

Traffic Lights

Equipment: None

How to Play: Discuss/decide the rules and what the key words mean. Decide on the play space. The 'traffic warden' shouts out key words and the players have to follow the instructions.

Red: Stand still

Amber: Jog on the spot

Green: Jog around the space



Challenge: Add additional key words, e.g. Traffic jam (everyone playing makes a line), speed bumps (do 3 jumps on the spot) and roundabout (turn around on the spot). You can even make up your own rules.

Monkey Tails

Equipment: Tie, tea towel, cloth or ribbon



How to Play: You'll need at least 2 players. Tuck a tea towel as a 'tag' in the back of each player's trousers. The players should try to pull out the tag from players on the opposite team. When a tag is pulled out it should be dropped on the floor and the player it belongs to should return it. Then they can continue the game.

Challenge: Make the tags smaller or increase the game space. You could add additional rules, e.g. when your tag is removed you have to do 3 star jumps.