

Kids naturally love PE because it's a time to be active and play fun games. An essential part of the school day, PE teaches kids the life skill of getting regular exercise. While playing the same old games over and over again can get a bit boring, incorporating a wide variety of games into your lesson plans helps keep PE fun and engaging. With a few PE staples, such as foam balls, hula hoops, and bean bags, your students will be having fun in no time! Here are 50 PE games to get you started. Choose one child to be "it." As that child tags other children, they link arms or hold hands to create a "blob." The game continues until the blob has tagged everyone in the game. This is kind of like blob tag, but instead of forming a blob, students must link arms to form a chain. Give each student a bean bag. Ask the students to balance before they move off their bean bag falls. Give increasingly hard challenges as you go, such as on the shoulder or the thumb. Arrange your class into a large circle. Give one player the ball and have them get ready to toss it. Players must clap before they catch the ball. If a student doesn't clap or drop the ball, they are out. Line your PE class up at one end of the gym or playing field for this game. Call out an animal, such as a cheetah or a frog, and students have to race to the other end, running like that animal. This is another racing game that starts with lining your students up on one end of the playing field. Every time you yell, "jump," students jump as far as they can. Repeat until the winning player reaches the end of the field or until the whole class finishes. This game starts as regular tag, but each time a student is tagged he must kneel and form a bridge. Players can rejoin the game when another player crawls under their bridge, which frees them. This game follows the rules of traditional soccer, but players crab walk instead of regular running. Put your class into teams of two. Have them stand about three feet apart and roll a hula hoop to each other. Once the other person catches the hula hoop, they must take a large step backward and continue playing. As they get further apart, the game that starts out like traditional tag. However, once a student is tagged, they are "frozen" until another player tags them. They can then rejoin the game. The last player to be frozen gets to be "it" on the next round. Arrange your students around a large parachute. Call out things like colors the students around a large parachute and switch places with someone else. Have your students arrange themselves around a parachute. One half of the parachute is team A while the other half is team B. Put a beach ball in the middle of the parachute. The objective is to launch the ball off the parachute and over the heads of the opposing team, which scores one point. Spread your students around the play area and choose two kids to be "it." They are the monkeys. When they tag another student, he turns into a banana and must put both arms straight up above his head. Other players can free the "bananas" by peeling them, which means they pull down one arm and then the other arm. This PE game includes the teacher! Stand on a stool and have a bunch of cones or balls handy. Start throwing them toward the students, who are spread out around you. If a student fails to make a catch, he is out. Play continues until only one student is left. Set up five jump ropes at various distances from where your students will stand. Give them bean bags and have them try to get them past the different jump ropes. The further away the jump rope, the more points the student gets. For example, getting the bean bag past the first jump rope is worth ten points while getting it past the last jump rope is worth ten points. Set out several mats around the play area. Start calling out numbers and that number of kids need to find a mat is out. Set up the game by putting a hula hoop (nest) in each corner of the play area and ten or more basketballs in the middle of the play area. Divide the class into 4 teams, one at each hula hoop. Students take turns getting a basketballs in the middle of the play area. of each round is the one with the most basketballs when you blow the whistle a second time. Set up nine hula hoops in a 3×3 grid, like a tic-tac-toe board. Make enough grids so you can divide your class into teams of two. Give the teams two different colors of bean bags. The students will throw the bean bags into the hula hoops trying to get three in a row. Set up enough buckets in the middle of the play area that there is one for each group of two kids. At each bucket, have one student on each side. The kids take turns trying to bounce balls into the buckets. Make it more challenging by having the students back up further from the bucket as they go. Play this game just like you would regular soccer but turn the soccer goals around backward. This PE game combines basketball and soccer. Divide your students into two teams and give them a rubber ball to play with. Play starts with students passing the ball to play with. one student hold up a hula hoop while another child tries to launch pool noodles through the hoop. Once a student gets a noodle through, the players switch places. Divide your class into two teams - one team will be kangaroos and the other team will be crocs. Have the teams line up back-to-back in the middle of the play area. Call out one of the animals. That team will try to make it to the end of the play area without getting tagged by the other team. Anyone tagged sits down and is out. Play a traditional PE game of court hockey but use pool noodles and a small plastic ball instead of hockey sticks and a puck. Have your students spread out in the play area. Give them one beach ball and challenge them to keep it from hitting the ground. Gradually add more beams and split the class into two teams. Have the teams line up on the balance beams and call out directions, such as "stand on one foot" or "put your arms above." your head." If a student falls off the beam, he is out. The winning team is the one who keeps the most "birds" on their branch. Set up mats, hula hoops, and other PE equipment around the gym. Use items that students can stand on or inside of. These are shark-free zones. Identify one or two students as sharks. When you say go, players will run around the gym standing on mats or inside hula hoops to stay away from the sharks. If a student fails to get to a safe area before being tagged, they are out. Give each student a scarf - one color for mice. Have them tuck the scarves into their back pockets or waistband as tails. Cats will chase mice and mice will chase cats. If the opposite team catches a tail, they keep it. The winning team is the one who steals all the tails first. Choose two students to start out as trains. The rest of the students put their hands and feet on the floor creating a tunnel with their bodies. The trains must crawl through the tunnels. When a train goes through the tunnel, that student joins the tunnel at the front and the next student at the back of the tunnel turns into a train. Play continues until all students have become trains. Explain to students that you will be playing music and the louder the music gets the faster they need to run around the play area. As you turn down the volume, they will slow their running. Play some upbeat dance music and encourage students to free dance. When you stop the music, they must freeze is out. Choose one student to start the game. Turn on some upbeat music and have the students must copy the move eight times. Let all the children have a turn to be the instructor. Choose one student to be the bulldog. He stands in the middle of the play area. The rest of the play area. The rest of the players try to get past the bulldog without getting tagged on the arm, they cannot use their arm anymore. If he gets tagged on the leg, he has to hop on the other leg. This game is played just like traditional kickball except that students must walk and play in the crab walk position. This is a PE game played like regular hockey except students use brooms instead of hockey sticks. Lay out several hula hoops in the play area. Have students run around the hoops while you play music. When you stop the music, students must hop into a hula hoop - one student per hoop. Students who don't have a hoop are out. Arrange your students in a circle and give them a small ball. They will pass the ball around the circle until you blow the whistle. The student holding the ball when the whistle blows is out. This PE game is played just like traditional tag except students must play by sitting on and moving around on scooters. This game is played just like traditional tag except students must play by sitting on and moving around on scooters. rope. That student will spin the jump rope on the ground while the other members of the group jump over it. If the "snake" touches a student, they are out. This is a game that puts a twist on the traditional "Simon Says." Line your students up and start calling out commands that have to do with ships and pirates, such as "swab the deck" or "walk the plank." Instead of saying "Simon says," you'll say, "Captain says." This is another version of traditional tag. Students follow the same rules as regular tag, but they must spin a hula hoop while they run around. This game is like freeze tag. Students will tiptoe silently around the play area pretending to sneak around a museum. When you call out "museum guard" they must freeze. Students who don't freeze are out. Divide your class into teams of two. Have them stand facing each other. One person does a move, and the other students must copy the move. Continue playing, encouraging students to make the movements harder and more complicated. Play this game just like regular tag except students can only walk or run backward during play. Choose several students to be alligators and have them lay on their stomachs in the middle of the play area. Spread them out so there are several feet between each alligator. The rest of the class starts on one end of the play area and has to try to get past the alligators. If an alligator tags them, they are out. Students run around the play area until they hear the teacher yell, "sleeping baby." At this point, all the kids drop to the floor and pretend to be sleeping. The last student to "fall asleep" is out. Wad up a bunch of pieces of paper to be the garbage at the other players Any player hit with a piece of garbage is out. Place several obstacles around the gym, such as cones or mats. Students will close their eyes and pretend to be ships trying to get to the lighthouse. If they run into one of the obstacles, their ship is sunk and they are out. PE class is about to get so much more fun for your students! Any of these games are sure to make PE their favorite class of the day. Learning some fun PE games that don't need equipment can be very useful for busy PE teachers, parents and child care professionals. They can help you provide the children you are caring for with fun activities that improve their fitness - without the need to pull out a cupboard full of equipment. PE games that don't need equipment are also useful as impromptu activities at BBQs, parties, and trips away. In this guide, I will be sharing 18 of the best PE games needing no equipment. This classic game is a lot of fun and easy to learn. In Red Rover, the participants are split into two teams of equal size that form two lines opposite each other. The members of each team will hold hands. Each team will choose a player from the opposing team, saying "Red Rover Red Rover, send Peter over" to nominate Peter. Peter then has to let go of his team mates hands and attempt to run through the other team's line, breaking their hold on each other. If he manages to do so, he will choose a player from the opposing team to join his team's line. If Peter fails to break through the line, he will be forced to join the opposition team's line. The teams will alternate turns with all of the players. Because all players will end up on the winning team, there are no losers in this game. Captain's Orders is the perfect choice for a competitive group of kids who want to outdo each other. It can really test your student's endurance levels and improve their fitness. The game begins with one person being nominated to be the "Captain". They must give out commands to the crew (the rest of the PE class). The Captain is limited to a set of commands, which you can alter if you have specific fitness objectives for the class to reach. You could use a mixture of fun commands and physically demanding ones, like: Captain's comingThe crew must salute the captain and stand at attention Run to starboard/portThe crew must run to the left (port) or right (starboard) sides of the room and touch the wall. Scrub the deckThe crew must do 10 pushups Man the lifeboatsThe crew will perform 10 sit-ups while moving their arms like oars You could have the more competitive students attempt to beat each other. After a few minutes, change captains so a few children get a chance to be in command. Running relay races are one of the simplest PE games needing no equipment. Take the class outside and divide them into groups of 3 or 4 people each. Have them run 100 to 200 metres each before moving on to the next person in the relay. The mix-it-up relay race is fun variation of a normal relay running race. In a mix-it-up race, each person in a relay team will perform a different action. The first person may have to skip, the second may have to run backwards, the third can run normally, and the fourth can hop. This makes the race more exciting and enjoyable to watch. There are many fun variations of tag that are useful for PE classes. In "Cops and Robbers", the PE class is divided into two teams — the cop team and the robbers to tag them. Once a robber is tagged, they must go to a section of the playing area that has been nominated as the "jail". Robbers who have not been tagged can release their team mates by sneaking into the jail and tagging them. The game is complete This activity is very challenging and a lot of fun. It's best suited for fit students with decent upper body strength. Split the group up into teams of two people that will the gymnasium. Each team will have one person go into plank position while the other grabs them by the ankles. When you say "Go" the person holding their ankles lifts them — forming a wheelbarrow. They will attempt to walk the wheelbarrow to the other side of the room. Once there, they will touch the wall and switch roles before racing back. The first team back to the starting point wins. Duck Dusk Goose is a wonderful PE game for younger children. The rules are simple and they will get plenty of exercise. Start by having the children sit in a circle facing the middle. Nominate one person as "it". They will walk around the circle touching each person on the shoulder and saying if they are a duck, they remain seated. However, when someone is nominated as being a duck, they remain seated. However, when someone is nominated as being a duck or a goose, they must get up and chase "it" around the circle and tag them before they make it to the empty spot where the Goose was sitting. are many advantages to teaching basic gymnastic techniques in the classroom. Headstands are a particularly useful gymnastic skill that can be practiced indoors on grass. Begin by teaching students correct headstand form — from getting into a correct starting position to eventually lifting their legs and completing the move. Once they understand the basics and know how to perform a headstand safely, have them split into pairs for practice. One student with their form and holds their legs. After they they have performed a few headstands have them switch roles. Move onto the handstands next, with groups of three (one person practicing and two to hold their legs). If you are performing this activity outdoors, use trees to prevent students from overbalancing. This simple game is a great way for kids to have some fun while testing their athleticism. Have the children split into groups of two and stand next to a brick wall Have them jump as high as they can, touching the highest brick they can reach with their hand. Each child gets 3 jumps. The highest jumper in each pair gets to go through to the next group, were they are paired off again and will get another three jumps. Eventually, you will discover who the highest jumper in the group is. You could also have a standing long jump competition to see who can jump the furthest. British Bulldogs is a classic version of tag and one of the most popular equipment-free PE games. This game is also commonly known as "Bullrush" and "Cats and Mice". The game starts with all of the players at one end of a playing area. A basketball court works well for small groups, while half a soccer or football field is better for larger groups. One player is selected to be "it". They will wait in the middle of the playing area. When you say go, the children will attempt to run from one side of the playing area. This is another classic game that young children love. It is easy to incorporate it into a PE class and everyone will know the rules. Start by either choosing a player to be "Simon" or by nominating yourself to play this role (usually better as you can then choose appropriate PE activities). The students must follow the directives given by "Simon" or by nominating yourself to play this role (usually better as you can then choose appropriate PE activities). starts each one with "Simon says...". If a student accidentally carries out a directive that does not start with "Simon says, do 5 pushups" to get the PE component into the game. The winner of the game is the last person who has successfully followed all of Simon's orders. They get to become the next "Simon". Have the students split into groups of 3-4 children each and ask them to do their best, but remind them to only perform stunts they are comfortable with. During the next 10 minutes, walk between the groups and help them plan their routines, suggesting gymnastic feats appropriate for their skill levels. Remind them that they can help each other perform their routines for each other. This fun PE game can be enjoyed by children of all ages. Have your students split into groups of 2 (ideally, about the same height). Each group must race over a course that is 50 yards in length. However, they will have to cover the course by leap frogging each other! If some kids have trouble jumping over their partner, let to do a couple of jump squats next to their partner instead. To make the race more challenging, you could include "exercise pit stops" along the way. At each exercise pit stop, the children will have to perform a certain number of exercises. This could be star jumps, pushups, burpees, or whatever exercise you think the children would benefit from. This is a very challenging fitness game shared by Games Fitness. The class is split into any number of teams that are the same size, with a minimum of 4 players per team. If a team doesn't have the same number of players, you may have to alter how many repetitions of exercise they perform to keep the game fair. Have each team sit lengthwise in a straight line, about one arms length from the next person in their team. So, if you have 5 teams, you should have five lines of people. You will give players in specific positions a designation of "fuse" or "dynamite" for each round. For example, you might say players 1 and 2 in each group are fuses, followed by one dynamite "for each round. players in each row. The game starts with all players in a plank position. When you say "Light the dynamite!", the first player is activated. If they are a fuse player will hold a V-hold position after doing their sit-ups - which means they are an activated fuse. If the next player is a fuse, they will do their sit-ups also. However, if the next player is a dynamite player, all of the dynamite player, all of the dynamite player is a fuse, they will do their sit-ups also. However, if the next player is a dynamite player is a for each exercise to make the game harder or easier. I, Spy is a favourite game of children everywhere. One person will identify a physical object that is visible nearby and everyone else with an excellent workout Start by spotting an object in the area, like a basketball ring. Going around the class, each student can ask one question is "No" or their object guess is incorrect, the entire class must perform an exercise. The number of repetitions they must perform increases every time they get the answer wrong. So, the game might go like this: PE Teacher: I've identified an object, your turn to guess - starting with Pete. Pete: Is it an animal? PE Teacher: No! Do 3 pushups everyone. Next question please Rebecca. Rebecca: Is it made of wood? PE Teacher: Yes! It is partially made from wood. Next question please Mark. Mark: Is it a basketball ring? PE Teacher: Well done. This is a challenging game that will test the fitness of students and force them to work as a team. Divide the class into teams of at least 5 people each. Have each team line up alongside each other in separate rows and nominate a finish line for the race. When you say "Go", all players will go into plank position except for the finish line) and enter into plank position. Once they have started to plank, they will yell "go!" and the next player will move from the rear to the front. This is repeated until the group reaches the finish line. As the effects of being in plank position begin to kick in, the team's players will be yelling at everyone to hurry up! This is a super fun PE game that young children will love. The objective of funny running is to get from one side of the gymnasium to the other while running like an animal. You can choose a different animal for each pass, including monkeys, snakes, horses, and kangaroos. You can also have the kids run across the gymnasium while performing a funny dance like the Floss Dance or teach them some disco moves. Put some catch music on and they will have the time of their lives as they exercise! Jump is another simple game that is ideal for young children's PE classes. Have the kids line up against one wall of the gymnasium or on a boundary line of the sporting field. Then, simply yell out "1 Jump" and the kids can take the biggest jump forward they can do from a standing start. You can vary this by change the number of jumps you allow each time and sometimes throwing in "Steps". This exhausting game will help you discover which kids are the fastest in the class. Have your students line up against a wall of the gymnasium. When you say "Ready, Go!", they will run to the other wall. If you say "Ready, Go!" again while they are running towards the wall, they must turn back and reach the wall that they came from. If you blow your whistle, any student who hasn't reached the wall will be eliminated. Eventually, you will only have a small number of children left in the group. I hope you found 18 Fun PE Games Needing No Equipment. Bookmark our website for more fun PE activities for kids. Kids naturally love PE because it's a time to be active and play fun games. An essential part of the school day, PE teaches kids the life skill of getting regular exercise. While playing the same old games into your lesson plans helps keep PE fun and engaging. With a few PE staples, such as foam balls, hula hoops, and bean bags, your students will be having fun in no time! Here are 50 PE games to get you started. Choose one child to be "it." As that child tags other children, they link arms or hold hands to create a "blob." The game continues until the blob has tagged everyone in the game. This is kind of like blob tag, but instead of forming a blob, students must link arms to form a chain. Give each students to balance before they move off their bean bags on various parts of their body, such as their foot or knee. See how long the students can balance before they move off their bean bags on various parts of their bags on various circle. Give one player the ball and have them get ready to toss it. Players must clap before they catch the ball. If a student doesn't clap or drop the ball, they are out. Line your PE class up at one end of the gym or playing field for this game. Call out an animal, such as a cheetah or a frog, and students have to race to the other end, running like that animal. This is another racing game that starts with lining your students up on one end of the playing field. Every time you yell, "jump," students jump as far as they can. Repeat until the winning player reaches the end of the field or until the winning player reaches the end of the field or until the whole class finishes. This game starts as regular tag, but each time a student is tagged he must kneel and form a bridge. Players can rejoin the game when another player crawls under their bridge, which frees them. This game follows the rules of traditional soccer, but players crab walk instead of regular running. Put your class into teams of two. Have them stand about three feet apart and roll a hula hoop to each other. hula hoop, they must take a large step backward and continue playing. As they get further apart, the game gets more challenging. This is another tag game that starts out like traditional tag. However, once a student is tagged, they are "frozen" until another player to be frozen gets to be "it" on the next round. Arrange your students around a large parachute. Call out things like colors the students are wearing or birthday months. Any player who fits the category you call out has to run under the parachute is team. while the other half is team B. Put a beach ball in the middle of the parachute. The objective is to launch the ball off the parachute and over the heads of the opposing team, which scores one point. Spread your students, he turns into a banana and must put both arms straight up above his head. Other players can free the "bananas" by peeling them, which means they pull down one arm and then the other arm. This PE game includes the teacher! Stand on a stool and have a bunch of cones or balls handy. Start throwing them toward the students, who are spread out around you. If a student fails to make a catch, he is out. Play continues until only one student is left. Set up five jump ropes at various distances from where your students will stand. Give them past the different jump ropes. The further away the jump rope, the more points the student gets. For example, getting the bean bag past the first jump rope is worth ten points while getting it past the last jump rope is worth fifty points. Set out several mats around the play area. Start calling out numbers and that number of kids need to find a mat and stand on it together as fast as they can. Any student who doesn't find a mat is out. Set up the game by putting a hula hoop (nest) in each corner of the play area and ten or more basketballs in the middle of the play area. Divide the class into 4 teams, one at each hula hoop. Students can steal basketballs from other nests. The winner of each round is the one with the most basketballs when you blow the whistle a second time. Set up nine hula hoops in a 3×3 grid, like a tic-tac-toe board. Make enough grids so you can divide your class into teams of two. Give the teams two different colors of bean bags. The students will throw the bean bags. The students will throw the bean bags into the hula hoops trying to get three in a row. Set up enough grids so you can divide your class into teams of two. play area that there is one for each group of two kids. At each bucket, have one students back up further from the buckets. Make it more challenging by having the students back up further from the bucket as they go. Play this game just like you would regular soccer but turn the soccer goals around backward. This PE game combines basketball and soccer. Divide your students into two teams and give them a rubber ball to play with. Play starts with students passing in this game. If the ball hits the floor, the game switches to soccer. Have one student hold up a hula hoop while another child tries to launch pool noodles through the hoop. Once a student gets a noodle through, the players switch places. Divide your class into two teams - one team will be kangaroos and the other team will be crocs. Have the teams line up back-to-back in the middle of the play area. Call out one of the animals. That team will try to make it to the end of the play area without getting tagged by the other team. Anyone tagged sits down and is out. Play continues with additional rounds. Play a traditional PE game of court hockey but use pool noodles and a small plastic ball instead of hockey sticks and a puck. keep it from hitting the ground. Gradually add more beach balls until you have several going at the same time. Set up two balance beams and call out directions, such as "stand on one foot" or "put your arms above your head." If a student falls off the beam, he is out. The winning team is the one who keeps the most "birds" on their branch. Set up mats, hula hoops, and other PE equipment around the gym. Use items that students as sharks. When you say go, players will run around the gym standing on mats or inside hula hoops to stay away from the sharks. If a student fails to get to a safe area before being tagged, they are out. Give each student a scarf - one color for cats and one color for cats and one color for mice. Have them tuck the scarves into their back pockets or waistband as tails. Cats will chase mice and mice is the one who steals all the tails first. Choose two students to start out as trains. The rest of the students put their hands and feet on the floor creating a tunnel with their bodies. The trains must crawl through the tunnel, that student spin the tunnel at the back of the tunnel at the back of the tunnel at the back of the tunnel with their bodies. turns into a train. Play continues until all students have become trains. Explain to students that you will be playing music and the louder the music gets the faster they need to run around the play area. As you turn down the volume, they will slow their running. Play some upbeat dance music and encourage students to free dance. When you stop the music, they must freeze. Any student who doesn't freeze is out. Choose one student to start the game. Turn on some upbeat music and have the students must copy the move eight times. Let all the children have a turn to be the instructor. Choose one student to be the bulldog. He stands in the middle of the play area. The rest of the play area the bulldog without getting tagged cannot be used anymore. If a student gets tagged on the arm, they cannot use their arm anymore. If he gets tagged on the leg he has to hop on the other leg. This game is played just like traditional kickball except that students must walk and play in the crab walk position. This is a PE game played like regular hockey except students must walk and play in the crab walk position. When you stop the music, students must hop into a hula hoop - one student per hoop. Students who don't have a hoop are out. Arrange your students in a circle and give them a small ball. They will pass the ball around the circle until you blow the whistle. The student holding the ball when the whistle blows is out. This PE game is played just like traditional tag except students must play by sitting on and moving around on scooters. This game is played just like regular basketball hoop. Break your class into small teams of 5 or 6 players. Give one student will spin the jump rope on the ground student will spin the jump rope on the ground student will spin the jump rope on the ground student will spin the jump rope. while the other members of the group jump over it. If the "snake" touches a student, they are out. This is a game that puts a twist on the traditional "Simon Says." Line your students up and start calling out commands that have to do with ships and pirates, such as "swab the deck" or "walk the plank." Instead of saying "Simon says," you'll say, "Captain says." This is another version of traditional tag. Students follow the same rules as regular tag, but they must spin a hula hoop while they run around the play area pretending to sneak around a museum. When you call out "museum guard" they must freeze. Students who don' freeze are out. Divide your class into teams of two. Have them stand facing each other. One person does a move, and the other students to make the movements harder and more complicated. Play this game just like regular tag except students can only walk or run backward during play Choose several students to be alligators and have them lay on their stomachs in the middle of the play area. Spread them out so there are several feet between each alligators. If an alligator tags them, they are out. Students run around the play area until they hear the teacher yell, "sleeping baby." At this point, all the kids drop to the floor and pretend to be sleeping. The last student to "fall asleep" is out. Wad up a bunch of pieces of paper to be the garbage is out. Place several obstacles around the gym, such as cones or mats. Students will close their eyes and pretend to be ships trying to get to the lighthouse. If they run into one of the obstacles, their ship is sunk and they are out. PE class is about to get so much more fund for your students! Any of these games are sure to make PE their favorite class of the day. PE Game Ideas section provides you with Physical Education resources which will help you to plan PE Warm Up Games, PE Tag Games, how to set the game up, how to play the game and how to differentiate the game. The resources can be downloaded and can support your PE planning. Lots of the resources are free. Click below to explore each section: P.E. lessons can be a bit daunting at times. All that equipment to organize and worry about. Yuck! Then there are the safety aspects to consider. Eek! The good news is, there are plenty of simple P.E. games that you can use with no equipment! Whether you need for gym class or at home! I've been teaching in early education for the best part of 20 years now, and in that time I've come up with a full armory of the very best PE games WITH NO EQUIPMENT! Woop! That's right! Just a group of children are enough to create many games and have plenty of fun.All you need are a good space and plenty of energy, so let's go!Practice drawing a great big pretend bubble with your finger in the air.Reach up as high as you can and reach down as low as you can. Really reach all the way around you. If you can reach and touch anyone else with our moving your feet you are too close to move like a bubble and float around the space. How freeing and mindful this bit is!When you tell them to stop, make sure their bubble is in a good as a warm-up or as a fun game on it's own!.What you do is invent three movements and demonstrate them to the group.Once you've played it a couple of times, the kids can come up with their own ideas. Three examples of moves could be: Doing star jumps Doing Jazz hands Jumping a 360 spin on the spotThen everyone gets a partner. The true challenge now is to activate your ESP, which (as pretty much all kids seem to know), is your Extra-Sensory Perception. read your partner's mind (which is very exciting).1,2,3!Everyone displays one of the three moves at the same time. You want to do the move? How activated your ESP.Different move? Just try again.Keep going for a few goes, before changing partners to see if your ESP works better or worse on other people. As well as being a great PE activity, I often use this as a circle time games from my book 101 Circle Time Games... That Actually Work! This book contains all the very best mindfulness circle games, math out the book here. Once the children have got a good understanding of space, and they can stop and start on your command, there are lots of fun PE games you can introduce. Foxes and hares is a classic chase game. Aim of the game: To catch all the hares of course! About a fifth of the children should be foxes. So if you are playing with 10 children, 2 children can be foxes. The hares move around the space by hopping. To hop, they should move both feet together and then put two hands together and two hands (gently, please! No fox attacks). When all the Hares are caught by the foxes, the game is over and you start a new group of foxes. This is a similar version to the game with a new group of foxes. This is a similar version to the game is always loads of train enthusiasts among pretty much any age of children, so this game is always loads of train enthusiasts among pretty much any age of children. trains. Explain that the rest of the children are tunnels. They should make a tunnel by putting both their hands and feet on the floor and arching their body. The trains should run around the space until you shout Whoo Whoo. At the sound of the train whistle, they should crawl through as many of the tunnels as they can. When a train has been through a tunnel, the tunnel is released and becomes a train. Keep playing until all the tunnels are trains. This is a fun game for pairs. One child is the leader, the other is their shadow. Explain how your shadow does exactly what you do. It follows you everywhere, and your movements are identical. As the leaders move around the space, the shadow follows and copies exactly what they do.Encourage them to use different levels of movement. Roll on the floor Move on your hands and knees M different balances an indoor and outdoor game. This is another simple listening game requiring no equipment and it can be played as an indoor and outdoor game. There are two instructions that the children are going to listen out for. Those are:Good toes - They should stand completely still with their feet togetherNaughty toes - They should dance around wildly using the space and not bumping into anyone else. (Music can be used if you want to)This game is all about freedom and expression!Good toes naughty toes - They should dance around wildly using the space and not bumping into anyone else. best done outside in a large space. The idea is that the children are going to move and make noises at the sound they move. Start by all humming very faintly, and walking really slowly. Then try a fast walk, and raise the volume of the sound coming out of everyone's mouth. Then ng, with a medium noise - aaaaahh - coming from everyone's mouth, about the volume of talking Keep getting faster and increasing the volume! When you are running at full pelt, you will also be velling as loud as possible - AHHHHH! like to do this activity in a structured way to introduce it and mix up the speeds/volumes for a while.But then, for a couple of minutes, let the children 'freestyle'. They choose their speeds and volumes and race around.This activity is all about mindful PE activity here.Get the children to stand in a space and close their eyes. Then you are going to help them to visualize that they are transforming into a balloon. Their skin is becoming colored rubber. And now someone is blowing them up, and they are getting lighter and lighter, and larger and larger. Then, tell them they are fully inflated. The children open their eyes, and now they are floating like balloons around the space! Off they go - billowing and wafting in the breeze. After a couple of minutes, you can try transforming into feathers or eagles. This is a good way for children to start to think about the quality of their movements in PE class. Work in pairs again. One child should be the teacher. Explain that as the teacher, they have to help their pupil make the best quality moves and shapes that they possibly can. It depends on what kind of moves you are working on, but I like to do this with gym moves. Try moves like: Forward roll The splitz 360 jump rotationAsk one child to demonstrate the move, and the other child should help them to make it perfect. Encourage the children to be kind and helpful. For example, they might say things like: Tuck your head in a bit more. Can you straighten your legs even more? Can you reach up taller? Ask them to use lots of praise if they spot some good quality movements and make sure they tell their partner what they are doing well.Don't forget to swap so that everyone has a go at being the teacher.Put the children in groups of 4 or 5 and give them the challenge of working as a team to make a shape.Explain that they can work on the floor, lying down or standing up, as long as the shape is clear.Begin with the basic shapes of:circle, triangle, square rectangleBuild up to more difficult shapes to letters of the alphabet or numbers. Simply ask the children to make a letter by working together to get into the shape. This is a good activity for team building as they will have to work together and everybody is needed. Dancing is good for you for so many reasons. It's fun. It's fu wiggle your hips, wave your arms. Have fun!!It's important for children to know that exercising makes changes to our bodies so that they aren't frightened by the changes and they understand what is happening to them. This is a nice activity to explain those changes so that they aren't frightened by the changes and they understand what is happening to them. any kind of high-intensity exercise, for example:Fast running on the spot with high knees Tuck jumps with both feet together Pretending to skip on the spot as fast as you can Star jumps Burpees (lay down then jump up)Really encourage the children to put lots of effort in here. When the minute is up, encourage the children to put their hands on their hearts and feel it beating. If they've put enough effort in, it should be out of puff. With older children, you could ask them to take their own pulse before and after exercising and see how much their pulse rate has increased. This is a great dancing game for kids of all ages. Put some pumping music on to get everyone going! Then pick some kind of action or dance move, and everyone does it eight times to the music while also counting at the same time - '1, 2, 3, 4, 5, 6, 7, 8!'So, you might do eight star-jumps while counting. Or eight big marches on the spot. Then shout out a new action, and start that, keeping the counting going throughout. Some other good dances/actions could be: Jumps Arms up arms down Punch the air with one arm, then the other Arms wide, arms across your body Walking in placeFor the older ones, the emphasis is on the movement. But for younger kids, this is also a great rote counting activity. One child will be the leader in this game. This is the 'cat' that the others will try to copy. The leader will stoop low, and swing their arms like a monkey. Everyone copies! After a while, the leader will stoop low, and swing their arms like a monkey. change the animal. They might pretend to be an elephant! The trick is for everyone to watch for the transition and try to copy. The leader can mix things up as quickly or slowly as they like. This is a variation of the animal copycat game above with a bit of music added. Once again, have a leader that is going to pretend to be different animals that the others copy. Put on some music, and the kids move around like the animal that the leader is demonstrating. The adult will pause the music at any given moment. The children must then freeze in their best animal pose! It's a bit like musical statues at this point. Anyone that moves could be out! (Or you can just play the non-competitive version where everyone gets to carry on each time). Wow - transformers are one of the most exciting things on the planet for many kids. And this game really taps into this enthusiasm. The kids are all now shape-shifting transformers. They can transformers. They can transformers are one of the most exciting things on the planet for many kids. And this game really taps into this enthusiasm. The kids are all now shape-shifting transformers. vehicles to try include:Train - with 'chugging' arms and lots of tooting! Helicopter - arms as rotas spinning over your head Racing cars - running around as fast as possible! Plane - Lots of swooping and soaring Monster trucks - Be as big and wide as you canThe idea of this is that the kids pretend to be some of the characters out of the Mr. Men and Little Miss books.Some good ones to try include:Mr. Grumpy - stamp around the room with your angriest faceMr. Tall - Stretch up and walk as tall as you canMr. Bump - Go round bumping into walls and imaginary objects (though not other people).Little Miss Tiny - Curl up like a tiny weeny ballLots of modeling of movements work well for this game both from the adult and skillful children. I find yoga is most effective with children when they can readily understand that the pose they are doing is mimic king something. Some great poses that mimic things that children know are: Household YogaIn this, the kids mimic everyday actions in the house. It could be sweeping the floor, or washing the pots.Lie on your front, with your hands flat on the floor, and your back is arched.This stretches the back and abdomen.Seal yoga poseStand with one foot in front of the other.Reach up high with both hands (this being the giraffe's neck.) Then slowly bend down, and touch your leading foot with both hands. Then slowly return to the original position. Giraffe poseLie on your back. Pull your knees into your chest so that you form a ball shape. Slowly return to the original position. Giraffe poseLie on your back. Pull your knees into your chest so that you form a ball shape. pretend to be types of beans, each of which has its own separate movements when the children move in that way. The beans and associate movement when the children get more confident. The adult simply calls out a bean name, and the children move in that way. The beans and associate movement when the children move in that way. The beans and associate movement when the children move in that way. The beans and associate movement when the children move in that way. The beans and associate movement when the children move in that way. The beans and associate movement when the children move in that way. The beans and associate movement when the children move in that way. The beans and associate movement when the children move in that way. The beans and associate movement when the children move in that way. The beans and associate movement when the children move in that way. The beans and associate movement when the children move in that way. The beans and associate movement when the children move in the childre are:Sprouting bean - Walk around on your tip-toes, with your arms stretched as high above you as possibleBaked bean - Sit down on the floorChilli bean - Shiver! This is a 'pun' on the word 'chilli/chilly' (obviously!)Jelly bean - Wibble and wobble!Runner bean - Run around like crazyFrench bean - Say, 'Bonjour!When you've played a few times, a confident child might well be able to lead this. You want to have lots of active characters in the story, such as stamping giants, witches on broomsticks, unicorns galloping, and all that kind of thing. As well as that, it's good to have lots of action, such as terrible storms blowing, landslides, sinking sand, and all the rest of it. The kids act all of these things out. A sample start of a story might go: 'One day the giant went stamping off through the forest. A terrible wind began to blow. The trees were swaying from side to side. Suddenly a unicorn came galloping into the forest. A terrible wind began to blow. The trees were swaying from side to side. gives different verbal instructions that the cars respond to. The easiest way to play the game is to have three simple instructions that correspond to the spaceRed - Stop stillYellow - Walk on the space end of a traffic light. Green - Go! log around the spaceRed - Stop stillYellow - Walk on the space end of a traffic light. other verbal cues include:Honk the horn - A noisy one, this! Go round tooting!Roundabout - Jog around in a narrow circleParking Lot (or car-park) - Lie down on the floorFreeway - Run as fast as you canThis is a variation of a basic tag game. The idea is to mix up the game by incorporating a theme that the children are interested in. So, you could have a fox catching chicken by tagging them. Or one of the following: A shark catching fishes A bird catching worms Or a witch catching sfor all ages. You have a structured sequence of activities that you perform together. Spend about thirty seconds on each movement, with a fifteen-second break. Some simple moves include: Reach up, reach down Jumping like a frog Jumping in place Hopping Star jumps Reach to one side, reach to other for older or more skillful children, you can try some of these: Press-ups Squats Sit-ups Burpees Star jumps You can do one round of the activities or even two or three reps!Of course, you all know the basic idea of Simon Says.But it works really well in PE sessions if you make the moves super-active!So, rather than 'Simon says touch your nose' kind of instructions, you want to think more along the lines of 'Simon says touch your nose' kind of instructions. through the muddy swamp. 'Simon says climb the rope ladder.'Simon says run like a cheetah on all fours!'This is another game that is donkey's old, but children love it generation. All the kids pretend to be on a boat. The adult gives orders to the 'crew'. These include: Scrub the deck - Get on hands and knees and start scrubbing the floor! Swim to shore - Use a powerful front crawl to move around the spaceInto the hammock - Lie down on the floorLift the cannonballs, and load them into the cannonballs - Lift up those super heavy cannonballs, and load them into the cannonballs - Lift up those super heavy cannonballs, and load them into the cannonballs - Lift up those super heavy cannonballs - Lift up those sup those super heavy canno going to be imagining that they are something into a snowman. They can feel their freezing cold body, their carrot nose, and then close their eyes. Tell the children to stand in a space and then close their eyes. Tell the children to stand in a space and then close their eyes. Tell the children to stand in a space and then close their eyes. Tell the children to stand in a space and then close their eyes. Tell the children to stand in a space and then close their eyes. Tell the children to stand in a space and then close their eyes. Tell the children to stand in a space and then close their eyes. Tell the children to stand in a space and then close their eyes. Tell the children to stand in a space and then close their eyes. Tell the children to stand in a space and then close their eyes. Tell the children to stand in a space and then close their eyes. Tell the children to stand in a space and then close their eyes. Tell the children to stand in a space and then close their eyes. Tell the children to stand in a space and then close their eyes. Tell the children to stand in a space and then close their eyes. Tell the children to stand in a space and then close their eyes. Tell the children to stand in a space and then close their eyes. Tell the children to stand in a space and then close their eyes. Tell the children to stand in a space and the close their eyes. Tell the children to stand the close the clo coal for their eyes. But now the hot sun has come out. You can feel the warmth on your face! Feel how the snow is melting your body. Water is starting to drip down the snowman. Imagine you are shrinking! You are getting lower to the ground! And finally, you are a steaming puddle lying on the floor. (Ask the children to lie down and imagine this!) This is a good game to use as a warm-down. The basic idea is that the kids stand in a space, and they are going to form a large figure 8 in the air with different parts of their bodies. Start with their finger, but then move on to using their: Elbow Foot Head Knee Nose Belly EyesTo warm-up before PE Class or a fun activity at home, I like to play some music with a good steady beat and perform some repetitive actions for the children to copy. I make sure I warm up my arms, shoulders, feet, legs, hips, and neck. To cool down after PE games, try some nice long stretches for all the different body parts. I always like to finish a cool-down with some big deep breaths. Scoop up some air, stretch up and hold it above your head and then blow it away as you release your arms back down to your sides. One of the biggest benefits of daily physical activity is that children's behavior improves as well as their overall confidence and independence. Check out this study on tracking of physical activity into into adulhood for more information on the benefits of PE Games. Now that's something worth trying for.Good luck if you try out any of these fun PE games! Fidget toys aren't a new concept. In fact, modern-day fidget toys aren't a new concept. In fact, modern-day fidget toys aren't a new concept. energy can benefit both the student and the entire classroom. When used correctly, fidget toys can help improve concentration. Learning how to use fidget toys work also helps stimulate the brain, making them a great tool for any classroom. Fidget toys can get expensive, however, so here are a few awesome ideas to help you create your own fidget toys for less money than store-bought versions. Via @mmiles9619 These toys filled with sensory materials are great fidgets because, as a child squeezes them, they will think about what's inside, which can help calm them down and help them focus. Make your own by filling a durable clear balloon with round glass pebbles and water. Tie the balloon tightly. Beads and marbles will also work, as will rice or dry beans without the water. Via @musingsofmissm Adding weight and dimension to a pencil can help fidgeting kids, especially those who are just learning to write or who need to write for extended periods of time. Thread things like beads or metal nuts onto a pencil. Rubber bands or gummy grips are another great addition. Via @strivetherapywa Thinking putty is like slime or dough. It gives students can squeeze it with one hand while reading and doing other classroom activities. Mix 4 ounces of white glue, ¹/₄ cup of cornstarch, and a few drops of food coloring in a bowl. In a separate bowl combine a ¹/₄ cup of hot water with a ¹/₄ teaspoon of borax. Add the borax mixture to the glue and stir well. Knead the putty and pour off any excess water. Store the putty in containers with tight lids. Via @blingedbyriah A beaded bracelet is an easy fidget toy because students can keep them around their wrists. String large, round beads onto a paper clip and you have a simple and inexpensive fidget toy. Fidgety kids can move the beads around the paper clip when they need to move. Via @sensorywish This might be one of the easiest DIY fidget toys around! Simply thread a couple of pony beads on the end of a piece of cord and knot it. When kids need to fidget, they can move the beads along the cord or swing the cord or swing the cord around. Metal nuts work as well. Via @onedigitfidget This is a fidget that can be affixed to student desks so it's handy throughout the day. Thread several pony beads onto a pipe cleaner and then wrap the ends to the back so the pipe cleaner and then wrap the ends to the back so the pipe cleaner and then wrap the ends to the back so the pipe cleaner and then wrap the ends of the pipe cleaner and then wrap the ends to the back so the pipe cleaner and then wrap the ends to the back so the pipe cleaner and then wrap the ends to the back so the pipe cleaner and then wrap the ends of the pipe cleaner and then wrap the ends to the back so the pipe cleaner and the back so the back so the pipe cleaner and the back so fidget. Threading the beads onto large safety pins works, as well. Thread several small rubber bands onto a shower curtain ring and fidgeting students can move the rubber bands around the ring. Clip a few binder clips to a pencil and you have an inexpensive spinning fidget toy! Thread beads onto small keychain rings and then link the keychain rings and rings and the ring. together. There are numerous ways kids can move the rings and beads when they need to fidget. Allowing your students to fidget when they need to move is a great way to encourage them to continue learning even as they move. These guick and inexpensive fidgets will help you accomplish that goal.