Boat Race

- The group is split into two teams
- Each person lines up one behind the other- behind the starting line
- Each player sits and grabs the legs of the player behind them and grabs the players ankles firmly
- On the start signal, each player uses his legs to pull his body along.
- First team back wins

Variation

- Team can be divided into pairs and the first pair goes to the cone and back and tags the second pair and so on.
- The first person goes to the cone and back and then collects the second person and goes to the cone and back and so on…

Throwing

Circle Hoop

- Everyone in the group forms a circle and joins hands
- A person that's not in the group introduces a hoop e.g. blue
- The object of the game is for the hoop to go around the circle without breaking hands
- A second hoop is then added different colour e.g. blue, this hoop has to catch the first hoop

Predict a Bounce

- Face the wall so that you have space to throw toward targets
- Bounce the ball on the floor
- Have it hit the targets on the wall
- Then rebound into the target area on the floor (marked out with cones)
- Each person gets three tries

*If you hit the ball on Line 1 = 5 points
* If you hit the ball on Line 2 =10 points
* If you hit the ball on Line 3 =15 points

- Points are taken from the best out of three

Variation

- Change to floor bouncing to hit wall targets only
- Use bigger area targets or move closer to the wall
- Moving closer to the wall makes it easier as less accuracy is needed
- Make the target smaller
- Set a target at a certain wall height, and bounce the ball from the floor to rebound to hit the target. Change distances from the wall.

Bucket Ball

- Group is divided into two teams- blue and red
- A bucket is placed on either end of the pitch/court
- Each team has to put at least four passes together before trying to throw the ball/ bean bag into the bucket to score.
- Only two steps allowed with ball/bean bag.
- Team with the most ball/bean bags in the bucket wins

Moon Ball

- Two teams stand behind the base line opposite each other, and each player has a ball
- A bigger ball is placed in the middle of the playing area
- The aim of the game is for the players of each team to move this ball across the opposite line by hitting their smaller balls at it
- When the big ball passes a base line the other team scores a point
- Players are allowed to come into the playing are to pick up their ball, but they have to go back to the base line to throw. No player is allowed touch the bigger ball.

Jumping

Traffic Lights

- Leader shout commands and group follow command
- Red(stop), green(jog), roundabout(run around in a circle), speed bump(jump) & motorway(sprint) all the commands with different actions

Stepping Stones

- The groups are divided into two teams and ask them to form a line behind each other
- The leader then puts the stepping stones(mats) randomly on the floor of the room with numbers 1 or 2 on them
- The teams to get to the finish via the way of the stepping stones wins
- Only can team1 enter the mats marked 1 and visa versa
- If any of the groups go outside the mats then the whole team must go back to the start.

Running

All Ireland

- The four corners of the court are named Munster, Connacht, Ulster and Leinster
- The middle of the court is called All Ireland
- One the teachers request the players run to the designated areas.

Rats and Rabbits

- The group is divided into two teams one group call ‘rats’ and the other called ‘rabbits’

- Both teams line up shoulder to shoulder in the centre of the floor
- When the leader calls 'rats' then the chase the rabbits to the other end of the floor
- If a rabbit is caught by a rat before reach the safety zone which is the wall then they now join the rats
- After this both groups return to the centre of the floor for the next call from the leader
- The game continues like this until one group has little or no members.

Crab Shuttle Relay

- Two teams are formed and line up on the starting line
- On the start signal the first player runs to the turning point and back
- He/she then bends over and with the left hand through the legs, grabs the right hand of the next player in line
- They shuttle to the turning point without letting go and when the return the second player catches the third player. First team to complete course wins

Under Over Relay

- The group is divided into two teams and line up behind each other with their legs apart
- On the start signal the first player passes the ball under the legs to the end of the line
- When the ball arrives at the end of the tunnel, the last person then runs to the front of the line
- This time he/she has to pass the ball over his/her head to the next person and so on, until it reaches the person at the end of the line etc..
- This continues until one team manages to get the whole team to the finish

Bean Bag Olympics

Divide group into 4 groups and each team gets a bean bag. Each team will complete several series of different relays using the bean bag. Some ideas:

1. The bean bag under your armpit and hopping on one leg down a field and back.
2. Place the bean bag between the knees and hop down a field and back.
3. Two teammates tossing the bean bag back and forth down the field and back.
4. Place the bean bag on the ground and each teammate must roll across the bean bag.
5. Teammates line up in leapfrog formation and first player hops over players while holding bean bag and then tosses bean bag to next player in line to do the same.

Show the players all the relays that they'll have to complete for the Olympics. You may have to write them on a large white board so that all players will know what relay is next.