

Appendix

Game Name	Description
Bull Rush	Mark out a rectangular court. One person is the 'bull'. Rest of the group run from one end of the court to the other trying to avoid the 'bull'. If they are tagged they help the 'bull' to tag everyone else. Last person tagged is 'bull' for next game.
Rob the Nest	Set up a cone for each child, all an equal distance away from a centre cone or ball. Call out the children's names either one, two or more at a time and they gallop to the centre point and back to their cone. The first one back wins. Cones can be handicapped if necessary to make a fairer race.
Ship to shore	Set up 3 lines of cones, approximately 5m apart. Children stand along the middle line (water), The line to one side labelled ship, and the other side shore. Instructor calls out ship or shore and children slide to that side and back to the centre line.
Hopscotch	Children throw their disc and hop to retrieve it along hopscotch mats.
Leap/Jump the river	Set out two lines in a V-shape. Get children to leap/jump across the narrowest part and slowly move up towards the widest part
Bean Bag Darts	Lay floor target out. Children take it in turns to throw a bean bag aiming for the centre of the target
Six-Pin Bowling	Set up 6 bowling pins in a triangular 3-2-1 shape. Children roll the large bowling balls to knock down as many pins as possible from approximately 5m away.
Rolling Darts	Lay out floor target children take it in turns to roll ball onto the target trying to get as close to the centre of the target as possible target
Passing	Set up a goal using cones. Children stand in pairs with one on each side of the goals. Children kick the soccer ball between the goal to each other
Catchy Rounders	Children stand in a circle with an instructor in the middle. Throw or bounce a ball to the children one at a time with the goal for them to catch the ball and pass it back to the instructor.
Bouncy Balls	Children have their own space (hula hoop on the ground) and ball. They dribble the ball, trying to keep it within their own area. As they improve hoop and ball size can both decrease
Dribble Relay	Split the children into two teams and split each team in half placing them at different ends of an area. Children dribble the ball to the other half of their team before passing it on. As children improve obstacles for them to dribble around can be added or two balls can be used
T-Ball Hitting	Set up T-balls. Children take it in turns to hit the ball. Instructor is positioned to retrieve the ball.
Modified T-Ball	Two children play. One hits the ball and runs to the base (hula hoop), The other child acts as a fielder and must collect the ball and get it to the safe base before the batter gets there. Swap roles after each go.
Modified kickball	As above but kick instead of T-Ball
FoosBall	Set up 4 lines. Split children into two teams. Children stand on lines and defend their own goal whilst trying to score in their opponents. Children are only allowed to move sideways along the line.
Basketball	Set up a bucket or two. Get children to dribble towards buckets and shoot from a certain distance. Make it harder by having a defender or shooting from further away
Keep ups	Give each child a balloon. They must keep the balloon off the ground using any part of their body.
Piggy in the middle	One child is the piggy and other children try to keep piggy from getting the ball. Once piggy gets the ball they swap with the player who allowed them to. Can be done with a range of object control skills.
Prize box/H.O.R.S.E	To set up, put a box or garbage can in the middle of the playing area. Then scatter hoops all around the playing area. Split the children up in to 3 or 4 teams and position them in the corners of the playing area. Each team starts with an equal amount of bean bags (10-20). When the leader says go, one player from each team will run to a hoop or cone, stand inside of it, and try to throw the bean bag into the "Prize Box". After the throw is completed they will run back to their team and high five the next person in line to go. If they successfully land their beanbag in the Prize Box they pick up the hoop in which they were standing and bring it back to their team. After every team has run out of bean bags or all the hoops are gone, stop the game. If there are hoops remaining, each team can gather up their bean bags and continue playing. Once all the hoops are gone the teams can count up all the hoops they have gathered. Can be played as individuals as a game of H.O.R.S.E
Sack races	Children each get a sack and race a certain distance. Races can be handicapped to make them more competitive.
The floor is lava	Set up hopscotch numbers separately across a space. Just need to hop, jump and leap across the numbers without touching the floor to get from one side to the other. If they touch the ground they return to the start to try again. To make it harder they can only jump in number order.
Obstacle course	Set up an obstacle course using equipment and what is already around using multiple skills on different surfaces.

Relays	Relays of different skills. For jump and leap, use markers or cones or beanbags to give them something to go over. Can use balls for such dribbling or kicking relays.
Simon says	Call out different movements to different areas. Use cones and markers to mark areas and give a solid place for children to travel between.
Touch game	Similar Simon to says. Give children a skill a something to touch (tree, bench, cone etc.,)
Duck duck goose	A group of players sit in a circle, facing inward, while another player, who is "it", walks around tapping or pointing to each player in turn, calling each a "duck" until finally calling one a "goose". The "goose" then rises and tries to tag "it", while "it" tries to return to and sit where the "goose" had been sitting. If "it" succeeds, the "goose" becomes "it" and the process begins again. If the "goose" tags "it", the "goose" may return to sit in the previous spot and "it" resumes the process.[2]
Musical bums	Music plays and children perform a certain skill that has been called out until the music stops. Children must then sit in a hula hoop on the floor as quick as possible. Take a hula hoop away each time so that a child is eliminated.
Free day	All equipment is brought out and children are able to play the games they like or make up their own