

Poison

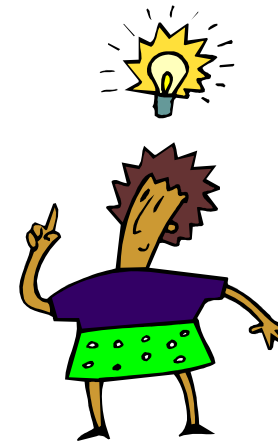
The chaser starts by holding out their arms, each player holds on to a finger and gets ready to run. The chaser says "I went to a shop and bought a bottle of ...". The players have to keep holding on until the chaser says "Poison". After saying poison the chaser tries to catch one of the players and swaps places with them.

Letter Chase

The chaser stands with their back to the group. They call out a letter and if that letter appears in the player's names they can take a step forward. If the letter is in twice, two steps... This continues until someone is close enough to tap the chaser. When this happens the chaser runs after the group as they try to get to their start line, trying to dob as many people as possible. The chaser can count how many are dobbed. The person who tapped the chaser can become the next chaser, or the chaser can pick the next person from those that were dobbed.

Please add on your own ideas to this booklet!

Lunchtime Structured Play Ideas and Activities



**Leicester-shire and Rutland Phase 9
School Sport Partnerships**

**Oadby and Wigston, Longslade, Blaby and
Harborough**



blaby & harborough
school sports partnership

Introduction – Structured Play

The idea behind structured play activities is to provide the children with variety and focus to their play, while helping to develop their body awareness and physical skills. The structured play is not compulsory, but it is hoped many will chose to join in.

This guide is designed to share ideas and should be regarded as a resource not a definitive catalogue. Please add to the guide and share ideas that work and any that don't!

The guide is divided into two sections, activities and games that require equipment and those which don't require anything.

There is space at the back to add your own ideas - please do!!!

children.

Statues

The children are moving about the area freely, but following instructions. E.g. hop, skip, jump, run, bounce, walk backwards, move like a kangaroo, move like a deer? When the caller claps their hands the children turn into statues. If the caller sees any moving they go to the front and help the caller spot. The last one in becomes the new caller.

“I sent a letter to my friend”

Children sitting or standing in a circle. One pupil walks around the outside of the circle chanting:

“I sent a letter to my friend and on the way I dropped it. One of you has picked it up and put it in your pocket” They then gently tap each person in turn saying “It isn't you, it isn't you...”

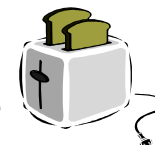
When they feel like it they tap someone and say “It's you”.

“It's you” then chases the tapper around the circle. If they tag them the tapper has another go. If the tapper makes it to “It's you's” space, “It's you” starts the game again.

Crusts and Crumbs

Two lines of pupils, one line called crusts, the other called crumbs. A safe zone for each section first needs to be established.

The two lines wait for a call from the Big Toast. If they call “crusts”, the crusts chase the crumbs to the crumbs safe zone. Any crumbs tagged become crusts. The game continues with random order calls. The side with no runners left is the losing side.



Verbal Games

“What’s the time Mr Wolf”

- Mr Wolf walks around the playground while the others follow.
- The players ask Mr Wolf what the time is and according to their response take the appropriate number of steps towards them.
- When Mr Wolf replies “Dinnertime!” the players have to run back to a pre-designated ‘home’ without getting caught.
- The first one caught becomes Mr Wolf

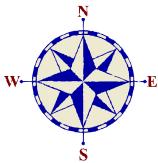


Boat Game

Children have to respond to the instructions given as quickly as possible. Anyone who gets it wrong has to walk the plank and then swim back to the others. Children run to the bow, the stern, port or starboard. They can “climb the rigging,” or “scrub the decks” (appropriate actions), or salute when the “Captain’s coming.”

Compass Game

Decide whether the children are going to respond to the verbal or visual instructions given by the leader. When they are called out/indicated the children move to the appropriate compass point. The last person there could have to do a small forfeit type activity e.g. 5 jumps on the spot. To extend: include the subdivisions – North east, North west etc. and give verbal and visual signals at once to try and confuse the



Equipment

Skipping Games

Individual or group skipping can be used.

To make skipping easier practice jumping over a rope swinging gently from side to side. Then start by the side of a stationary rope and take alternate small and big jumps as the rope is circled. Aim to jump over the rope with the big jump. Extend children further by trying double and crossed arm skipping and different foot patterns. They can also try running in and out of the turning rope.



Technique:

Encourage the children to develop good skipping technique by

- Keeping bounces low
- Knees slightly bent
- Heels often touching the ground
- Elbows in at waist level, close to the sides of the body
- Using the lower arms and wrists to turn the rope

****Practice new skills without a rope first****

See the British Heart Foundation “Jump Rope for Heart” resource for additional ideas.

Skill based challenges

- Can you travel when you skip?
- Can you skip turning the rope backwards?
- Can you perform a cross-over skip?

Endurance challenges

- How many consecutive skips can you perform?
- Can you skip for one minute without rest?
- How many consecutive skips can you perform with a partner?

Creative challenges

- Can you find three different ways of skipping with a partner using one rope?
- Can you make up a routine with a partner showing a change of speed?
- Can you skip in time with others?

Rhymes:

Teddy Bear – the children try to complete the actions of the rhyme as they skip.

Mickey Mouse – count as many skips as they can do. (A top limit may be needed.) See if the children can beat their own best total.

Bumper Car – run out of the rope and around the turner when the car goes around a corner. Keep repeating the word ‘corner’ until the skipper jumps back in.

Birthdays – the skipper should either jump out or stop in their birthday month.

Easy Ivy – a development rhyme. Start with the rope swinging back and forth, turn the rope fully on “Easy Ivy Over”, then continue with any other rhyme or just count!

French Skipping

If elastic is available French skipping can be used as an alternative to rope skipping.

Pupils can practice counting and basic arithmetic, as well as moving in multiples of numbers.

Bingo – where pupils standing on the called number are then out of the game.

Activity Bingo – pupils pick a number then someone who isn’t looking calls out a task for certain people. E.g. anyone on a number which has a 2 in it – do 3 star jumps. Anyone whose number is a multiple of 10 – skip and touch the fence and then return.

Hopscotch

- Complete the hopscotch forwards and backwards.
- Then throw a beanbag onto number one, complete the hopscotch without touching number one.
- Then throw it on to number two etc. If they miss the number they need to repeat the attempt.
- Move on to multiple bean bags or two people working at one time avoiding each other.

Road

Travelling around the road, being different vehicles. Learning to stop, look and listen.



Trying different ways of travelling – running, quick walking, skipping, jumping, tip-toeing, side-stepping...

Using the road lines as an island and the rest of the playground as shark-infested water. Pupils cannot touch the water or they will get eaten! They can play tag or dobby scarecrow on the lines.

- 'Mushrooming' the parachute and calling the names of the children who have to swap sides underneath the parachute.

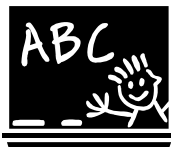
Please add to this list as you try them.

No Equipment

The existing playground markings should provide a number of different lunchtime opportunities. It is important not to have too much equipment out on the playground at one time, so the markings should not be discounted. Games will have to be adapted to suit each school's markings.

Letters grid

Standing on appropriate letters to spell out: Names, numbers, animals, friends, teachers, sports...



Playing "Eye spy".

- Taking in turns a pupil has to stand on the letter of an object/person that they can see.
- The others have to guess what it is (they can have multiple guesses).
- If they are unsuccessful and the pupil was correct about the letter, the pupil gets a point.
- The pupil with the most points at the end of the session wins.
- If there isn't a number grid pupils can stand on an object in the playground that starts with the same letter

Number grid

Ball and Bucket/Beanbags

Individual Skills

Work on throwing with appropriate weight and direction, cup hands together to catch the object. Develop using different shape balls and multiple pieces of equipment.



Examples could be:

- Bouncing the ball on the ground with one hand (called dribbling in Basketball)
- Repeating the above exercise with the other hand, while moving around a designated area, or while kneeling or sitting down.
- Dribbling the ball around obstacles or in a particular shape.
- Throwing the object into the air, clapping, and then re-catching the object.
- Trying to bounce the ball between their legs.
- Passing/wrapping the object around different parts of their bodies.
- Playing 'over-and-under' in a line with others.
- Bouncing the ball on the ground and catching it before it touches the ground again.
- As above but turning round, clapping or kneeling down before catching the ball.
- Passing the object from one hand to the other with little throws.
- Throwing at a target, scoring points for how close it gets to the desired location.
- Playing "Hot Potato".
- Playing "Over and Under" as a relay or a challenge.

- Passing in a group, trying to keep the ball away from a defender.

Divided the group in two and play **Treasure Chest**.

- Make a circle with the whole group.
- Place two treasure chests (containers) with balls in on opposite sides of the circle.
- The teams are trying to get as much treasure in their chest as possible.
- The 'treasure stealer' is next to the opposing team's chest.
- They take one ball out of the chest and it is passed around their side of the circle.
- The 'collector' then places it in their chest if it is passed successfully.
- The opposing team is trying to do the same.
- The team cannot stop the opposition taking the treasure out of their chest.
- If a ball is dropped the pass must be completed successfully before the ball can be collected.
- Only one ball can be passed at one time.
- At the end of the allotted time the winning team has the most balls in their treasure chest.
- Swap around the positions and play again.



Play **Golf** in groups or individually

- Throw the object towards a target some distance away.
- See how many throws it takes to reach the target.
- The next throw must come from where the object landed.
- Pupils should try to consider the length and strength of the throw required.

Chalk, Paper and Books (Quiet Zone)



An opportunity to sit individually or in groups and read or draw. Perhaps pupils could draw some of the activities they experience at lunchtimes.

Hoops

Hoops can be used at targets for beanbags or balls, but can also be played with in their own right.

- Hoops can be rolled in straight and curved lines (tip the hoop on an angle when you roll it), pupils can chase the hoop or pass it to a partner.
- They can try to get through the hoop as it rolls along or stop it rolling with different parts of their anatomy! – hands, a foot, legs, bottom.
- By applying backspin using a flick of the wrist the hoop will roll back to the thrower.
- Pupils can also try to sustain a hula hoop action
- Hoops can also be spun on the spot with a twist of the wrist.
- Placing the hoop on the ground can create a 'safe' area in a game or a target for jumping.
- Multiple hoops and different jumping patterns can be arranged. (Just be careful the hoop doesn't slide if the children land on the edge)

Parachute

Parachute games are varied and there are lots of good ideas amongst the existing staff. Ideas suggested were:

- Sharks and Fishes
- Keeping a ball on the parachute