

PE Murputja

Game	Rules	Equipment
Red Rover	<ul style="list-style-type: none"> • Start one kid in the middle, • Get them to choose a colour. • Kids wearing something with that colour run to the other side. • if they get caught they help catch and choose a colour. • I normally just do up and back and then swap the person in the middle. (Short and sharp) 	Playing space
Stuck in the Mud	<ul style="list-style-type: none"> • Establish a playing area (basketball court (not too big). • One student is caught. • If they catch someone, that person has to bob down. • They can only re-enter the game if somebody jumps over them. • Make this game harder by adding more 'caught' students. • Game finishes when everyone is bobbed down or time runs out (2,3,4,5 mins). 	Playing space
Caught Caught	<ul style="list-style-type: none"> • This is basically 'chasey'. • One person is caught, they have to tag someone to make them 'caught' • This can be done singularly or gang up (once you catch someone they help you get the rest.) • This can also be played with a soft ball (or multiple ball). • Cant hit anyone above the shoulders. • There are all sorts of tag game you can play, use your imagination, change the rules, add objects like ball, or in partners. 	Soft balls (Pink rubber)
Sweeper	<ul style="list-style-type: none"> • Attach a pool noodle to the end of a broom stick and duct tape it together so it doesn't come off. (you guys have 2 broom handles in the sports shed standing up with the volleyball net bear the compactors.) • Spray paint a circle on the ground somewhere. • stand in the middle and spin around with the noodle. • If the noodle hits their legs they are out. • students attempt to try and jump the noodle. 	Broom stick Pool noodle Duct tape Spray painted circle

	<ul style="list-style-type: none"> • Change directions, go faster, slower, higher. • Kids love this game! 	
Poison ball	<ul style="list-style-type: none"> • Have a square spray painted on the ground. • Get 1 student to stand in the middle. • Other students must stay out of the square and under arm throw soft balls at the person in the middle. • the person that hits them then swaps into the middle. • No hits above the shoulder, must be under arm throws 	Soft balls (pink rubber) Spray painted square
Flag game	<ul style="list-style-type: none"> • This is basically gang up chasey. • 1 or 2 people are caught and have to catch everyone else. • Every player have a tag belt and 2 tags on (except the people caught). • The people that are caught attempt to get the flags off of the others, if they get a flag they return in to the box (umpire/teacher). • Once everyone has lost all of their flags the game starts again. • At the beginning of each game I get the students to line up and I put the belts on each students (older students do this independently) • then line up around the circle while I hand out the flags. • I normally play this in a large area. Make sure to establish playing area. • Students cannot protect their flags with their hands by blocking. If caught cheating they lose 1 flag. • Game is finished when everyone is caught, 	Tag rugby belts and flags Spray painted circle Playing area (basketball and footy oval joined, smaller for smaller group)
Capture the flag	<ul style="list-style-type: none"> • Split a large playing area in to 2 halves. • At each end there is a jail and a flag zone (2x2m boxes at the end of the field) place a flag or a bib in each of the flag zones. • Split the group into 2 teams. (put bibs on them (or 1 team in bibs 1 without. • The aim of the game is to get across the to the other teams flag and bring it back to your side. 	Cones Flags Bibs Playing area (basketball court and footy oval joined)

	<ul style="list-style-type: none"> • Catch is, if you enter the other teams half of the field and they tag you, you go to the jail. • The only way you can get back in the game is if your teammate tags you, you can then walk back to your half and start again. • The jail and flag zones are safe zones, you can not be tagged whilst in there. • If you get to the flag and are making your way back to your half and get tagged, the person that gets tagged goes to jail and the flag returns to the flag zone. • Emphasise that teams need both attackers to get the flag but also defenders to stop the other team getting their flag. • This game works better with larger numbers. 	
Storm the lantern	<ul style="list-style-type: none"> • Place a lantern (witches hat, bin, cone) somewhere in the school yard. • There is one person 'caught' protecting the lantern. • The rest of the group is 'Storming the Lantern' • Their objective is to touch the bin without being touched. • If they are tagged, they must go back to their original starting position (choose somewhere for each student to start (a distance away from the lantern). • Game ends when someone touched the lantern or when time runs out (2,3,4,5mins). • Swap the person that is caught • Make it easy by putting the lantern in an open area that can be accessed from all direction. • Can be made harder by putting lantern in a corner or a place that has limited accessibility. 	Playing area Bin, cone, witches' hat
elimination	<ul style="list-style-type: none"> • This is a basketball game • Student line up Infront of the hoop. • If you get the ball in you are safe. • If the person in front of you misses you have the chance to eliminate them by scoring a goal. 	basketball

	<ul style="list-style-type: none"> • If you are eliminated you line up to the side and wait for the next game. • Continue until there is a winner. Then line up in reverse order of elimination and start again • Depending on age and ability, move the spot where students shoot from forward or back. 	
Kalaya Run	<ul style="list-style-type: none"> • Set out a track (we do the perimeter of the school; younger kids do a smaller laps within our school yard) • Kids literally just do as many laps as they can in a set time limit • As kids come around give them a pop stick as proof they have completed a lap. Record their score and see if they can beat it next time. 	Running track Pop sticks
Stretching/yoga	<ul style="list-style-type: none"> • Create a routine of stretches or yoga activities suitable for whatever ages kids you are working with. Add in push ups, sit ups, star jumps etc. • You can play some music during this. • Breathing activities are also good to do, especially at the end of the lesson to calm them down before going back into class. I always do a breathing activity with the kids when I drop them back at their classroom after a PE lesson before they enter the class. 	Music
Relay races	<ul style="list-style-type: none"> • These are pretty self-explanatory, use your imagination. Change the distance, mode of travel (hopping, jumping, running backwards etc. • Kids love racing! 	Batons (or can just tag)
Skipping	<ul style="list-style-type: none"> • Self-explanatory. • Do individual short ropes and large ropes. • Have competitions, see how many jumps students can get in a row. • Make it harder by changing what they have to do in the middle after each 10 jumps (hop, close 1 eye, touch the ground, spin around) 	Skipping ropes
4 square/handball	<ul style="list-style-type: none"> • Just like your childhood! 	Pink rubber ball
Net games	<ul style="list-style-type: none"> • You guys have 2 set up nets in the shed (next to compactors standing up) these are easy to set up and can be used for heaps of different games 	Nets Balls (pink rubbers ones are good)

	(mini volleyball, tennis, modified game, use your imagination)	
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Tips

- I always play music during my PE lessons. When the music stops they know that I am going to speak.
- Spray paint number system on the ground in all areas of the school that students normally visit. (PE Shed, Basketball court, out the front of the school near the bus etc.
- Have a spot where students meet at the beginning of each PE Lesson.
- 20mins Max for any of these activities (unless they are really getting into it) I have found if you swap games regularly, kids will be more engaged.
- Kids will complain and say 'we don't like this game' or 'this is boring'...don't listen to them, they are lying. They will play as soon as you start.
- Always have a whistle with you.
- Get involved in the games, kids love it.
- You will have to explicitly teach most of these game and the rules, but the kids learn really quickly!
- Keep an electric air pump in the sports shed
- If you use a kit, make sure all of the equipment goes back into the bag and stored preoperly (Don't take balls or equipment out of these kits. You have heaps of random balls in the garbage bins to use so don't dismantle the kits!!!!
- If you are going to buy equipment buy a set for the spot and keep the kits together in a bag that is clearly labelled, this way you will never need to replace them.

RECCOMENDED ORDER (all from Hart Sports) can order online

- Spray paint (for numbers/marking the ground)

HART Electric Compressor

Code: 37-780 \$245

HART School Softball Kit – Senior

Code: 5-924

\$1039.00 inc GST

HART School Basketball Kit (size 6) x 1

Code: 33-824

\$129.00 inc GST

HART Club Soccer Ball Pack x 1

Code: 9-036

\$79.00 inc GST

HART School AFL Ball Packs (kit) x 1

Code: 33-2004

\$72.50 inc GST

HART Water Noodle x2

Code: 18-720

\$6.50 inc GST

HART Softi Volleyball

Code: 33-308

\$7.90 inc GST each (inflate as you need, these balls are good for everything)

HART Ripa Tag Belt Sets

Code: 9-703-B

\$5.50 inc GST (each) 10x red 10 x blue

2 x boxes (1 for flags, 1 for belts)

HART Flexible Witches Hats x 4 yellow

Code: 33-509-R

\$11.90 inc GST each

HART Club Kit Bag x 4 (put basketball, soccer and football kits In these and label them clearly, fill 1 bag with inflated pink rubber balls)

Code: 41-132

\$45.00 inc GST (each)