

● **You'll need:** No equipment needed

● **You can play:** outside, in the gym, blacktop, field

Warm Up

Red Light/Green Light/ Yellow Light

The leader stands in the middle of the playing area. When they hold up a green object and shout go, kids move forward. When they hold up a Yellow object and shout slow motion, kids move slowly. When they hold up a Red object, and shout stop, kids have to freeze.

▲ On green light, try new movements like galloping, walking backwards etc.

▼ Clearly call and demonstrate each time you change the light

Game 2

Cloud Catching

Give each participant a scarf and have them move around and throw it in different ways: catch with one hand, catch it behind your back, clap 5 times, catch it on your foot, etc. Talk about the scarf floating slowly through the sky like a cloud.

▲ Challenge participants to catch with one hand, on their head or foot be creative!

▼ Use both visual and auditory cues each time you change the type of catch

Game 3

Fly the Bird

Adult is the tagger. If participants are tagged they must jump like a kangaroo three times before they are back in the game. Adult can use a tagging tool like a foam noodle to make it easier to tag.

▲ Make the space smaller to increase the speed of the game and work on spacial awareness/dodging

▼ Make the space larger to slow the game down. Visually demonstrate the kangaroo jumps (mimicry)

Game 4

Fruit Basket!

Set up 1-3 large hoops around the outside of the playing area as fruit baskets. Place coloured beanbags all over the open area. Shout "Oh no! All the fruit fell out of the basket!" Ask participants to move using different locomotor movements to pick up one piece of fruit at a time and toss it into the baskets. Have the participants call out the name of the fruit they are throwing into the basket.

▲ Spread out more fruit and make the movements more challenging (gallop/skip)

▼ Place hoops on one side of the playing area to make it clear where the targets are