## Warm Up Games KS1

### Airplane balance

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Set Up:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beanbags, cones, hoops</td>
<td>Hoops spread across a large area</td>
</tr>
</tbody>
</table>

### Main Content:
Give children a beanbag or a cone that they attempt to keep balanced on their head whilst moving around the area slowly.

### Progress: in
- □ Encourage children to increase the speed they are moving at.
- □ Let children balance their objects on different body parts.
- □ Let children balance more than one object.
- □ Put objects in different hoops and children have to ‘fly’ an object from one hoop to another and gain points for doing so.

### Differentiate
- □ Give children different movements to attempt.
- □ Give some children the same flight path so they have to work in a team moving in the same direction.
- □ Children lose points if they crash into other planes.
## Minion stuck in the mud

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Set Up:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bibs, hoops</td>
<td>Hoops spread across a large area</td>
</tr>
</tbody>
</table>

### Main Content:
Give certain children a bib. These are the evil robots who aim to catch the minions by throwing their bib at them. If caught the minions must freeze. Minions can be free when receiving a high five from another minion.

### Progress:
- [ ] Give robots a soft ball to throw at the minions
- [ ] The hoops can now be safe areas for minions i.e. you cannot be frozen when you are in a hoop.

### Differentiate
- [ ] Ask robots to work in teams to catch the minions.
- [ ] If minions can catch the bib/ ball then they are not frozen.
- [ ] Give minions an object that can act as a shield.
## Hoop/mat run

| Equipment: Hoops, mats, soft balls, cones | Set Up: A square in the middle of the area with cones. Hoops layed out in a circle formation around the outside of the square. |

### Main Content:
Select 5-6 children to stand in the square with a ball who aim to hit the other children. Other children run, in the same direction, around the outside of the square from hoop/mat to hoop/mat. If in a hoop the children are safe from being hit. If hit the thrower swaps with the runner. Throwers can only throw from inside the square - they can leave the square to collect their ball but cannot throw from outside the square.

### Progress:
- □ Remove some of the hoops so there are less safe areas.
- □ Award points for every hoop children get into without getting hit.
- □ Bring the hoops closer to the square.

### Differentiate
- □ Children are no longer safe in the hoops.
- □ Give children bibs to throw instead of balls - this will be more challenging.
### Warriors

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Set Up:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bibs, cones</td>
<td>Large area. Create two big squares at each end of the area.</td>
</tr>
</tbody>
</table>

**Main Content:**

Give each child a bib that they tuck into their shorts/ trousers as a tail. Children aim to steal the tail from other children in order to gain points. Children return the tail and then attempt to catch someone else.

**Progress:**

- Now split the class into two teams - try and colour coordinate bibs for each team. If caught, children must stand in the square on the opposition’s side of the area until one of their team give them as high five.
- Choose a king/ queen for each team and if that person is caught then the game in over.
- Choose super warriors who have 2-3 tails and do not have to stand out until all their tails have been taken.

**Differentiate**

- Only give children certain areas they can move in i.e. guarding different spaces.
- If caught, children have to throw their bib in the air, clap and then catch it before they can join back in.
- Use different hands to catch other people.
Shark attack

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Set Up:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hoops and bibs</td>
<td>Hoops spread over a large area</td>
</tr>
</tbody>
</table>

**Main Content:**
Choose 5-6 children to act as sharks and give them a bib to put on. Other children are the fish. Fish and sharks ‘swim’ around the area until you shout ‘shark attack!’ At this point the fish must race to get into a hoop before getting eaten by a shark. If fish are caught they must go to the shark’s belly (to the side of the area) and perform 10 star jumps before they can join back in.

**Progress:**
- Spread the hoops out even further.
- Once caught, the fish must swap with the sharks.

**Differentiate**
- Sharks must start on the outside of the area before running in.
- Only a certain number of fish are allowed in each hoop.
- Give fish bibs that they can throw at sharks to slow them down.
### Messy Room

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Set Up:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A mixture of equipment that if thrown will not injure e.g. bibs, cones, sponge balls, dodgeballs e.t.c</td>
<td>Split the area into 2 halves using cones.</td>
</tr>
</tbody>
</table>

### 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 the 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 live when hit by equipment rule comes in.
### Switch

<table>
<thead>
<tr>
<th><strong>Equipment:</strong></th>
<th><strong>Set Up:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cones</td>
<td>Each child to stand in a space next to a cone in a large area.</td>
</tr>
</tbody>
</table>

**Main Content:**
Give each child a cone and ask them to stand next to it in a space. When you call out ‘switch’ children race to stand next to a different cone. If children get to a cone at the same time, they can play rock, paper, and scissors to see who has to move on. Children can gain/lose points in they are first/last to a new cone.

**Progress:**
- [ ] Start to take cones away so some children will be left without a cone and are out of the game. Don’t do this too long, to avoid too much inactivity.
- [ ] Let children work in pairs instead of individually.

**Differentiate**
- [ ] Children cannot run to the nearest cone.
- [ ] Children have to run to a different colour cone.
- [ ] Children and have to move to two other cones.
**Cone flip**

| **Equipment:** |  |
| Cones, balls, hoops |  |

| **Set Up:** |  |
| Cones/ hoops scattered upside down around a large area |  |

| **Main Content:** |  |
| Give each child a ball and they attempt to flip the cones back over by bouncing their ball on the side of the cone. Children receive a point for every cone they flip over. |  |

| **Progress:** |  |
| - Children try to bounce and catch the ball after it has been flipped over. |  |
| - Introduce hoops that are worth 1 point (bounce and catch in a hoop) and cones are worth 2. |  |
| - Children can work with a partner- one person bounces the ball and the other catches the ball. |  |

| **Differentiate** |  |
| - Children can dribble in between cones and use one hand to bounce the ball and flip the cone over. |  |
| - Give children smaller balls to use to challenge them. |  |
# Cups and Saucers

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Cones</th>
<th>Set Up:</th>
<th>Place half of the cones upside down and the other half upwards.</th>
</tr>
</thead>
</table>

**Main Content:**
Organise the children into two teams, one starting on each side of the hall. When you call go, one team aims to turns the cones upside down and the other facing upwards. When you call stop, teams race back to their side of the hall. Give bonus points to the first team back- this should help stop children turning more cones over.

**Progress:**
- Children have to alternate the colour of the cones that they flip over.
- Children have to work with a partner and one person flips a cone and the other stands on the outside. Once a cone is flipped they have to run and tag their partner and swap roles.

**Differentiate**
- Use different hands to flip the cone over.
- Balance on one leg when flipping the cone over.