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Purpose of Intro / Minor Games

1. There are three purposes for using minor games in Physical Education programmes:
 - a. Reinforce major games skills,
 - b. Increase variety and enjoyment in PT classes, and
 - c. Introduces a recreational approach to physical conditioning.
2. There are several factors that affect the Instructors selection of Minor games.
 - a. **Equipment available** - although improvisation and imagination can overcome this.
 - b. **Facilities available.** The size of the working area, whether you are indoors or outdoors, the nature of the playing surface, deck etc. will affect game selection.
 - c. **Size / No. in the class.** The principle of maximum activity must be adhered to. Avoid having games where there are a lot of people standing around or that can hide amongst the dominant players.
 - d. **Time available.** Each game should go for no longer than 10-15 minutes.
 - e. **Weather (outdoors).** The wind can be a real problem with a lot of games so if you are forced outdoors select games to overcome any environmental conditions.
 - f. **Ability of class.** The skill and fitness level of the class will determine the best games to play. Games with too much skill will limit positive experiences.
 - g. **Familiarity of the games to the class.** Use variety in game selection so that the same games are not played over and over.

STUCK IN THE MUD

Numbers: 6 - 50

Comment: Good for large numbers, with minimal equipment

Aim: To tag as many people as possible within a given time

Layout: Any defined area such as a basketball or a netball court.

Rules:

- Instructor nominates people to act as taggers.
- Nominated people must wear bibs or identifiable objects.
- On go taggers attempt to tag as many people as possible
- All participants are to stay within given area.
- Once tagged the person is to stand with feet wide apart and hands out to side.
- Person who is tagged (stuck in the mud) can be released by a non-tagged person diving between legs of person who is stuck.
- Everybody is to stand fast on the whistle blast.

Scoring: Count the number of people who are either stuck in the mud, or are still free. Exercise penalties can be given for people still stuck in the mud.

Safety:

- Stand fast on the whistle blast.
- Be aware of other people moving around games area.
- Tag is to be above hips and below shoulders.
- Stay within given area (stay off walls)

Equipment:

- Identifiable objects for taggers (such as bibs boxing headgear etc)
- Whistle
- Games area such as a basketball court.

Variations:

- Walking or running.
- Reduce / enlarge playing area
- Change the number of taggers

DEAD ANTZ

Numbers: 10 - 40

Comment: Good for large numbers, with minimal equipment

Aim: To tag as many people as possible within a given time

Layout: Any defined area such as a basketball or a netball court, with 2-4 hula-hoops spread throughout.

Rules:

- Instructor nominates people to be taggers.
- Nominated people must wear bibs or identifiable objects.
- All pers must stay within given area.
- Once tagged the person is to adopt a dead ant position (lying on back with feet and hands in the air).
- Four people can release the tagged person by carrying him / her by each limb and placing him / her in one or the preplaced hula-hoops.
- People can not be tagged if they are holding onto the limb of a dead ant.
- Everyone is to stand fast on the whistle blast

Scoring: Count the number of people who are either left in the dead ant position, or who are still free. Exercise penalties can be given for the number of dead ants left at the completion of the given time.

Safety:

- Stand fast on the whistle blast.
- Be aware of other people moving around games area.
- Tag is to be above hips and below shoulders.
- Stay within given area (stay off walls)

Equipment:

- Identifiable objects for taggers (such as bibs boxing headgear etc)
- Whistle
- Games area such as a basketball court.
- 2 – 4 hula hoops

Variations:

- Can be performed walking or running, or reduce / enlarge playing area

SMALL GROUPS

Numbers:
Unlimited

Comment: Good for large numbers, with minimal equipment

Aim: To form groups of people of the nominated number.

Layout: A defined area marked by four cones that people can jog around.

Rules:

- People are to jog around the four cones in either a clockwise or anticlockwise direction.
- Instructor calls out a nominated number (ie 2, 3, 6, 7)
- People are to form groups of that nominated number within 5 seconds, which are counted out by the instructor.
- On completion of the 5 seconds, the instructor blows a whistle with all people standing fast.
- Instructor moves around and gives exercise penalties for any people not in a group of the nominated size.
- Once exercise penalties have been completed, all people continue jogging in opposite direction ready for next group number.

Scoring: Nil

Safety:

- Stand fast on the whistle blast.
- No pushing or pulling people out of formed groups.
- Stay within given area (stay off walls)

Equipment:

- Cones x 4
- Whistle
- Games area such as a basketball court.

Variations:

- Walking or running.
- Change direction before giving number

SIMON SAYS

Numbers: 8 - 30

Comment: Minimal equipment required.

Aim: To complete given tasks that Simon says

Layout: A nominated area marked by four cones

Rules:

- All pers jogging clockwise or anticlockwise around given area.
- Pers are only to complete tasks that Simon says (ie Simon says jump on the spot / Simon says carry on).
- Pers will be given exercise penalties for completing tasks not nominated by Simon (ie carry on / keep running / standup / sitdown).
- Game is ended on the whistle blast, where everyone is to standfast.

Scoring: Nil

Safety:

- Stand fast on the whistle blast
- Stay within nominated area.

Equipment:

- Whistle
- Nominated area
- Cones x 4

Variations:

- Change the name to your own (ie Thomo Says / Simmo Says)

RATS AND RABBITS

Numbers: Even
No's

Comment: Good pair activity leading into pair's table.

Aim: To catch your partner before they reach the safe zone.

Layout: Partners sit in an extended line either facing one another or back to back, with a 1 – 3 metre gap between. A safe mark is required either side, marked by either cones or a line.

Rules:

- Partners start sitting on the ground either facing one another or back to back, with a 1-3 metre gap between.
- Instructor will designate one line of partners as rats and the other as rabbits.
- On the command rats, the rats are to try and reach the safe mark closest to them, and the rabbits are to try and tag them.
- Instructor can call either rats or rabbits at any time.
- Exercise penalties can be given if the partner is caught before making it to the safe mark.
- Partners are to reset back in starting position after each attempt.
- All pers are to stand fast on the whistle blast.

Scoring: Nil

Safety:

- Stand fast on the whistle blast
- Stay within nominated area.
- Tag only, not tackle.
- No Watches.

Equipment:

- Whistle
- Nominated area
- Cones x 4

Variations:

- Change distance between partner or distance to safe area.
- Introduce the command Rhubarb or Rasta's, on which no one is to move.

CATCH AND HOIST

Numbers: 6 - 30

Comment: Ideal as a battle PT intro.

Aim: To catch a nominated person and hoist him/her above your heads within a given time.

Layout: A nominated area either indoors or outdoors, can be marked by 4 cones.

Rules:

- Participants start by either running around the outside of the cones area, or randomly within the area.
- Instructor calls out a nominated name, or points to an individual.
- Other participants attempt to catch nominated person and lift him/her above their heads within a given time.
- All participants are to stay within nominated area.
- No punching, scratching, eye gouging or over aggression.
- All individuals are to stand fast on the whistle blast.

Scoring: Exercise penalties can be given for individual caught and hoisted within time, or for catchers if individual is not caught and hoisted within time.

Safety:

- Stand fast on the whistle blast
- Stay within nominated area.
- No over aggression.
- No Watches.

Equipment:

- Whistle
- Nominated area
- Cones x 4

Variations:

- Change nominated area.
- Nominate more than one person.

POISON BALL

Numbers: 8 - 30

Comment: Also used as a minor game

Aim: To tag as many opposition team members as possible with a ball.

Layout: A nominated area either indoors or outdoors, can be marked by 4 cones.

Rules:

- Participants are divided into two even teams.
- Game starts by one team passing the ball around the nominated area and trying to tag the opposition team members.
- People with the ball are only allowed to take two steps before either passing or tagging an opponent.
- Once tagged move to the outside of the games area.

Scoring: Team with least amount of time taken to dismiss opposing team is deemed the winner. Exercise penalties can also be given for people tagged out.

Safety:

- Stand fast on the whistle blast
- Stay within nominated area.
- No over aggression.
- No Watches.
- Tag below shoulders

Equipment:

- Whistle
- Nominated area
- Cones x 4
- Ball x 1

Variations:

- Change nominated area.
- Every time the ball is dropped, one tagged out person re-enters the game.

10 COUNT PASS

Numbers: 6 - 20

Comment: Can also be used as a minor game.

Aim: To pass a ball ten times amongst your team without the ball being dropped.

Layout: A nominated area either indoors or outdoors, can be marked by 4 cones.

Rules:

- Participants are organised into two even teams.
- One team will start with the ball, and are to attempt to pass the ball ten times amongst their team members without the ball being intercepted or dropped.
- Opposing team members are to try and intercept or stop them from doing so.
- If the ball is dropped or intercepted, opposing team continues with ball.
- All team members must count consecutive passes, i.e. 1, 2, 3 and so on.
- No contact between opposing teams.

Scoring: One point for each time a team reaches ten passes.

Safety:

- Stand fast on the whistle blast
- Stay within nominated area.
- No contact.
- No Watches.

Equipment:

- Whistle
- Nominated area
- Cones x 4
- Ball x 1
- Bibs x Qty

Variations:

- Change nominated area.
- Introduce hold.

WHACK ATTACK

Numbers: 6 - 20

Comment: Fun game for both small and large groups.

Aim: To whack as many people as possible, with a foam stick, within a given time.

Layout: A nominated area either indoors or outdoors, can be marked by 4 cones.

Rules:

- One to two people are nominated by the instructor to be the whackers, and are given foam sticks.
- On go whackers are to run around and whack as many people as possible with the foam sticks.
- Once people are stuck with the foam stick they are to move to the outside of the games area and perform an alternate activity.
- Whackers are only allowed to strike people below the shoulders.
- All pers are to stay within nominated area.
- Once time limit is reached game can be reset and started again with different whackers.

Scoring: Points awarded for the number of people either in or out at the completion of the stated time limit. Exercise penalties can also be given to pers once they have been given out.

Safety:

- Stand fast on the whistle blast
- Stay within nominated area.
- No over aggression.
- No Watches.

Equipment:

- Whistle
- Nominated area
- Cones x 4
- Foam sticks x Qty

Variations:

- Change nominated area.
- Can be adapted to suit stuck in the mud and dead antz rules.

CAPTAINS COMING

Numbers: 6 - 30

Comment: Minimal equipment, with good transitions.

Aim: To perform nominated tasks as detailed by the instructor.

Layout: A nominated area either indoors or outdoors, can be marked by 4 cones.

Rules:

- Participants start by jogging around a coned area.
- Coned area explained as a fictitious ship, with a port, bow stern, and starboard.
- As they are jogging they are to react to the following commands:
 1. Port: everyone to run to left hand side of fictitious ship.
 2. Starboard: everyone to run to right hand side of ship.
 3. Stern: everyone to run to rear of ship.
 4. Bow: everyone to run to the front of the ship.
 5. Captains comings: everyone to stand fast and salute.
 6. Clear the decks: everyone to clear or get off the floor or grass.
 7. Bombs away: lie on ground with hands over head.
- Exercise penalties can be given for last people to react to command.

Scoring: No scoring, however exercise penalties can be given for last people to react to commands given.

Safety:

- Stand fast on the whistle blast
- Stay within nominated area.
- No Watches.

Equipment:

- Whistle
- Nominated area
- Cones x 4

Variations:

- Change commands quickly one after the other.

LINK TAG

Numbers: 6 - 20

Comment: Simple game requiring minimal equipment..

Aim: To tag as many people as possible within a given time..

Layout: A nominated area either indoors or outdoors, can be marked by 4 cones.

Rules:

- Students start by moving randomly around the marked area.
- The instructor will nominate an individual to be the tagger, where upon he / she must move around and try to tag another player. Once a person has been tagged he or she is to join up with the original tagger to form a link of two people. This continues with each consecutive tagged person joining the link.
- All pers are to stay within nominated area.
- Game can last for a nominated duration i.e. one minute, or until there is no one left to be tagged.

Scoring: No scoring for this game, however times can be given to tag all people, or the number tagged within a respective time.

Safety:

- Stand fast on the whistle blast
- Stay within nominated area.
- No over aggression.
- No Watches.

Equipment:

- Whistle
- Nominated area
- Cones x 4

Variations:

- Change nominated area.
- Game can be changed to pairs tag, by the link breaking into pairs once four people have joined the link. This is carried on until no individuals are left.

PIG-A-BACK WARS

Numbers: Even
No's

Comment: Ideal for in the pool.

Aim: To knock as many people off their mounts as possible.

Layout: A nominated area either indoors or outdoors, can be marked by 4 cones.

Rules:

- Students start in pairs with one partner on the back of the other in a pig-a-back fashion
- On the command go pairs move around the nominated area and try to knock other competitors from their mounts.
- Once a pair has been knocked down they are to move to the outside of the area and either jog in a clockwise or anticlockwise direction, or perform an alternate activity.
- No over-aggression is allowed.
- Game can be restarted at the completion with the pairs changing around.

Scoring: Last pair left in the middle is deemed the winner

Safety:

- Stand fast on the whistle blast
- Stay within nominated area.
- No over aggression.
- No Watches.

Equipment:

- Whistle
- Nominated area
- Cones x 4

Variations:

- Change nominated area.

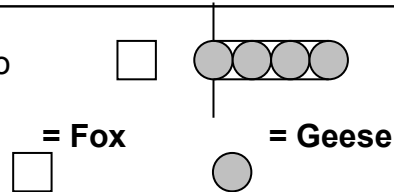
FOX AND GEESE

Numbers: 4 - 10

Comment: Fun simple alternate game that can be conducted in teams for classes with larger numbers.

Aim: For the fox to catch the last goose.

Layout: A nominated fox, standing in front of a line of geese, all geese holding onto the goose in front.



Rules:

- One student is nominated as a fox, with the others being geese.
- Start position is as detailed above, with as many geese as necessary.
- On go the fox is to attempt to catch the last goose in the line of geese.
- The front goose may have his or her hands out to the sides to prevent the fox getting to the last goose, and the whole line may move to hinder the fox.
- The lead goose is not allowed to hold the fox.
- The fox is changed once he or she has caught the last goose.

Scoring: Scoring can be given on a time basis required to catch the goose

Safety:

- Stand fast on the whistle blast
- Stay within nominated area.
- No over aggression.
- No Watches.

Equipment:

- Whistle
- Nominated area

Variations:

- Nil.

WHISTLE / NUMBER RESPONSE

Numbers:
Unlimited

Comment: Good control game for large numbers.

Aim: To perform nominated tasks as directed by the instructor.

Layout: A nominated area either indoors or outdoors, can be marked by 4 cones.

Rules:

- Students start by jogging around the outside of a coned area.
- The instructor will detail responses to various commands, i.e. on 1 touch the ground with your right hand, on 2 touch the ground with your left hand, and so on.
- The game can also be conducted with a number of whistle blasts instead of numbered commands.
- Any body caught out doing the wrong activity for the command can be given a small exercise penalty.

Scoring: No scoring, however exercise penalties can be given for incorrect responses.

Safety:

- Stand fast on the whistle blast
- Stay within nominated area.
- No Watches.

Equipment:

- Whistle
- Nominated area
- Cones x 4

Variations:

- There are unlimited variations to this game.
- This game can also be incorporated into the aerobic portion of the warmup.

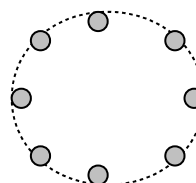
HORSES AND JOCKEYS

Numbers: 4 - 40

Comment: Good pairs activity leading into pairs table.

Aim: To complete nominated tasks as quickly as possible.

Layout: Students stand in pairs in a large circle facing in towards the centre of the circle. The area used can be either indoors or outdoors.



Rules:

- Students start in pairs in a large circle facing in towards the centre.
- Students to the rear (the jockeys) mount the people in the front (horse) in a pig-a-back style.
- On the command go jockeys dismount the horses, complete a nominated task, and finish back in the start position.
- First jockey finished mounted back on his/her horse is deemed the winner.
- Nominated tasks can vary from running around the outside of the circle, to doing nominated tasks, such as exercises, or a combination of the both.
- All students are to stand fast on the whistle blast.
- Both people within the pair should be given the chance to be both the horse and the jockey

Scoring: Points awarded for the first jockey mounted back on their horse.

Safety:

- Stand fast on the whistle blast
- Stay within nominated area.

Equipment:

- Whistle

Variations:

- There are unlimited variations to this game.

FAMOUS PEOPLE

Numbers:
Unlimited

Comment: Fun variation intro.

Aim: To adopt a position best suited to the nominated famous person.

Layout: A nominated area either indoors or outdoors marked by 4 cones.

Rules:

- Students start by jogging around the outside of the coned area.
- Instructor calls the name out of a famous person.
- All students are to stop where they are and adopt a position that best suits the nominated famous person.
- Students are to maintain the position they first adopt and are not allowed to change.
- Instructor can move around the class and give exercise penalties for people who have adopted incorrect positions.
- Game is restarted after exercise penalties are completed.

Scoring: No scoring, however exercise penalties can be given for people who adopt an incorrect position.

Safety:

- Stand fast on the whistle blast
- Stay within nominated area.
- No Watches.

Equipment:

- Whistle
- Nominated area
- Cones x 4

Variations:

- Famous dances can be used in the place of famous people (i.e. twist, jive).

HERE, THERE, WHERE

Numbers:
Unlimited

Comment: Minimal equipment with good transitions.

Aim: To move to an area indicated by the instructor.

Layout: Three identifiable areas, which can be either
Where
a line, mats, hula hoops, or areas on a court.

Here There

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Rules:

- Instructor identifies three areas and calls them her, there, and where.
- Instructor will then call out one of the nominated area, upon which all the students are to move as fast as possible to that respective area.
- Instructors can call out different areas at any time, or a number of areas one after the other, with the students having to move to the last area called out.
- All students are to stand fast on the whistle blast.

Scoring: No scoring, however exercise penalties can be given for people in the wrong area, or people last to a respective area.

Safety:

- Stand fast on the whistle blast
- Stay within nominated area.
- No Watches.
- Be aware of other people moving within games area.

Equipment:

- Whistle
- Nominated areas

Variations:

- Different names can be used for areas, i.e. colours, countries, names.
- More than three areas can be used.

POISON / NUKEM

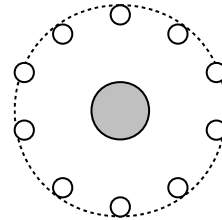
Numbers: 6 - 20

Comment: Good intro for push and pull table

Aim: To push or pull other people onto or into the poison object.

Layout: Students start in a linked arm circle around the outside of a poison object, which may be either a rolled up mat on its end, a chalk drawn circle, or any other object.

○ = Students with linked arms ● = Poison object



Rules:

- Participants start in a linked arm circle around the outside of a poison object.
- On the command go, the students try to push or pull other members of the circle onto or into the poison object.
- People who touch, step on or into the poison object are given out and are removed from the circle and given an alternate activity.
- Students will also be given out if they break the link.
- The circle is reset after each out with the decreased number of students.
- Stand fast on the whistle blast.

Scoring: No scoring, however exercise penalties can be given for people who are given out.

Safety:

- Stand fast on the whistle blast
- Stay within nominated area.
- No Watches.

Equipment:

- Whistle
- Nominated area
- Poison object

Variations:

- Different poison objects.

WALKING RACE

Numbers:

Unlimited

Comment: Minimal equipment, with easy transitions.**Aim:** To pass as many people as possible at a walk.**Layout:** A nominated area either indoors or outdoors marked by 4 cones.**Rules:**

- Students start by walking around the outside of the coned area at an easy pace.
- On the command go, they try to pass as many people as possible at a fast walk.
- All passing is to done on the outside.
- No running permitted.
- On the whistle blast everyone stand fast.
- Exercise penalties can be given for the number of times an individual is passed.
- Once exercise penalties are completed, the game can be continued in the opposite direction.

Scoring: No scoring, however exercise penalties can be given for people who are passed.**Safety:**

- Stand fast on the whistle blast
- Stay within nominated area.
- No Watches.
- No running.

Equipment:

- Whistle
- Nominated area
- Cones x 4

Variations:

- Can be progressed to a run, and the instructor can change direction at any time.

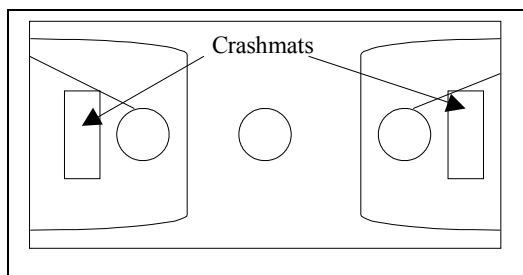
Brugby

Numbers: Area dependent.
Inside – 6-7 pers aside
Outside – up to 10 pers aside

Comment:

Aim: To pass the ball among your team and score a try on the crash mat.

Layout:



Rules:

1. Game starts with a throw up from the centre, restarts after a try, from the top of the defender's baseline.
2. Ball must be passed between players in any direction however no running with ball,
3. Dropped balls = play on. First to pick it up gains the advantage,
4. 1metre gap between players in main court area. (Outside 3 point zone)
5. If player with the ball is held with the ball in the 3-point zone for 3 sec, hand over to opposition.
6. No standing on crash mat

Scoring: 1 point per try

Safety: No standing on the mat
Keep crash mat away from wall

Equipment: Crash mats x 2
Rugby ball x 1 (plus spare balls)
Bibs

Variations:

- Allow 2 steps with ball in general play
- Allow running in 3 point zone
- Holding allowed in field area – handover if held up for 3 secs
- Only hold ball for 3 secs

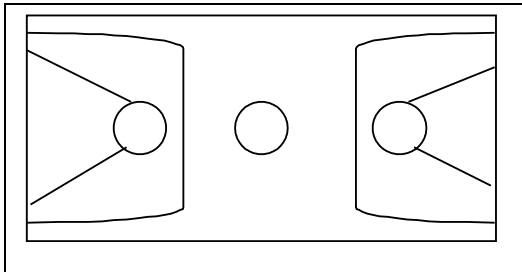
Backboard Ball

Numbers: Between 5-8 per side.

Comment:

Aim: To pass the ball among your team and score a point by bouncing the ball off the B/B backboard and someone else in your team catching the ball.

Layout:



Rules:

1. Game starts with a throw up from the centre, restarts after a point, from the defender's baseline.
2. Ball must be passed between players in any direction, no running with ball,
3. Dropped balls = play on. First to pick ball up gains the advantage
4. 1metre gap between players in main court area.
5. Player that throws the ball cannot catch it.
6. The ball can be thrown from anywhere on the court

Scoring: 2 points per catch

Safety: Normal gym caution
Caution people on jumping on other people or pushing in keyhole

Equipment: Volleyball
Bibs

Variations:

- Start with bladder then progress to volleyball then rugby ball
- Allow 2 steps with ball
- Bonus points if opposition team catch ball of backboard.
- Bonus points for first team to form up – one team on each side of keyhole.
- Bonus points if ball dropkicked against backboard after teams formed up (conversion)

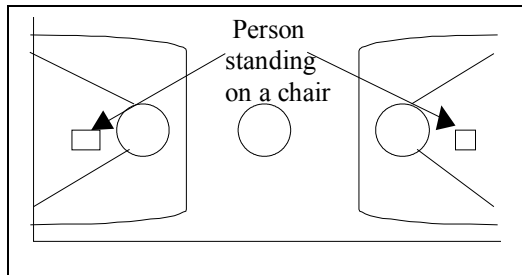
Bucket Ball

Numbers: Area dependent.
Inside – 5-8 aside
Outside – up to 10 aside

Comment:

Aim: To pass the ball among your team and score a point by shooting the ball into a bucket held on someone's head.

Layout:



Rules:

1. Game starts with a throw up from the centre, restarts after a goal, from the defender's baseline.
2. Ball must be passed between players in any direction, no running with ball.
3. Dropped balls = play on. First to pick it up gains the advantage.
4. 1 metre gap between players.
5. No one allowed inside keyhole/ 3point zone.
6. Bucket must be in contact with head
7. Change bucket holder with every goal

Scoring: 1 point per goal

Safety: Everyone except bucket person keep outside keyhole

Equipment: Chair / Box top
Volleyball / netball x 1
Bibs

Variations:

- Bonus point for clean intercept
- Change ball to tennis balls / Balloon
- Change no go area from keyhole to 3 point zone or vice-versa
- Use stick and quoit instead of bucket and ball

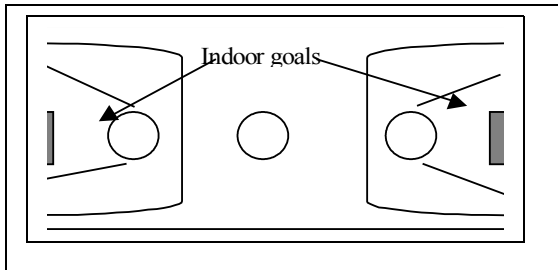
Quoit Hockey

Numbers: 5 – 12 aside

Comment:

Aim: To pass the quoit among your team and score a goal.

Layout:



Rules:

1. Game starts with a bully from the centre.
2. Restarts from the defender's goal mouth
3. Hockey stick is held by hook and handle is used to drag and flick quoit.
4. In the event of a held quoit, bully between two players.
5. Sticks to be kept below waist height
6. No contact with other players

Scoring: 1 point per goal

Safety: No standing on quoit
Keep stick below waist height

Equipment: Indoor goals
Hockey sticks
Rubber quoit
Bibs

Variations:

- No goalie
- 3-4 steps maximum or 3 secs in possession max
- x number of passes to be made before goal scored

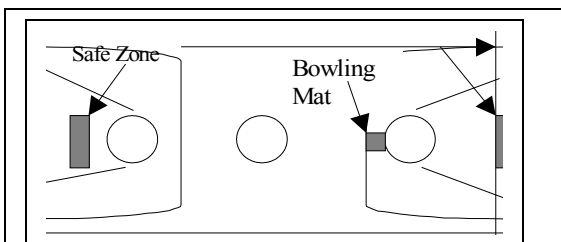
Danish Longball

Numbers: Area dependent.
5-15 aside on a basketball court

Comment: State out of bounds areas.

Aim: To hit the ball and run to the far end safety zone and return without being hit with the ball.

Layout:



Rules:

1. One team fields any where on the court, the other team line up against wall
2. One person on the fielding team bowls (underarm easy one bounce)
3. Batter comes to line and hits the ball with fist or forearm.
4. Batter does not have to run however only 3 persons can stay behind line at any one time (either end)
5. No running with the ball in the field
6. 3 outs team changes around or set a time for each innings
7. Ball must be hit forward of batting line
8. Once batter crosses batting line they must run. Once leave crash mat at end of gym must come back.
9. Score by diving onto either crash mat behind batting line.
10. Outs if caught on full, tagged with ball while running, hit ball behind batting line, hit ball into out of bounds area.

Scoring: 1 point per person home (there and back)

Safety: Runner can only be tagged with ball below shoulder height
Batting team must stay back against the wall
Fielding team must stay off safety mat

Equipment: Volleyball
Crash Mat x 3
Cones
Bibs

Variations:

- Use medicine balls rather than crash mats
 - All team bats, rather than 3 outs. Total safe home = points.
 - 2 crash mats on either side of halfway for larger area with more numbers.
- If runner hit whilst running then fielding team must return behind batting line before runner picks up ball and hits them.

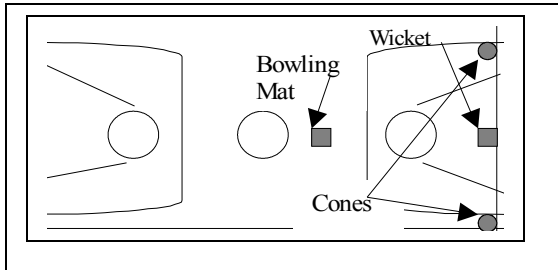
Non Stop Cricket

Numbers: Area dependent.
5-15 aside on a basketball court

Comment:

Aim: To score as many runs as possible in the time allocated

Layout:



Rules:

1. One team fields any where on the court the other team sits on a bench against the wall,
2. One person on the fielding team bowls (underarm easy one bounce)
3. Batter comes to line and hits the ball with bat.
4. Batter must run every time the ball is bowled whether they hit it or not and continually from then on.
5. No running with the ball in the field
6. Team bats for 4 mins continuously
7. Ball must be hit forward of line
8. Runner must touch cone with bat or run around cone
9. Outs if caught on full, ball hits wicket, hit ball behind line, hit ball into out of bounds area
10. New bowler for every batter

Scoring: 1 point per run (to cone and back)

Safety: Batting team must stay back against the wall
Fielding team must stay out side 3 point area

Equipment: Volleyball
Cricket bat
Cones
Bibs

Variations:

- End wall on the full = 6 runs, after a bounce = 4 runs

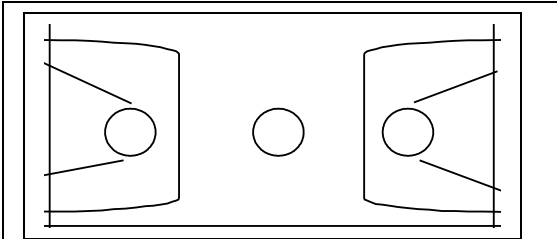
One Touch

Numbers: Area dependent.
Inside – 4-5 aside max
Outside – up to 10 aside

Comment:

Aim: To take ball across the oppositions line without being touched

Layout:



Rules:

1. Players can run in any direction
2. Ball can be passed in any direction
3. If touched with the ball hand over
4. Ball must be tapped with the foot to indicate a restart within 5 secs of handover.
5. Dropped ball = handover (play advantage)
6. Score by crossing the try line if outside
7. Score by forcing ball on crash mat (either lying down or standing up against the wall) if inside.

Scoring: 1 point per try

Safety: Set boundaries, caution any wall bars etc

Equipment: Touch ball
Bibs

Variations:

- X number of passes before scoring
- Must pass ball through each $\frac{1}{4}$ of the court/field

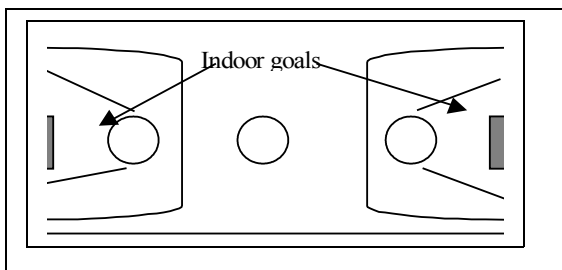
Indoor Soccer

Numbers:

5 – 6 aside max

Comment:

Aim: To pass the ball among your team and score a goal.

Layout:**Rules:**

1. Game starts with a kick off from the centre, restarts after a goal, from the defender's goalmouth.
2. Normal soccer rules apply except there are no off sides
3. Use the whole gym i.e. no boundaries
4. Roaming goalie only
5. No-one, including goalie, are allowed to use their hands

Scoring: 1 point per goal

Safety: Caution to high feet

Equipment: Indoor goals

Soccer ball

Bibs

If required crash mats to block of areas, doors, stores etc.

Variations:

- Ball not allowed above certain height
 - Nominated goalie must change after each goal (both teams)
 - X number of passes before goal scored

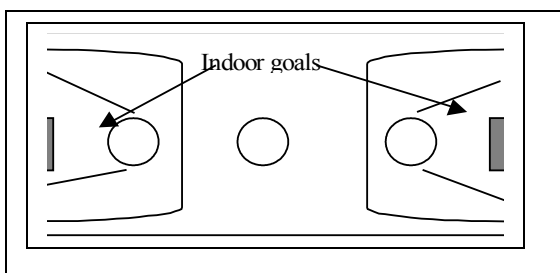
Handball

Numbers: 5 – 8 aside

Comment:

Aim: To pass the ball among your team and score a goal in the opposition's goal.

Layout:



Rules:

1. Game starts with a jump off from the centre, restarts after a goal, from the goalie's pass.
2. Ball can be passed in any direction
3. Players can run and bounce ball for 3 bounces max
4. No one allowed inside 3-point zone. (Attack or defence) except goalie
5. Nominated goalie
6. 1 metre distance between players
7. Goalie not allowed outside 3 point zone
8. Shot must be taken from outside designated zone

Scoring: 1 point per goal

Safety: No contact

Equipment: Indoor goals
Volleyball
Bibs

Variations:

- Goalie must change after each goal (both teams)
- X number of passes before scoring goal

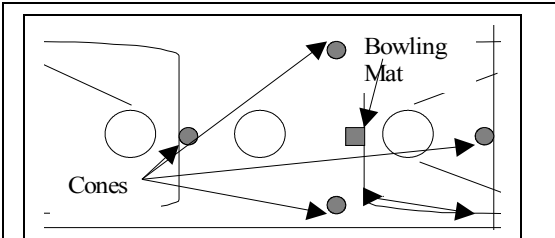
Non-Stop Rounders

Numbers: Area dependent.
5-15 aside on a basketball court

Comment:

Aim: To hit the ball and gain as many runs as possible before being passed /tagged by the ball.

Layout:



Rules:

1. One team fields any where on the court the other team line against wall
2. One person on the fielding team bowls (underarm easy one bounce or use a tee ball)
3. Batter comes to line and hits the ball with closed fist.
4. Batter then runs around bases/cones until they get home
5. The fielding team pass the ball to each base in order attempting to beat the runner.
6. Fielders no running with the ball
7. All team bats with each home run scoring 1 point
8. Ball must be hit forward of line
9. Runner must round all bases/cones in order
10. Outs if caught on full, ball beats runner home, hit ball behind line, hit ball into out of bounds area

Scoring: 1 point per home run

Safety: Batting team must stay back against the wall
Fielding team must stay out side 3 point area

Equipment: Volleyball
Cones
Bibs

Variations:

- 3 outs team changes around
- Team bats for a set time period
- End wall on the full = bonus 3 runs
- Ball must be touched by all fielder's prior to passing around cones
- Kick ball rather than hitting it
- All batting team have to run around the cones each time ball hit

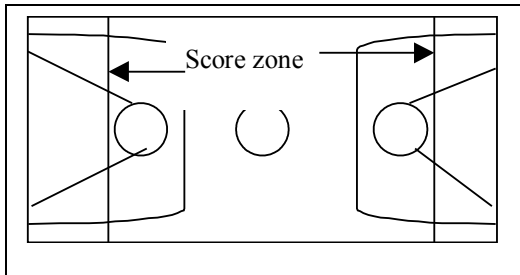
Ultimate Game

Numbers: Area dependent.
Inside 5-6 aside
Outside – up to 10 aside

Comment:

Aim: To pass the Frisbee among your team and score a try by catching it over the try line.

Layout:



Rules:

1. Game starts with a throw up from the centre, restarts after a try, from behind the score-line.
2. Frisbee must be passed between players, no running with it.
3. Dropped Frisbee = hand over to other team
4. 1metre gap between players in main court area.

Scoring: 1 point per catch in end zone

Safety: Caution about running into wall.

Equipment: Frisbee
Bibs

Variations:

- Allow 2-3 steps with ball
- Must throw Frisbee within 3 sec's
- Holding allowed in field area
- X number of passes before goal scored
- Frisbee must be passed through all 3rds of court before goal scored

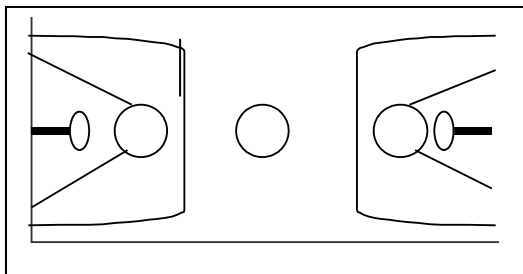
Indoor Netball

Numbers: 5-6 aside

Comment:

Aim: To shoot the ball through the netball goal.

Layout:



Rules:

1. Attacking team can only have 2 shooters that can go into 3-point area at a time
2. Defending team can only have 2 players in 3-point area at a time.
3. No outs, ball can be passed off walls roof etc.
4. Dropped ball = play on. First to pick it up gains advantage.
5. Ball cannot be passed though more than 2/3 of court.
6. Defender must be outside 1m zone around player with ball.
7. Restart from defender's baseline.

Scoring: 1 point for shots inside 3-point zone
2 points for shots outside 3-point zone

Safety: Normal gym caution

Equipment: Bibs
Netball
Goals

Variations:

- Extra people can line the sideline and be used to pass ball too.
- X number of passes before goal scored