Tail Snatchers



Aerobic 10

COLLIS Primary School

Rules

- Divide the children into 4 or 5 teams.
- Give each team the same coloured bib to tuck into the back of their shorts (try to get the same length on everyone's bib).
- All teams start in the corners of the playing area.
- When the game starts each player is trying to take another coloured bib from the other teams by pulling it out. If you manage to take someone else's bib, keep hold of it and go after someone else!
- When you lose your bib you sit out on the side BUT if you were holding the bibs of the other team you must keep hold of it.
- When there is only one team left stop the game and each team must add up their bibs. The team with the most bibs, wins.

Health & Safety

Pupils cannot block others taking their tags

Equipment

X10 cones

X30 bibs/tags (5 colours)

Netball court size for 30 children

(30mx15m)

Fruit Salad

Aerobic 10

COLLIS Primary School

Rules

- Create a large circle with some cones. Select 4-5 pupils to play the game on the inside of the circle. They are the 'fruit' in the fruit salad circle.
- The pupils on the outside have a number of balls between them. They are not allowed inside the circle and must aim to hit the 'fruit' on the inside of the circle.
- The 'fruit' must avoid getting hit by a ball.
- The last person left in is the winner.

Alternative versions..

1. Swap with someone in the middle when you hit them with a ball
2. Score a point when you hit someone. First to 5 wins the game.

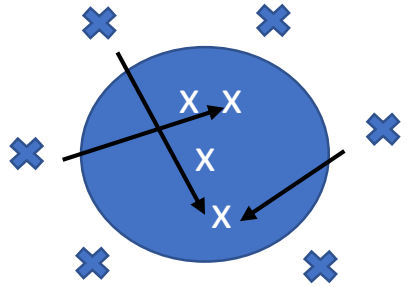
Health & Safety

Only allow rolling balls

Equipment

X20cones

X10 soft balls



Cat & Mouse



Aerobic 10

COLLIS Primary School

Rules

1. Mark out a playing area with cones and make a square (Cat's Den) at one end of the playing area.
2. Select 2-4 Cats and give them a bib to wear. Mice are given a bib tucked into their shorts/tag rugby belt.
3. Mice can move anywhere inside the playing area and aim to stay away from the cats. If a cat takes their tail (bib) then they go to the Cat's Den.
4. To get freed from the Cat's Den, another mouse must collect a new tail and deliver it to the Cat's Den without trying to get caught. Only 1 tail at a time. The game is over once all mice are caught.

Health & Safety

Pupils cannot block others taking their tags

Equipment

X10 cones

X30 bibs/tags (5 colours)



Capture

Aerobic 10

Rules

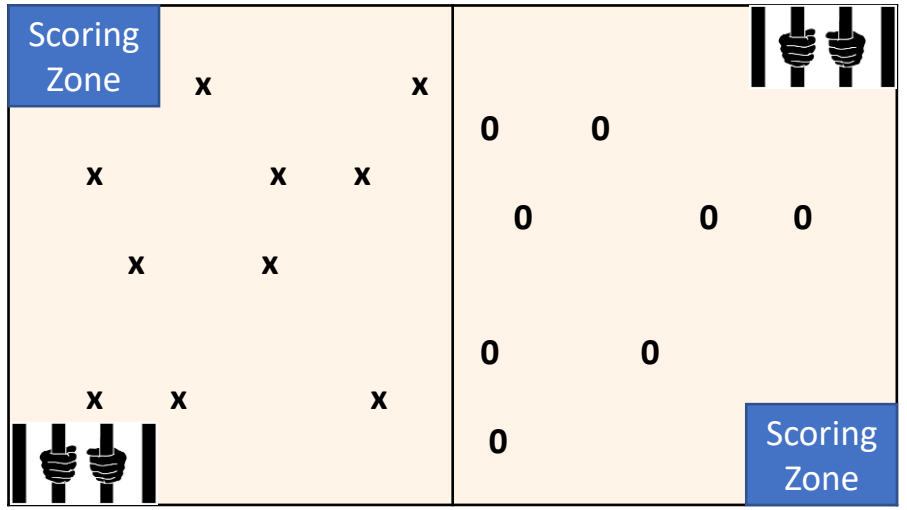
- Two teams each with the same coloured tags/bibs on.
- The aim of the game is for each team must get into the oppositions half and get into their ‘box’ to score a point. YOU must make it back into your half before you can score again.
- When you enter the oppositions half you can be tagged ‘out’.
- Teams can either wear a bib and be tagged by hand. **OR** tuck it in so it can be pulled out.=/wear rugby tag belts.
- When you are ‘tagged out’ you go to jail. You can be freed from jail by a team mate getting into the jail and getting a ‘high 5’.
- If you leave the arena you go to jail.
- The first team to 10 points wins. Then you swap ends and restart.

Health & Safety

Pupils cannot block others taking their tags
If tagging use the fingertips only

Equipment

X30 cones
X30 bibs/tags (2 colours)



Toilet Tag



Aerobic 10

COLLIS Primary School

Rules

- Select 3-4 ‘taggers’. They must put one cone on their head holding it in place with one hand; they only have one hand to tag!
- You must tag as many people as you can in the time limit.
- When you are tagged ‘it’ you must kneel down on 1 knee UNTIL someone comes and free’s you by sitting on your leg and flushing the toilet/pulling the arm down
- Swap the taggers after about a minute
- If it’s **cold outside**, they can put hands in armpits when tagged and to be freed someone must touch their head-shoulders-knees and toes!

Health & Safety

Use *finger tips* to tag

Sit down softly on someone’s knee

Equipment

X10 cones

Netball court size for 30 children

(30mx15m)

Arm & Leg Tag



Aerobic 10

Rules

- Everyone is trying to 'tag' everyone
- When you manage to tag someone they put one arm around their back and can only use one arm to tag.
- When they lose two arms they must run around trying to not get tagged.
- When they get tagged a 3rd time they must hop around.
- When they are tagged 4 times they are out. They must go to the side and do 10 star jumps before returning to the game.
- If pupils tag each other at the same time get them to play rock/papers scissors to decide it.

COLLIS Primary School

Health & Safety

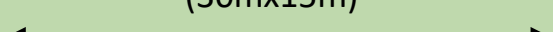
Use *finger tips* to tag

Equipment

X10 cones

Netball court size for 30 children

(30mx15m)



Mega Tag



Aerobic 10

COLLIS Primary School

Rules

- Everyone is trying to ‘tag’ everyone
- You must tag as many people as you can.
- When you are tagged ‘it’ you must kneel down UNTIL…. The person who ‘tagged’ you is tagged and also kneeling down and then you can join back in.
- If two people tag each other at the same time they must settle it with rock/paper/scissors
- The game ends if ONE person can ‘tag’ the entire class.

Health & Safety

Use *finger tips ONLY* to tag

Equipment

X10 cones

Netball court size for 30 children

(30mx15m)

Sharks & Minnows



Aerobic 10

COLLIS Primary School

Rules

- The game starts with a chant from the fishes; **‘Sharky, Sharky can we cross?’**
- The Shark replies with ‘only if you are ….’ and then chooses a characteristic about one or a few pupils. Those pupils can then run across without getting get caught.
- The Shark then counts ‘3,2,1 Minnows’ and the minnows have to run across without getting tagged by the shark.
- When you are tagged you become a shark.
- The game continues until one fish is left who becomes the new shark next time around.

Health & Safety

Use *finger tips* to tag

Sit down softly on someone’s knee

Equipment

X10 cones

Netball court size for 30 children

(30mx15m)

3-Ball Dodgeball



Aerobic 10

COLLIS Primary School

Rules

1. 3 Players are given a ball and stand in the middle of the playing area.
2. There aim is to hit as many people as possible with the ball in 3 mins. They cannot run with the ball in their hands unless bouncing it.
3. When a player is hit with the ball the thrower **AND** the player hit are given 1 point.
4. The aim of the game for the THROWERS to score as many as possible.
5. The aim of the game for the DODGERS is to stay on 0 points.
6. Rotate players after the 3mins. The top 3 DODGERS can choose whether to be a thrower or not.

Health & Safety

Hitting below the shoulders ONLY

Equipment

x8 cones

X3 soft balls

Netball court size for 30 children

(30mx15m)

Chain Builder



Aerobic 10

COLLIS Primary School

Rules

- One child will be the catcher, and the rest of the children will be running along the playground.
- Once the 'catcher' catches one player, he/ she has to join hands with the seeker to catch the other players.
- When they both catch another kid, he also has to join and so on the chain grows until all the players join the chain
- Whoever was last caught will be the new catcher

Health & Safety

Be careful not to 'pull' each other too hard and fast

Equipment

n/a

Netball court size for 30 children

(30mx15m)

