

- **You'll need:** Cones, foam blocks, bean bags (optional)
- **You can play:** outside, in the gym, blacktop, field

Warm Up

Volcanoes and Craters

Divide children into two teams. Start off with all cones placed randomly around an area facing upwards and facing downwards. In an indicated time (e.g. 2 minutes) one team must try to get all cones the correct way up - volcanoes, and at the same time the other team is turning them over - craters. (This game is sometimes called domes and dishes).



Add more cones to keep the game going longer



Instead of children on teams, have leaders on team volcano and children on team crater

Game 2

Connect It

Children walk or run freely about the area. On a signal, they stop and listen to the leader calling out two body parts, which each child then has to join together. Examples include: elbow to knee, hand to foot, foot to foot, hand to shoulder, head to hand, knee to ankle, foot to head.



Add in bean bags on the ground and they must attach their body part to the bean bag



Use both visual and auditory cues each time you call a body part so they can copy

Game 3

Castle Building

Children must gather up scattered blocks and use teamwork to build a castle in the centre of the play space. Note: with young kids the leader should be by the castle helping put the blocks down and making sure everyone gets a turn. If the group needs more structure then have them line up at a cone to take their turn adding to the castle.



Add in different shaped objects so they can try to balance them



Give everyone their own equipment to build with

Game 4

Balancing Tag

Leaders are it and will try to catch all the participants. Everyone runs around the playing area. To be 'safe' kids can balance on one foot like a flamingo. You can only balance for 3 seconds and then you have to run around again.



Use a smaller play area to increase the speed of the game



Use a large space and verbally remind participants to balance to be 'safe'