

Team Games

Age: 6+

Name of Game: Under/ Over Relay

What you need: A ball for each team.

What to do:

Divide the group up into two or more teams and ask them to line up behind each other with their legs apart.

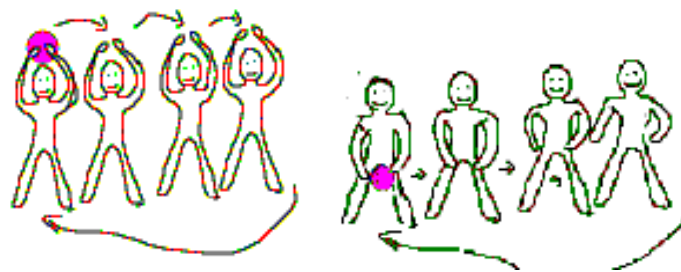
On the start signal, first player passes the ball under their legs to the end of the line.

When the ball arrives at the end of the tunnel, the last person must run to the front of the line.

This time he/she has to pass the ball over his/her head to the next person until it reaches the person at the end of the line.

The person at the end of the line then runs to the front and this time puts the ball through his/her legs.

This continues where the ball is passed alternatively through the legs and over the head until the team is over the finish line.



Team Games

Age: 6+

Name of Game: Keep it together Relay.

What you need: Foam Ball and marker (e.g. jumper) to mark turning point.

What to do

Divide the group into two teams.

Each team are then asked to divide up into pairs and line up behind each other.

On the start signal, the first pair of teams runs to the turning point trying to hold a foam ball between their heads.

If they drop the ball, they then have to go back to the start and begin again.
After completing successfully, the pair passes on the foam ball to the next pair.
First team back wins.

You can't touch the ball with your hands.

Variation- change location of ball- back, buttocks, hips, knees, shoulders.



Team Games

Age: 8+

Name of Game: Horse and Jockey

What you need: Nothing only people!!!

What to do:

The players assemble in pairs and call themselves horse (front) and jockey (back).

Horses assemble in a large circle with their left leg back.

Jockeys line up behind them and catch hold of the horses left leg and lift their own right leg forward for the horse to catch.

All the horses and jockeys are given a number by the leader e.g. 1, 2,

Ensure that at least two pairs of horses and jockeys are in each number group.
Leader calls certain number e.g. 1!

All those with that number "gallop" around the outside of circle.
First team back to original space wins.

Horses and jockeys cannot break link. Swap over after two races.



Team Games

Age: 6+

Name of Game: Crab Shuttle

What you need: a marker to show turning point.

What to do

Divide into teams of equal numbers.

Line up behind each other on starting line.

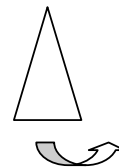
On start signal, first player runs to cone and back.

He/she then bends over and puts left hand through legs and grabs right hand of next player.

They must run the course without letting go and collect the next player in the line.

In the end whole team must be joined and complete course together.

First whole team back wins.



Team Games

Age: 8+

Name of Game: Boat Race

What you need: Marker to show finish line

What to do

Divide into three or more teams.

Stand behind each other at starting line.

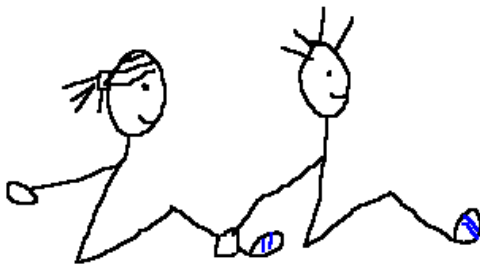
Each player sits and grabs the legs of the player behind them and grabs the ankles firmly.

On start signal, each player uses his legs to pull his body along, which looks like rowing action.

First team over finish line wins.

Variation- teams can be divided into pairs and first pair goes to cone and back and tags second pair and so on.

First person goes to cone and back and then collects second person and goes to cone and back and so on.



Team Games

Age: 8+

Name of Game: Stepping Stones

What you need: Chalk/ non slip mats, labels/ stickers.

What to do

Leader divides group into two teams or more.

The teams stand shoulder to shoulder.

Leader then makes a circle with chalk around the feet of each player or they stand on non slip mats.

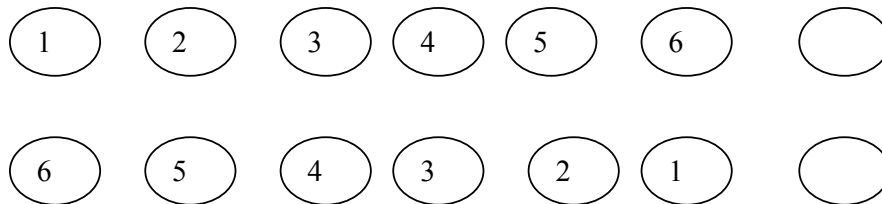
Add one extra chalk circle or mat.

Players are number 1 to 6 with labels/ stickers.

The challenge- Players must change the line-up from 1 - 6 to 6 - 1.

One person per circle at all times.

You can't touch the floor with any body parts.



Team Games

Age: 8+

Name of game: Group Knot.

What you need: Only yourselves!

What to do

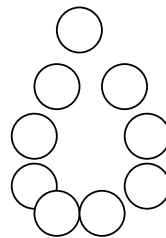
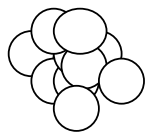
The game starts by all participants forming a tight group from a large circle.

Each player must close their eyes and then reach forward with their hands and grab any two hands they find.

Participants open eyes and find hands intertwined.

As a group they must try to untangle themselves into a large open circle. You cannot break links or let go.

No over twisting to prevent injury.



Team Games

Age: 8+

Name of Game: Skin the Snake

What you need: nothing

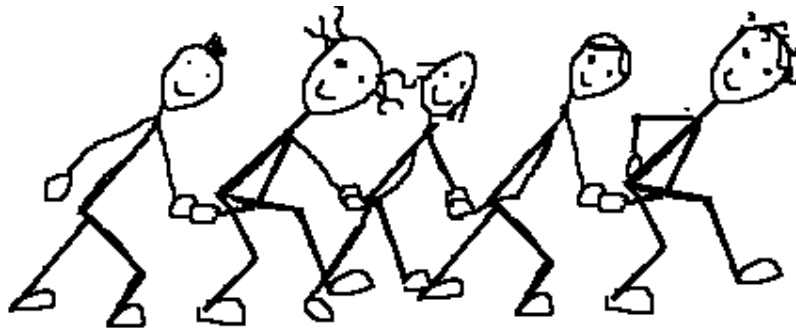
What to do

Everyone lines up behind each other in a straight line.

Each person places their left hand between their legs for the person behind to hold with their right.

Challenge – the line order must be reversed e.g. last first and the first last.
You have to face in the same direction.

You cannot break the links.



Team Games

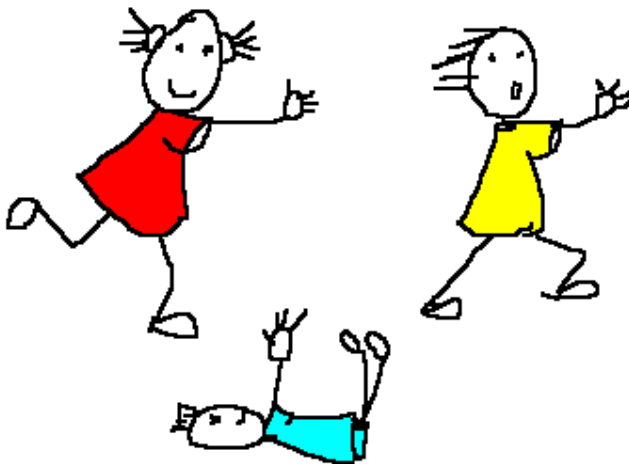
Age: 4 +

Name of Game: Turtle Tag

What you need: No equipment needed, just space

What to do:

1. Select two three chasers out of the group depending on the size of the group
2. These chase the others around the room
3. If you get caught, you lie on your back with your legs in the air
4. To be released, a player must rub your tummy
5. The game is over when everyone is caught



Team Games

Age: 5 +

Name of Game: Chain Tag

What you need: No equipment needed just space

What to do:

1. The leader chooses one player to be 'on'
2. This person must chase the others and try to catch a person
3. When a person is tagged they must hold hands and form a chain
4. They then try to catch another person, when the next person is caught they also join the chain and so on
5. The game continues until everyone is caught and is part of the chain.



Team Games

Age: 6 +

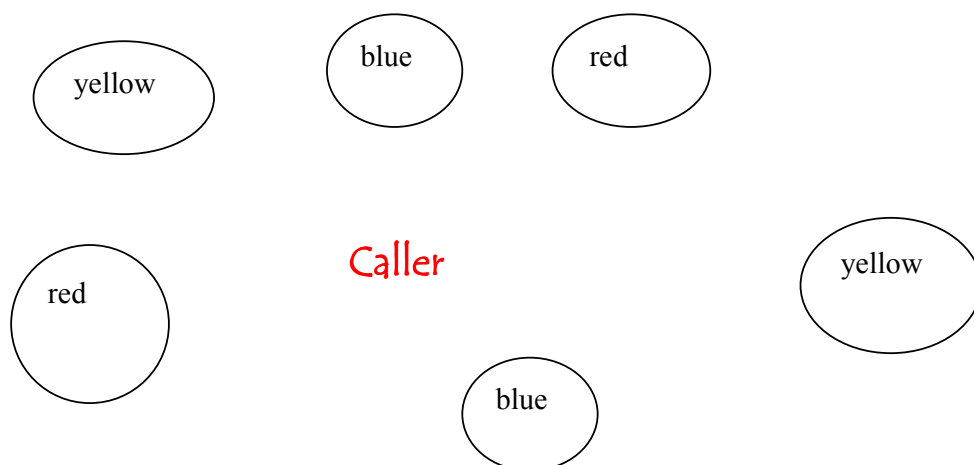
Name of Game: Colour Tag

What you need:

Different colour hoops

What to do:

1. Place different colour hoops around the hall
2. Choose a catcher
3. Divide into groups of equal numbers and place each group in a different colour hoop
4. Catcher calls two colours to swap places e.g. blue to red
5. As the groups swap hoops the catcher must try to tag them
6. The person the catcher tags now replaces the catcher.



Team Games

Age: 5 +

Name of Game: Stuck in the mud

What you need: No equipment needed

What to do:

1. Choose a chaser, chaser tries to tag other players
2. Once tagged players have to stay in one position
3. To be released another player must crawl between their legs
4. Game continues until everyone is caught

