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Book 1

Physical Education Games for 5 - 8 Year Olds

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Contents

Locomotor

Animal Relay	4
Fly	5
Look Out for the Lion	6
Watch Your Tail	7
Last One There	8
Do the Locomotion	9
Number Cross Over	10
Rescue Hoop Relay	11

Non-locomotor

Twist and Shout	12
Pass the Hoop Relay	13
Square Ball	14
Human Bowling	15
Giant Letters	16
Firing Squad	17
Human Quoits	18
Reach for the I	19

Spatial Awareness

Zig Zag Relay	20
Square Relay	21
Odd One Out	22
Cops and Robbers	23
Stepping Hoops	24
Shape Up	25
Giant Ludo	26
Round the Clock	27

Hand-eye Coordination

Bean Bag Golf	28
Hot Potato	29
Centre Ball	30
Bombs Away	31
Bean Bag Dodge	32
Hoop Ball	33
Bean Bag Relay	34
Bounceball Relay	35

Foot-eye Coordination

Cross Over Ball	36
Target Soccer	37
Change Soccer	38
Soccer Rounders	39
Gamble Ball	40
Circle Ball	41
Circle Soccer	42
Forcing Back	43

Look Out for the Lion

Locomotor Skills

Learning Outcome:

Students move in different ways by running, skipping and hopping in a limited area.

Equipment:

4 witches hats and 4 hoops

Area:

Grassed area 20 m x 20 m

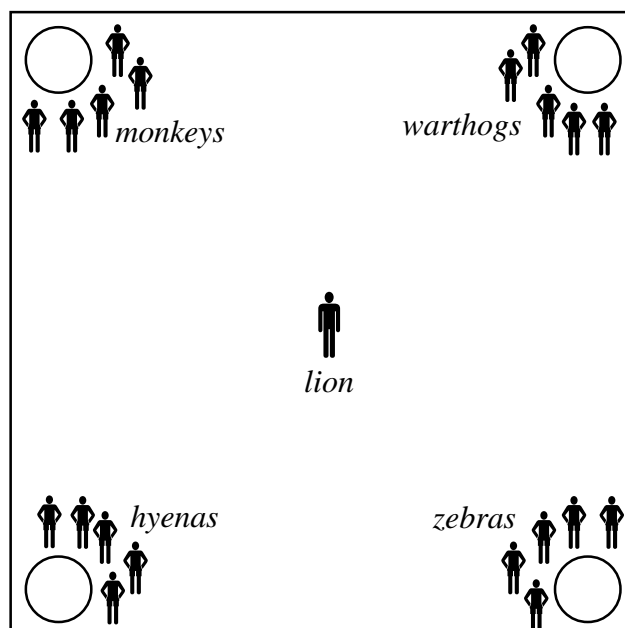
Activity:

Choose one child to be the lion. The other children are put into 4 groups: monkeys, warthogs, hyenas and zebras. The hoops are placed in each corner of the square. Each group stands in their corner with one foot touching the hoop.

The lion walks around to each group calling “The lion wants the monkeys, warthogs” etc. until all groups are moving around.

The teacher calls out: “The jungle is calm” (everyone walks on tiptoe),
“The jungle is wild” (everyone skips or hops),
“The jungle is stormy” (everyone gallops, waving arms).

When the teacher calls out: “The jungle changes” everyone has to race back to their corner without being tagged. Lions change and more than one lion can be used.



Do the Locomotion

Locomotor Skills

Learning Outcome:

Students explore moving within a boundary using a variety of locomotor skills.

Equipment:

4 witches hats

Area:

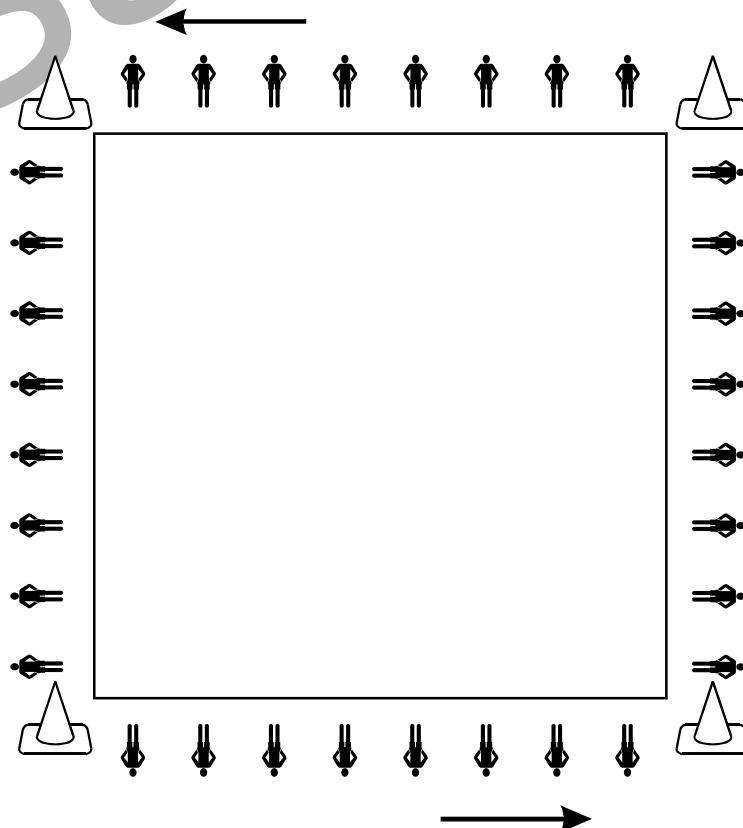
Grassed area 15 m x 15 m

Activity:

Have children spread out around the perimeter of the square. The teacher has 10 commands which tell the children how they are to move around the square.

They have to change movements as quickly as possible and need to listen carefully. The teacher varies the length of each movement to ensure children pay attention.

The commands are: walk, skip, hop, jump, crawl, walk backwards, sidestep, march with knees high, robot walk and spin while you walk. The teacher can be in the centre of the square or lead the group in 'follow the leader' style.



Zig Zag Relay

Spatial Awareness

Learning Outcome:

Students explore moving using different directions by running in a zig-zag pattern.

Equipment:

Multiples of 7 hoops or witches hats

Area:

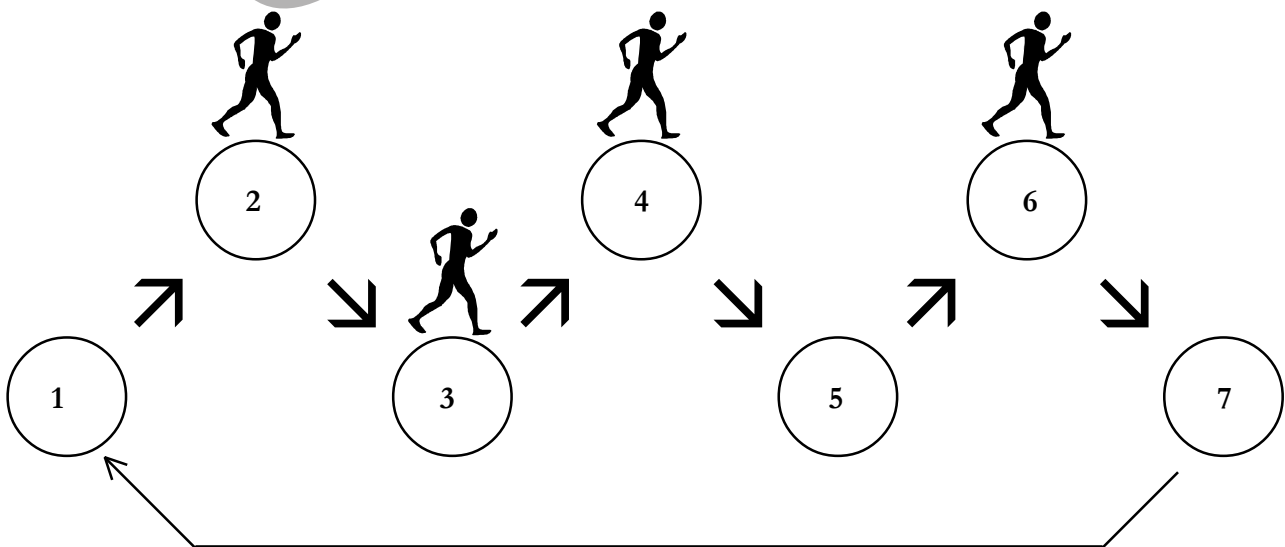
A grassed area 30 m x 10 m for each team

Activity:

Children are put into teams of 7 with each child stationed at a hoop or hat. The hoops are set out in a zig zag pattern 10 m apart.

On 'go' the child at No. 1 hoop runs to No. 2 hoop and tags the next child who then runs to No. 3 and so on until the child at No. 7 hoop runs back to the No. 1 hoop.

The relay continues until the first child to start gets to No. 7 and all children sit down to show they are finished. The number of hoops can vary to suit class numbers.



Round the Clock

Spatial Awareness

Learning Outcome:

Students explore moving within boundaries by playing a game where they must run around a circle.

Equipment:

one bean bag per 3 children, 1 hoop and 8 witches hats

Area:

Grassed area with 15 m diameter circle

Activity:

Children are put into groups of three and form up as shown in the diagram. Each child is given a number, 1, 2 or 3 with 1 being the middle child. Beanbags are placed in a hoop in the centre of the circle.

On 'go' No. 1 runs, picks up a beanbag, then runs through the arch formed by 2 and 3 and then through the arches formed by the other groups.

When 1 returns he hands the bean bag to No. 2 who runs through the arch formed by 1 and 3. No. 3 continues the pattern and on returning, the 3 children sit down to show they are finished.

