

8 Simple Games

Here are the rules for 8 simple, fun, active games that you can play with **no** equipment and take **no** time to organise....all are for age 4+ with ideal numbers being 6 plus.
Next time you are in the back garden or park, give them a go and get your body moving...!
Each takes a few minutes and contributes to your daily exercise routine.

- **Bounce Tag**
One person is "on" and chases. Anyone tagged bounces up and down on the spot
They can be freed by another member bouncing 3 times in front of them
- **Letter Tag**
One person is "on" and chases. Anyone tagged remains still and makes the shape of a letter using their body.
If a member recognises the letter, the tagged player is freed.
- **Bird Fly**
All stand in the play area arms length apart with a chosen leader.
The leader shouts out the name of an animal then "fly" eg "sparrow fly"
If the animal can fly, all children flap their arms, if the animal cannot, all children must keep arms by their side
Any child that "flies" when they shouldn't sits out of the game
- **Compass Points**
Choose 4 bases, like trees or poles or marks on the ground, named North, South, East and West
A catcher stands in the middle and a caller on the edge. All children start at North and when the caller shouts out the name of a base, all have to run there.
When caught, the children stand in the middle and become catchers or swap places with the catcher.
- **Fishes**
The children move around as if swimming and follow the callers 6 instructions which are:
High tide - move quickly
Low tide - move slowly
Turn tides - change direction
Coral reef - jump
Shark - swim backwards
Fisherman - bend down as if to escape a net
- **Shadow Touch**
In pairs, one tries to step on the others shadow while the other one tries to escape.
Roles are reversed when successful
- **Duck, Duck, Goose**
All stand in a circle. The person "on" walks around the circle tapping each child on the head saying "duck".
When they tap saying "goose", that person jumps up and they both run round the circle.
First person back takes the place and the other is "on"
- **The Laughing Game**
Children form a circle and the player chosen to start says "Ha", the next one says "Ha Ha" and the next "Ha Ha Ha" and so on.
No one can laugh while speaking! If anyone says the wrong number of "Ha's" or laughs, it starts again.
If you don't all end up laughing, there is something wrong!