



Active Rock Paper Scissors

How to play

Players find a partner and stand in a space.

Count down "3, 2, 1, Go!" then perform one of the three actions:

Rock = Boulder shape

Paper = Tall straight shape

Scissors = X shape

The aim is to match the same shape as your partner.

First pair to make **3 matching shapes** wins.

Swap partners regularly and play again.

Equipment

None required

Skill

Decision Making
Reaction Time
Communication



Helium Stick

How to play

Players stand in two lines facing each other with index fingers outstretched.

A lightweight stick rests on everyone's fingers.

Working together, lower the stick to the floor without losing contact.

Restart the challenge if contact is lost.

Equipment

Lightweight pole, cane or stick

Skill

Teamwork
Communication
Coordination

Active Rock Paper Scissors

Coaching Points

- React quickly after the countdown.
- Make each shape clear and strong.
- Watch your partner carefully.

Adapted / Challenge

- Allow extra thinking time before showing a shape.
- Introduce movement between rounds (e.g. jogging or jumping).
- Increase the number of matches needed to win.

Social

- How did you feel when you matched with your partner?
- What did you do to help each other succeed?

Scoring

- 1 point for each matching shape.
- See how many matches can be made in 60 seconds.

Helium Stick

Coaching Points

- Keep fingers touching the stick.
- Move slowly together.
- Communicate clearly.
- Stay focused and patient.

Adapted / Challenge

- Increase team size.
- Complete in silence.
- Add a time limit.
- Use one hand only.

Social

- What did your team do that helped everyone lower the stick successfully together?
- What happened when people moved at different times, and how did your team solve it?

Scoring

- 1 point for a successful attempt.
- Fastest team wins.

ACTIVITIES AND GAMES



Human Knot

How to play

Stand in a circle of around 6-12 players. Hold the hands of two different people across the circle.

Work together to untangle the knot without letting go.

Equipment

None required

Skill

Teamwork
Communication
Problem Solving

ACTIVITIES AND GAMES



Loop the Hoop

How to play

Teams stand in a circle holding hands.

Place a hoop over one player's arm before everyone joins hands.

Move the hoop all the way around the circle without anyone letting go of their teammates' hands.

Work together to step through and manoeuvre the hoop.

The challenge is completed when the hoop returns to its starting position.

Equipment

1 or more hoops
(depending on group size)

Skill

Teamwork
Problem-solving
Communication

Human Knot

Coaching Points

- Talk and listen to teammates.
- Move slowly and safely.
- Think before moving.

Adapted / Challenge

- Smaller groups for easier games.
- Larger groups for more challenge.
- Complete the task without talking.
- Add a time limit.

Social

- When the knot became difficult, how did your team stay positive and work together?
- What did your team do to help solve the problem without letting go of each other's hands?

Scoring

- 1 point for untangling.
- Fastest team wins.
- Bonus point for finishing within the time limit.

Loop the Hoop

Coaching Points

- Communicate clearly and positively.
- Move carefully and safely through the hoop.

Adapted / Challenge

- Use a larger/smaller hoop.
- Reduce the size of the circle.
- Allow players to briefly release one hand if needed.
- Add a second hoop moving in the opposite direction.
- Complete the challenge without talking.

Social

- How did your team communicate to help everyone get the hoop around the circle successfully?
- What did you do when someone found the challenge difficult, and how did the group work together to solve it?

Scoring

- 1 point per full loop.
- Timed challenge.



This or That

How to play

Split the area in half with cones or hoops.

Each side represents a different answer.

Read out a question with two choices (e.g. Cats or Dogs?).

Players move quickly to their chosen side.

Continue with different questions.

Equipment

Cones to mark the two sides

Skill

Decision Making
Speed
Listening



Around the World

How to play

Players stand in a circle.

One player starts with a ball.

On "Go", they pass the ball left and run around the outside of the circle in the same direction.

The group tries to pass the ball all the way around before the runner returns to their starting place.

Everyone has a turn.

Equipment

1 ball

Skill

Passing
Speed
Reaction time
Coordination

This or That

Coaching Points

- Listen carefully to the question.
- Respect different opinions.
- Move safely into spaces.

Adapted / Challenge

- Allow extra time to decide.
- Use simple questions and choices.
- Use themed questions (sport, school, healthy lifestyles).
- Move in different ways (e.g. skip, jog, hop).
- Ask players to explain their choice in pairs.

Social

- How did you show respect when people chose a different answer from you?
- What helped you feel confident to make your own choice and share your ideas with others?

Scoring

- No scoring required.
- Alternatively, award 1 point for positive participation and sharing ideas.

Around the World

Coaching Points

- Use quick, accurate passes.
- Keep eyes on the ball.
- Move the ball quickly around the circle.
- Runner should sprint.

Adapted / Challenge

- Use different types of passes.
- Increase or decrease circle size.
- Run using different movements (skip, side-step, hop).
- Add a second ball for an extra challenge.

Social

- What did your group do to help the ball move quickly and successfully around the circle?
- How did your team encourage each other, whether you were the runner or passing the ball?

Scoring

- 1 point to the runner if they return before the ball does.
- 1 point to the group if the ball gets around first.

ACTIVITIES AND GAMES



Bib Tag

How to play

2-4 players are taggers with a bib.

Runners move around the area avoiding being tagged.

Taggers scrunch up the bib and throw it below the waist.

If hit below the waist, the runner becomes the new tagger.

Play for a set time and rotate taggers.

Equipment

Bibs
Cones

Skill

Agility
Spatial awareness
Evasion
Accuracy

ACTIVITIES AND GAMES



Cone Chaos

How to play

Scatter 20 cones – 10 cones of 2 different colours – around the area.

Split players into 2 teams and assign a colour.

Players take turns to run into the space, collect 1 cone, and return.

First team to collect all their coloured cones wins the round.

Equipment

Cones x 20
(10 per colour)
Line markers

Skill

Decision Making
Speed
Teamwork
Agility

Bib Tag

Coaching Points

- Move into space.
- Keep your head up.
- Change speed and direction.
- Aim safely below the waist.
- Stay aware of others.

Adapted / Challenge

- Larger/smaller playing area.
- More/fewer taggers.
- Move using specific actions (e.g. side steps, skipping).

Social

- How did you play fairly and safely while trying to avoid being tagged or tag others?
- What helped everyone feel included and confident during the game?

Scoring

- 1 point per successful tag.

Cone Chaos

Coaching Points

- Bend knees when picking up cones.
- Keep head up and scan the space.
- Collect one cone per turn.

Adapted / Challenge

- Change the distance to the cones.
- Remove colour restrictions.
- Use a table-top version for wheelchair users.
- Collect using the non-dominant hand.

Social

- How did your team communicate to help collect the cones quickly?
- How did you respond when things were going well or not going well for your team?

Scoring

- Winning team earns 1 point each round.
- Total points determine the overall winner.



Rats and Rabbits

How to play

Players work in pairs and stand facing each other along a centre line.

One player is a Rat and the other is a Rabbit

The leader calls either "Rats!" or "Rabbits!"

If "Rats" is called, the Rats turn and sprint towards their safety line while the Rabbits chase and try to tag them before they reach it.

If "Rabbits" is called, the Rabbits run to safety while the Rats become the chasers.

Once a player reaches the safety line, they cannot be tagged.

Return to the centre line after each round and play again.

Equipment

Cones for the centre line

Markers for safety lines at each end

Skill

Reaction speed

Acceleration

Agility



Tents and Campers

How to play

Players pair up as a Tent and a Camper.

'Tents' stand with arms raised; 'Campers' sit in front with crossed legs.

Form a circle.

When the leader calls "Campers!", Campers run around the circle and back through their Tent.

When "Tents!" is called, Tents run around the circle and back to their place.

Swap roles and repeat the game.

Equipment

Cones (optional to mark out the space)

Skill

Speed

Agility

Reaction time

Rats and Rabbits

Coaching Points

- React quickly to the command.
- Drive forwards with fast first steps.
- Keep eyes up and be ready to change direction.

Adapted / Challenge

- Reduce the distance to safety lines.
- Walk or jog instead of sprinting.
- Increase space between pairs.
- Start sitting, lying, or facing away.
- Complete an exercise before running.

Social

- How did you show honesty and fair play when tagging or being tagged?
- What did you do to stay confident and keep trying, even if you were tagged or missed a tag?

Scoring

- 1 point for a successful tag.
- 1 point for reaching safety untagged.

Tents and Campers

Coaching Points

- Listen for the correct call.
- Run under control.
- Return to your own position.
- No pushing or unsafe overtaking.

Adapted / Challenge

- Walk, jog, or sprint.
- Travel using different movements.
- Add trick commands to test concentration.

Social

- How did you and your partner work together to help each other get back to your places quickly and safely?
- How did you encourage your partner and show fair play during the game?

Scoring

- 1 point for the first pair back to their positions.



Traffic Lights

How to play

Players move around the playing area.

The leader calls out different traffic commands.

Players must perform the correct action as quickly as possible.

Commands:

Green = Run Amber = Walk Red = Freeze

Roundabout = Change direction

Speed Bump = Jump with two feet

Equipment

Cones to mark the playing area

Skill

Listening

Agility

Reaction Time

Spatial Awareness



Cops and Robbers

How to play

Scatter hoops and cones in the area and evenly place tennis balls on the cones and in the hoops.

Players split into two teams: Cops and Robbers.

When the round starts:

Cops must move around the playing area taking a ball from a cone to a hoop. Robbers must try to take a ball from a hoop to a cone

Only use your hands. Only take one ball at a time.

When the leader signals to stop, count how many balls are on cones and how many are in hoops to determine the winning team.

Play multiple rounds and keep a running total.

Equipment

Cones x 12

Hoops x 4

Tennis Balls x 16

Skill

Agility

Spatial awareness

Decision making

Hand-eye

coordination

Traffic Lights

Coaching Points

- Keep your head up.
- Listen carefully to each command.
- React quickly and accurately.
- Move safely and under control.

Adapted / Challenge

Easier

- Use less commands.
- Slow down the speed of instructions.

Harder

- Add extra commands (e.g. U-turn = spin around, Car Wash = star jump).
- Increase the speed of commands.
- Use traffic light coloured cones to hold up instead of talking.

Social

- How did listening carefully to the instructions help you and others enjoy the game?
- What did you do to make sure everyone felt included and confident during the activity?

Scoring

- 1 point for completing actions correctly.
- Alternatively, play without scoring and focus on participation and fun.

Cops and Robbers

Coaching Points

- Keep your head up and scan the space.
- Change direction efficiently.
- Place balls accurately.

Adapted / Challenge

- Change the size of the playing space.
- Walk instead of run.
- Use larger, easier-to-hold balls.
- Use one hand only.
- Travel using hops, skips, or side-steps.

Social

- How did your team communicate to help move the balls to the right places as quickly as possible?
- How did you show honesty, respect, and encouragement during the game?

Scoring

- 1 point per ball in a hoop (Cops). 1 point per ball on a cone (Robbers).



Cross the Swamp

How to play

Mark out a start and finish line approximately 10-15 metres apart.

Give each team a limited number of hoops, mats and spots to use as stepping stones.

Teams must work together to move all the team members from one side of the river to the other without touching the ground, collecting the specific items (cones) along the way.

If a player touches the floor, the team returns to the start.

Equipment

Hoops
Mats
Spots
Cones

Skill

Teamwork
Communication
Balance
Problem-solving



Dash and Deliver

How to play

One player must get a coffee (beanbag) through the obstacle course to the customer (a hoop).

They must run over the hurdles to collect the beanbag.

Then walk across the beam and weave between cones without dropping the beanbag from their head.

They must then attempt to throw the beanbag into the hoop then sprint back to their team.

Equipment

Hurdles
Beanbags
Small beam
Cones
Hoops

Skill

Balance
Throwing
Agility
Speed

Cross the Swamp

Coaching Points

- Communicate and plan together.
- Work as a team, not as individuals.
- Use clear, positive instructions.

Adapted / Challenge

Easier:

- Give teams 3 lives before restarting.
- Provide extra hoops, mats, or spots.

Harder:

- Use non-verbal communication only.
- Increase the number of cones to collect.

Social

- What did your team do to help everyone cross the swamp successfully together?
- Why is it important that everyone finishes together?

Scoring

- First team to reach the finish and collect 5 cones wins the round.

Dash and Deliver

Coaching Points

- Keep your head up while running.
- Run lightly on the balls of your feet.
- Use your arms for balance.

Adapted / Challenge

Easier:

- Carry the beanbag instead of balancing it.
- Use a larger target.

Harder:

- Return to the start if the beanbag is dropped.
- Throw into a bucket instead of a hoop.

Social

- How can you encourage your teammates?
- Is speed or accuracy more important?

Scoring

- 1 point for each beanbag in the hoop.
- Team with the most points wins the round.



Four by Four

How to play

Divide players into equal teams and line up behind a starting marker.

Each team has a 4 x 4 grid with 16 cones (4 colours, 4 cones of each colour).

Mix the cones randomly before starting.

On the signal, the first player runs to the grid and swaps the position of two cones only.

The player returns and tags the next teammate.

Play continues in relay format, with one swap per player.

Teams must organise the cones so each colour forms a complete row or column.

The first team to correctly complete their grid wins. Reset and play again.

Equipment

16 coloured cones per team (4 red, 4 blue, 4 green, 4 yellow)

Start/finish marker

Skill

Problem solving
Communication
Agility and speed



Gauntlet Ball

How to play

Split players into Throwers and Runners.

Throwers stand along the sides with dodgeballs.

Runners travel through the gauntlet to collect a cone and return to the start.

If hit below the waist, runners return to the back of the line.

Dropped cones remain in play for the next runner.

Throwers must stay behind the throw lines.

Swap roles after all Runners have been twice.

Equipment

Official dodgeballs only
Cones
Marker cones

Skill

Agility
Evasion
Throwing Accuracy
Speed
Spatial Awareness

Four by Four

Coaching Points

- Communicate clearly with teammates about which cones need moving.
- Think ahead and plan future swaps.
- Stay calm and avoid rushing into unnecessary moves.

Adapted / Challenge

Easier

- Use a 3 x 3 grid with 3 colours.
- Allow players to swap up to 4 cones per turn.
- Give teams 30 seconds to view the solution grid before starting.

Harder

- Players must complete a physical challenge (e.g. 5 star jumps) before swapping cones.
- No verbal communication allowed.
- Create a required pattern card for teams to replicate.
- Increase the distance between the team line and the grid

Social

- Players must communicate effectively.
- Encourages cooperation and shared decision making.
- Develops resilience when plans need adjusting.
- Promotes leadership and listening skills.

Scoring

- 1 point for winning a round.

Gauntlet Ball

Coaching Points

- Keep moving and change direction.
- Watch where the balls are coming from.
- Throw accurately below the waist.

Adapted / Challenge

- Length of gauntlet.
- Number of throwers.
- Underarm throws only.
- Only below the knee hits count.

Social

- Teamwork.
- Communication.
- Resilience.
- Fair Play.

Scoring

- 1 point for each cone returned to the start.
- Team with the most cones wins the round.



Hoop-alloon

How to play

Players have a hoop and a balloon.

In pairs, aim to travel from the start line to the finish line, keeping the balloon moving using only the hoop.

The balloon should not touch the floor.

If the balloon falls, the players pause for 3 seconds before continuing.

Equipment

Hoops
Balloons
Marker cones

Skill

Hand-Eye
Coordination
Control
Agility
Concentration



Hoop Hustle

How to play

Players take turns rolling a ball towards a cluster of touching hoops. If the ball stops inside a hoop, that hoop is won for their team. Continue until all hoops have been claimed.

Equipment

PE hoops
Tennis balls
Team markers
/cones

Skill

Accuracy
Underarm rolling
Control
Decision making

Hoop-alloon

Coaching Points

- Keep eyes on the balloon.
- Use gentle movements to control the balloon.
- Move steadily rather than rushing.

Adapted / Challenge

- Change the distance of the course.
- Use larger hoops.
- Allow the balloon to be tapped with hands if needed.
- Return to the start if the balloon falls.

Social

- How did your team communicate and make decisions to solve the grid challenge together?
- What did your team do when a plan didn't work, and how did you adapt together?

Scoring

- 1 point for each player who reaches the finish.
- In team races, the first team to have all players finish wins.

Hoop Hustle

Coaching Points

- Keep looking at the target hoop.
- Roll smoothly and low to the floor.
- Control the power of the roll.

Adapted / Challenge

- Change the distance to the hoops.
- Spread the hoops out
- Use non-dominant hand.

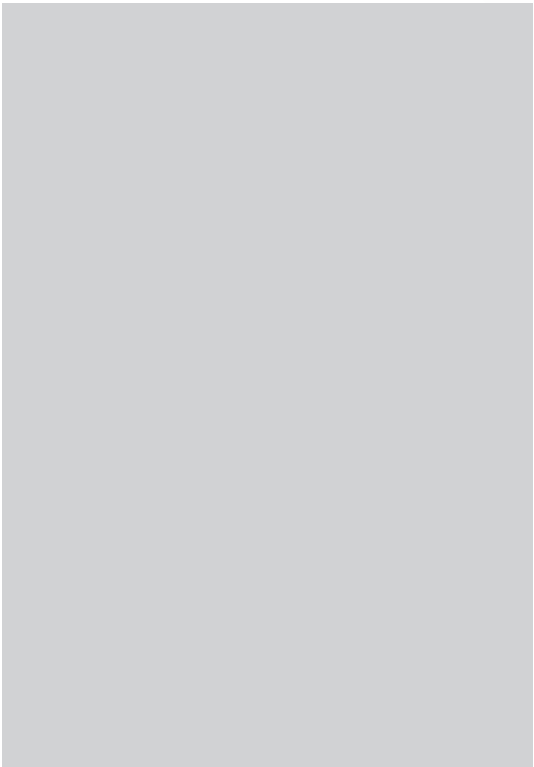
Social

- How did your team work together to decide which hoops to aim for during the game?
- How did you encourage your teammates and take turns fairly throughout the activity?

Scoring

- 1 point per hoop won.
- Double-points for 'Golden Hoops'
- Team with the most hoops at the end wins the round.

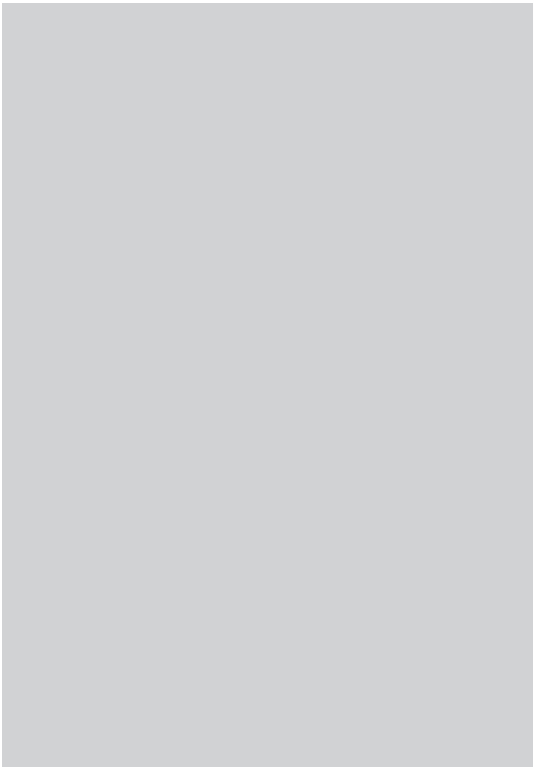
ACTIVITIES AND GAMES



X



ACTIVITIES AND GAMES



X





Coaching Points
x

Adapted / Challenge
x

Social
x

Scoring
x



Coaching Points
• x

Adapted / Challenge
• x

Social
• x

Scoring
• x