



Ebook Code:
REAU6015



Book 1

Physical Education Games for 5 - 8 Year Olds

Written by Paul Larkins and Tony Abbots. Illustrated by Melinda Parker. © Ready-Ed Publications - 2000.

Published by Ready-Ed Publications (2000) PO Box 276 Greenwood Perth Australia 6024

E-mail: info@readyed.com.au Web Site: www.readyed.com.au

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ISBN 1 86397 290 0

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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

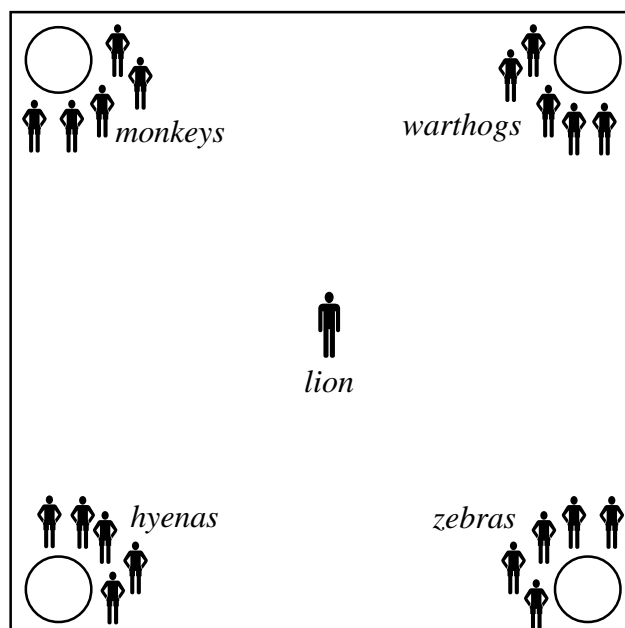
Activity:

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:

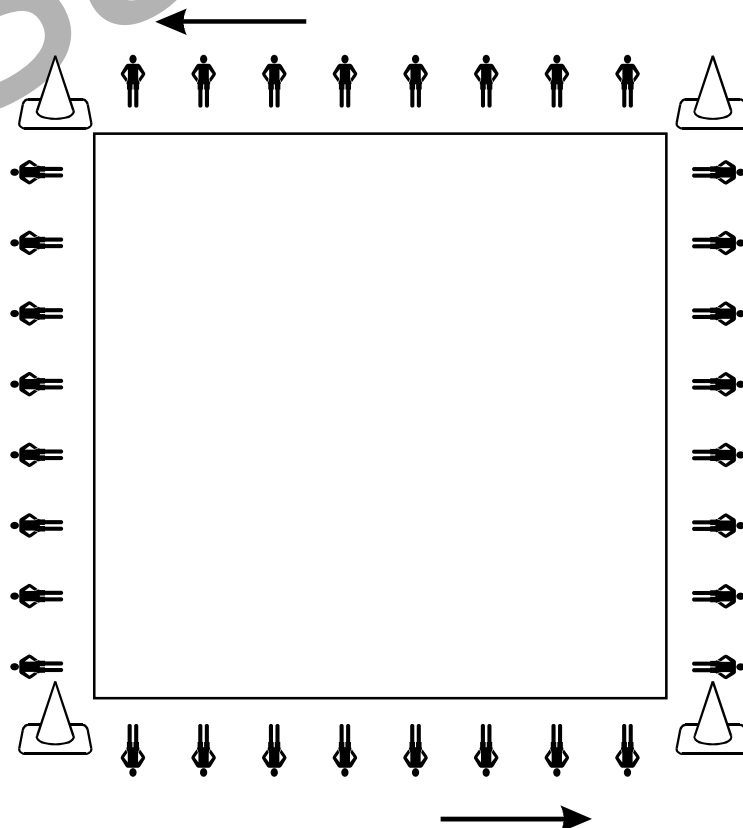
Grassed area 15 m x 15 m

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:

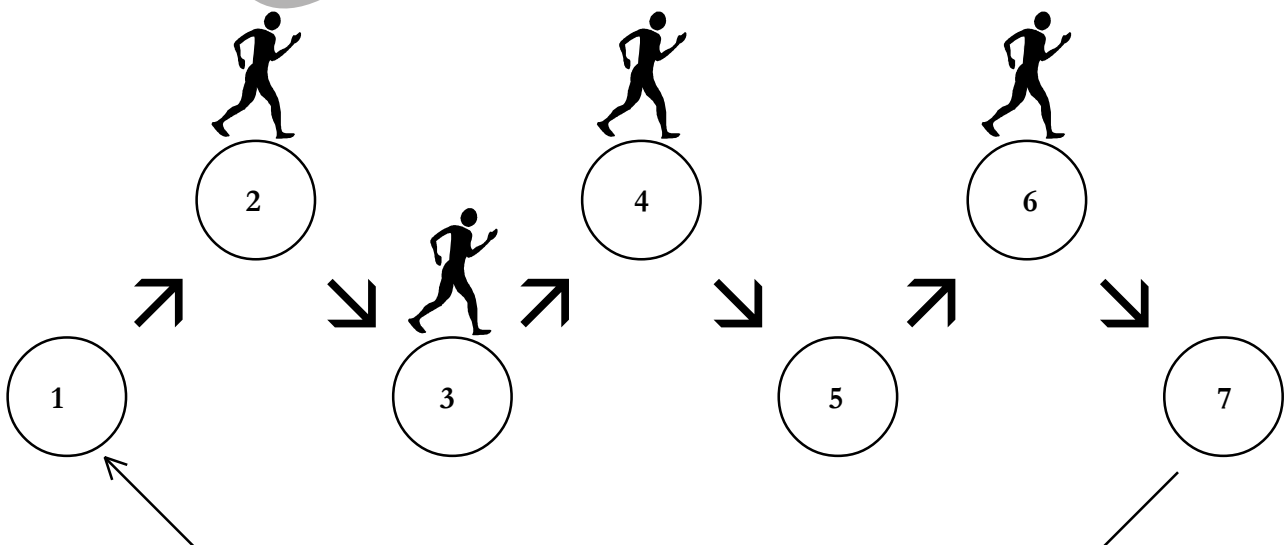
A grassed area 30 m x 10 m for each team

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.

