Family Games

**Pirate Ship**

Roles : Captain ( gives instructions) & Crew

Port – crew jog to the left

Starboard – jog to the right

Stern – walk backwards

Bow – skip forwards

Climb the rigging – pretend to climb a rope ladder

Man overboard – piggy back another crew member

Scrub the deck – crouching down, pretending to clean the floor

**Magic Shoes**

Roles: Shopkeeper & Customers

Customers say ‘What have you got in your shop today’

Shopkeeper replies eg scissors

Customers make an appropriate pose or action.

Game continues until shopkeeper calls out ‘magic shoes’. Customers must ran to a marker before being tagged by the shopkeeper!

**Zip, Zap, Zoom, Boom!**

Form a circle

Zip - clap and point to the left

Zap – clap and point to the person on your right

Zoom – clap and point to someone else in the circle.

Boom – if wrong command is given or claps in wrong direction

**Tig**

How many different games of Tig can you play?

( Toilet Tig, selfie Tig, Tunnel Tig…)

**Creeping Aliens**

Roles : Spaceman & Aliens

Spaceman faces opposite direction to Aliens.

Spaceman counts while aliens slowly creep forwards.

At any point spaceman can stop and turn around, and aliens must freeze.

Spaceman can turn around and continue counting or shout “Spaceships” and then Aliens must run back to starting point. To win the alien must tag the spaceman before he/she turns around!

**Opposites**

Roles : Throwing & catching

Resources : Any type of ball

Stand in a circle with one person in the centre who has the ball. Everyone starts with 3 lives.

Centre person: says catch or drop when throwing the ball.

If catcher does incorrect movement they lose 1 life, when they lose all 3 they are out.

Then try new instructions – heads or hands, to

header or catch the ball!

**Bucket Rounders**

Roles: batters, fielders

Resources – 3 balls, a bucket, 4 markers

Bowler throws 3 balls to batter who can volley, bat or kick play away.

Fielders must not move until all 3 balls are out on field.

Batter then runs around marked space trying to return to starting point before all 3 balls have been returned to the bucket.

**Tadpole Rounders**

This is a simple variation of rounders for young children. It’s best played if you have 6 or more people to join in.

Roles : Runners & Circle Passers

Runners- line up and on Go will run around the marked area back to join end of line with next person then running. Shout stop when all runners have run.

Circle passers – Form a circle and on Go pass the ball around the circle, counting each successful pass. If ball is dropped restart the count. Change roles.

**Who is the Boss?**

Roles : Boss & Guesser

Guesser leaves circle, others choose boss.

Boss starts off doing a series of actions ( star jumps, touching toes etc) others copy.

Guesser comes back into circle to guess who the boss is.

Change roles with others.

**Volleyball**

Resources: markers, large, light, plastic ball

Use markers to mark out a square area and then mark out a middle line as the net.

Divide your group into 2 sides or play singles.

Take turns serving and standing in different positions on the court. The aim is to return the ball in the air. If the ball touches down on your side the other team gains a point.

**Assault Course**

Create an assault course in an outside space.

Think about going under, over, around obstacles.

Divide your family group 2 teams and time your group completing the course.

**Follow the Leader**

Resources: music if available

Play rock, paper scissors to decide who is the leader

The leader moves around the area in a variety of ways and the others follow. On a command eg a whistle or clap or “shout change” the leader goes to the back and a new leader takes over