

Let's play a game...

Playcentre 

What's the time Mr Wolf? – one player is Mr Wolf who stands a fair distance in front with his/her facing the other children. Children ask 'what's the time Mr Wolf'. Mr Wolf replies e.g. one o'clock, and the children move forward one step and so on. If Mr Wolf replies dinner time the children have to run back to the start.

The Beans Game – adult calls out; 'runner beans' = run around the space, 'jumping beans' = jump around the space, 'jelly beans' = wobble shake whole body, 'frozen beans' = freeze.

Follow the Leader – adult will begin by being the leader, doing different actions/movements for the children to follow e.g. twisting, lifting knees. Change leaders so that everyone has a turn.

Traffic Lights – children are spread out, when the adults calls 'green' the children move around, when the adult calls 'orange' the children walk on the spot, when the adults calls 'red' the children stand still.

Dress Up Relay – divide children into teams. Set up different pieces of clothing for children to wear e.g. hats, t-shirts etc. Ask them to run to the pile put an item on and run back again, next child goes.

Colour chase – use different coloured material/paper. Place four buckets around the space. Throw the material in the air and the children have to pick it up and put it in the right coloured bucket.

River Jump – two ropes in a triangle formation having children starting at the shortest point jumping over the river and progressing to a wider distance.

Mirror Game – pair the children together and stand in front of each other. One person does a leg or an arm action and the other copies the action.

Beanbag throw – children partner up with a friend. Children throw beanbags to one another. Lay a rope between the children, for them to throw over. Make the rope higher through out the game.

Water Relay – split children into teams. Place an empty bucket in front of the teams and place another bucket, full of water, a few metres away. Give each team a cup to collect and transport water.

Climb Aboard – set up the equipment so the children climb up ladders, climbing walls, through tunnels. Encourage children to develop their confidence.

Beanbag challenge course – set up a circuit of different equipment so that children can explore underarm by throwing a bean bag into; a bucket, hoops, cones etc...

Beanbag balance – each child balances beanbag on their head, they have to move around with out it falling off.

For more ideas please see the **Fundamentals Movement Skills Resource Handbook, Sports NZ.**

