



Quick & Easy Huff n Puff Games

Traffic Lights (good warm up game)

- Explain that you are going to call out three colours.
 - Green – run around revving your engine like a car. Be careful of other cars.
 - Yellow – stop and run or do star jumps on the spot.
 - Red – stop, make a shape and freeze.

Walking Partner Tag (good warm up game)

- Children pair up – decide who is the tagger.
- The tagger does 3 star jumps then chases their partner at a walking pace.
- Once they tag their partner they swap roles.

Snowball Tag

- One child starts with a snowball (tennis ball), they tag others with the snowball – the ball must stay in their hand.
- Once another child is tagged they collect a snowball and become a tagger too.
- The game 'snowballs' until every person has been caught.
- For a quick re-start play reverse snowball. The last person tagged remains without a ball, they then tag all those with a ball. Instead of collecting a ball those who are tagged return it and then help the tagger.
- Variation – play the game using the lines of a court.

Keep the Bucket Full

- Choose a thrower to throw the balls out of the bucket in any direction as high and quickly as possible.
- The rest of the children need to catch or retrieve the balls and return them to the bucket by running with them and placing them in the bucket.
- If the thrower can empty the bucket at any stage they win a bonus point.
- Variation – have two throwers and/or two buckets – one to throw from and one to return the balls to.

Speed Golf

- Design a course, targets could be trees, goal posts, fences.
- Throw a ball, Frisbee, bean bag towards the target and then sprint after it. Keep throwing the object until you reach the target.
- Add up the number of throws it takes to get around the course.
- Variation – do in pairs and take turns at throwing.

Orienteering

- Choose four objects from around the school grounds
- Race and touch the four objects and return to the start as quickly as possible. You can touch the objects in whatever order.
- Repeat but choose different objects.

Five noses

- Move about in a designated fashion – walking, skipping, leaping, hopping, galloping etc
- Call out a number and a body part. Eg 4 knees
- Children have to quickly form a group of 4 and join together at the knees.



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Builders and Bulldozers

- In a designated area have 10 cones turned up one way and 10 cones upside down.
- On 'go' the builders have to try and turn as many cones up the right way as possible while the bulldozers have to try and turn them upside down.
- After 1 minute stop and count up who has won – have the best of 3.

Toe to toe fencing

- The aim of this activity is to “push or pull” their opponent off balance.
- The students stand on a line one foot behind the other facing their partner. Each student is to have the tips of their toes touching the tip of their partner’s toes. Each student must have the toes of their back foot touching the heel of their front foot.
- Partners are facing one another and holding hands as if ‘shaking’ hands.
- When both are set each attempts to push or pull their partner off balance. Once someone’s foot moves off the line then the game is over.
- It is important to only use the hands to push/pull the partner.

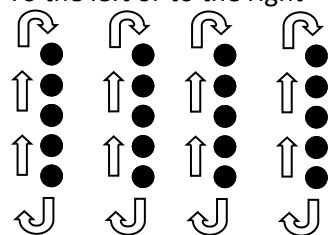
Line Circuits – with or without music

Walking/running is the main activity but you can add:

- Heel digs
- Toe taps
- Knee Lifts
- Leg Curls
- Toe behind
- Marching on the spot

An obstacle course can be added to the front of the lines (not shown in diagram) using cones, hoops, hurdles etc. The children run through the obstacle course 2-3 times then line up at the next row.

To the left or to the right



Circuit Cards

- Can be done as a whole class or in pairs.
- The circuit cards can be placed around a field and the children run to each one.
- You can also split the class and half of the children run around the field/court while the other half does something on the spot. Once the runners are back swap around. Repeat this a number of times with different activities.

Possible activities:

- Ski jumps
- Pretend skipping
- Step together
- Galloping
- Leaping
- Star jumps
- Knee lifts
- Spring up or jump in the air
- Hopping

Don't forget that the KiwiDex manual has lots of other great games and activities to do. Copies can be downloaded from www.sportnz.org.nz