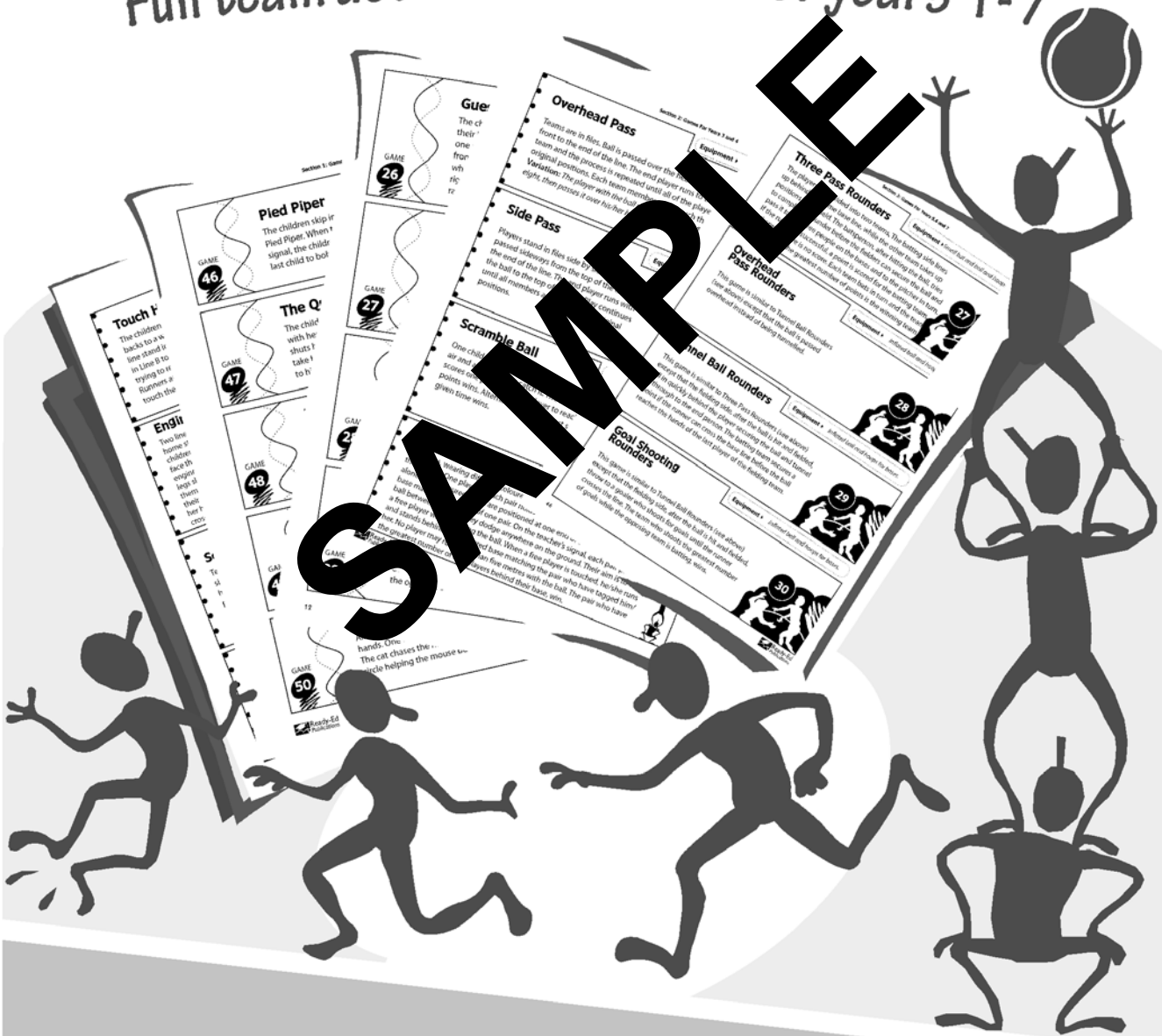


# PE Activities

Fun team activities suitable for years 1-7



By Michael Barton

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# Section 1: Games for Years 1 and 2

## Teacher Notes

This section details fifty-three basic skill games which require little or no equipment and only the simplest organization, for children in Years 1 and 2. The games provide vigorous activity, essential for the development of physical fitness, interpersonal skills, and for the practice of fundamental movement skills for everyday life. The abilities, interests and needs of the children should be taken into account when selecting these games.

### Key Points

Before you commence playing any of the games in Section 1, please advise children of the following:

- Look when you are running.
- A light tap is all that is necessary to tag or catch someone.
- When playing a game, everyone should be involved.
- Boundaries should be observed.
- Have fun and enjoy all of the activities.

*Note: 'Home' refers to a marked line or point in the play area.*

For Game ten, the children need to know the rhyme, 'Three Jolly Fishermen'.

There were three jolly fishermen,  
Fisher, fisher, MEN, MEN, MEN,  
Fisher, fisher, MEN, MEN, MEN,  
There were three jolly fishermen.  
The first one's name was Abraham,  
The first one's name was Abraham,  
Abra, Abra; ham ham, ham, (repeat line).  
The second one's name was I-I-saac,  
The second one's name was I-I-saac,  
I-I, I-I- zik, zik, zik, (repeat line)  
The third one's name was Ja-a-cob,  
The third one's name was Ja-a-cob,  
Ja-a, Ja-a; cub, cub, cub, (repeat line)  
They all went down to Jericho,  
They all went down to Jericho,  
Jer-i, Jer-i; cho, cho, cho, (repeat line)  
They should have gone to Amsterdam,  
They should have gone to Amsterdam,  
Amster, Amster, Shh! Shh! Shh! (repeat line).

For Game fourteen, the children need to know the rhyme, 'Hey Diddle Diddle':

Hey diddle diddle  
The cat and the fiddle  
The cow jumped over the moon.  
The little dog laughed to see such a sight  
And the dish ran away with the spoon.

For Game forty-nine, the children need to know the rhyme, 'Three Blind Mice':

Three blind mice, three blind mice,  
See how they run, see how they run,  
They all ran after the farmer's wife,  
Who cut off their tails with a carving knife,  
Did you ever see such a thing in your life,  
As three blind mice?

GAME

1

## Moonlight, Starlight

One child is bogey. He/she lays asleep on the ground away from the other children. The other children softly chant, "Moonlight, starlight, bogey won't come out tonight" and either skip or creep up to the place where bogey hides asleep. When bogey awakes, they race home with bogey chasing them. Those caught then assist bogey.



GAME

2

## Black Peter

One child is Black Peter. The other children are in free formation with Black Peter in front of them. Black Peter asks the class, "Who's afraid of Black Peter?" The children answer, "Not I." Then Black Peter cries, "Yes, you are!" and the children all run home with Black Peter chasing them. Those caught assist Black Peter.

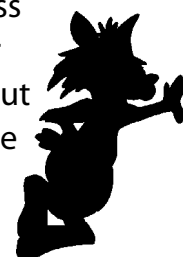


GAME

3

## What's the Time, Mr Wolf?

Teacher or a child is Mr Wolf. Mr Wolf is followed by the class repeatedly asking, "What's the time, Mr Wolf?" Mr Wolf gives various answers such as, "9 o'clock, 11 o'clock", but when Mr Wolf says, "It's dinner time", all the children race home with Mr Wolf chasing them. Those caught assist Mr Wolf.



GAME

4

## Keep the Basket Full

The teacher scatters balls from a basket across the playground whilst children retrieve them to keep the basket full.



GAME

5

## Hidden Ball

Children are in free formation behind one player (Player A). Player A tosses the ball over his/her head, counts to ten and then turns round to face the children and attempts to guess who has the hidden ball. If he/she is successful, he/she has another throw. If he/she is unsuccessful, his/her place is taken by the player who has possession of the ball.

## Section 3: Games for Years 5,6 and 7

### Teacher Notes

This section details fifty-one simple skill games for children in Years 5, 6 and 7. There are forty-two games which require some equipment and eight games which require no equipment at all. All activities need only the simplest organization and provide vigorous activity; essential for the development of physical fitness, interpersonal skills, and for the practice of fundamental movement skills for everyday life. The abilities, interests and needs of the children should be taken into account when selecting these games.

### Key Points

Before you commence playing any of the games in Section 3, please advise children of the following:

- Look when you are running.
- A light tap is all that is necessary to tag someone.
- When playing a game, everyone should be involved, especially those who take a backward step.
- Boundaries should be observed.
- Have fun and enjoy all of the activities.

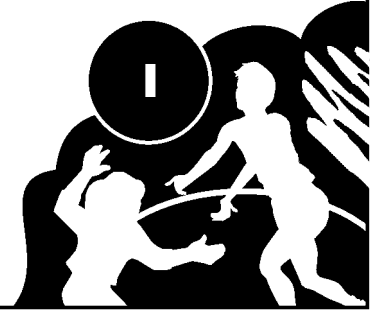
### Note:

**Shuttle formation:** a team splits into two halves, with one half at one end of the playing area and the other half at the other end of the playing area.

## Tunnel and Overhead Pass

**Equipment** ▶ Basketball for each team.

Teams are in files with their feet apart. The leader from each team, tunnels the ball through to the end player, and the whole team turns about to face the opposite direction. The ball is passed back overhead to the leader and the whole procedure can be repeated as many times as desired.



## Alternate Tunnel and Overhead Relay

**Equipment** ▶ Basketball for each team.

Teams are in files behind their leader. The ball is tunneled to the end player who runs to the top of the file and commences to pass overhead. The game is continued by alternate tunnelling and overhead passing.



## Corner Spry

**Equipment** ▶ Inflated ball for each team.

Team members stand side by side in file formation facing their leader who stands eight metres in front of them. The leader passes the ball to each player in turn and the last person runs with the ball to take the position of the leader who runs to the head of the line. This procedure is repeated until each player in the team has had a turn as the leader and all the players have returned to their original positions.



## Exchange Ball Relay

**Equipment** ▶ Two small balls.

The teams stand in shuttle formation with a line drawn midway between the two halves of the teams. The teams (in file) run to meet each other at the line. As they run, the two front players exchange balls on the way in and pass the ball to the next player in the file as they run back.

### Variations:

- Use a bounce pass to exchange.
- Cross to the other half of the team after exchanging.
- Players must make their exchange pass through a hoop.

