



# Running Games

# Active Games - Running

The benefits of being active for physical and mental health are huge. Being active helps release chemicals in your brain (endorphins), which have a positive effect on your mood, not to mention the benefits to your heart, lungs, muscles and bones.

Traditional school yard games are great fun and a good way to get you and your kids active. You don't need much equipment and many can be played indoors as well as outdoors.

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# Are you there Mrs Bear?

Age Group:	2+ (very good for younger children)
No. of Players:	2 or more
Indoor:	Yes
Outdoor:	Yes
Equipment:	None

**How to play:** One player is chosen to be “Mrs or Mr Bear”. Mrs or Mr Bear stands at the front with their back turned to the other players. The other players walk forward one at a time to say “knock knock who’s there - is it you Mrs/Mr Bear?” Mrs or Mr Bear then makes an animal sound.

If they pretend to be another animal like a pig dog or cat the player has to make the same sound. If they growl like a bear the other players all run away and the game becomes a game of chase until a player is caught. The caught player is now the new bear.

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## Corners

Age Group:	3+
No. of Players:	5 players
Indoor:	Yes
Outdoor:	Yes
Equipment:	Something to mark corners such as stones plastic place markers chalk or clothing

**How to play:** Mark out four corners. One player is chosen to be on - they stand in the middle. The other four stand one at each corner. The player who is on calls “change corners”. They must try to get into one of the corners while the other players are moving. The player left without a corner goes into the middle and starts again.

# Duck Duck Goose

Age Group:	3+
No. of Players:	5 or more
Indoor:	Yes
Outdoor:	Yes
Equipment:	None

**How to play:** All players sit on the ground in a circle. One player is chosen to be on. This player walks around the outside of the circle saying “duck duck duck duck goose” while patting players on the head.

The player who is patted as “goose” chases the player who is on around the circle to try to catch them before they take the empty place in the circle. If the “goose” catches the player then the player stays on and starts again. If the “goose” doesn’t catch the player then the “goose” is on and starts again.

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# Fruit salad

Age Group:	3+
No. of Players:	5 or more
Indoor:	Yes
Outdoor:	Yes
Equipment:	Something to mark a circle such as stones plastic place markers chalk or clothing

**How to play:** Choose four fruit names - such as apples oranges banana pears. Each player is given a fruit name. One player is chosen to be on - they stand in the middle. The player who is on calls a fruit name and everyone with that name has to move places.

They must try to get into someones place while the other players are moving. The player left without a place is on next.

*\*This is a very good party game.*

*\*\*If there is enough space and chairs are available this can be played using chairs in a circle.*

# Mother / Father May I?

Age Group:	3+
No. of Players:	2 or more
Indoor:	Yes
Outdoor:	Yes
Equipment:	None

**How to play:** One player is chosen to be the “Mother” or “Father” and they stand at the front. The other players line up about 10 meters away.

The “Mother” or “Father” calls each player's name and asks them to take a number of special steps forward. The player must say “Mother may I” or “Father may I” before they move. The answer is always yes. If the player forgets to ask “Mother/Father may I” they cannot move. The first one to reach “Mother/Father” becomes the new “Mother/Father”.

Types of steps:

- \* Giant step - one long step
- \* Baby step - one foot in front of the other
- \* Scissors step - jump once crossing your feet and jump again uncrossing your feet.
- \* Banana step - lie down with your feet in the same spot as the top of your head - body bent like a banana.
- \* Bunny step - one hop Umbrella step - twirl around Choo-choo step - like a train

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## Red lights

Age Group:	3+
No. of Players:	2 or more
Indoor:	Yes
Outdoor:	Yes
Equipment:	None

**How to play:** One player is chosen to be on and they stand at the front with their back to the others. The other players line up about 10 meters away.



The player who is on shouts - 1 2 3 green lights - while the other players move up behind them. The player who is on shouts “no laughing no talking no moving - red lights” and looks back quickly at the others. If a player is laughing talking or moving they are put back to the start.

The first player to tap the person that is on becomes the next person on.

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## Stuck in the mud

Age Group:	3+
No. of Players:	3 or more
Indoor:	Yes
Outdoor:	Yes
Equipment:	None

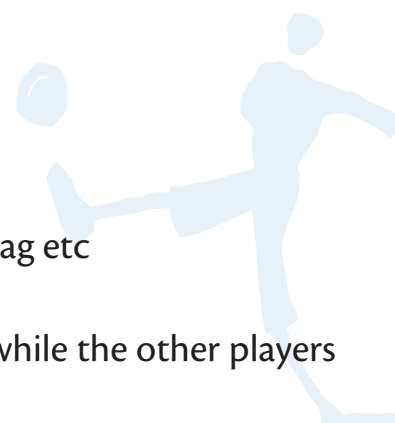
**How to play:** One player is chosen to be on. They chase the other players. If a player is caught they stand still with their arms held out “**stuck in the mud**”. Another player can release players who are “**stuck in the mud**” by running under their arms. The player who is on has to catch everybody before they win the game - all players have to be “**stuck in the mud**”.

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## Tip the can

Age Group:	5+
No. of Players:	4 or more
Indoor:	Yes
Outdoor:	Yes
Equipment:	An item to tip such as a can wall schoolbag etc

**How to play:** One player is chosen to be on. They count to thirty while the other players run to hide. When they reach thirty they go to find the others.



When they find a player hiding they have to run back to tip the can/wall/etc and say “**tip the can I see (name).**” If the player who is on catches everyone the first person caught is on next. A player who is hiding can win the game by touching the can and shouting “**tip the can I free all**”.

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## What time is it Mr Wolf?

Age Group:	3+
No. of Players:	2 or more
Indoor:	Yes
Outdoor:	Yes
Equipment:	None

**How to play:** One player is chosen to be “**Mr Wolf**” and stands with their back to the other players. The other players stand in a straight line about 10 meters away. The other players call out “**What time is it Mr Wolf?**”. **Mr Wolf** calls out a number between 1 and 12 o’clock. Whatever number “**Mr Wolf**” calls out all the players take that many steps forward.

At any time “**Mr Wolf**” can turn around and call “**dinner time**” and try to catch the other players. Then it becomes a game of catch until someone is caught. They then become “**Mr Wolf**” and the game begins again.

*\*2 players - an adult and younger child otherwise the more players the better.*

