



Game Type > **REACTION**

- GOALIE -

INSTRUCTIONS

- 1> Leader to arrange the children in a circle facing inwards
- 2> Children stand with their legs apart, shoulder width apart
- 3> Keeping one hand behind their back, players must bend over and guard the space between their legs with their free hand
- 4> Leader to throw in a soft ball and roll it towards a players 'goal'
- 5> Children to use their free hand to try and knock the ball through other peoples legs
- 6> If the ball goes through their legs, they must sit down but they can still play by trying to roll the ball through other player's legs
- 7> The winner is the last person still standing!

EQUIPMENT

- > 1 x Soft Ball

EASIER

- > Stand with legs wider apart

HARDER

- > Stand with legs closer together
- > Use a smaller ball

SAFETY

- > Be careful not to scrape hands on the floor when hitting the ball



Game Type > **REACTION**

- STATUES -

INSTRUCTIONS

- 1> Leaders set a defined area (long & narrow is better)
- 2> Leaders choose a child to be 'on'
- 3> The rest of the children line up opposite, shoulder to shoulder with a small gap between one another
- 4> The child who is 'on' stands with his/her back to the other children.
- 5> When the leader says "Go" the children start to creep slowly forwards
- 6> When the child who is 'on' turns around the rest of the children must freeze like statues
- 7> Any child who gets caught moving is sent back to the start
- 8> To win, you need to cross the winning line

EQUIPMENT

- > Marker cones for the winning line (optional)

EASIER

- > Make the area bigger

HARDER

- > Have more than one person 'on'

SAFETY

- > Be careful not to scrape hands on the floor when hitting the ball



Game Type > **REACTION**

- READY, SET, GO! -

INSTRUCTIONS

- 1> Get into pairs
- 2> Mark out two-line using markers or cones about two metres apart and two metres wide
- 3> In between lines, place cones or markers
- 4> Stand opposite your partner on opposite line
- 5> The caller will give instructions, e.g. right hand on cone, left hand on cone
- 6> Pairs are in competition to see who can touch that body part on the cone first

EQUIPMENT

- > Cones to touch and cones to mark a line for pairs to stand on

EASIER

- > Shorten the length of time

SAFETY

- > Make sure there is enough space between players
- > Watch out for knocking into other players when you are bending down

HARDER

- > Make the cones further away



Game Type > **REACTION**

- RATS & RABBITS -

INSTRUCTIONS

- 1> Put the group into pairs and stand them back to back on a line
- 2> One side of the line will be 'rabbits', while their partners on the other side of the line are 'rats'
- 3> Mark out a line roughly 5-10 metres in front of both the rats and the rabbits
- 4> The leader will shout either 'rats' or 'rabbits'. If your animal is called you sprint to the line in front
- 5> If your animal is not called you turn and chase your partner and try to tag them before they get to the line

EQUIPMENT

- > Cones to mark out the lines

EASIER

- > Make lines in front shorter
- > Increase distance between pairs

SAFETY

- > Run in a straight line so you don't get in the way of other teams.
- > No pushing when trying to catch your partner.

HARDER

- > Lengthen lines in front
- > Start from different positions (sat down, lying down, kneeling down)



Game Type > **REACTION**

- **LADDERS** -

INSTRUCTIONS

- 1> The leader divides the children into two teams
- 2> The children from one group form a line next to each other facing the other team
- 3> The children in each line are given a number corresponding with the person opposite them
E.g. 1 2 3
1 2 3
- 4> The leader calls out a number e.g. 5 the two children that are numbered 5 run to the end of the lines and do a full loop around the lines back to their own place

EQUIPMENT

- > Markers

EASIER

- > Play with a smaller group
- > Use a larger space and at walking pace

SAFETY

- > Choose a suitable space for the game
- > Walk the game first
- > Place markers at the end of each line to control where the children have to run around

HARDER

- > Use different ways of travelling
- > Make the game continuous



Game Type > **REACTION**

- FISH, CHIP, SALT & VINEGAR -

INSTRUCTIONS

- 1> Inform children of the four corners (fish, chips, salt and vinegar) and mushy peas in the middle
- 2> Children travel around the hall on the leader's command. e.g. skipping, hopping, jogging etc
- 3> The leader will then shout out a corner and all children must travel to it as fast as they can

EQUIPMENT

- > None

EASIER

- > Add in two corners to start off the game

SAFETY

- > Appropriate size space for the number of children participating and make sure no equipment or loose objects are on the playground.

HARDER

- > Have the pupils come up with their own names for the corners



Game Type > **REACTION**

- EVOLUTION -

INSTRUCTIONS

- 1> All children find a space in the hall and start as an egg
- 2> They move around as an egg until they find another egg
- 3> When they meet they play 1 round of rock, paper, scissors
- 4> The winner will evolve into a chicken, and then try to find another chicken to play against
- 5> The winner moves up a level and the loser moves down a level
- 6> The first child to reach human (or king/queen) is the winner

EQUIPMENT

- > None (possibly cones if you need to mark out an area)

EASIER

- > Less animals to go through. Children who lose stay at the level they are on, instead of moving down one

SAFETY

- > Ensure you have a large open area for children to play in.
- > Warn them of any trip hazards

HARDER

- > More animals



Game Type > **REACTION**

HEAD, SHOULDERS, KNEES & CONES

INSTRUCTIONS

- 1> Split the group into pairs and give them 1 cone
- 2> Children stand 2 steps away from each other with the cone in the middle
- 3> The leader will shout out heads, shoulders, knees (in any order) and the children will touch that body part (just like the song)
- 4> However, when the leader shouts 'cone' the children must pick up the cone
- 5> The child who picks up the cone first wins a point

EQUIPMENT

- > Cones

EASIER

- > Say body parts in order

SAFETY

- > Be careful when picking up the cone, not to bump heads or scratch each other

HARDER

- > Play in plank position

KEY STAGE 3



Game Type > **REACTION**

- **PIRATE SHIP** -

INSTRUCTIONS

- 1> Children move around the area in different ways (run, jog, skip) and then react to the leader's commands
- 2> Types of commands can be:
 - Scrub the Decks: Children crouch down and clean floor with their hands
 - Climb the Rigging: Children pretend to climb the rope ladder
 - Captains Coming: Children salute and shout "Aye Aye Captain"
 - Lifeboats: Find a partner, sit down and hold hands, rocking backwards and forwards.
 - Walk the Plank: walk heel to toe with arms stretched out to the side
 - Cannon: Crouch down into a ball and after 3, jump into the air like a star

EQUIPMENT

- > Cones to mark out area

EASIER

- > Children stand on the spot
- > Small number of commands

HARDER

- > Add more commands
- > Short time between each command

SAFETY

- > Use a clean, dry, smooth surface as a lot of commands are on the floor



Game Type > **REACTION**

- BEAN GAME -

INSTRUCTIONS

- 1> Children move around the area in any direction
- 2> On the various commands, they should carry out the following actions:
 - Jumping Bean: Jump up and down on the spot
 - Runner Bean: Run fast on the spot
 - Broad Bean: Stretch your arms and legs out as wide as you can.
 - String Bean: Stretch your body as long and thin as you can.
 - Baked Bean: Lie on the floor and sunbathe
 - Jelly Bean: Wobble your whole body
 - Microwave Bean: Spin around twice and shout "TING"

EQUIPMENT

- > Cones to mark out area

EASIER

- > Small number of beans
- > Do actions on the spot

HARDER

- > Add more beans (French, Mexican, Disco, etc)
- > Change ways of moving, mash up 2 beans together

SAFETY

- > Don't bump into each other



Game Type > **REACTION**

- DVD GAME -

INSTRUCTIONS

- 1> Children are the DVD's and the leader is the remote control
- 2> The leader shouts out press's buttons on the remote (shouts commands) and the children will respond to each command quickly and carry out the following actions

Play: Walk around

Fast Forward: Run around

Rewind: Walk backwards

Pause: Freeze

Stop: Sit down

EQUIPMENT

- > Cones to mark out area

EASIER

- > Use less commands

HARDER

- > Add more commands -
 - Eject: Jump up and down
 - Record: Shout a child's name after "record" and the rest of the children copy what that child does
 - Slow Mo: Move as slow as possible

SAFETY

- > Avoid bumping into others



Game Type > **REACTION**

- LAND & SEA -

INSTRUCTIONS

- 1> All players stand with both feet together on a line and always remain facing forward. The leader will call out commands of land and sea
- 2> When the leader says 'land', players must jump onto the line. If they are already on the line, they must not move their feet. If they are in front of the line, they must jump backward with both feet landing on the line
- 3> When the leader says 'sea', players must jump in front of the line. If they are already in front of the line, they must not move their feet. If they are on the line, they must jump forward with both feet landing entirely in front of the line

EQUIPMENT

- > Line markers (if no line)

EASIER

- > Shout commands slower
- > Allow children longer to respond

HARDER

- > Shout commands faster, add in jump clock (2 seconds)
- > Play elimination style; players must sit down when wrong. Add in air command = players must jump into the air and land in the same place as they started

SAFETY

- > Safe landing if surface is wet
- > Safe distance between players, don't jump too far forwards

KEY STAGE 3



Game Type > **REACTION**

- **SPLAT** -

INSTRUCTIONS

- 1> All children must gather in one big circle
- 2> A pupil is chosen to go into the middle and be the "SPLATTER"
- 3> The player pointed to must duck down; then the two players on either side of the "ducker" must "splat" each other by pointing to the other and saying "SPLAT!"
- 4> The last one to splat sits down, and the player ducking stands back up
- 5> The game continues until there are two players left, have them Rock, Paper, Scissors to determine who will be the new splatter in the middle

EQUIPMENT

- > None

EASIER

- > Increase the number of children playing

SAFETY

- > Make sure no equipment is out in the used area

HARDER

- > Instead of sitting down when last to splat, have that player switch with the player in the middle



Game Type > **REACTION**

GIANTS, WIZARDS & ELVES

INSTRUCTIONS

- 1> Split your group into two teams – the whole team must perform the same action
- 2> Teams should be about 5 metres apart and have a safe zone about 10m behind
- 3> A team chooses either Giants (hold their hands up high and roar), Wizards (mime a wand and say "shazam!") and Elves (crouch down small)
- 4> Giants beat Wizards, Wizards beat Elves, Elves beat Giants
- 5> At the end of the round the winning team chase the losing team. The losing team must get to their safe zone, if they are caught, they join the winning team
- 6> The team with the most players, or all the players at the end are the winners

EQUIPMENT

- > Cones

EASIER

- > Less distance to run
- > Smaller teams

SAFETY

- > Be careful when running back to the safe zone
- > No pushing

HARDER

- > Further to run

KEY STAGE 3