

24 UNIQUE GAMES

(USING SIMPLE/NO EQUIPMENT)



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PEED CHASERS

GAMEPLAY

- The aim is to chase or escape to the finish line
- 1 Both runners get ready to sprint, and when the whistle is blown, the escaper has to try and pass the finish line before getting tagged by the chaser
- Those 2 players join the back of the other line, and the next 2 runners line up and get ready to run
- 2 Play round by round, making sure everyone gets a chance of chasing and escaping.

GLADIATORS

GAMEPLAY

- The aim is to make it safely to the other end
- 1 On 'GO', runners try to run and stay away from the shadows by dodging and changing direction (with the playing area)
- 2 When the teacher blows the whistle, everyone must freeze
- If the shadow is within arms reach of the runner, the shadow is the winner
- If the runner cannot be reached, they are the winner
- 3 The loser does a quick challenge, for example
 - 10 star jumps
 - 5 push ups
 - 10 sit ups
- 4 Play multiple rounds, switching roles each time
- Then change partners after a few minutes

HERE, THERE, EVERYWHERE!

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SHADOW TAG

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CHAIN TAG

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GAMEPLAY

GAMEPLAY

- The aim is to reach win rock-scissors-paper to reach the other end
- 1 On 'GO', the first player from each side runs around the outside of the cones towards the other end
- 2 Whenever those 2 players meet/catch, they stop and do **ROCK, PAPER, SCISSORS**
- 3 The **scissor** then gets to keep running to make their way towards the other teams end
- The moment the loser loses, the next player from their side runs out to meet the winner from the previous round
- 4 The game keeps going until eventually one team reaches the other tagged end.

VARIATIONS

- Use hoops instead of cones, and players must hop from hoop to hoop.

TRAFFIC LIGHTS

GAMEPLAY

- The aim is to reach the other end as quickly as possible
- 1 Everyone is ready to run (waiting for the controller)
- When the controller holds up the green cone, you can 'GO'
- When the controller holds up the red light, you have to STOP
- 2 If you get caught moving after the red light, you have to take 3 steps back
- 3 The last player to sprint to the other end is the winner, and then gets to become the new traffic light controller at the other end

VARIATIONS

- Backwards - Instead of going forwards, you have to move backwards
- (and if you get caught, have to take 3 steps forwards)

GROUP NUMBERS

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ZONE TAG

SETUP

- Mark out a large playing area into 4 zones (each zone is a 'tag zone')
- Choose 4 players to be taggers - 1 standing in each zone
- Everyone else (dodgers) finds a space in any of the zones

GAMEPLAY

- The aim is to try and avoid getting tagged in the zones
- 1 On 'GO', everyone runs around, trying to avoid getting tagged by any of the 4 taggers
- The 4 taggers must stay within the zone they are in
- Everyone else (dodgers) can move around to across any/all of the zones
- 2 If you get tagged, you switch to become the tagger for that zone instead
- 3 When the teacher blows the whistle to stop (eg after 1 minute), whoever are the taggers must do a fitness challenge, for example
 - 10 push-ups
 - 10 star jumps
 - 10 frog jumps
- 4 Play multiple rounds

HOOP RAID

SETUP

- Mark out a large playing area, with safe space around the outside of it (to run)
- Choose 3-4 players to be taggers, with a hoop each on the ground
- Everyone else (dodgers) finds their own space

GAMEPLAY

- The aim is to avoid getting tagged with the hoops
- 1 On 'GO', the taggers **kick** the hoops on the ground to try and hit everyone else
- You must run all the way around the outside of the hoop and then you can come back into the middle to continue
- 2 If you are hit, whoever **catching** the hoop on the outside, must do a challenge (eg 10 star jumps, sit ups, burpees)
- 3 When the teacher blows the whistle to stop (eg after 1 minute), whoever are the taggers must do a fitness challenge, for example
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- 4 Play multiple rounds, choosing new taggers to start in the zones

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SHUTTLE RUNS

SETUP

- Divide the class into 3-5 teams, and have each team line up behind a cone at the end of the area
- With a tennis ball each
- Out ahead, each team needs a line of 4 cones, spaced equally about 2m apart

GAMEPLAY

- The aim is to get the ball to the end and back as quickly as possible
- 1 On 'GO', the last player (from each team) picks up the ball, sprints out to put on top of the 1st cone, then runs back
- 2 The 2nd person then runs out, picks up the ball to put it on the next cone, and comes back
- 3 Again, the next person does the same with the next cone, and then the next the last cone
- 4 When your team gets the ball on the last cone, the next person picks it up and brings it to one cone closer, then the next sprinter again brings it one closer, one closer...
- 5 The first team to get the ball all the way up and back to the start that is the winner

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You'll get 24 exciting, unique and engaging whole class games to kick-start your PE lessons off - no need to waste time searching and planning for ideas. All you need is minimal equipment - a few markers/cones, and simple balls at most...

What's Included:

- ✓ 24 printable warm-up game/activity cards
- ✓ Minimal equipment required
- ✓ Easy-to-read instructions
- ✓ Suitable for indoors or outdoors
- ✓ Designed for individual, partner, and group settings

Why you'll love it:

- Saves time planning PE warm-ups
- Keeps students active and engaged
- Builds teamwork, coordination, and fitness
- Great for substitute teachers, coaches, or classroom brain breaks
 - Whether you're a seasoned PE teacher or new to teaching movement, this pack makes warm-ups stress-free and exciting!

