

play leader pack



Fun activity ideas for
break time, the playground
and wet play.

Get your school friends to move more at break time with these fun activities and games.

Catch

How many times can you catch the ball before dropping it? Do it on your own or with a friend!



Jump rope

Who'll be first to do 100 skips in a row? Easy? Try it backwards!



Hot potato

Grab a ball and some friends. Pretend the ball is on fire, pass it quickly!



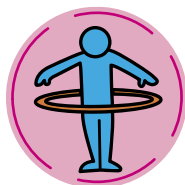
40:40 in

One seeker counts to 40 while the hiders hide. The hiders must get back to base and shout '40:40' first before being found.



Hula, hula

Grab a hula hoop. How many circles can you do? Can you beat a friend?



Tag

If the person who's 'it' tags you, you become 'it'.



Obstacle course

Create your own, inside or out. Chair slalom? Jumping over T-shirts?



Keepy-uppy challenge

Grab a ball, bounce it on your knees, head and feet. How many can you do?



Piggy in the middle

It's a game of catch with a 'piggy in the middle' trying to get the ball.



New dance

Learn a new dance and perform it for your friends and family.



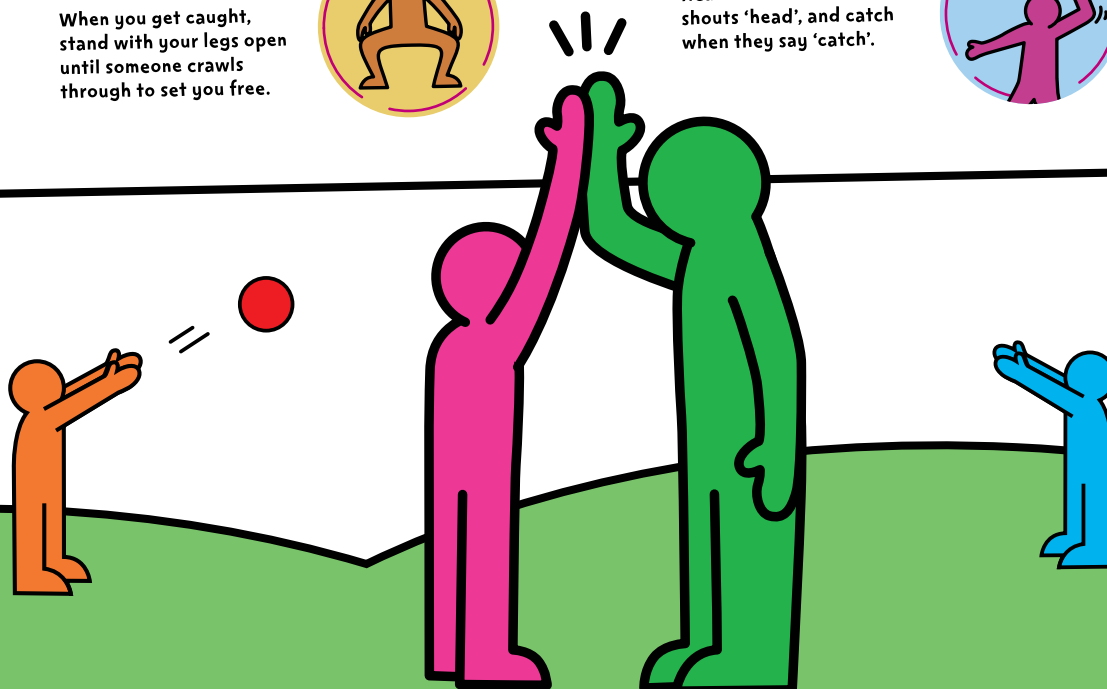
Stuck in the mud

When you get caught, stand with your legs open until someone crawls through to set you free.

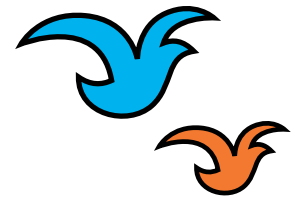


Heads or catch

Head the ball when a friend shouts 'head', and catch when they say 'catch'.

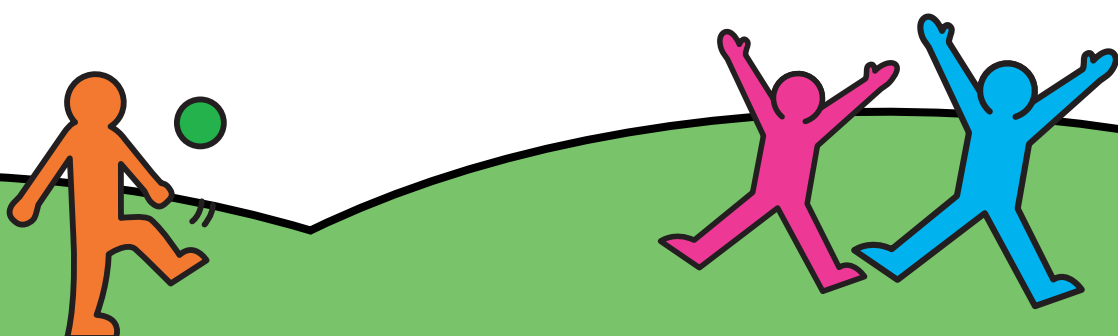


sign up your friends here



NAME

CLASS



well done!

You've done a great job

