

Warm Up

Cats and Mice

- Two groups of equal size line up facing the coach.
- If the coach shouts mice the cats have to chase the mice to a line about 10 metres away and vice-versa for shouting cats.
- You can make it more fun by pointing in one direction and shouting another.

Warm Up

Clocks

- All the children get into a big circle. Select 4 or 5 players to stand in the middle.
- On the whistle they then run to a player standing in the circle, tag them and they in turn run to another player.
- To vary: Shout 'hop on 1 leg', 'hop on 2 legs', 'sideways' at various times so the children make use of different muscles.

Warm Up

Cups and Saucers

- Place enough small flexi cones on the floor so that there is at least one for each player with half placed upside down. This creates the cups and saucers.
- Divide the class in two, each team has to turn the cones over to be a cup or a saucer.
- The team with the most cones turned over within a set time, e.g. 30 seconds, wins.
- Split the cones unevenly sometimes.

Warm Up

Three Blind Mice

- Split the class into two teams - mice and farmer's wives. The mice have ribbons or scarves tucked into the back of their shorts.
- The players spread out and on the command 'Chop off their tails!' the farmer's wives try to grab as many tails as they can.

Warm Up

Stuck in the Mud

- One player 'on' for every 7 in the group. They have to chase and tag the players not 'on'.
- When players are tagged they are 'stuck in the mud'. They stand with legs and arms out and they cannot move.
- They are released when a player who is not stuck goes under the players legs.
- This continues until everybody is stuck. Use more catchers to increase the difficulty.

Warm Up

The Atom Game

- Players run around a fixed area in all sorts of directions.
- The coach calls out "Atom___" and a number. Which ever number is called, the children have to get into groups of that number.
- For example, the teacher calls "Atom 6!" and children get into groups of 6.