

## what shall we play today?

Put your hand up for your favourite activity and play the game that gets the most votes.

### Warmer/colder

Grab an object. Make someone the 'hider' and the rest of the class 'seekers'. The hider hides the object and the seekers have to try and find it. If they're getting closer, the hider shouts 'warmer!' If they start to move away, the hider shouts 'colder!'

### Synchronised dancing

Choose some music to dance to. A group makes up some moves and the rest of the class copy. Aim for about ten moves, then change groups.

### Balance beam

Form groups - together think of six balancing poses and number them 1-6. Roll a dice to decide what balancing act you do.

### High jump

Hold a whiteboard pen and jump next to the whiteboard as high as you can, marking with the pen where you jump to. Everyone has a turn to see who can jump the highest.

### Shot put

Arrange a few baskets/buckets in a circle and try and throw beanbags into them. Want to make it a bit harder? Take two steps back after each go or use different sized baskets/buckets.

### Block or catch

Get into pairs. When your partner shouts 'block', they'll throw the ball and you'll have to block it away. When they shout 'catch' you have to catch. After a few rounds, pick up the pace.

### Keepy-uppies

Bounce a ball on your knees whilst your partner counts how many you do in a minute. Then swap. Next time bounce it on your feet. Best of three wins.

### Hot hand ball

Grab a ball. Pass the ball as quick as you can to the person next to you, as if it was on fire! To make it harder, move about whilst you all play.

