# Warm Up Games KS2

## Pac Man

<table>
<thead>
<tr>
<th><strong>Equipment:</strong></th>
<th><strong>Set Up:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Lined playground/hall, 2 sets of different coloured bibs and cones.</td>
<td>None needed but must be played in area with lots of lines.</td>
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</tbody>
</table>

### Main Content:

To begin ask children to practice moving and balancing on the lines without falling off. Use verbal Cues to challenge the children e.g. ‘freeze’ or ‘jump’.

### Progress:

- Use visual cues only e.g. one hand in the air = jump, two hands in the air=freeze.
- Add cones around the area (on the lines), tell children each time they reach a cone (jump over it) they earn one point.
- Give a forfeit to anyone who steps off the lines e.g. 20 star jumps.
- Give selected children a bib to wear (these are the taggers called ghosts) they must stay on the lines as well, but if children are caught by them they lose 5 points. Anytime a child loses all their points they must complete the forfeit to re-enter the game.

### Differentiate:

- Give some children the rule that if they bump into another Pacman they lose a point.
- Choose select children that can only earn a point by jumping over a certain coloured cone not any colour e.g. only blue cones earn them a point.
- Choose select children and place a beanbag on their head. If the beanbag falls they lose a point.
## Cone Tag

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Set Up:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mixed coloured cones, one for each child</td>
<td>Large area.</td>
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</tbody>
</table>

### Main Content:
To begin give each child a cone. Start the game telling children that overtime they swap cones with somebody they get one point they need to collect as many as possible in the time limit. Change up the game, now the objective is not to collect points but different cones worth different points. Give a time limit and tell them when the game stops, whatever cone they are holding they get those points e.g. red cone =5(You must swap if someone has caught you and is asking you to swap).

### Progress:
- Give other cones different points e.g. yellow = 3, blue = 2.
- Give different challenges for different cones (Use your imagination!) e.g. when you have a blue cone you must be jumping.

### Differentiate
- Give extra tasks for challenges e.g. if you have more than 20 points you can only move with the cone on your head. Give children struggling easiest ways of moving. You can also give them 1 ‘No Thank you’ where they have one time they don't have to swap cones.
# Release Tag

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Set Up:</th>
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</thead>
<tbody>
<tr>
<td>Basket balls, cones</td>
<td>None needed, large space.</td>
</tr>
</tbody>
</table>

**Main Content:**
To begin select three children as taggers (wearing a bib) and three children as savers (holding a ball. When a child is caught by a tagger they must freeze with their hands ready to catch a ball. The only way they can be freed is if a saver successfully (without a drop) throws them a ball and they catch it.

**Progress:**
- Tell children that the ball must also be successfully (without drop) returned to the saver before they are free.
- Change the rules so that savers must dribble the ball when moving (regularly change the taggers and savers).
- Change the rules (still dribbling the ball) so that when the ball is passed to free someone they keep the ball and become a saver.
- Add extra taggers when needed
- Allow taggers to intercept the ball
- Give taggers a soft ball, they can tag by throwing a ball at children or by touching them.

**Differentiate**
- Give select children extra challenges
e.g. children have to change hands when dribbling or can only use non dominant hand when dribbling, children must get a high five from the teacher with spare hand before they can free someone.
# Foxes and Rabbits

**Equipment:**
15 mixed colour bibs or tags, hoops

**Set Up:**
Large area. Put one hoop at each end of the area.

**Main Content:**
To begin split the class into two teams. One team (the rabbits) have tails (bibs tucked in or a tag). Foxes must chase rabbits and steal their tails. When a fox steals a tail they must return it to one of the hoops (foxes home). When a rabbit loses their tail they can get another by stealing from the foxes hoops (homes). Give a time limit to see how many tails can be stolen, then reverse roles. No guarding foxes homes.

**Progress:**
- Scatter hoops around the area, these are rabbit holes. Rabbits are safe in the hoops, give a 10 second time limit.
- Lower the time limit that rabbits can stay in hoops.
- Allow foxes to guard their home (stash of tails).

**Differentiate**
- Give select children two tails (two lives) to start.
- Give select children only a certain colour hoop that they can hide in.
- Select foxes can only steal a different coloured bib/tag (tail) each time.
# Spiders and Scorpions

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Set Up:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beanbags or cones</td>
<td>You need to be in a hall.</td>
</tr>
</tbody>
</table>

**Main Content:**
Choose 4 children to be the scorpions. Their job is to move around on all fours (belly facing down) trying to sting (tag) as many of the other children as possible. The other children are spiders, they have to move around on all fours (belly facing up.) If a ‘spider’ is stung it must hold either one arm or one foot up in the air (3 point balance) until all of the spiders are stung or time runs out.

**Progress:**
- Include special spiders who can deliver an antidote and release the stung spiders.

**Differentiate**
- Give select children an object e.g. beanbag or cone to balance on their back/belly/head, if this falls off they have to do a forfeit before entering the game again e.g. 10 star jumps.
## Messy Room

**Equipment:**
A mixture of equipment that if thrown will not injure e.g. bibs, cones, sponge balls, dodgeballs e.t.c

**Set Up:**
Split the area into 2 halves using cones.

**Main Content:**
Split the class into two teams. Split the equipment in half so that each team starts with half of the equipment on their side, at the back of the space. When you start the game children rush to throw the equipment into the other team’s area, to clear their own area. Give a time limit for this game. The winning team will have the least pieces of equipment on their side.

**Progress:**
- Children can only throw one piece at a time.
- Split the hall again to give 4 areas and 4 teams.
- Add the rule that if a child is hit by a piece of equipment (that another team has thrown) they have a forfeit before they can re-enter the game e.g. 10 star jumps

**Differentiate**
- Give select children a challenge of only being able to touch certain pieces of equipment e.g can only throw bibs.
- Teams that are doing well must pass the equipment to another team member before they can throw it into another area.
- Give some children extra lives when hit by equipment.
## Island Hopping

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Set Up:</th>
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<tbody>
<tr>
<td>Hoops, cones (possibly mats, benches and throw-down spots/lines) beanbag</td>
<td>Large area. Scatter hoops and or mats around the area.</td>
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</tbody>
</table>

### Main Content:
The hoops/mats are islands. The floor around these is water (and they can’t swim!) They must jump between mats and stay on the islands.

### Progress:
- Take away some matts/hoops and replace with benches/throwdown spots and lines.
- Give a few children bibs to stay in the water (sharks) if you step in the water the sharks can catch you. If a shark catches you, you lose an arm (they must put on behind their back), then another arm and a leg. Finally they become a shark.
- Place on hoop/box on one mat or hoop, tell children this is the treasure chest. Scatter cones around the edges of the water. Children must collect the treasure and return it to the treasure chest without being caught by a shark.

### Differentiate
- Give select children extra lives to start.
- Give select children a pirates hat (cone on head) they must move around without it falling.
- Tell select children they can only throw treasure into the treasure chest from another island.
**Cops and Robbers**

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Set Up:</th>
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</thead>
<tbody>
<tr>
<td>Rugby balls, cones, bibs.</td>
<td>Set up a coned area about the size of a net-ball shooting semi-circle.</td>
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</table>

**Main Content:**
Split the class in half. Half of the class will start with a ball (*robbers*) and half the class will start without a ball (*Cops*). The cops have to try and tag the robbers and take their ball back to the police station (a coned off area). Robbers can work together (pass the ball). Time how long it takes for the robbers to lose all the balls. Swap roles and play again.

**Progress:**
- The robbers can steal back their loot from the police station
- Allow the Cops to guard the station
- Give robbers a home area (coned area) if they get tagged they must return to the home and do 20 star jumps before entering the game again.

**Differentiate**
- Team that is winning change rule, if they drop the ball when passing it automatically gets put in the station.
- Create invisible boys and girls on the robbers team (in a bib) they cannot ever be tagged.
<table>
<thead>
<tr>
<th>Planets</th>
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| **Equipment:**  
Throwdown spots/lines (or cones) and either hockey balls and sticks, basketballs or footballs. | **Set Up:**  
With your throwdown markers or cones make varied size circles around the area (planets). |

| **Main Content:**  
This can be played as a basketball, football or hockey game. Children must dribble the ball from one planet to another. If they stop the ball in the planet the win one point. |

| **Progress:**  
- Make planets smaller  
- Introduce space interceptors (with bibs on). These children cannot enter the planets. They do not have a ball. If they touch a person’s ball, that persons points reset to zero.  
- Introduce a time limit for how long you can stay in a planet e.g twenty seconds.  
- Put players in pairs with one ball, introduce that they can pass the ball between them. |

| **Differentiate**  
- Select children earn 3 points not 1 point when stopping the ball in the planets.  
- Give select children a skill they must perform in the planet to gain the point e.g. dribble between their legs 3 times (basketball)  
- Select children can only go to select planets e.g. only red planets , or a different coloured planet each time. |
**Quidditch**

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Set Up: Mid line not essential.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hockeysticks/foam javelins (broomsticks), one small ball and 2 larger (dodgeballs). Hoops/cones for scoring areas.</td>
<td></td>
</tr>
</tbody>
</table>

**Main Content:**
Split the class into two teams. Children need to work in their team to throw and catch the balls and score in the 3 hoops by throwing the ball into them. Start with no broomsticks between legs (for understanding and movement).

**Progress:**
- Smaller ball score = 3 points
- Children can only score in the semi circle area
- Introduce a no. of passes before a score e.g. 3 passes before a score

**Differentiate**
- Introduce that if children are competent at catching with one hand they have a broomstick and must hold it with one hand.
- Very able children can only score in one goal, or cannot enter the semi circles.
- Give more able children a wizard/witches hat to keep on them at all times.