TASK IS TO GET EVERYONE LINED UP IN ORDER OF SHOE SIZE (THEY ARE NOT ALLOWED TO SEE OR TALK).



# TOP 5 ACTIVITIES USING A DECK OF CARDS

@DaleSidebottom

## YOU'RE OUT

**EQUIPMENT:** A DECK OF CARDS AND 15 MARKERS PER STUDENT

**DESCRIPTION:** YOU'RE OUT IS A TWO-PLAYER GAME THAT REQUIRES A DECK OF CARDS WITH ALL PICTURE CARDS REMOVED. TWENTY CARDS ARE DEALT TO EACH STUDENT FACE DOWN. BOTH STUDENTS TURN OVER THEIR TOP CARD AND FIND THE DIFFERENCE BETWEEN THE TWO NUMBERS. THE STUDENT WITH THE LOWER NUMBER PAYS THE DIFFERENCE IN MARKERS TO THE OTHER STUDENT. THE GAME ENDS WHEN ALL CARDS HAVE BEEN PLAYED OR WHEN ONE STUDENT HAS ALL THE MARKERS. PLAY CONTINUES UNTIL ONE STUDENT IS OUT OF MARKERS AND THE WINNER ANNOUNCES, "YOU'RE OUT."



## MAGIC 25

**EQUIPMENT:** DECK OF CARDS WITH PICTURE CARDS REMOVED

**DESCRIPTION:** MAGIC TWENTY-FIVE IS PLAYED BY TWO OR MORE STUDENTS AT A TIME. EACH GROUP WILL NEED A DECK OF CARDS, ACE TO NINE, WITH THE ACES BEING WORTH ONE. TO START THE GAME, DEAL OUT ALL THE CARDS - AN EQUAL NUMBER TO EACH STUDENT. THE CARDS ARE LEFT FACE DOWN IN A PILE IN FRONT OF EACH STUDENT. THE FIRST STUDENT TURNS OVER A CARD AND PLACES IT FACE UP IN THE CENTRE OF THE PLAY AREA. THE NEXT STUDENT TURNS OVER A CARD, ADDS IT TO THE CARD ALREADY PLAYED, SAYS THE SUM OUT LOUD AND PLACES THE CARD ON TOP OF THE PREVIOUSLY PLAYED CARD. THE NEXT STUDENT TURNS OVER A CARD AND ADDS THE CARD TO THE SUM OF THE FIRST TWO CARDS. PLAY CONTINUES IN THIS WAY UNTIL ONE STUDENT HAS A CARD THAT, WHEN ADDED, WILL GIVE A SUM GREATER THAN 25. WHEN THAT HAPPENS, THE STUDENT MUST SUBTRACT RATHER THAN ADD. PLAY CONTINUES UNTIL SOMEONE GETS A SUM OF EXACTLY 25. THE STUDENT WHO GETS A SUM OF EXACTLY 25 WINS THAT ROUND AND GOES FIRST IN THE NEXT ROUND.

## SALUTE

**EQUIPMENT:** DECK OF CARDS PER GROUP

**DESCRIPTION:** STUDENTS PLAY THIS GAME IN GROUPS OF THREES OR FOURS. THE TEACHER OR THE STUDENTS CAN DETERMINE WHETHER IT'S GOING TO INVOLVE ADDITION OR MULTIPLICATION. EACH GROUP OF THREE NEEDS A DECK OF CARDS WITH 10S, JS, QS AND KS REMOVED. ONE STUDENT IS THE JUDGE; STUDENTS ARE TO ROTATE THE JUDGE DUTY AFTER EACH GAME. FOR AN ADDITION GAME, THE JUDGE GIVES EACH STUDENT A CARD THAT IS FACE DOWN. WHEN THE JUDGE SAYS "SALUTE!" EACH STUDENT, WITHOUT LOOKING AT THEIR CARD, PLACES IT TO THEIR FOREHEAD SO THE JUDGE AND THE OTHER PLAYER CAN SEE IT. THE JUDGE THEN ANNOUNCES THE SUM OF THE TWO NUMBERS ON THE CARDS. THE FIRST STUDENT TO CORRECTLY ANNOUNCE THEIR OWN NUMBER WINS THE TWO CARDS. THE GAME WINNER IS THE ONE WITH THE MOST CARDS AT THE END. AN EXAMPLE OF THIS IS, IF STUDENT A SEES THAT STUDENT B HAS A 7 AND THE JUDGE ANNOUNCES THE SUM AS 13, STUDENT A KNOWS THAT THEIR CARD IS A 6 AND SAYS SO.

## GO FISH

**EQUIPMENT:** A DECK OF CARDS

**DESCRIPTION:** USE A STANDARD DECK OF CARDS WITH TENS AND PICTURE CARDS REMOVED. ACES ARE WORTH ONE. DEAL FIVE CARDS TO EACH STUDENT, TAKE OUT ONE CARD AND SET IT ASIDE WITHOUT LOOKING AT IT. IF A STUDENT HAS ANY TWO CARDS THAT ADD TO 10 (EG: 3 + 7), THE STUDENT LAYS THE PAIR ON THE TABLE FACE UP. ONCE ALL STUDENTS HAVE LAID DOWN ALL THEIR '10' PAIRS, THE FIRST STUDENT ASKS ANY OTHER STUDENT FOR A CARD THAT WOULD COMPLETE A '10' PAIR IN THEIR HAND. IF THE OTHER STUDENT HAS THE REQUESTED CARD, THEY MUST HAND IT OVER. THE FIRST STUDENT MAY CONTINUE ASKING FOR CARDS FROM THE SAME STUDENT OR ANYONE ELSE. IF THE STUDENT DOESN'T HAVE THE REQUESTED CARD, THEY SAY, "GO FISH." THIS STUDENT THEN TAKES THE TOP CARD FROM THE STACK OF UNDEALT CARDS. IF A STUDENT RUNS OUT OF CARDS, THEY PICK UP A NEW ONE AT THE BEGINNING OF A NEW TURN AND CONTINUE PLAYING. WHEN ALL THE CARDS ARE PAIRED, THERE WILL BE ONE CARD WITHOUT A PAIR (THE ONE REMOVED FROM THE DECK AT THE BEGINNING OF THE GAME). THE STUDENT WITH THIS CARD IS THE WINNER.

## WHERE IS TEN?

**EQUIPMENT:** DECK OF CARDS

**DESCRIPTION:** STUDENTS PLAY THIS GAME IN PAIRS AND TRY TO MAKE A TEN BY TURNING OVER COMBINATIONS OF CARDS THAT TOTAL TEN. REMOVE ALL PICTURE CARDS, BUT KEEP ACES. ACES ARE WORTH ONE. SHUFFLE THE CARDS AND PLACE FOUR ROWS OF FIVE CARDS FACE DOWN BETWEEN TWO STUDENTS. TAKING TURNS, STUDENTS TURN OVER TWO CARDS. IF THE SUM IS TEN, THE STUDENT TAKES THE CARDS AND PLAYS AGAIN. IF THE SUM IS LESS THAN TEN, THE STUDENT TAKES A THIRD CARD. IF THE SUM IS GREATER THAN TEN, THE CARDS ARE REPLACED FACE DOWN AND THAT STUDENT'S TURN IS OVER. THE GAME IS OVER WHEN NO MORE TENS CAN BE MADE. THE STUDENT WITH THE MOST TENS WINS.



# TOP 5 CIRCLE ACTIVITIES

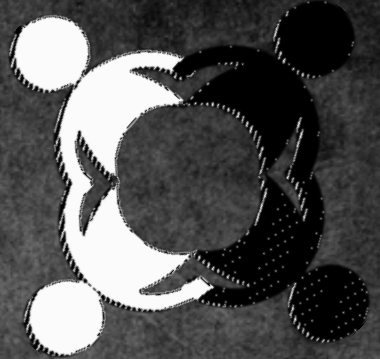


BreakAppz

@DALESIDEBOTTOM

## GOTCHA

THE CLASS IS ARRANGED IN A CIRCLE. EACH PERSON STANDS WITH THEIR RIGHT HAND OUT FACING UP AND THEIR LEFT INDEX FINGER OUT FACING DOWN ON THE PERSON'S RIGHT OPEN HAND NEXT TO THEM. ON THE CALL "GOTCHA", YOU MUST LIFT YOUR LEFT FINGER OFF THE HAND OF THE PERSON NEXT TO YOU BEFORE IT GETS GRABBED WHILE TRYING TO GRAB THE FINGER THAT IS IN YOUR RIGHT HAND.

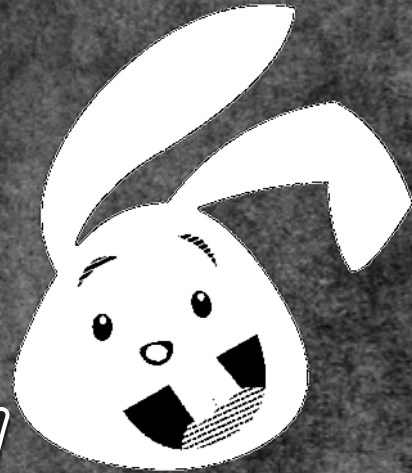


## IMPULSE

THE CLASS IS ARRANGED IN A CIRCLE WITH EVERYONE HOLDING HANDS. ONE PERSON IN THE CIRCLE WILL BE THE START AND THE END POINT FOR THIS ACTIVITY. NOW YOU HAVE TO TIME THE GROUP TO SEE HOW FAST THEY CAN SQUEEZE EACH OTHER'S HANDS GOING ROUND IN A CIRCLE GETTING BACK TO THE START POINT. STOP THE TIMER WHEN IT GETS BACK TO THE START POINT. THEN DISCUSS WITH THE GROUP HOW THEY MAY DECREASE TIME IN THIS ACTIVITY.

## SPEED RABBIT

CLASS STANDS IN A CIRCLE FACING INWARDS. IN THIS GAME THERE ARE THREE DIFFERENT ANIMALS -RABBIT, ELEPHANT AND COW. A PERSON WILL STAND IN THE MIDDLE OF THE CIRCLE AND POINT TO SOMEONE AND CALL OUT AN ANIMAL. THE PERSON WHO HAS BEEN PICKED WILL THEN BECOME THE MIDDLE OF THE ANIMAL TRYING TO BE CREATED, WHILE THE PEOPLE EITHER SIDE WILL COMPLETE THE ANIMAL WHOLE. THIS MUST BE DONE BEFORE THE PERSON IN THE MIDDLE COUNTS TO TEN. IF THE TASK IS UNSUCCESSFUL THE PERSON WHO HAS BEEN PICKED THEN GOES INTO THE MIDDLE.



## WHAUMPUM

THE CLASS STARTS THIS ACTIVITY BY SITTING IN A CIRCLE WITH THEIR FEET FACING IN. A PERSON IS CHOSEN FOR THE MIDDLE AND HOLDS THE SOFT STICK OR BAT. THE PERSON IN THE MIDDLE MUST CALL OUT SOMEONE'S NAME AND THE PERSON THAT HAS BEEN CALLED OUT MUST SAY ANOTHER PERSON'S NAME BEFORE THEY GET WHACKED ON THE FEET WITH THE SOFT BAT. IF THEY GET HIT ON THE FEET BEFORE THEY CALL OUT A NAME, THEN THEY GO INTO THE MIDDLE.



## TIN FOOT PASS

CLASS SITS IN A CIRCLE WITH THEIR SHOES OFF AND THEIR FEET IN THE MIDDLE. THE CLASS LEADER WILL THEN GIVE ONE PERSON A BASKET THAT THEY MUST HOLD WITH THEIR FEET ONLY. THE AIM IS TO GET THE BASKET ALL THE WAY AROUND THE CIRCLE WITHOUT IT TOUCHING THE GROUND, ONLY USING YOUR FEET TO SUPPORT THE BASKET.





# TOP 5 COUNTING GAMES

@DALESIDEBOTTOM

## GUESSING GAME

## SILENT COUNT

SILENT COUNT CAN BE PLAYED ANYWHERE. THE AIM OF THE GAME IS TO COUNT TO 20 OR HOWEVER MANY STUDENTS YOU HAVE IN THE CLASS. THE ONLY RULES ARE: EACH STUDENT CAN ONLY SAY ONE NUMBER ONCE.

IF TWO STUDENTS SAY THE SAME NUMBER AT THE SAME TIME THEN YOU START AGAIN, OR, IF NUMBERS ARE REPEATED, YOU START AGAIN. STUDENTS ARE NOT ALLOWED TO POINT OR PROMPT OTHER STUDENTS IF THEY HAVEN'T HAD A GO. THIS GAME IS TO BE PLAYED IN SILENCE AND CAN BE FUN AND ALSO QUITE CHALLENGING.



PICK ONE STUDENT TO WHISPER A 2-DIGIT NUMBER TO THE TEACHER. THE STUDENTS HAVE TO SIT QUIETLY AND RAISE THEIR HAND TO BE CALLED ON TO ASK QUESTIONS ABOUT THE NUMBER. THEY CAN ONLY BE YES/NO QUESTIONS. "IS IT EVEN?" "IS IT HIGHER THAN 60?" "IS THE NUMBER FOUND WHEN YOU COUNT BY 4'S?"... ETC. THE WINNER IS THE STUDENT WHO GUESSES THE CORRECT NUMBER. THEY CHOOSE THE NEXT NUMBER.

## BATTLESHIPS



THE TEACHER WILL PICK TWO STUDENTS TO BATTLE. IF THE CLASS HAS BEEN LEARNING THEIR 4 TIMES TABLES, THE TEACHER WILL USE THESE AS THEIR QUESTIONS. FOR EXAMPLE,  $4 \times 3 = 12$ . THE FIRST STUDENT TO CORRECTLY ANSWER THIS IS THE WINNER AND SINKS THE OTHER STUDENT'S SHIP, WHICH MEANS THEY NEED TO SIT DOWN. THE TEACHER WILL RANDOMLY PICK TWO MORE STUDENTS TO BATTLE, THIS CONTINUES UNTIL YOU HAVE ONE WINNER. IT'S A GOOD IDEA TO TRY AND PAIR STUDENTS OF SIMILAR ABILITY FOR THE FIRST FEW QUESTIONS. YOU CAN ALSO MAKE IT SO YOU PLAY IN TEAMS; NO ONE IS ELIMINATED, THEY JUST SCORE A POINT FOR THEIR TEAM IF THEY GET THE BATTLE RIGHT. A GOOD GAME TO SEE WHO HAS BEEN PRACTICING THEIR TIMES TABLES AT HOME.

## 123 BUZZ

THIS GAME IS AIMED AT IMPROVING THE TIMES TABLES THE CLASS IS FOCUSING ON.

FOR EXAMPLE, WE ARE LEARNING OUR 7S. THE TEACHER WILL START BY SAYING ONE, THEN THE NEXT STUDENT WILL SAY TWO AND SO ON AROUND THE CIRCLE, UNTIL YOU GET TO THE MULTIPLES OF 7, THEN YOU NEED TO SAY "BUZZ" INSTEAD OF THE NUMBER. IF A STUDENT GETS THE WRONG ANSWER, YOU CAN WORK THROUGH IT TOGETHER AND CONTINUE, OR THEY CAN BE ELIMINATED AND SIT DOWN. ONCE THE CLASS HAS MASTERED THE MULTIPLES OF 7, YOU CAN ALSO ADD ANY NUMBER WITH 7 BUZZ AS WELL, SUCH AS 7, 27, AND 37. THIS WILL INCREASE THE STUDENTS' CONCENTRATION AND IS A GREAT WAY OF LEARNING TIMES TABLES.



## COUNT 21

STUDENTS START THIS GAME STANDING IN A CIRCLE. EACH STUDENT CAN SAY THREE NUMBERS WHEN IT IS THEIR TURN. FOR EXAMPLE, THE FIRST STUDENT MAY SAY 1, 2, 3; THE SECOND STUDENT MIGHT ONLY SAY 4, 5. STUDENTS CAN SAY ONE, TWO OR THREE NUMBERS WHEN IT IS THEIR TURN. THE STUDENT WHO SAYS NUMBER 21 IS OUT AND THEY SIT DOWN. THE NEXT STUDENT STARTS COUNTING AT 1 AGAIN. THE GAME CONTINUES UNTIL THERE IS ONLY ONE STUDENT STILL STANDING.



# TOP 5 DICE GAMES

@DaleSidebottom

## FOUR CORNERS

**EQUIPMENT:** 1 DICE, PAPER AND PEN

**DESCRIPTION:** NUMBER EACH CORNER OF THE ROOM 1 TO 4. PICK ONE STUDENT TO BE THE MASTER. THE MASTER CLOSSES THEIR EYES AND COUNTS ALOUD FROM TEN TO ZERO. MEANWHILE, EACH STUDENT TIPTOES SILENTLY TO ANY ONE OF THE FOUR CORNERS OF THE ROOM. EVERYONE MUST BE IN A CORNER BY THE TIME THE MASTER SAYS "ZERO" AND THEN CALLS OUT A NUMBER OF A CORNER. STUDENTS IN THAT CORNER ARE OUT AND MUST RETURN TO THEIR SEATS. THE OTHER STUDENTS CONTINUE IN THE GAME. THE GAME FINISHES WHEN YOU HAVE ONE WINNER AND THEY BECOME THE MASTER FOR THE NEXT GAME.



## PIG



**EQUIPMENT:** 1 DICE AND SCORING SHEET PER PAIR

**DESCRIPTION:** STUDENTS PLAY 'PIG' IN PAIRS. THE FIRST STUDENT ROLLS THE DICE AS MANY TIMES AS THEY LIKE, ADDING UP THE TOTAL AS THEY GO. IF THE STUDENT THROWS A 1; ALL THEIR SCORE FOR THAT ROUND IS LOST. THE STUDENT ROLLING MAY STOP AT ANY TIME AND PUT THEIR SCORE IN THE BANK. THE BANKED SCORE CANNOT BE LOST. WHEN A SCORE HAS BEEN BANKED THE DICE IS PASSED TO THE OTHER STUDENT WHO HAS THEIR TURN. THE WINNER IS THE FIRST STUDENT TO REACH 50 OR MORE. IF YOU WANT TO CHALLENGE THE STUDENT'S INCREASE THE TOTAL BANK SCORE TO 100.

## BEAT THAT

**EQUIPMENT:** 2 DICE (UP TO 7 DICE FOR OLDER PLAYERS)  
PAPER AND PENCIL

**DESCRIPTION:** THIS GAME CAN BE PLAYED IN PAIRS, THREES OR FOURS. STUDENTS TAKE IT IN TURNS TO ROLL THE DICE AND PUT THEM IN ORDER TO MAKE THE HIGHEST NUMBER POSSIBLE. FOR EXAMPLE, IF A STUDENT ROLLS A 4 AND 6, THEIR BEST ANSWER WOULD BE 64. STUDENTS USING 3 DICE, A ROLL OF 3, 5 AND 2 SHOULD GIVE THEM 532, AND SO ON. STUDENTS NEED TO WRITE DOWN THEIR ANSWER, PASS THE DICE AND CHALLENGE THE NEXT STUDENT TO "BEAT THAT". PLAY IN ROUNDS AND ASSIGN A WINNER TO EACH ROUND. FOR A CHANGE TRY MAKING THE SMALLEST NUMBER POSSIBLE! THIS IS A GREAT GAME FOR REINFORCING THE CONCEPT OF PLACE VALUE. IF YOU ARE PLAYING WITH YOUNGER STUDENTS EXPLAIN YOUR REASONING ALOUD AND ENCOURAGE THEM TO DO THE SAME.

## THE FINAL COUNT DOWN

**EQUIPMENT:** PEN, PAPER AND DICE

**DESCRIPTION:** THIS GAME CAN BE PLAYED IN PAIRS, THREES OR FOURS. EACH STUDENT BEGINS WITH 100 POINTS. STUDENTS TAKE IT IN TURNS TO ROLL A DICE AND SUBTRACT THE NUMBER FROM THEIR 100 POINTS. THE FIRST PLAYER TO REACH ZERO IS THE WINNER. TO MAKE THE GAME MORE CHALLENGING CHANGE THE NUMBER OF POINTS THE STUDENTS BEGIN WITH. THE STUDENTS MAY ROLL TWO REGULAR DICE AND EITHER ADD OR MULTIPLY THE NUMBERS TOGETHER BEFORE SUBTRACTING FROM THE TOTAL.

## THE BIG CROSS

**EQUIPMENT:** PEN, PAPER AND TWO DICE

**DESCRIPTION:** THIS GAME IS PLAYED IN PAIRS. EACH STUDENT WRITES THE NUMBERS 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, AND 12 ON A PIECE OF PAPER. STUDENTS TAKE TURNS TO ROLL TWO REGULAR DICE, ADD BOTH NUMBERS ROLLED TOGETHER AND CROSS OUT THE TOTAL ON THEIR PIECE OF PAPER. THE FIRST PLAYER TO CROSS OUT ALL THE NUMBERS IS THE WINNER.



BreakAppz



# top 5 icebreakers

## @DaleSidebottom

### SPECTRUM

This activity is completed without any verbal communication. The group leader will set the group a number of challenges to complete. For example, line up from lightest hair colour to darkest, lightest eye colour to darkest, surnames starting from A to Z, birthdays from January to December or tallest to smallest. You can use any of these or make up some of your own. The challenging task is for the group to do this without talking. They can use sign language or fingers to try and count or show a letter or number, but they are not allowed to talk.

## how much do I use?

Students are to sit down in a circle inside or outside. Pass around a roll of toilet paper. One at a time the students are to tear off the amount of toilet paper they would normally use. Next go around the group and each person is required to say one thing about himself or herself, for each square of toilet paper they ripped off. Make sure you don't tell them this until everyone has taken their quantity of toilet paper.

## I LOVE YOU HONEY

The class stands in a large circle with one person as 'it', in the middle of the circle. Their job is to try to make one student laugh, but the only thing they can say is, "I love you, honey, give me a smile". Then the person they say that to has to say, "I love you, honey, I just can't smile". If the person cracks a smile or starts laughing they swap with the person in the middle. You are not allowed to touch each other, or say anything else besides the two lines. You have to find a way to say it to get them to laugh.



BreakAppz

## WHAT ANIMAL ARE YOU?

The class starts by standing in a circle. This game can be played inside or outside. The group leader will start by saying what animal they would be and why. For example, "Hi, I am Dale and I would be a dog because they get to sleep all day and run around after cats." Then members of the group get to ask the person questions about the animal. For example, what colour would your fur be? What breed would you be? Then once the person has answered two questions you move on to the next person.



## DUCKS & COWS

To begin the game, all students shut their eyes. The teacher divides the students into two sub groups; a tap on the right shoulder makes them a duck and a tap on the left shoulder makes them a cow. Eyes are then opened and on the 'Go' sign both groups try to find each other by quacking and mooing. This is a fun, silly physical icebreaker. You can change the animals to anything to suit your students.



# TOP 5 JUMPING ACTIVITIES

@DALESIDEBOTTOM

## LOG JUMPING



THIS GAME CAN BE PLAYED INSIDE OR OUTSIDE. STUDENTS LAY ON THEIR STOMACHS IN A CIRCLE WITH THEIR HEADS FACING INWARDS. MAKE SURE THERE IS A BODY WIDTH BETWEEN EACH STUDENT BEFORE YOU START. THE TEACHER STANDS IN THE MIDDLE AND YELLS ONE STUDENT'S NAME. THIS STUDENT GETS UP AND JUMPS CLOCKWISE OVER EVERY STUDENT SUCCESSIVELY UNTIL THEY GET BACK TO THEIR STARTING PLACE WHERE THEY LIE BACK DOWN. THIS GAME IS LIKE A MEXICAN WAVE, SO ONCE THE LEAD STUDENT JUMPS OVER THE FIRST STUDENT THEY GET UP AND FOLLOW THE LEAD STUDENT AND SO ON, UNTIL EACH STUDENT HAS FOLLOWED THE PREVIOUS STUDENT BACK TO THEIR ORIGINAL PLACE. WHEN THE LAST STUDENT LIES DOWN, THE 'TURN' STOPS. TO CHALLENGE THE STUDENTS THE TEACHER CAN TIME STUDENTS TO SEE HOW LONG IT TAKES FOR EVERYONE TO HAVE A GO AND GET BACK TO THEIR STARTING POSITION. THIS IS A FUN, CHALLENGING GAME THE CLASS CAN PLAY TOGETHER TO TRY AND BEAT THE CLOCK.

## MASAI WARRIOR

THIS IS A GAME DISCOVERED IN KENYA WHEN VISITING THE MASAI WARRIORS. THE CLASS NEEDS TO FIND A SPACE ON THEIR OWN. THIS IS BEST PLAYED OUTSIDE. THE AIM OF THE GAME IS TO JUMP AS HIGH AS YOU CAN ON THE SPOT FOR AS LONG AS YOU CAN. THE WINNER OR WINNERS ARE THE PEOPLE WHO CAN DO THIS FOR THE LONGEST. THIS SHOWS STRENGTH AND COURAGE FOR THE MASAI WARRIORS.

## FLY

THIS GAME IS GREAT FOR TEACHING YOUR STUDENTS LONG JUMP OR JUST TO PRACTICE JUMPING IN A COMPETITIVE SITUATION. THE TEACHER SETS THE THREE RULERS UP IN A STRAIGHT LINE 30CM APART. THE STUDENTS TAKE ONE STEP BETWEEN EACH RULER, TRYING A LARGE JUMP ON THE LAST ONE. THE STUDENT AT THE END OF THE LINE IS THE 'FLY'; THEY MOVE THE LAST RULER TO WHERE THEY LANDED. THIS INCREASES THE SIZE OF THE JUMP FOR THE NEXT GO. THIS CONTINUES UNTIL ONLY ONE STUDENT IS LEFT AT THE END. THE RULERS GET FURTHER AND FURTHER APART, MEANING THE RUN-UPS AND JUMPS OF THE STUDENTS INCREASE. STUDENTS ARE OUT IF THEY TOUCH A RULER WITH THEIR FOOT, OR IF THEY TAKE TWO STEPS BETWEEN EACH RULER.

## JACOBS LADDER

PAIR STUDENTS UP AND HAVE THEM SIT DOWN FACING EACH OTHER, LEGS STRAIGHT AND FEET JUST TOUCHING. THIS LINE WILL FORM A 'LADDER'. NUMBER THE PAIRS IN ORDER AND WHEN THEIR NUMBER IS CALLED, THE TWO STUDENTS MUST JUMP UP, RUN OVER THE LEGS OF THE OTHER PAIRS IN ONE DIRECTION, THEN RUN OUTSIDE THE LADDER TO THE OPPOSITE END AND THEN CONTINUE TO RUN OVER THE LEGS OF THE OTHER PAIRS UNTIL THEY GET BACK TO THEIR STARTING POSITION. THE FIRST STUDENT BACK IN THE PAIR IS AWARDED ONE POINT FOR THEIR TEAM. AT THE END OF THE GAME, THE TEAMS WITH THE MOST POINTS ARE THE WINNERS.



BreakAppz

## IN THE WATER, OUT OF THE WATER

START THE GAME WITH THE CLASS LINING UP IN A STRAIGHT LINE ON ONE SIDE OF THE LINE OF CONES. IF YOU ARE PLAYING THE GAME INSIDE AND HAVE LINES ON THE GROUND YOU CAN USE ONE OF THESE INSTEAD. THE GAME IS SIMPLE; THE CLASS ALL STARTS ON ONE SIDE OF THE CONES, WHICH IS CALLED 'OUT OF THE WATER'. ON THE OTHER SIDE OF THE CONES IS CALLED 'IN THE WATER'. THE TEACHER THEN STARTS BY SAYING ONE OR THE OTHER. IF THE TEACHER SAYS "IN THE WATER", THE CLASS JUMPS OVER THE CONES. IF THE TEACHER SAYS "OUT OF THE WATER", THE CLASS JUMPS BACK OUT OF THE WATER. THE GAME GETS TRICKY WHEN THE TEACHER STARTS SAYING BOTH INSTRUCTIONS QUITE FAST. STUDENTS ARE ELIMINATED AND BECOME JUDGES IF THEY DO THE WRONG MOVEMENT, OR IF THEY ARE TOO SLOW TO REACT TO THE INSTRUCTION FROM THE TEACHER. THE LAST STUDENT LEFT IS THE WINNER. THIS IS A GREAT GAME FOR STUDENTS OF ALL AGES; IT IS A FUN, FAST-PACED WARM-UP ACTIVITY.





# TOP 5 MINOR GAMES

## WAR BALL



@DALESIDEBOTTOM

## STAR WARS

**EQUIPMENT:** THREE SOFT INDOOR BALLS

**SETTING:** BASKETBALL COURT OR INDOOR PLAYING GYM/HALL

**DESCRIPTION:** THIS GAME CAN BE PLAYED FOR HOURS. IT IS EVERYBODY ON TO EVERYBODY. LIKE DODGE BALL BUT NO TEAMS AND THERE ARE NO LINES OR PLACES PLAYERS CAN'T GO ON THE COURT. THE AIM OF THE GAME IS TO THROW ONE OF THE SOFT BALLS AND HIT OTHER PLAYERS ON THE FULL BELOW THE SHOULDERS. IF ANOTHER PLAYER HITS A PLAYER ON THE FULL, THEY ARE OUT. THEY GO AND SIT ON THE SIDE AND WAIT FOR THE PERSON WHO GOT THEM OUT TO GO OUT. ONCE THE PERSON WHO GOT THEM OUT IS OUT THEY ARE ALLOWED BACK INTO THE GAME. THE WAY A PLAYER WINS IS BY GETTING THE ENTIRE CLASS OUT BY THEMSELVES (THIS IS EXTREMELY RARE).

**VARIATIONS:** IF THE GAME HAS BEEN GOING FOR A LONG TIME AND YOU STILL DON'T HAVE A WINNER, YOU CAN MAKE IT WHEN YOU GO OUT, YOU ARE NOT ALLOWED BACK IN. THAT WAY YOU WILL HAVE A CLEAR WINNER. YOU CAN ALSO SAY TO PLAYERS THEY CAN PLAY AS LITTLE TEAMS AND WORK TOGETHER TO TRY AND WIN; THE CATCH WITH THIS IS THAT THEY WILL EVENTUALLY HAVE TO TRY AND GET THEIR TEAMMATES OUT TO WIN THE GAME.

**EQUIPMENT:** SIX FOAM BALLS (SOFT INDOOR BALLS)

**SETTING:** BASKETBALL COURT OR INDOORS PLAYING AREA

**DESCRIPTION:** SPLIT THE CLASS INTO TWO EVEN TEAMS. TEAMS ARE DESIGNATED HALVES OF THE PLAYING AREA AND SIX BALLS ARE PLACED ALONG THE LINE SEPARATING THE TWO PLAYING AREAS. ON THE COMMAND OF "GO" EACH TEAM AIMS TO HIT AS MANY OPPOSITION PLAYERS BELOW THE SHOULDERS ON THE FULL AS POSSIBLE. WHEN A STUDENT IS HIT, THEY MUST SIT DOWN. ONE PERSON ON EACH SIDE IS A SECRET JEDI KNIGHT AND THEY HAVE THE POWER TO TOUCH THEIR TEAMMATES WHO ARE SITTING DOWN. ONCE THE JEDI HAS TOUCHED THEM, THEY CAN REJOIN THE GAME. TEAMS HAVE TO FIGURE OUT WHO THE JEDI IS ON EACH TEAM, AS WHEN A BALL HITS THE JEDI, NOBODY ELSE CAN BE SAVED. THE FIRST TEAM TO HAVE THE OTHER TEAM ALL SITTING DOWN WINS AND THEY GET AN EXTRA POINT IF THEY CAN CORRECTLY IDENTIFY THE OTHER TEAM'S JEDI.

**VARIATIONS:** YOU CAN INTRODUCE TWO JEDI KNIGHTS TO EACH TEAM TO MAKE THE GAME LAST LONGER. OR YOU CAN ADD A SUPER BALL (DIFFERENT COLOUR TO THE OTHER FIVE) THAT IF CAUGHT BY THE OTHER TEAM, EVERYONE SITTING DOWN IS ALLOWED BACK IN THE GAME.

## KING OF THE CASTLE

**EQUIPMENT:** 30 CONES AND FOUR SOFT FOOTBALLS

**SETTING:** SET BOUNDARIES BASED ON CLASS SIZE BUT BEGIN WITH BASKETBALL COURT, THEN AS VARIATIONS REDUCE COURT SIZE SO THAT STUDENTS' CONES ARE CLOSER TO EACH OTHER AND THERE IS MORE ACTION.

**DESCRIPTION:** ALL STUDENTS BUT FIVE GET CONES (PLACE THEM UPSIDE DOWN IN THE PLAYING AREA) THAT THEY CAN PLACE ANYWHERE THE PLAYING AREA (BEGIN WITH BASKETBALL COURT - ALTHOUGH IT DEPENDS ON THE CLASS SIZE). THROW FOUR SOFT FOOTBALLS INTO PLAY (AGAIN, BASED ON CLASS SIZE) AND STUDENTS ARE TO USE THE BALLS TO KNOCK OVER OTHER STUDENTS' CONES (SOCCER RULES - NO HANDS). IF A STUDENT'S CONE GETS KNOCKED OVER, THEY ARE TO PICK IT UP AND TAKE IT TO ONE OF THE FIVE PLAYERS SITTING ON THE SIDE (PLAYERS SITTING OFF CAN WATCH FOR WHOSE CONE GETS HIT - GENERALLY HARD TO WATCH). MAKE SURE THAT PLAYERS ON THE SIDE STAY IN LINE, SO THAT PLAYERS GOING OUT DON'T CUT IN LINE BEFORE PLAYERS THAT ARE IN LINE BEFORE THEM.

**VARIATIONS:** INTRODUCE MORE BALLS SO THAT STUDENTS HAVE TO BE AWARE OF MORE ACTIVITY AROUND THEM AND MORE STUDENTS ARE INVOLVED IN THE GAME AT ONCE. REDUCE SIZE OF PLAYING AREA SO THAT STUDENTS' CONES ARE CLOSER TOGETHER AND STUDENTS NEED TO BE MORE AWARE OF MOVEMENT AROUND THEIR CONE.



## CAPTURE THE FLAG

**EQUIPMENT:** TWO LITTLE FLAGS, TWO SETS OF COLOUR BANDS AND 60 CONES TO MARK THE PLAYING AREA.

**SETTING:** OUTDOORS ON AN OVAL OR LARGE PLAYING AREA.

**DESCRIPTION:** PLAYERS ARE SPLIT INTO TWO TEAMS. THE OVAL IS SPLIT INTO TWO HALVES, WITH A LINE OF CONES SEPARATING BOTH TEAMS. IN EACH HALF THERE IS A JAIL (2M X 2M) AND AN END ZONE (4M X 4M), WHICH HAS THE FLAG IN IT. EACH TEAM IS SAFE ON THEIR SIDE AND CANNOT BE TAGGED. YOU CAN ONLY BE TAGGED WHEN YOU RUN INTO THE OTHER TEAM'S HALF TO TRY AND STEAL THE FLAG. IF THE OTHER TEAM TAGS A STUDENT IN THEIR SIDE THE STUDENT IS PUT IN JAIL, AND CAN ONLY BE FREED BY A TEAM MEMBER WHO RUNS OVER AND TAGS THEM IN THE JAIL. THESE PLAYERS THEN GET A FREE WALK BACK TO THEIR SAFE SIDE AND ARE BACK IN THE GAME.

TO WIN THE GAME A TEAM MEMBER NEEDS TO RUN INTO THE OTHER TEAM'S HALF AND DOWN TO THE END ZONE WHERE THE FLAG IS. THEY NEED TO GRAB THE FLAG AND TRY AND RUN IT BACK OVER THEIR SIDE WITHOUT BEING TAGGED. IF THEY ARE TAGGED WITH THE FLAG, THEY GO TO JAIL AND THE FLAG IS PLACED BACK IN THE END ZONE. THIS IS A GREAT GAME FOR TEAMWORK AND WORKING OUT STRATEGIES TOGETHER.

**VARIATIONS:** ALLOW STUDENTS TO THROW THE FLAG OR PASS IT TO TEAM MEMBERS WHEN THEY ARE TRYING TO GET IT TO THEIR SIDE. ADD EXTRA FLAGS IN THE END ZONE. IF A STUDENT IS PUT IN JAIL THEY ARE THERE UNTIL A TEAM STEALS THE FLAG; THEY CANNOT BE FREED BY A TEAM MEMBER.



## PROTECT THE PRESIDENT

**EQUIPMENT:** ONE SOFT BALL (NERF BALL)

**SETTING:** IT DEPENDS ON WHAT SIZE CLASS YOU HAVE. A NETBALL THIRD OR HALF A BASKETBALL COURT SHOULD BE AMPLE.

**DESCRIPTION:** ALL THE STUDENTS STAND IN A LARGE CIRCLE. TWO STUDENTS MOVE TO THE CENTRE OF THE CIRCLE (ONE IS THE PRESIDENT WHILE THE OTHER IS THE BODYGUARD). THE GROUP IN THE CIRCLE IS GIVEN A SOFT BALL WHICH THEY HAVE TO THROW AROUND THE CIRCLE AND AT THE PRESIDENT. THE BODYGUARD HAS TO DO ALL HE CAN TO STOP THE PRESIDENT GETTING HIT BY THE BALL (THIS MAY INVOLVE, JUMPING, SQUATTING OR DIVING). WHEN THE BALL MAKES CONTACT WITH THE PRESIDENT THE PERSON WHO THREW THE BALL BECOMES THE BODYGUARD. THE BODYGUARD BECOMES THE PRESIDENT AND THE PRESIDENT GOES BACK INTO THE CIRCLE. AS SOON AS THE PRESIDENT IS HIT THE NEW PRESIDENT BECOMES LIVE AND IS ABLE TO BE STRUCK FROM THIS MOMENT. THIS INCREASES EXCITEMENT. THE NEW BODYGUARD HAS TO BE SPEEDY AT GETTING INTO THE CIRCLE.

**VARIATIONS:** HAVE MORE THAN ONE PRESIDENT. CHANGE THE GROUP SIZING. ALLOW STUDENTS IN CIRCLE TO MOVE IN A DESIGNATED AREA. INTRODUCE MORE THAN ONE BALL.



# TOP 5 MINOR GAMES



@DALESIDEBOTTOM

## PART TWO



### KING DODGE BALL

**EQUIPMENT:** SIX FOAM BALLS (SOFT INDOOR BALLS)

**DESCRIPTION:** SPLIT THE CLASS INTO TWO EVEN TEAMS. TEAMS ARE DESIGNATED HALVES OF THE PLAYING AREA AND SIX BALLS ARE PLACED ALONG THE LINE SEPARATING THE TWO PLAYING AREAS. ON THE COMMAND OF 'GO' EACH TEAMS AIM TO HIT AS MANY OPPOSITION PLAYERS BELOW THE SHOULDERS ON THE FULL AS POSSIBLE SO THEY BECOME OUT. A KING AND QUEEN (BOY AND GIRL) FROM EACH TEAM IS PLACED AT THE FAR END OF THE OUT-OF-BOUNDS AREA OF THE OPPOSITE TEAM. AS A PERSON GOES OUT BY BEING HIT BY THE OPPOSITION'S BALL, THEY JOIN THEIR KING AND QUEEN AND TRY AND GET THEIR OPPOSITION OUT BY THROWING BALLS FROM THAT DIRECTION. THEY CAN GET BACK INTO THE GAME IF A TEAMMATE THROWS THE BALL FROM THEIR PLAYING SIDE TO THE END ZONE AND ONE OF THE OUT PLAYERS CATCHES THE BALL. THEY THEN RUN AROUND THE OUTSIDE AND JOIN THEIR TEAM BACK IN THEIR PLAYING HALF.

**VARIATIONS:** PLAYERS DON'T HAVE TO STAND NEXT TO KING AND QUEEN AFTER A BALL HITS THEM, THEY CAN STAND ALONG SIDES AS WELL. IF A PERSON CATCHES A THROWN BALL THE THROWER OF THE BALL IS OUT AND A TEAM MEMBER OF THE CATCHER IS BACK IN THE GAME. IF YOU WANT TO HAVE A WINNER AND LOSER MAKE IT SO WHEN PLAYERS ARE OUT THEY HAVE TO STAY DOWN THE END ZONE WITH THE KING AND QUEEN. CAN USE A DIFFERENT COLOUR BALL AS A SUPER BALL, AND IF SOMEONE CATCHES THIS BALL THE ENTIRE TEAM GETS TO COME BACK INTO THE GAME.

### STEAL BEANBAGS

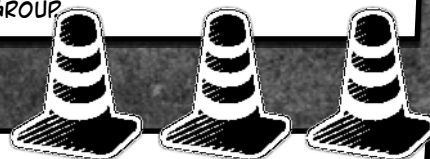


**EQUIPMENT:** 30 BEANBAGS FIVE HOOPS

**DESCRIPTION:** DIVIDE THE CLASS UP INTO FOUR DIFFERENT TEAMS AND LINE UP IN A SINGLE LINE BEHIND THE HOOP WITHIN THE TEAMS EACH PLAYER MUST PARTNER UP WITH SOMEBODY ELSE. THERE IS A CENTRE HOOP WITH 20-30 BEANBAGS IN IT. WHEN THE TEACHER BLOWS THE WHISTLE THE FIRST TWO STUDENTS GO AND COLLECT ONLY ONE BEAN BAG EACH, PLACE IT IN THEIR HOOP AND THEN GO TO THE BACK OF THE LINE. ONCE THE BEAN BAG HAS BEEN PLACED IN THE HOOP THE SECOND LOT OF PAIRS THEN RUN TO EITHER THE CENTRE OF THE HOOP OR ANOTHER GROUP'S HOOP AND COLLECT ANOTHER BEAN BAG TO BE PLACED IN THEIR HOOP. THIS CONTINUES UNTIL THE TEACHER BLOWS THEIR WHISTLE TO STOP THE GAME. STUDENTS COUNT UP THE AMOUNT OF BEANBAGS THEY HAVE AND THE TEAM WITH THE HIGHEST NUMBER WINS. WHEN STUDENTS ARE WAITING THEY ARE NOT ALLOWED TO PROTECT THEIR HOOP, THEY MUST STAY BEHIND THE HOOP IN A SINGLE LINE AT ALL TIMES BUT THEY ARE ALLOWED TO TALK TO THEIR TEAM MEMBERS INDICATING WHAT TEAM HAS THE HIGHEST AND THAT BEANBAGS SHOULD BE STOLEN FROM THEM.

**VARIATIONS:** ALLOW MORE THAN ONE STUDENT TO STEAL BEANBAGS AT THE SAME TIME. ALLOW STUDENTS TO DEFEND THE HOOP HAVE BEANBAGS WORTH FIVE POINTS RATHER THAN JUST ONE. INCREASE THE SIZE OF THE PLAYING AREA. MAKE IT THAT THE TEAM TO GET SEVEN BEANBAGS IN THEIR HOOP FIRST WINS TO ENCOURAGE DISCUSSION WITHIN GROUP.

### DISHES & DOMES



**EQUIPMENT:** CONES EQUAL TO THE NUMBER OF STUDENTS

**DESCRIPTION:** SPLIT STUDENTS INTO TWO EVEN TEAMS. EACH STUDENT IS GIVEN A CONE AND THEY MUST PLACE IT IN THEIR AREA (THE END GOAL THIRDS) IN EITHER A DISH (NARROW END ON THE GROUND) OR A DOME (WIDE PART OF THE CONE ON THE GROUND). THE AIM OF THE GAME IS TO TURN AS MANY OF THE OPPOSITION'S CONES TO YOUR OWN DESIGNATED CONE POSITION (A DISH OR DOME) AND TO KEEP YOUR CONES IN THE CORRECT POSITION (A DISH OR DOME). CONES CANNOT BE PROTECTED STUDENTS CANNOT STAY IN ONE AREA; FOR EXAMPLE, IF THEY CHANGE A CONE IN THEIR AREA THE NEXT CONE THEY CHANGE MUST BE IN THE OTHER TEAM'S AREA (ALTERNATING AREAS EACH TIME A CONE IS FLIPPED). TO DETERMINE A WINNER THE NUMBER OF DISHES AND DOMES ARE COUNTED.

**VARIATIONS:** ADD BALLS TO CREATE A DODGE BALL TYPE GAME. YOU CAN HAVE SELECTED PEOPLE TO GUARD THE CONES WITH THE ABILITY TO TAG PLAYERS FROM THE OTHER TEAM.

### DODGERS & RUNNERS



**EQUIPMENT:** FOUR CONES, COLOUR BANDS AND ONE SOFT INDOOR BALL.

**DESCRIPTION:** SPLIT THE CLASS INTO TWO TEAMS, WITH ONE TEAM PAIRING UP TO BECOME THE DODGERS AND RUNNERS. THE SECOND TEAM SPREAD OUT IN THE FOUR CONE PLAYING AREA (HALF THE SIZE OF A BASKETBALL COURT). THE TEAM THAT HAS PAIRED UP LINE UP IN ONE CORNER OF THE PLAYING AREA NEXT TO THEIR PARTNER. EACH PAIR NOMINATES A DODGER AND A RUNNER, BEFORE THE DODGER THROWS THE BALL INTO THE PLAYING AREA. AT THE SAME TIME AS THE DODGER THROWS THE BALL, THE RUNNER TAKES OFF RUNNING AROUND THE OUTSIDE OF THE PLAYING AREA, ATTEMPTING TO MAKE IT THE WHOLE WAY AROUND BACK TO THE STARTING POINT. WHILE THE RUNNER IS MOVING THE DODGER MOVES INTO THE PLAYING AREA AND ATTEMPTS TO AVOID BEING TAGGED WITH THE BALL BY A PLAYER ON THE FIELDING TEAM. EACH RUNNER WHO MAKES IT ALL THE WAY AROUND BACK TO HOME GETS ONE POINT. IF THE FIELDING TEAM TAGS THE DODGER AND THE RUNNER IS NOT HOME THEY DO NOT SCORE A POINT. THE FIELDING SIDE CAN MOVE AROUND THE PLAYING AREA WHEN THEY DON'T HAVE THE BALL, BUT WHEN THEY DO HAVE THE BALL THEY CAN ONLY PIVOT. THEY NEED TO WORK TOGETHER TO TRY AND TAG THE DODGER AS QUICKLY AS POSSIBLE.

**VARIATIONS:** ADD EXTRA BALLS TO MAKE IT HARDER FOR THE DODGERS. MAKE THE FIELD SIZE LONGER SO IT MAKES IT HARDER FOR THE RUNNER TO SCORE A POINT.

### BULLDOZER BALL



**EQUIPMENT:** ONE LARGE BASKETBALL OR EXERCISE BALL 40 TENNIS BALLS

**DESCRIPTION:** SPLIT THE CLASS INTO TWO EVEN TEAMS. ONE TEAM LINES UP ON ONE SIDE OF THE INSIDE COURT, THE OTHER TEAM OPPOSITE THEM. THE LARGE BALL IS PLACED IN THE MIDDLE OF THE COURT. EACH STUDENT IS GIVEN A TENNIS BALL EACH. THE AIM OF THE GAME IS TO THROW THE TENNIS BALLS AT THE LARGE BALL AND TRY AND MOVE IT TO THE OTHER TEAM'S SIDE. STUDENTS ARE NOT ALLOWED TO TOUCH THE LARGE BALL; THEY CAN ONLY MOVE IT WITH THE TENNIS BALLS. THE WINNING TEAM WILL BE THE TEAM WHO CAN MOVE THE LARGE BALL TO THE OTHER TEAM'S SIDE FIRST.

**VARIATIONS:** YOU CAN INTRODUCE MORE THAN ONE LARGE BALL, OR YOU CAN PUT IN DIFFERENT-SHAPED BALLS AND AWARD MORE POINTS FOR THE SMALLER ONES IF THEY ARE KNOCKED OVER THE OPPOSITION TEAM'S LINE.

BreakAppz

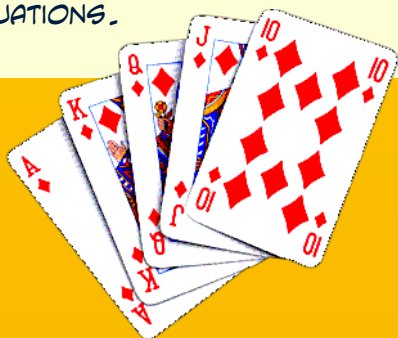


# TOP 5 WAYS TO ORGANISE GROUPS

@DALESIDEBOTTOM

## DECK OF CARDS

USING THE CARDS YOU CAN CHOOSE HOW MANY GROUPS YOU WANT AND HOW MANY STUDENTS IN EACH GROUP. FOR EXAMPLE, IF YOU WANT SIX GROUPS WITH FOUR STUDENTS PER GROUP, SHUFFLE THE NUMBERS 2, 3, 4, 5, 6 AND 7 FROM THE DECK THEN HAND THEM OUT TO THE CLASS. WHEN YOU WANT LARGER GROUPS, FOR EXAMPLE, FOUR GROUPS WITH SIX STUDENTS IN EACH, THEN GO THROUGH THE SUITS OF THE DECK AND KEEP SIX CARDS FROM CLUB, SPADES, DIAMONDS AND HEARTS. THE CARD SUITS WILL THEN BE YOUR GROUPS. A DECK OF CARDS CAN WORK PERFECTLY FOR MOST SITUATIONS.



## ALPHABETICAL ORDER

USING ALPHABETICAL ORDER ASK THE STUDENTS TO STAND IN A LINE UP THE FRONT OF THE CLASS. USING THEIR FIRST NAMES THEY HAVE TO ARRANGE THEMSELVES FROM A-Z IN THE LINE. ONCE THEY ARE IN THE LINE YOU CAN PICK EVEN GROUPS. IF YOU HAVE 28 STUDENTS AND WANT GROUPS OF 7, THEN COUNT THE FIRST SEVEN IN THE LINE AND THAT WILL BE GROUP ONE. REPEAT THIS DOWN THE LINE. YOU CAN ALSO GET STUDENTS TO LINE UP IN ALPHABETICAL ORDER OF THEIR SURNAME, THEIR DATE OF BIRTH, FROM JANUARY-DECEMBER, OR THEIR FAVOURITE SPORTS TEAMS IN ALPHABETICAL ORDER. AS AN EXTRA CHALLENGE YOU CAN ASK THE CLASS TO ORGANISE THEMSELVES INTO THESE LINES IN SILENCE.



## NUMBER OFF

IF YOU WANT SIX GROUPS, GO AROUND THE ROOM AND GIVE EACH STUDENT A NUMBER BETWEEN ONE AND SIX. THEN ASK ALL THE ONES TO STAND IN ONE CORNER, ALL THE TWOS TO STAND IN ANOTHER AREA AND SO ON. IF YOU HAVE A CLASS OF 25, MAKE FIVE EVEN GROUPS OF FIVE BY NUMBERING OFF. THIS OPTION IS VERY HANDY WHEN YOU HAVE LITTLE PREPARATION TIME AS YOU CAN DO IT ON THE SPOT.



## BreakAppz COLOUR CARDS

CUT UP COLOUR CARDS, SPORTING TEAMS' NAMES, COUNTRIES' NAMES, ANYTHING YOU THINK THE CLASS WOULD LIKE. IF YOU WANT FOUR EVEN GROUPS, CUT OUT FOUR DIFFERENT COLOURS; FOR EXAMPLE, RED, BLUE, YELLOW AND GREEN. THESE WORK GREAT AT THE START OF A TERM WHEN YOU ARE ORGANISING TABLE GROUPS OR DUTY GROUPS. YOU CAN ALSO USE SEASONS, SUCH AS WINTER, SPRING, SUMMER AND AUTUMN. FIND OUT WHAT YOUR CLASS LIKES BEST THEN USE THIS TO MOTIVATE THEM IN THE CLASSROOM.



## ANIMAL PAIRING

IN YOUR CLASS IF YOU WANT TO ORGANISE PAIRS, DESIGN PAIRS OF ANIMALS; FOR EXAMPLE, CATS, DOGS, BEARS, SNAKES, LIONS, HORSES, MICE, BIRDS, SHARKS AND SO ON. HAND OUT THE PAIRED ANIMALS TO THE CLASS MEMBERS. ONCE THEY HAVE THE CARDS THEY ARE NOT ALLOWED TO TALK. THEY MUST MAKE THE NOISE OF THEIR ANIMAL AND FIND THEIR PARTNER BY DOING THIS. THIS IS A GREAT WAY TO FORM PARTNERS AND ALSO A FUN ICEBREAKER ACTIVITY THAT THE CLASS WILL ENJOY.



# TOP 5 OUTDOOR GAMES

@DaleSidebottom

## GIANTS, WIZARDS & ELVES

**EQUIPMENT:** 40 CONES TO MARK OUT THE PLAYING AREA

**DESCRIPTION:** START THE GAME BY SPLITTING THE STUDENTS INTO TWO EVEN TEAMS. SPLIT THE PLAYING AREA INTO THREE SECTIONS, TWO SAFETY ZONES, ONE ON EACH TEAM'S SIDE, AND DESIGNATE A MIDDLE AREA WHERE BOTH TEAMS ARE ABLE TO GO. THE GAME STARTS WITH EACH TEAM GETTING IN A HUDDLE TO PICK WHAT THEY WANT TO BE AS A TEAM - A GIANT, A WIZARD OR AN ELF. THESE ARE THE ACTIONS THAT THE TEAMS MUST MAKE WHEN THEY CHOOSE ONE OF THE THREE CHARACTERS. GIANTS PUT THEIR HANDS UP OVER THEIR HEADS, WIZARDS PUT THEIR HANDS OUT STRAIGHT IN FRONT OF THEM WIGGLING THEIR FINGERS LIKE THEY ARE WAVING A WAND AND ELVES MAKE POINTY EARS ON THEIR HEAD WITH THEIR INDEX FINGERS. ONCE THE TEAMS HAVE DECIDED THEIR CHARACTER FOR THE ROUND, THEY MOVE TO THE DESIGNATED CENTRE AREA, FACE TO FACE WITH THE OTHER TEAM. THE TEACHER THEN COUNTS TO THREE; ON THREE EACH TEAM SHOWS THE CHARACTER THAT THEY HAVE CHOSEN. THE RESULT IS EXACTLY LIKE PAPER, SCISSORS, ROCK. GIANTS BEAT ELVES, ELVES BEAT WIZARDS AND WIZARDS BEAT GIANTS, SO THE TEAM THAT BEATS THE WINNING TEAM CHASES THE OTHER AND TRIES TO TAG AS MANY STUDENTS ON THE OTHER TEAM AS POSSIBLE BEFORE THEY REACH THE SAFETY ZONE ON THEIR SIDE OF THE PLAYING AREA. STUDENTS FROM THE TEAM THAT GET TAGGED BECOME A PART OF THE OTHER TEAM. THE GAME CONTINUES UNTIL ALL PLAYERS ARE ON ONE SIDE, WHICH MEANS EVERYONE WINS. THIS IS A GREAT GAME FOR ALL AGES.

## MAN FROM MARS

**EQUIPMENT:** CONES TO MARK 10M X 10M PLAYING SQUARE

**DESCRIPTION:** START THE GAME BY GETTING THE CLASS TO LINE UP AT ONE END OF THE PLAYING AREA. THE TEACHER PICKS ONE STUDENT TO BE 'IT'; THEY ARE CALLED THE 'MAN FROM MARS'. THIS STUDENT STANDS IN THE MIDDLE OF THE PLAY AREA AND STARTS AS THE MAN FROM MARS. THE STUDENTS YELL OUT "MAN FROM MARS, MAN FROM MARS, WILL YOU TAKE US TO THE STARS?" THE STUDENT IN THE MIDDLE WHO IS 'IT' CHOOSES A SPECIFIC DETAIL SUCH AS "ONLY IF YOU HAVE BLONDE HAIR." THEN THE STUDENTS WITH BLONDE HAIR GET TO RUN TO THE OTHER END OF THE PLAYING AREA. THEN THE MAN FROM MARS YELLS "GO", AND THE REST OF THE STUDENTS RUN AND TRY TO AVOID THE MAN FROM MARS FROM TAGGING THEM. THOSE CAUGHT HELP THE MAN FROM MARS AND CATCH STUDENTS IN THE NEXT ROUND. THE WINNER IS THE LAST STUDENT LEFT AT THE END.



## ALEX THE KID

**EQUIPMENT:** NONE

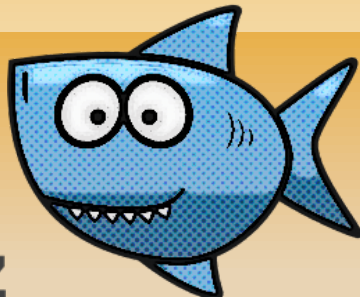
**DESCRIPTION:** THIS GAME CAN BE PLAYED INSIDE OR OUTSIDE. STUDENTS MOVE AROUND AND CHALLENGE EACH OTHER TO A GAME OF PAPER, SCISSORS, ROCK. THE WINNING STUDENT CONTINUES TO PLAY THE GAME; THE LOSING STUDENT HAS TO PUT THEIR HANDS ON THE WINNER'S SHOULDERS AND FOLLOW THEM AROUND LIKE A TRAIN CARRIAGE. THE AIM OF THE GAME IS TO BE THE LAST STUDENT LEFT WITH ALL THE OTHER STUDENTS BEHIND YOU LIKE CARRIAGES. THE WINNER IS THEN CALLED ALEX THE KID.



## ROOSTER RUMBLE

**EQUIPMENT:** NONE

**DESCRIPTION:** PAIR STUDENTS UP WHO ARE SIMILAR HEIGHT AND WEIGHT. THE AIM OF THIS GAME IS TO KNOCK YOUR PARTNER OFF BALANCE. IN PAIRS STUDENTS FACE EACH OTHER IN A SQUAT POSITION HOLDING THEIR ANKLES. THIS IS THE ROOSTER POSITION. EACH ROOSTER IS TRYING TO MAKE THEIR PARTNER LOSE BALANCE BY BUMPING. ONCE ONE OF THE ROOSTERS BREAKS THEIR WINGS BY LETTING GO OF THEIR ANKLES, THE GAME IS OVER. THE FIRST TO THREE WINS, THEN SWAP PARTNERS AND PLAY AGAIN.



## SHARKS ARE COMING

**EQUIPMENT:** NONE

**DESCRIPTION:** THE CLASS MOVES AROUND ON YOUR ORDERS. FOR EXAMPLE, YOU MIGHT GET THEM TO SKIP, OR HOP LIKE A KANGAROO OR RUN AROUND WITH HIGH KNEES - ANYTHING YOU LIKE. THEN YOU NEED TO YELL OUT, "THE SHARKS ARE COMING", AND THE STUDENTS ALL NEED TO YELL TOGETHER, "HOW MANY?" THEN GIVE THEM A NUMBER, SUCH AS THREE, AND THEY NEED TO GET INTO GROUPS OF THREE, OR IF YOU YELL FOUR, THEY NEED TO GET INTO GROUPS OF FOUR. IF STUDENTS FORM GROUPS SMALLER OR LARGER THAN THE NUMBER YOU SAY, THEY ARE OUT OF THE GAME AND BECOME JUDGES ON THE SIDE. THE WINNER OR WINNERS ARE THE LAST FEW STUDENTS LEFT.



# TOP 5 PARTNER WARMUPS

@DALESIDEBOTTOM



## Finger Fencing

THE CLASS NEEDS TO PAIR UP. IN THEIR PAIRS THEY MUST GRAB THEIR PARTNER'S RIGHT HAND AND POINT THEIR INDEX FINGER OUT AT THEIR PARTNER. THE STUDENT'S LEFT ARM IS EXTENDED BEHIND THEM. ON THE COUNT OF THREE THE STUDENTS ARE TO TRY AND POKE THEIR PARTNER WITH THEIR INDEX FINGER IN THE STOMACH. PLAY THE FIRST TO THREE POINTS, AND THEN SWAP PARTNERS.

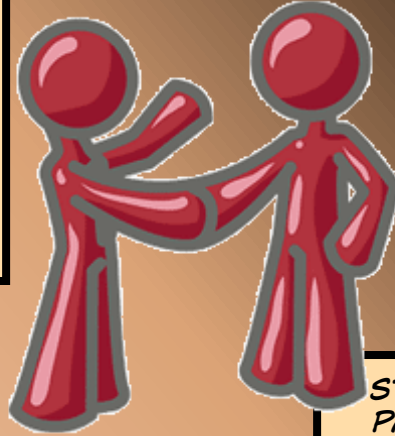


## Hoppo Bumpo

THIS GAME IS BEST PLAYED OUTSIDE IN AN OPEN SPACE. IN PAIRS, STUDENTS CROUCH DOWN TILL THEY'RE SQUATTING, FACING THEIR PARTNER, WITH THEIR HANDS OUT AND PALMS FACING FORWARD. WHEN "GO" IS CALLED, STUDENTS MUST BUMP OVER THEIR PARTNER, JUST USING THEIR HANDS AS BUMPERS. STUDENT TO STAY SQUATTING WINS. TRY AND MATCH STUDENTS WITH SIMILAR STRENGTHS. ONCE THE PAIRS HAVE HAD THREE GAMES BETWEEN THEM, LET THEM CHOOSE ANOTHER PARTNER AND BATTLE AGAIN. SET A CHALLENGE FOR THE CLASS THAT IF ANYONE IS UNDEFEATED, THEY GET TO CHALLENGE THE TEACHER.

## The Bends

STUDENTS START IN PAIRS AND MUST STAND FACING THEIR PARTNER, HOLDING HANDS AND STANDING ON ONE LEG. ON THE COUNT OF THREE, ONE STUDENT WILL ATTEMPT TO PULL AND PUSH THEIR PARTNER OFF BALANCE. WHEN A STUDENT IN THE PAIR PLACES THEIR OTHER FOOT ON THE GROUND THEY LOSE. PLAY THE FIRST TO THREE POINTS, AND THEN SWAP PARTNERS.



## Toe Touch

STUDENTS START BY FORMING PAIRS. EACH PAIR WILL START FACING AWAY FROM EACH OTHER. ON THE COUNT OF THREE, TURN AROUND AND TRY AND STAND ON THE OPPONENT'S TOES. THE STUDENT WHO STEPS ON TOES FIRST, WINS. ONCE STUDENTS PLAY THREE GAMES AGAINST THEIR OPPONENT, MIX THE PAIRS UP. THIS WAY THE STUDENTS WILL GET THE CHANCE TO CHALLENGE OTHER MEMBERS IN THE CLASS.

## Knee Slap

SPLIT THE CLASS UP INTO PAIRS AND GET PAIRS TO FACE EACH OTHER. WHEN THE GAME STARTS EACH STUDENT ATTEMPTS TO TOUCH ONE OF THE KNEES OF THEIR PARTNER WITHOUT BEING TOUCHED ON THE KNEE THEMSELVES. PLAY FOR THIRTY SECONDS THEN CHANGE PARTNERS AND PLAY AGAIN.



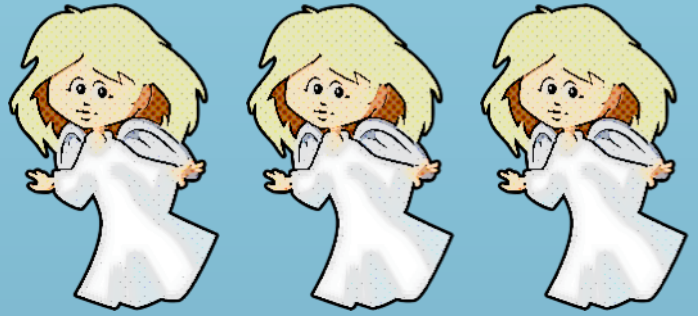
BreakAppz

# TOP 5 POSTURE ACTIVITIES

@DaleSidebottom

## ANGELS

STUDENTS STAND AGAINST A WALL WITH THEIR FEET SHOULDER-WIDTH APART. STUDENTS SHOULD THEN GENTLY PRESS THEIR LOWER BACK AGAINST THE WALL. THE STUDENTS NEED TO PLACE THEIR ELBOWS, FOREARMS AND WRISTS AGAINST THE WALL, PALMS FACING FORWARD. NEXT, STUDENTS SHOULD RAISE AND LOWER THEIR ARMS IN A SMALL ARC WHILE KEEPING THEM IN CONTACT WITH THE WALL AT ALL TIMES. WORK UP TO PERFORMING THIS EXERCISE 10 TIMES.



## BALL HOLD

STUDENTS START BY SITTING IN A CHAIR. THEY HAVE THE BEST POSTURE WHEN THEY SIT WITH A STRAIGHT BACK A FEW INCHES AWAY FROM THE BACK OF THE CHAIR. SLIP A TENNIS BALL BETWEEN THEIR BACK AND THE BACK OF THE CHAIR AND CHALLENGE THEM TO HOLD IT IN PLACE. STUDENTS NEED TO SIT UP STRAIGHT AND MAINTAIN GOOD POSTURE TO KEEP THE TENNIS BALL IN ITS PLACE.



## WALL SLIDE

STUDENTS STAND WITH THEIR BOTTOMS, AND BACK, AGAINST A WALL. THE STUDENTS THEN BRING THEIR FEET 30CMS AWAY FROM THE WALL. THEY KEEP THEIR BACK AGAINST THE WALL AND LOWER THEIR BOTTOMS UNTIL THEIR KNEES ARE BENT TO ABOUT 60 DEGREES, KEEPING THEIR ABDOMINALS TIGHT. STUDENTS HOLD THIS FOR 20 SECONDS THEN RISE BACK UP TO WHERE THEY ARE STANDING UP STRAIGHT. FOR A CHALLENGE TELL STUDENTS TO BEND THEIR KNEES TO 90 DEGREES AND SEE WHO CAN HOLD THEIR WALL SLIDE FOR THE LONGEST. THE WALL SLIDE IS GREAT FOR IMPROVING STRENGTH AND STUDENTS' POSTURES.



## COBRA

STUDENTS LIE ON THEIR STOMACH AND PLACE THEIR HANDS ON THE GROUND UNDER THEIR SHOULDERS. KEEPING THEIR HIPS ON THE GROUND, TELL STUDENTS TO PUSH UP AND PEEL THEIR TORSO OFF THE GROUND. PUSH UP AS HIGH AS THEY CAN WITHOUT CAUSING PAIN. HOLD THIS FOR TEN SECONDS THEN TELL STUDENTS TO RELAX BACK ON THEIR STOMACHS.



## SHOULDER SQUEEZE

STUDENTS START BY STANDING WITH THEIR ARMS STRAIGHT OUT FROM THE SHOULDERS. THEN THEY BEND THEIR ELBOWS SO THEIR HANDS ARE SHOULDER HEIGHT AND PALMS ARE UP. STUDENTS SQUEEZE THEIR SHOULDER BLADES TOGETHER AND HOLD FOR FIVE SECONDS. RELAX AND ASK THE STUDENTS TO REPEAT THIS FIVE TIMES.



BreakAppz



# TOP 5 PSR ACTIVITIES

@DALESIDEBOTTOM

## PAPER, SCISSORS ROCK GAME RULES

TWO PLAYERS FACE EACH OTHER AND SIMULTANEOUSLY THROW OUT ONE OF THE FOLLOWING HAND SIGNALS: ROCK, PAPER, OR SCISSORS.

ROCK IS FORMED BY MAKING A FIST. ROCK "BEATS" SCISSORS, BY BLUNTING THE BLADES. ROCK IS BEATEN BY THE SIGNAL FOR PAPER, AS PAPER WRAPS UP ROCK.

SCISSORS IS FORMED BY HORIZONTALLY EXTENDING YOUR MIDDLE AND INDEX FINGERS (A SIDEWAYS PEACE SIGN). SCISSORS "BEATS" PAPER BY CUTTING IT. SCISSORS ARE BEATEN BY ROCK, AS ROCK BLUNTS SCISSORS.

PAPER IS FORMED BY HOLDING YOUR HAND OUT STRAIGHT, WITH PALM FACING DOWN. PAPER "BEATS" ROCK BY WRAPPING IT UP. PAPER IS BEATEN BY SCISSORS, AS SCISSORS CUT PAPER.

GENERALLY, EACH PLAYER HOLDS ONE HAND OUT IN FRONT OF THEIR BODIES AND THEY SIMULTANEOUSLY CHANT, "ONE, TWO, THREE, SHOOT" AND ON "SHOOT," BOTH PLAYERS DISPLAY THEIR SIGNAL. THE PLAYER WHOSE SIGNAL BEATS THE OTHER WINS.

## ALEX THE KID

THIS GAME IS ALSO KNOWN AS PAPER, SCISSORS, ROCK TRAIN. STUDENTS MOVE AROUND AND CHALLENGE EACH OTHER TO A GAME OF PAPER, SCISSORS, ROCK. THE WINNING STUDENT CONTINUES TO PLAY THE GAME; THE LOSING STUDENT HAS TO PUT THEIR HANDS ON THE WINNER'S SHOULDERS AND FOLLOW THEM AROUND LIKE A TRAIN CARRIAGE. THE AIM OF THE GAME IS TO BE THE LAST STUDENT LEFT WITH ALL THE OTHER STUDENTS BEHIND YOU LIKE CARRIAGES. THE WINNER IS THEN CALLED ALEX THE KID.



## PSR RACE

SPLIT THE STUDENTS INTO TWO EQUAL TEAMS. THEY GET TOGETHER IN THEIR TEAMS AND DECIDE THAT THE TEAM AS A WHOLE IS GOING TO PLAY 'ROCK', 'PAPER' OR 'SCISSORS'. THEY THEN 'FACE OFF' AT THE CENTRE LINE OF A GYM OR FIELD AND ON THE COUNT OF THREE THEY PLAY THEIR ROCK, PAPER OR SCISSORS. REMEMBER, PAPER BEATS ROCK, ROCK BEATS SCISSORS, AND SCISSORS BEATS PAPER. WHOEVER WINS THEN CHASES THE OTHER TEAM TO THE END LINE OF THE FIELD OR GYM AND CATCHES AS MANY PEOPLE AS THEY CAN ON THE WAY. THOSE THAT ARE CAUGHT NOW JOIN THE OTHER TEAM. THE GAME CONTINUES UNTIL ALL THE PLAYERS FROM ONE TEAM ARE CAUGHT. THIS GAME IS SUITABLE FOR ALL AGES.

## EVOLUTION

EVOLUTION IS A VARIATION ON ROCK, PAPER, SCISSORS. EVERYONE IN THIS GAME STARTS OFF AS AN EGG AND MAKES A FUNNY NOISE. AFTER THE EGG IS THE CHICKEN, WHICH MAKES A FUNNIER NOISE, THEN A MONSTER WITH A FUNNIER NOISE STILL AND LAST OF ALL IS A HUMAN WHO DOESN'T MAKE A NOISE. THE AIM OF THE GAME IS TO GET FROM BEING AN EGG TO A HUMAN USING ROCK, PAPER, SCISSORS. IF YOU ARE AN EGG YOU MUST FIND ANOTHER EGG, AND PLAY ROCK, PAPER, SCISSORS WITH THEM; IF YOU WIN YOU THEN TURN INTO A CHICKEN AND SO ON TILL YOU BECOME A HUMAN. THE GAME ALSO WORKS THE OTHER WAY AROUND. IF YOU ARE A MONSTER AND YOU LOSE, YOU THEN BECOME A CHICKEN.

## PSR POSSE

STUDENTS START THE GAME WITH A PARTNER IN THEIR OWN SPACE. EACH PAIR THEN PLAYS THE BEST OF THREE ROUNDS OF ROCK, PAPER, SCISSORS. THE LOSING STUDENT THEN GOES OFF TO THE SIDE AND WAITS FOR THE STUDENT WHO BEAT THEM TO BE BEATEN THEMSELVES.

THE WINNING STUDENTS CONTINUE TO CHALLENGE OTHER STUDENTS. WHEN THEY ARE FINALLY BEATEN, THEY STAND ON THE SIDE, AND ALL THE STUDENTS THAT LOST TO THEM ARE FREE TO JOIN THE GAME AGAIN. THE GAME IS CONTINUOUS AND THE ONLY WAY YOU WILL HAVE A WINNER IS IF ONE STUDENT BEATS EVERY SINGLE STUDENT WITHOUT LOSING. IT IS A GREAT GAME THAT WILL KEEP STUDENTS OCCUPIED FOR A LONG TIME.



## PSR TAG



START THE GAME BY SPLITTING THE CLASS INTO THREE EVEN TEAMS. THIS GAME IS PLAYED EXACTLY HOW A NORMAL GAME OF ROCK, PAPER SCISSORS IS PLAYED. JUST LIKE THE STANDARD GAME, ROCK BEATS (TAGS) SCISSORS, SCISSORS BEATS PAPER, AND PAPER BEATS ROCK. WHEN A TAG IS MADE, THE STUDENT WHO HAS BEEN TAGGED JOINS THE TEAM WHO TAGGED THEM. THE GAME CONTINUES UNTIL ONLY ONE TEAM REMAINS. HERE IS HOW EACH PLAYER NEEDS TO RUN AROUND TO INDICATE WHAT TEAM THEY ARE IN: ROCK - PLACE HANDS ON OWN HEAD. PAPER - PLACE HANDS ON OWN SHOULDERS. SCISSORS - PLACE HANDS ON OWN HIPS.

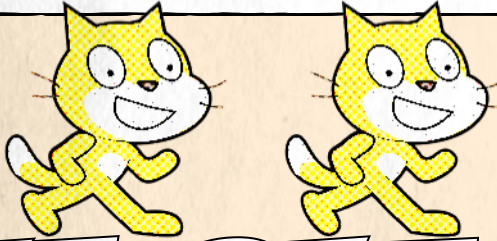
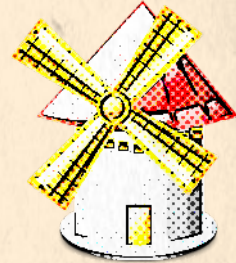


# TOP 5 STRETCHING ACTIVITIES

@DALESIDEBOTTOM

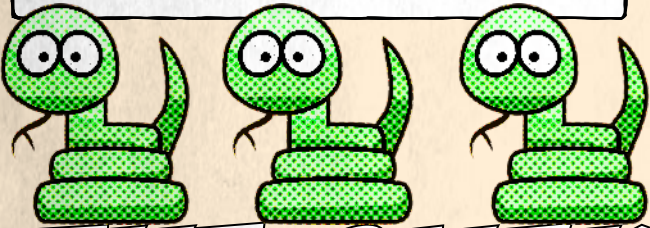
## WINDMILL SPINS

STUDENTS CAN SIT OR STAND FOR THESE STRETCHES. STUDENTS START BY MOVING THEIR ARMS AROUND IN LARGE CIRCLES, LIKE TWO BIG WINDMILLS. ONCE THEY MASTER THIS, ASK THEM TO MOVE THEIR RIGHT ARM IN A CLOCKWISE DIRECTION AND THEIR LEFT ARM IN AN ANTICLOCKWISE DIRECTION. THEN SWAP SO THE LEFT ARM IS MOVING CLOCKWISE AND THEIR RIGHT ARM IS MOVING ANTICLOCKWISE. THIS IS CALLED THE WINDMILL, AS STUDENTS WILL LOOK LIKE WINDMILLS WHEN THEY HAVE BOTH ARMS SPINNING.



## THE CAT

STUDENTS START ON THE FLOOR WITH THEIR HANDS AND KNEES POSITIONED FIRMLY ON THE GROUND. STUDENTS PUSH THEIR BACK UPWARDS, AS IF THEY ARE TRYING TO REACH THE CEILING WITH IT. THEY ARCH THEIR BACK AS MUCH AS POSSIBLE, JUST LIKE A CAT DOES. REMIND STUDENTS NOT TO LIFT THEIR HANDS AND KNEES FROM THE FLOOR. HOLD THE STRETCH FOR 15 SECONDS THEN RELAX. REPEAT

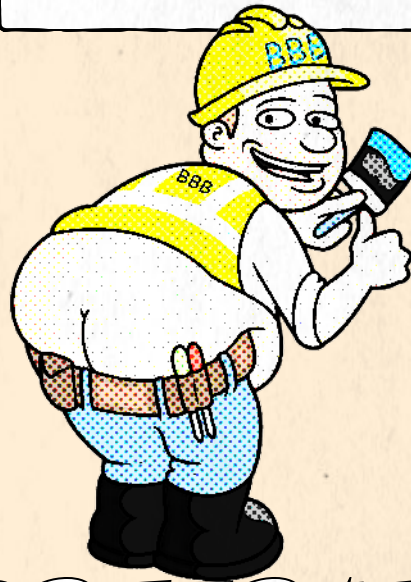


## THE SNAKE

STUDENTS LAY ON THE FLOOR USING THEIR FOREARMS FOR SUPPORT. THEIR STOMACH SHOULD BE ON THE FLOOR AS WELL. STUDENTS START STRAIGHTENING THEIR ELBOWS AND LIFT THEIR TORSO SLOWLY, EXTENDING THEIR BACKS. STUDENTS THEN STRAIGHTEN THEIR ELBOWS AS MUCH AS THEY CAN. THE STUDENTS SHOULD AIM TO LIFT THEIR STOMACH COMPLETELY OFF THE GROUND. HOLD THIS POSITION FOR 15 SECONDS THEN RELAX. REPEAT THREE TIMES FOR BEST RESULTS.

## TRIANGLE STRETCH

STUDENTS START BY LEANING TO ONE SIDE UNTIL THEIR ELBOW CAN REST ON THEIR BENT KNEE. THE STUDENTS THEN NEED TO BREATHE IN AND SLOWLY RAISE THEIR OTHER ARM ABOVE THEIR HEAD. THEIR BODIES SHOULD FORM A TRIANGLE SHAPE. HOLD FOR TEN SECONDS THEN SWAP SIDES. REPEAT TWICE ON BOTH SIDES.



## BOTTOMS UP

STUDENTS LAY ON THEIR BACK WITH BOTH THEIR LEGS EXTENDED AND THEIR TOES POINTING TOWARD THE CEILING. THEY BEND ONE LEG AND USE THEIR ARMS TO PULL THEIR KNEE ACROSS THEIR BODY AND TOWARDS THEIR OPPOSITE SHOULDER. STUDENTS CONTINUE PULLING UNTIL THEY FEEL A STRETCH IN THEIR BOTTOMS. STUDENTS HOLD THE STRETCH FOR 15 SECONDS THEN SWAP TO USE THE OTHER LEG.



# TOP 5 ACTIVITIES FOR SUPPLY TEACHERS

## THEME PARK

@DaleSidebottom

### BAGGAGE COLLECTOR

**RESOURCES:** PAPER BAGS FOR EACH STUDENT TO WRITE ON

**DESCRIPTION:** EACH STUDENT NEEDS TO BE GIVEN A BAGGAGE CARD. HAVE THE STUDENTS 'PACK THEIR BAGS' BY WRITING FIVE INTERESTING FACTS ABOUT THEIR LIVES ON THE BAG. THE STUDENTS SHOULD TRY TO USE FACTS THAT OTHER STUDENTS MAY NOT KNOW ABOUT THEM. THIS WILL MAKE THE GAME A LITTLE MORE DIFFICULT. ONCE THE STUDENTS HAVE FINISHED THE TEACHER COLLECTS THE CARDS. STUDENTS NOW HAVE TO PRETEND THEY ARE GETTING OFF A FLIGHT AND THEY ARE GOING TO THE BAGGAGE AREA TO GET THEIR BAG. ONLY THEY 'ACCIDENTALLY' PICK UP SOMEONE ELSE'S BAG. IN OTHER WORDS, THEY PICK UP ANOTHER STUDENT'S CARD. THE STUDENTS THEN HAVE TO GO AROUND THE ROOM QUESTIONING THEIR CLASSMATES UNTIL THEY FIND OUT WHOSE BAG THEY HAVE.



BreakAppz

### REDUCE BULLYING

**RESOURCES:** A4 PAPER FOR EACH STUDENT

**DESCRIPTION:** GIVE EACH STUDENT ONE PIECE OF PLAIN A4 PAPER. TELL THEM THEY ARE ALLOWED TO SCRUNCH IT UP, STOMP ON IT, REALLY MESS IT UP, THROW IT ON THE GROUND. THEY CAN DO WHATEVER THEY LIKE TO IT BESIDES TEAR THE PAPER. THEN TELL THE STUDENTS TO UNFOLD THE PAPER, SMOOTH IT OUT AND LOOK AT HOW SCARRED AND DIRTY THE PAPER IS. THEN GET THEM TO SAY THEY'RE SORRY TO THE PAPER. NOW EVEN THOUGH THEY SAID THEY WERE SORRY AND TRIED TO FIX THE PAPER, POINT OUT TO THE CLASS ALL THE SCARS LEFT BEHIND ON THE PAPER. AND SAY THAT THESE SCARS WILL NEVER GO AWAY NO MATTER HOW MANY TIMES YOU SAY SORRY OR HOW HARD YOU TRY TO FIX THEM. THEN SAY THIS IS WHAT HAPPENS WHEN A STUDENT BULLIES ANOTHER; THEY MAY SAY THAT THEY ARE SORRY, BUT THE SCARS LAST FOREVER. GO AROUND THE ROOM AND ASK EACH STUDENT ABOUT HOW THEY FEEL AFTER DOING THIS TO THE PAPER. HAVE A CLASS DISCUSSION ABOUT BULLYING. THEN GET THE STUDENTS TO WRITE THEIR NAME ON THEIR PIECE OF PAPER AND STICK THEM ON THE WALL AS A DISPLAY. YOU CAN ALWAYS REFER BACK TO THIS IF A PROBLEM WITH BULLYING OCCURS.

**RESOURCES:** INTERNET ACCESS TO SHOW THE STUDENTS DESIGNS OF THEME PARKS AROUND THE WORLD, A3 PAPER/CARDBOARD, PENS, PENCILS AND RULERS

**DESCRIPTION:** STUDENTS CAN WORK INDIVIDUALLY, IN PAIRS OR GROUPS UP TO THE SIZE OF FOUR. EACH GROUP WILL GET AN A3 PIECE OF PAPER, ON WHICH THEY WILL DESIGN THEIR OWN THEME PARK. BEFORE YOU GET THE STUDENTS TO START, SHOW EXAMPLE THEME PARKS ON THE WHITEBOARD SUCH AS DISNEYLAND. THEN EXPLAIN HOW THEY NEED TO HAVE RIDES, SHOPS, RESTAURANTS AND TOILETS FOR THE GUESTS. THEY ALSO NEED TO PLAN THE LAYOUT, MAKING SURE THEY DON'T HAVE TOO MANY RIDES AND NOT ENOUGH SHOPS OR VICE VERSA. THEN THEY NEED TO DECIDE A NAME FOR THEIR PARK. THE MATHS' SECTION DEALS WITH MAKING SURE THAT EACH ATTRACTION IS RULED AND LOOKS NEAT, THEN ALSO PRICING THE RIDES AND THE ENTRY CHARGE TO THE PARK. IF YOU WANT TO MAKE IT A LITTLE MORE CHALLENGING FOR THE STUDENTS YOU CAN GIVE THEM A BUDGET OF HOW MUCH THEY CAN SPEND. STATE THAT A RIDE IS WORTH £20,000 TO BUILD, A SHOP COSTS £10,000 AND SO ON. YOU CAN WRITE ALL OF THIS UP ON THE BOARD. IT IS A GOOD IDEA TO BRAINSTORM DIFFERENT RIDES, SHOPS AND RESTAURANTS AS A CLASS, THEN CHOOSE TOGETHER HOW MUCH EACH ONE SHOULD COST. THE CLASS WILL ENJOY DESIGNING THEIR OWN PARK.



### 100 DICTIONARY

**EQUIPMENT:** DICTIONARIES, PAPER AND PENS

**DESCRIPTION:** THE STUDENTS WILL WORK INDIVIDUALLY IN THIS ACTIVITY. STUDENTS WILL NEED THEIR OWN DICTIONARY, PEN AND PAPER. GET STUDENTS TO WRITE IN THEIR BOOK THE FOLLOWING RULES. A=1, B=2, C=3 AND SO ON FOR THE REST OF THE ALPHABET. Z=26. THE CHALLENGE FOR STUDENTS IS TO FIND A WORD WHERE THE LETTERS ADD UP TO 100. THEY CAN PICK ANY WORD IN THE DICTIONARY. THEN, USING THE RULE THEY HAVE PUT IN THEIR BOOK, ADD THE VALUES TOGETHER TO SEE IF THEY EQUAL EXACTLY 100.

FOR EXAMPLE, THE WORD HAVE = 36

$H=8 + A=1 + V=22 + E=5$

$DOG = 26$

$D=4 + O=15 + G=7$

SOME WORDS THAT EQUAL 100 ARE WEDNESDAY, PRIMARY, RESOLVED, CHIMPANZEE, FLUORINE, UNDERDONE, RESPONDED AND CHROMIUM.

### RESTAURANT DESIGN

**RESOURCES:** SAMPLE MENUS FROM RESTAURANTS OR ACCESS TO THE INTERNET TO SHOW EXAMPLE OF MENUS ON THE WHITEBOARD. PAPER, PENS AND PENCILS WILL BE NEEDED FOR THE STUDENTS TO CREATE THEIR MENUS

**DESCRIPTION:** THE STUDENTS HAVE TO DESIGN THEIR OWN RESTAURANT MENU. THEY NEED TO DECIDE WHAT STYLE OF RESTAURANT THEY WANT TO OPEN. THEY THEN NEED TO PLAN A MENU THAT FITS IN WITH THE CULTURE THEY HAVE CHOSEN. THEY ALSO NEED TO MAKE SURE THEY HAVE A VARIETY OF DISHES SO THE GENERAL PUBLIC WILL BE INTERESTED IN EATING AT THEIR RESTAURANT. ONCE THEY HAVE CHOSEN THE MEALS, THEY NEED TO DECIDE HOW MUCH MONEY THEY WILL CHARGE PER DISH. ONCE ALL THIS IS COMPLETED THEY NEED TO DECIDE ON A NAME FOR THEIR RESTAURANT AND COMPLETE A FINAL DRAFT OF THEIR MENU. SHOW THE CLASS EXAMPLES OF DIFFERENT RESTAURANTS ON THE WHITEBOARD, AND TALK ABOUT THE DESCRIPTIONS OF THE DISHES, AND HOW USING CERTAIN WORDS CAN MAKE AN ORDINARY MEAL SOUND AMAZING AND DELICIOUS. ALSO TALK ABOUT MEALS FOR VEGETARIANS AND OTHER SPECIAL REQUIREMENTS. STUDENTS CAN WORK SEPARATELY OR IN GROUPS FOR THIS ACTIVITY.



# TOP 5 ACTIVITIES FOR SUPPLY TEACHERS

## PART TWO

@DALE SIDEBOTTOM



BreakAppz

## DICTIONARY ON THE GO

### MAGIC WAND

**RESOURCES:** PEN AND PAPER FOR EACH STUDENT

**DESCRIPTION:** EXPLAIN TO THE STUDENTS THAT THEY HAVE JUST FOUND A MAGIC WAND THAT ALLOWS THEM TO CHANGE THREE THINGS IN THE SCHOOL. THEY CAN CHANGE ANYTHING THEY WANT. THEY CAN CHANGE THINGS ABOUT THEIR SCHOOL, TEACHERS, CLASSMATES AND HOMEWORK. HAVE THE CLASS DISCUSS WHY IT IS IMPORTANT TO MAKE THE CHANGES. THEY THEN NEED TO WRITE THE CHANGES IN A LETTER ADDRESSED TO THE PRINCIPAL OF THE SCHOOL.



**RESOURCES:** COPIES OF A TEXT FOR EACH PAIR  
**DESCRIPTION:** STUDENTS WILL PLAY THIS GAME IN PAIRS. CHOOSE ONE OR MORE SHORT PIECES OF TEXT OF ABOUT FIVE LINES THAT YOU HAVE BEEN READING IN CLASS. STICK THE TEXTS UP AROUND THE ROOM AT SOME DISTANCE FROM WHERE THE STUDENTS ARE SITTING. ONE STUDENT IN EACH PAIR SITS ON A CHAIR WITH A PENCIL AND PAPER. THEIR PARTNER HAS TO STAND UP AND RUN TO WHERE THE TEXT IS AROUND THE ROOM. THE RUNNER READS IT, MEMORISES IT AND RUNS BACK TO THEIR PARTNER WHO IS SITTING DOWN. THE RUNNER MIGHT HAVE TO MAKE A FEW TRIPS BACK AND FORTH TO GET THE TEXT CORRECT. THE RUNNER HAS TO DICTATE IT TO THEIR PARTNER, HELPING IN ANY WAY THEY CAN WITHOUT WRITING IT. FOR EXAMPLE, "ACTUALLY, COMMUNITY HAS TWO 'M'S", AND SO ON. THE WINNER IS THE FIRST PAIR WITH THE ABSOLUTELY CORRECT VERSION OF THE TEXT.

### STANDARD ISLAND

**RESOURCES:** PEN AND PAPER FOR EACH STUDENT

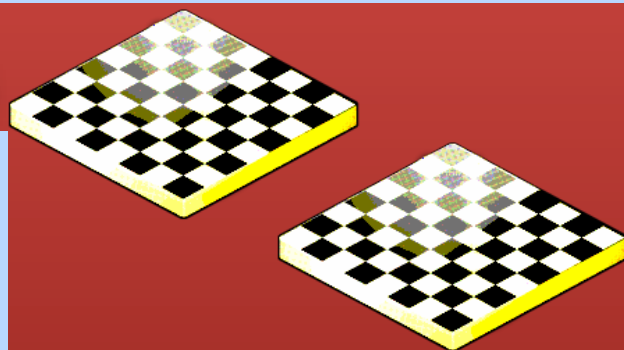
**DESCRIPTION:** EXPLAIN TO THE STUDENTS THAT THEY ARE STUCK ON AN ISLAND. ASK THEM WHAT FIVE (YOU CAN USE A DIFFERENT NUMBER, SUCH AS SEVEN, DEPENDING UPON THE SIZE OF EACH TEAM) ITEMS THEY WOULD HAVE BROUGHT WITH THEM IF THEY KNEW THERE WAS A CHANCE THAT THEY MIGHT BE STRANDED. NOTE THAT STUDENTS ARE ONLY ALLOWED FIVE ITEMS PER TEAM, NOT PER PERSON. GET THE STUDENTS TO WRITE THEIR ITEMS ON A PIECE OF PAPER AND DISCUSS AND DEFEND THEIR CHOICES WITH THE WHOLE CLASS. GREAT FOR GENERATING CLASS DISCUSSION.



### SUPER HERO

**RESOURCES:** POSTER PAPER, PAINT, PENCILS AND PENS

**DESCRIPTION:** PLACE THE STUDENTS INTO GROUPS OF THREE OR FOUR. EACH GROUP WILL BE GIVEN A LARGE PIECE OF POSTER PAPER THAT THEY WILL USE FOR THEIR FINAL COPY TO DESIGN THEIR SUPER HERO. BEFORE THEY START, BRAINSTORM IDEAS ON THE BOARD. TALK ABOUT HOW EACH SUPER HERO HAS TO HAVE FOUR SUPER POWERS; FOR EXAMPLE, X-RAY VISION, INVISIBLE SHIELD, BREATHES FIRE, CAN JUMP 20 METRES HIGH. THEY CAN BE ANYTHING. REMEMBER THIS IS FOR THE STUDENTS TO BE AS CREATIVE AS POSSIBLE; SO LET THEIR IMAGINATIONS RUN WILD. ONCE THEY HAVE DECIDED THIS THEY NEED TO USE THE POSTER PAPER AND USE PAINT OR PENCILS TO DESIGN THEIR SUPER HERO. AT THE END OF THE CLASS EACH GROUP WILL GET TO INTRODUCE THEIR SUPER HERO TO THE CLASS, AND TALK ABOUT THE SPECIAL POWERS.



### BOARD GAME

**RESOURCES:** CARDBOARD, PENCILS, PENS,

GLUE, AND ANYTHING ELSE YOU THINK WILL IMPROVE THE QUALITY OF THE BOARD GAMES

**DESCRIPTION:** THIS CAN BE A FUN ACTIVITY WHERE THE STUDENTS ARE FREE TO MAKE A BOARD GAME ABOUT WHATEVER THEY LIKE, OR YOU CAN RELATE IT BACK TO A TOPIC YOU HAVE JUST COVERED IN ENGLISH. SHOW THE CLASS EXAMPLES LIKE A MONOPOLY BOARD, AND USE THE CHANCE AND COMMUNITY CHEST QUESTIONS TO RELATE TO THE TOPIC YOU HAVE BEEN COVERING IN CLASS. THIS IS A GREAT WAY TO REVISE THE TOPIC, AND THE STUDENTS WILL ENJOY THE FREEDOM OF CREATING A BOARD GAME THAT THEY CAN PLAY.





# TOP 5 BUS ACTIVITIES

@DALESIDEBOTTOM



BreakAppz

## BUS CRICKET

THIS IS A FUN GAME THAT STUDENTS CAN PLAY IN PAIRS. EACH STUDENT TAKES IT IN TURNS OF BATTING. THE WAY YOU PLAY IS BY SCORING THE VEHICLES THAT DRIVE PAST THE BUS. MOTOR BIKES = 1, CARS = 2, VANS = 3, CARS WITH TRAILERS = 4, TRUCKS = 5, BUSES = 6. THE STUDENT KEEPS ADDING THEIR SCORE UP. THE ONLY WAY THEY CAN BE DISMISSED AND STOP COUNTING IS IF ONE OF THE VEHICLES IS RED. IF ANY OF THE VEHICLES ARE RED THEN THE SCORE THEY ARE ON AT THE TIME IS THEIR FINAL SCORE, AND IT'S THE NEXT STUDENT'S TURN TO START BATTING. THE WINNING STUDENT IS THE ONE WITH THE HIGHEST SCORE AT THE END.

## NUMBER PLATE GAME

FOR THIS GAME, THE STUDENTS HAVE TO USE THE LETTERS IN A NUMBER PLATE AND MAKE A SAYING, COMPANY NAME OR SONG TITLE WITH THESE LETTERS. FOR EXAMPLE, IF A NUMBER PLATE IS FAR776, IT COULD BE FUNNY ANTS RUN OR FRED'S ANGRY RIBS. TRY AND CHALLENGE THE STUDENTS TO COME UP WITH THE FUNNIEST ONES THEY CAN.



## ABC GAME

THE AIM OF THIS GAME IS TO COMPLETE THE ALPHABET FIRST. AS THE STUDENTS SEE THE LETTERS ON BILLBOARDS AND LICENCE PLATES THEY SHOUT OUT THE LETTER AND POINT. ONCE A LETTER HAS BEEN CLAIMED OTHER STUDENTS CANNOT USE THE SAME LETTER. THE TEACHER CAN MAKE IT HARDER BY LIMITING TO ONLY LICENCE PLATES OR BILLBOARD SIGNS.



## ANIMALS, CITIES & GEOGRAPHY

THIS IS A GREAT GAME WHERE STUDENTS TAKE IT IN TURNS OF NAMING ANIMALS. EACH STUDENT HAS TO NAME ANOTHER ANIMAL, NOT REPEAT WHAT THE STUDENTS BEFORE THEM HAVE SAID. THE ANIMALS NEED TO START WITH THE LAST LETTER OF THE LAST ANIMAL NAMED. THIS GAME COULD BE PLAYED WITH CITIES OR GEOGRAPHICAL REGIONS. ONCE THE STUDENTS HAVE MASTERED THIS YOU CAN HAVE AN 'EXPERT' VERSION WHERE ALL THE GEOGRAPHICAL REGIONS MUST START AND END WITH AN 'A'. HERE IS AN EXAMPLE: ASIA, AEGEAN SEA, AMERICA, ATLANTA.



## GROCERY STORE

ONE STUDENT IS SELECTED TO BEGIN THE ROUND BY STATING, "MY FATHER OWNS A GROCERY STORE, AND IN IT HE SELLS (SOMETHING THAT BEGINS WITH THE LETTER A; E.G. APPLES)." THE NEXT STUDENT STATES, "MY FATHER OWNS A GROCERY STORE, AND IN IT HE SELLS APPLES AND (SOMETHING THAT BEGINS WITH THE LETTER B; E.G. BANANAS)." IT GOES AROUND AND AROUND WITH EACH STUDENT HAVING TO RECITE THE ENTIRE LIST AND THEN ADDING A NEW ENTRY FOR THE NEXT LETTER OF THE ALPHABET. IF A STUDENT MISSES AN ITEM OR GETS COMPLETELY STUMPED, THEY'RE SUPPOSED TO BE 'OUT'. BUT YOU CAN GIVE THEM CLUES TO KEEP THINGS MOVING ALONG AND KEEP THEM INVOLVED IN THE GAME. THE CHALLENGE IS TO SEE IF THE CLASS CAN WORK TOGETHER TO GET TO Z. VARIATIONS YOU CAN PLAY ARE, "MY FATHER OWNS A MUSIC STORE ..." IN WHICH STUDENTS HAVE TO NAME BANDS, SONG TITLES, ALBUM TITLES, OR WHATEVER.





# TOP 5 CRICKET CURRICULUM ENGAGERS

## Literacy Cricket

@DaleSidebottom

## Dice Cricket

THIS GAME IS A GREAT WAY TO FINISH A CLASS OR TOPIC YOU HAVE JUST BEEN COVERING IN A FUN WAY. GREAT FOR REVISING THE TOPIC JUST LEARNT IN A GAME SITUATION. EACH STUDENT HAS TO WRITE TWO QUESTIONS ON A PIECE OF PAPER ABOUT THE TOPIC JUST COVERED; FOR EXAMPLE, THE CHARACTERS IN THE BOOK THEY HAVE BEEN READING. THEN ONE TEAM STANDS UP THE FRONT AND THEY ARE THE BATTERS. THE BOWLERS STAY SITTING IN THEIR SEATS. THE NUMBER ONE BOWLER ASKS HIS FIRST QUESTION TO THE NUMBER ONE BATTER. THE BATTER HAS FIVE SECONDS TO ANSWER THE QUESTION; IF HE GETS IT WRONG THEN HE SCORES NO RUNS, IF HE GETS IT RIGHT HE SCORES TWO RUNS FOR HIS TEAM. THE BATTER CAN ALSO PASS AND THE NEXT BATTER IN LINE CAN ANSWER THE QUESTION FOR ONE RUN. AS THE TEACHER, YOU CAN AWARD POINTS TO THE BATTER IF IT DOES NOT RELATE TO THE TOPIC AND/OR IS TOO HARD. AFTER EACH BATTER HAS BEEN ASKED A QUESTION THE TEAMS SWAP OVER AND IT'S NOW THE BOWLERS' TURN TO BE THE BATTERS UP THE FRONT OF THE CLASS.

THIS GAME IS PLAYED IN PAIRS AT A DESK IN THE CLASSROOM. EACH PAIR NEEDS A DICE AND PAPER TO SCORE; STUDENTS TAKE IT IN TURNS TO BAT. THE BATTER ROLLS THE DICE; IF THEY ROLL A 1, 2, 3, 4 OR 6, THEY GET ANOTHER TURN, ADDING THEIR SCORE AS THEY GO. STUDENTS CAN WRITE DOWN THE SCORE AND ADD IT TOGETHER ON THE PAGE OR THEY CAN WORK IT OUT IN THEIR HEAD. IF THE STUDENT ROLLS A 5, THEN THEY ARE OUT AND THE SCORE THEY ARE ON STOPS THERE. THEN IT IS THE OTHER STUDENT'S TURN TO BAT. REPEAT THIS PROCESS 5 TIMES AND ADD UP THE FIVE SCORES TO GET ONE TOTAL. THE WINNER WILL BE THE HIGHEST SCORE. YOU CAN THEN GET STUDENTS TO WORK OUT THEIR AVERAGE SCORE AND SO ON.

## Bus Cricket Math's Cricket

THIS IS A FUN GAME THAT STUDENTS CAN PLAY IN PAIRS. EACH STUDENT TAKES IT IN TURNS OF BATTING. THE WAY YOU PLAY IS BY SCORING THE VEHICLES THAT DRIVE PAST THE BUS. MOTOR BIKES = 1, CARS = 2, VANS = 3, CARS WITH TRAILERS = 4, TRUCKS = 5, BUSES = 6. THE STUDENT KEEPS ADDING THEIR SCORE UP. THE ONLY WAY THEY CAN BE DISMISSED AND STOP COUNTING IS IF ONE OF THE VEHICLES IS RED. IF ANY OF THE VEHICLES IS RED THEN THE SCORE THEY ARE ON AT THE TIME IS THEIR FINAL SCORE, AND IT'S THE NEXT STUDENT'S TURN TO START BATTING. THE WINNING STUDENT IS THE ONE WITH THE HIGHEST SCORE AT THE END.

THIS GAME IS GREAT FOR REVISING THE TOPIC JUST LEARNT IN A GAME SITUATION. EACH STUDENT HAS TO WRITE TWO QUESTIONS ON A PIECE OF PAPER ABOUT THE TOPIC JUST COVERED -E.G. ON ADDING 2 DIGIT NUMBERS. ONE TEAM STANDS AT THE FRONT OF THE CLASS AS BATTERS, THE BOWLERS STAY SITTING IN THEIR SEATS. THE NUMBER 1 BOWLER ASKS HIS FIRST QUESTION TO THE NUMBER 1 BATTER. THE BATTER HAS 5 SECONDS TO ANSWER THE QUESTION. IF HE ANSWERS INCORRECTLY, HE SCORES NO RUNS; IF HE GETS IT RIGHT, HE SCORES 2 RUNS FOR HIS TEAM. THE BATTER CAN ALSO PASS AND THE NEXT BATTER IN LINE CAN ANSWER THE QUESTION FOR ONE RUN. IF THE QUESTION IS TOO HARD, AS THE TEACHER, YOU CAN AWARD POINTS TO THE BATTER, IF IT DOES NOT RELATE TO THE TOPIC. AFTER EACH BATTER HAS BEEN ASKED A QUESTION, THE TEAMS SWAP OVER AND IT'S NOW THE BOWLERS' TURN TO BE THE BATTERS UP THE FRONT OF THE CLASS.

## Big Board Game

SPLIT THE CLASS INTO FOUR EVEN TEAMS. EACH TEAM GETS A LITTLE TOY AS THEIR TEAM'S MASCOT AND IS USED AS A MARKER ON THE BOARD GAME. TO SET UP THE BOARD YOU NEED TO WRITE LARGE NUMBERS FROM 1 - 20 ON A4 PIECES OF PAPER AND PLACE THEM AROUND THE ROOM. THEN YOU HAVE YOUR BIG BOARD GAME. EACH TEAM TAKES IT IN TURN TO BE ASKED A QUESTION ON THE CHOSEN QUIZ TOPIC. IF THEY ANSWER CORRECTLY THEY MOVE THEIR TEAM MASCOT ONE PLACE. IF THEY GET THE ANSWER INCORRECT THE MASCOT STAYS WHERE IT IS UNTIL THEIR NEXT GO. THE WINNING TEAM IS THE TEAM WHO IS IN FRONT AT THE END OF THE CLASS. YOU CAN ALSO MAKE BONUS ROUNDS, WHERE TEAMS CAN MOVE TWO EXTRA SPACES IF THEY ANSWER THE QUESTION CORRECTLY. THE BIG CRICKET BOARD GAME IS A GREAT WAY FOR THE STUDENTS TO LEARN ABOUT CERTAIN TOPICS AND BUILD TEAMWORK. HERE ARE SOME CRICKET QUESTIONS TO USE TO QUIZ YOUR CLASS.

1. A CENTURY IS ALSO KNOWN AS SCORING 100 RUNS BY A BATSMAN TRUE
2. IN AN OVER, EACH BOWLER BOWLS 7 BALLS FALSE
3. A STANDARD CRICKET GROUND IS SQUARE, LIKE A SOCCER FIELD FALSE
4. CRICKET IS NORMALLY PLAYED ON AN OVAL SHAPED FIELD TRUE
5. 4 RUNS IS AWARDED TO A BATSMAN WHO HITS THE BALL ALONG THE GROUND OVER THE BOUNDARY LINE TRUE
6. 8 RUNS IS AWARDED TO THE BATSMAN WHO HITS THE BALL OVER THE BOUNDARY LINE ON THE FULL FALSE
7. BOWLERS HAVE TO RE-BOWL THE DELIVERY IF IT'S A WIDE OR NO BALL TRUE
8. IN A T20 GAME, EACH TEAM HAS TO BOWL 20 OVER'S TRUE
9. THERE ARE 10 DIFFERENT WAYS TO GO OUT IN CRICKET TRUE
10. IF A BATSMAN ACCIDENTALLY KNOCKS HIS STUMPS WHEN BATTING THEY ARE NOT OUT FALSE
11. THERE ARE THREE STUMPS WITH TWO BAILS ON TOP TRUE
12. A PLAYER IS OUT IF THE BALL IS BOWLED AND IT HITS THE STUMPS BUT THE BAILS DO NOT FALL OFF FALSE
13. A "BYE" IS WHERE A BALL THAT ISN'T A NO BALL OR WIDE PASSES THE STRIKING BATSMAN AND RUNS ARE SCORED WITHOUT THE BATSMAN HITTING THE BALL TRUE
14. PLAYERS CANNOT BE GIVEN OUT IF THEY HIT THE BALL TWICE FALSE
15. CRICKET RULES ALLOW THE BATSMAN TO BE GIVEN OUT IF HE WILLINGLY HANDLES THE BALL WITH THE HAND THAT IS NOT TOUCHING THE BAT WITHOUT THE CONSENT OF THE OPPOSITION TRUE
16. LBW STANDS FOR LEG BEHIND WICKET FALSE
17. OBSTRUCTING THE FIELD ISN'T ALLOWED TO BE DONE BY THE BATSMEN TRUE
18. OBSTRUCTING THE FIELD IS ALLOWED BY THE BATSMEN AND THEY CANNOT BE GIVEN OUT THIS WAY FALSE
19. LEG BYES ARE GIVEN TO THE BATSMEN'S SCORE FALSE
20. WIDE BALLS DO NOT HAVE TO BE BOWLED AGAIN FALSE



# TOP 5 LITERACY LESSON STARTERS

@DALESIDEBOTTOM

## WORD CHAINS

**RESOURCES:**  
NONE

**DESCRIPTION:**

START THIS GAME WITH STUDENTS SITTING IN A CIRCLE. START THEM OFF WITH A SLOW RHYTHM CLAP. THEN THE FIRST STUDENT SAYS ANY WORD TO THE TIME OF THE RHYTHM. THE NEXT STUDENT MUST THEN SAY A WORD THAT BEGINS WITH THE LAST LETTER OF THE PREVIOUS WORD.

FOR EXAMPLE: MAGIC . . . CRICKET . . . TOY . . . YELL . . . LUCKY . . . YELLOW. THE GAME STARTS OVER WHEN A STUDENT MISSES A TURN OR SAYS A WRONG WORD.

## SCAVENGER HUNT

**RESOURCES:**  
PEN AND PAPER FOR EACH GROUP

**DESCRIPTION:**

SPLIT THE CLASS INTO GROUPS OF FOUR STUDENTS. IN THESE GROUPS THE STUDENTS MUST USE ALL 26 LETTERS OF THE ALPHABET FOR THE SCAVENGER HUNT. THE STUDENTS NEED TO FIND SOMETHING IN THE CLASSROOM THAT THEY CAN SEE THAT BEGINS WITH EACH LETTER OF THE ALPHABET. THEY NEED ONLY ONE THING FOR EACH LETTER. THE FIRST GROUP TO FIND THINGS FOR ALL 26 LETTERS READS OUT THEIR WORDS. IF THE WORDS ARE ALL OK, THIS GROUP IS THE WINNER. IF ANY ARE NOT OK, THE GAME CONTINUES UNTIL ANOTHER GROUP FINISHES.

## TELEPHONE Pictionary



**RESOURCES:**  
PAPER AND PENCILS



**DESCRIPTION:**

TELEPHONE Pictionary STARTS WITH THE CLASS SITTING IN A CIRCLE. THE TEACHER SELECTS ONE STUDENT TO WRITE A SENTENCE OR PHRASE. THIS CAN BE ANYTHING! (THE STRANGER THE BEGINNING SENTENCE, THE FUNNIER THE FINAL RESULT WILL BE.) THE STUDENT SITTING NEXT THE FIRST STUDENT LOOKS AT WHAT WAS WRITTEN AND DRAWS A PICTURE TO MATCH THE SENTENCE. THEY FOLD THE PAPER OVER SO THAT ONLY THE PICTURE CAN BE SEEN AND PASS IT TO THE NEXT STUDENT. THE THIRD STUDENT LOOKS AT THE PICTURE AND WRITES A CAPTION OR SENTENCE FOR THE PICTURE THAT THEY SEE. THEY FOLD THE PAPER OVER AGAIN, SO THAT ONLY THE SENTENCE CAN BE SEEN, AND PASS THE PAPER TO THE NEXT STUDENT. CONTINUE LIKE THIS UNTIL EVERYONE HAS HAD A TURN. THE GAME SHOULD END WITH A SENTENCE, NOT A PICTURE, SO IT MAY BE THAT ONE STUDENT HAS TWO TURNS. WHEN EVERYONE HAS HAD A TURN, OPEN THE PAPER AND HAVE A GOOD LAUGH AS A CLASS.



## MINISTERS CAT

**RESOURCES:**  
NONE

**DESCRIPTION:**

THE CLASS STARTS THIS GAME BY SITTING IN A CIRCLE. THE TEACHER PICKS A STUDENT WHO DESCRIBES THE MINISTER'S CAT WITH ANY ADJECTIVE THAT STARTS WITH THE LETTER 'A'; FOR EXAMPLE, "THE MINISTER'S CAT IS AN AMAZING CAT." THE NEXT STUDENT MUST ALSO USE THE LETTER 'A', SUCH AS, "THE MINISTER'S CAT IS AN ANGRY CAT." CONTINUE ALL THE WAY AROUND THE CIRCLE. WHEN IT COMES BACK TO THE FIRST STUDENT THE LETTER 'B' IS USED; FOR EXAMPLE, "THE MINISTER'S CAT IS A BOLD CAT." ANY STUDENT THAT IS UNABLE TO COME UP WITH AN ADJECTIVE CAN PASS ON THEIR TURN OR THEY CAN BE ELIMINATED IF YOU WANT TO HAVE A COMPETITIVE GAME.

## WIZARD

**RESOURCES:**  
DICTIONARY, PAPER AND PENS FOR EACH GROUP

**DESCRIPTION:**

SPLIT THE CLASS INTO FOUR EVEN TEAMS. THEY EACH NEED A PIECE OF PAPER AND PEN. THE TEACHER FINDS ANY WORD IN THE DICTIONARY AND WRITES THE WORD ON THE BOARD. EACH GROUP THEN GETS FIVE MINUTES TO WRITE DOWN WHAT THEY THINK THE WORD MEANS. ONCE THEY HAVE DONE THIS, THE TEACHER READS OUT THE RIGHT MEANING AS WELL AS THE FOUR THE GROUPS HAVE MADE UP. YOU SCORE A POINT IF YOU GUESS THE RIGHT ANSWER, AND YOU ALSO SCORE A POINT IF ANOTHER GROUP PICKS YOUR EXPLANATION WHEN THEY ARE VOTING. THE AIM IS TO TRY AND COME UP WITH ANSWERS THAT ARE VERY CONVINCING SO OTHER GROUPS VOTE FOR THEM. THE WINNING GROUP WILL BE THE TEAM WITH THE MOST POINTS AT THE END OF THE SESSION.



BreakAppz