

# Schools Therapy Resource Pack

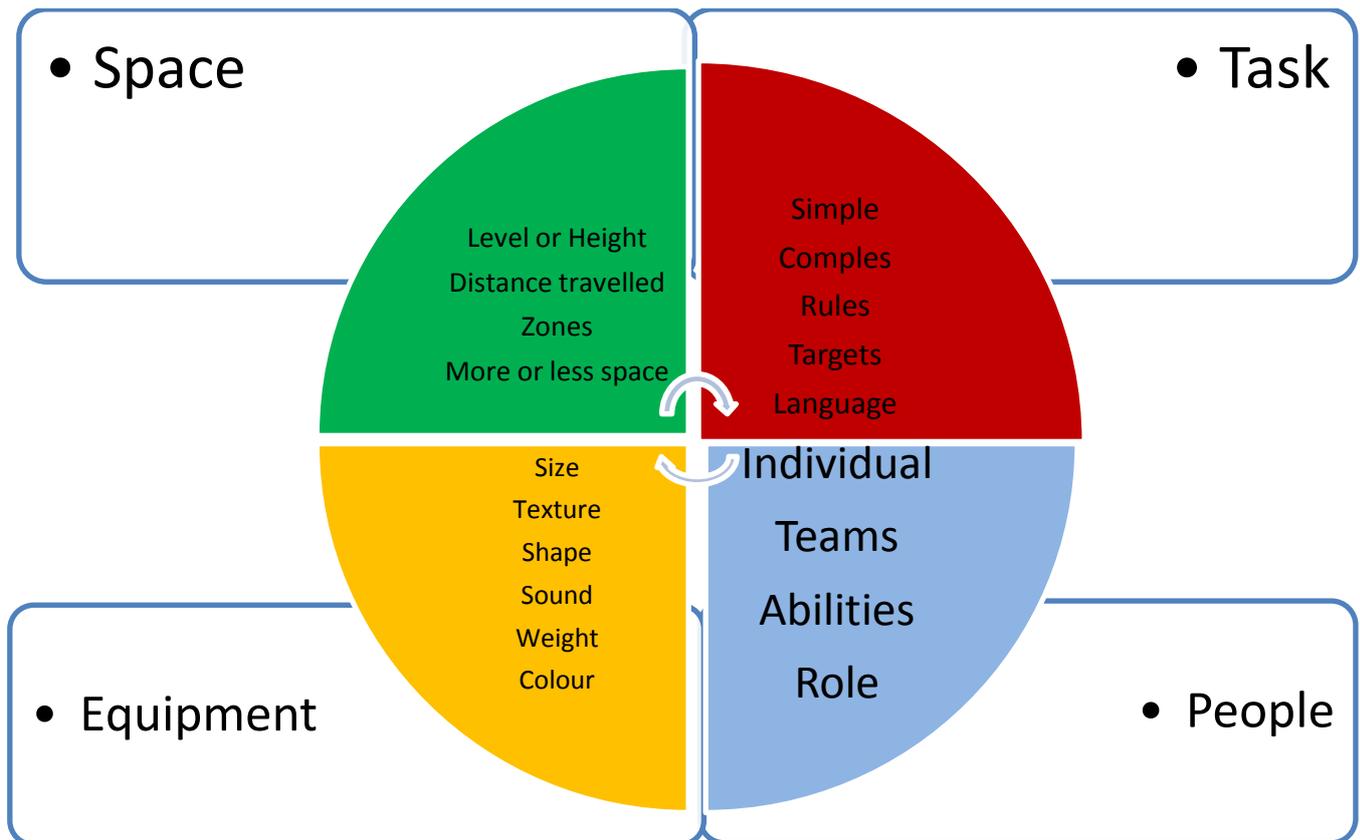
**Section 6f –**  
adaptation for physical  
education and playground  
games

## Adaptation for PE

Making adjustments to a PE activity because a child has a recognised difficulty or has not yet developed the required skills.



To develop the adjustments consider STEP:



## Playground Games and Activities for Unstructured Settings

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### A

#### Traditional Games

##### **What's the Time, Mr Wolf?**

One child is chosen as Mr Wolf and walks about rather haughtily, while the rest follow as close as they dare. They call after him, "what's the time Mr Wolf?" Without turning round the wolf replies loudly any time he chooses. This continues until finally he shouts "dinnertime!" At which point he turns round and chases them. The children race back to the safety of the starting place. If they are caught before they reach home they become Mr Wolf next time.

##### **Stuck in the Mud**

If a player is touched in this game he must stand upright, where he is, with his arms outstretched. He must call "SOS!" until one of the free players manages to touch and release him. The chaser is not merely trying to capture the others but is having to guard the person(s) already immobilised. The game begins again if the chaser manages to capture everyone or if one of the players has been caught three times.

##### **Sticky Glue**

This game is like "Stuck in the Mud" but to release a person who has been touched a player has to crawl under the captured child's legs.

##### **Stag**

One player stands mid-way between two walls and the rest line up at one wall and have to run across to the other when the player in the middle shouts "cross!" keeping within agreed boundaries. When the player in the middle

manages to catch someone, he then links hands with him and must stay attached to him whilst trying to catch the others. The next person caught links up between the first two catchers, so that the first two continue on the outside and remain the only players with the power to catch, no matter how long the line becomes.

### **Odds and Evens**

The starter of this game stands on one side of the playground and the player's line up a short distance (twenty to thirty feet) away from him. The starter calls out either "odd" or "even" and a number. If description and number agree, for example "odd seven", the players run across to him and back again, and the last one back is out. If the starter calls "even seven" then no-one must move. If they do they are out.

## **B**

### **Action Games**

#### **Beanbag Scramble**

Beanbags are scattered around the centre of the activity area, one bean bag per child. Begin by encouraging the children to walk in a circle outside the activity area, all travelling in the same direction. When the group leader calls out, the children should each touch a bean bag. The group leader should tell them how to touch the bag ..... with right foot, right knee, left knee, index finger, forehead, left elbow, chin, right ear, left ear, nose etc.

The children resume walking around the activity area each time. Change the pace encouraging them to skip around the activity area and then eventually to job.

#### **Hoop Threading**

Divide the children into groups of 5 or 6. Each group forms a circle holding hands. One hoop to each group (this should be placed between two players their hands joined through the hoop) The aim is to get the hoop around the circle and back to its starting point without letting go of hands.

#### **Baked Beans**

Call out names of different types of beans. The children perform an action associated with the bean!

For example:

- Runner Beans      Jogging on the spot
- Jumping Beans      Jumping on the spot (landing softly with knees bent)
- Broad Beans      Make a wide shape and hold very still

- Jelly Beans            Shake all over from head to foot
- Chilli Beans            Shake arms and legs
- Frozen Beans            Freeze! (hold position very still)
- Beans on Toast        Stretch out on the floor (arms and legs wide)
- French Beans        Can Can “ooh la la” (kicking the legs out to the front of body)
- String Beans            Make a tall thin shape and hold very still

## C

### Circle Games

#### **I Sent a Letter**

In a circle, facing inwards, one child walks around the outside of the circle saying “I sent a letter to my friend and on the way I dropped it. Someone must have picked it up and put it in their pocket. It wasn’t you, it wasn’t you, it was you”. At this point the child taps other child on the shoulder, who must chase him/her around the circle. If the child is “caught” s/he becomes part of the circle and the “catcher” becomes the letter sender, otherwise the first child repeats the process.

#### **Cat and Mice**

In a circle facing inwards, five children are chosen, four become mice and stand in the centre of the circle, the fifth becomes a cat and stands outside the circle. When the supervisor says “Go!” the cat enters the circle and tries to tag the mice. The mice must remain inside the circle and stand still once they are tagged. The last mouse to be touched then becomes the cat and four new mice are chosen.

#### **The Giant’s Dinner**

In a circle facing inwards, one child is chosen to be the giant, is blindfolded and stands in the centre of the circle. Near the giant, an object is placed on the floor to represent the giant’s dinner. The supervisor selects a child who has to creep into the circle and try and steal the giant’s dinner. If the giant hears the intruder he says “I hear someone in my castle, There!” and points to where he thinks the intruder is. If the giant is correct the intruder returns to his place in the circle and another child is chosen. If the intruder successfully steals the giant’s dinner and returns to his place in the circle then he becomes the giant.

### **The Pirate's Treasure**

In a circle facing inwards, in the centre, treasure, (a football), is placed on an island (inside a hoop) guarded by a chosen pirate. Children can run into the circle and try and capture the treasure. Any child who succeeds in capturing the treasure and returning to their place in the circle becomes the new pirate. The pirate can tag any intruders before they reach their place even if they have the treasure and they are then out of the game. The supervisor can also choose a new pirate.

### **Birds on the Trees**

In a circle children form groups of three. Two of the group are trees and face each other holding hands. The third child is the bird and stands in between the two trees. In the centre of the circle stands a lone bird. When the centre bird cries "Fly!", the trees raise their arms to allow each bird to change trees. At the same time, the centre bird tries to find a tree to lodge in. Once a tree has a new bird the children forming the tree drop their arms. The bird who is left without a tree goes into the centre. Children should remain on the inside of the circle during the changeover.

### **Cars**

In a circle, children run in a clockwise direction on the signal "Go"! pretending they are cars. They may overtake other card, but not change direction. At the signal "Stop!" all cars must halt, be silent and look at the supervisor. Those failing to do so or who bump into other cars must "Go into the garage for repairs" and miss a turn.

### **Circle Relay**

Children are divided into equal numbers and form two or more circles. On the command "Go!" each player in turn runs into the circle touches a beanbag in the centre and returns to his place and crouches down. The next player must not leave his place until the previous player has crouched down. The first circle to have all players crouching wins. A variation on the relay theme can be that each child in turn runs around the outside of his circle, returning to his place and crouching down.

## **D**

### **Circle Ball Games**

#### **Pig in the Ring**

Any number of players stand in a circle and throw the ball in any direction between themselves. One player, the pig, stands in the middle of the circle

and tries to catch the ball as it passes between the other players. When he succeeds, he takes the place of the last thrower, who now becomes the pig.

### **Penalty**

Any number of players stand in a spaced-out circle and throw the ball clockwise from one to the other. Each dropped catch means a penalty for that player, as follows:

- |                                |  |
|--------------------------------|--|
| 1 <sup>st</sup> dropped catch: | player continues playing, kneeling on one knee   |
| 2 <sup>nd</sup> dropped catch: | player kneels on both knees  |
| 3 <sup>rd</sup> dropped catch: | player puts one hand behind back   |
| 4 <sup>th</sup> dropped catch: | player closes one eye  |
| 5 <sup>th</sup> dropped catch: | player puts both hands behind back (and tries to catch with his chin, on his lap etc.) |
| 6 <sup>th</sup> dropped catch: | player is out  |

The game can be played so that when a player catches the ball in a penalty position, that penalty is cancelled. If, for example, a player on both knees catches the ball he may continue playing on one knee only. If next time he again catches the ball, he may stand up.

### **Name Ball**

In small circles with one child in the centre. This child throws the ball in the air and calls out the name of one of the players. That child must try to catch the ball before it bounces more than once. If he is successful he takes the place of the child in the centre.

### **Roll the Ball**

Children sit cross-legged in a circle. Two to four balls are rolled across the circle between players. The balls must not be thrown or bounced. The object of the game is to succeed in rolling a ball past a player and out of the circle; this scores one point. The ball is retrieved by the player who scores the point.

### **Skittle Ball**

In circles with a skittle in the centre, children take turns to throw a ball and try and knock the skittle over. If they are successful they score one point. The child who knocks the skittle over sets it back up. A variation can include a child in the centre trying to “guard” the skittle.

### **Dodge Ball**

In a circle with one child in the centre. The children in the circle throw a ball and try to hit the child in the centre. The child in the centre throws a ball to each player who in turn throws it back. Once each player has had his turn they crouch down. The first circle to have all players crouching down wins. Variations can be bouncing the ball or alternatively bouncing and throwing.

### **Ball Races**

Children form two circles with a child in the centre of each. On the command "Go!" the child in the centre throws a ball to each player who in turn throws it back. Once each player has had his turn she crouches down. The first circle to have all players crouching down wins. Variations can be bouncing the ball or alternatively bouncing and throwing.

### **Chase the Ball**

In a circle with one player standing outside. The children in the circle pass or throw the ball to the next child around the circle. The single player has to try to run around the circle and reach his starting place before the ball does.

### **Animal, Vegetable, Mineral**

A number of players stand in a circle and throw the ball at random between themselves. When a player throws the ball, he calls out either *Animal*, *Vegetable* or *Mineral*, and then counts quickly up to 10. The player to whom he has thrown the ball must catch it and also name something from the chosen category before the thrower reaches 10. If he is unable to do so, or if he misses the ball, he is out.

### **French Cricket**

For this game you will need a tennis racquet, cricket bat, or plank of wood. One player holds the bat in front of his legs, while the others space themselves out in a large circle round him and throw or roll the ball, trying to touch his legs at any point from the knee down. The defender uses the bat to hit the ball away. He is not allowed to move his feet at any time except when he has hit the ball and a player is running after it. While that player is not looking, he may quickly jump round into a better position. However, if that player spots him actually moving, he is out. When the ball hits his legs he must hand over his bat to the successful thrower and join the out circle.

## E

### **Hopscotch (Basic game)**

The chosen design is drawn on the ground. The first player throws a stone into square one, hops on one foot over square one into two, then hops into three, four and so on up to the end. He returns hopping in the same way, picking up the stone while balancing on one foot in two, hops into one and out. Next he throws the stone into square two, hops into one, hops over two into three and on to the end, then returns retrieving the stone while balancing in square three, hops into two, one and out. Now he throws the stone into three, hops into one, two and four and so on, missing out three. He continues in this way, throwing the stone in turn into each square, hopping over or round it on the outward journey and retrieving it on the return journey while balanced in the previous square. When a player overbalances, or throws the stone into the wrong square, the turn passes to the next player, and the first player starts again from the point where he went wrong when his turn comes round again.

### **Hopscotch (variations)**

1. Hop from square one to the end and back with the stone balanced first on your palm, then on the back of your hand, then on one foot, on your head, your shoulder and finally on an eyelid (with your head tilted back).
2. Hop throughout on both feet, in a squatting position.
3. Hop from square one to the end kicking the stone from square to square with your hopping foot as you go.
4. Having completed variation 3, stand with your back to the Hopscotch design and throw the stone over your shoulder. If it lands on a square, mark it with your initial. After that, nobody else may touch that square with stone or foot. The player with the most squares at the end of the game is the winner.

### **Hopsquare**

Mark a grid of 9 squares, numbering them any way you want, then a 10<sup>th</sup> square somewhere at the top. No need for a scotch for this game, just hop very fast or jump with both feet together – through the numbers in their correct order. If you step on a line or miss a square – back to the beginning.

## F

### Skipping Games

#### Skipping Games for Two

The first person starts skipping on her own. The second person jumps in to join her, skips and jumps out at the appropriate time in each rhyme.

I like coffee, I like tea,  
I like *Sophie* in with me,  
I don't like coffee, I don't like tea,  
I don't like *Sophie* in with me.

One o'clock, two o'clock, three o'clock, four,  
In comes *Polly* through the door.  
Five o'clock, six o'clock, seven o'clock, eight,  
Out goes *Polly* through the gate.

Early in the morning at eight o'clock  
Sure to hear the postman's knock.  
In comes *Mary* running to the door  
One and two and three and four.

#### Skipping in a Group

For these games two people are holders, each taking one end of the rope and turning it continuously, while all the rest are skippers. When one skipper has completed a rhyme, she runs out and is replaced by the next skipper.

Holders start turning the rope, the first skipper jumps in and everyone recites the rhymes.

#### Figure of Eight

Holders turn the rope while the first skipper runs in, skips 3 times, runs round one holder, in again for 3 more skips, round second holder, in again for 3 more skips and out. Other skippers follow in turn.

## **G**

### **Field Games**

#### **Bases Jammed**

*Equipment: 4 hoops (or ropes to make circles), enough balls for each member in one team to have one to kick. Using ropes allows for adjustment of the base size*

Players are divided into several small teams and the hoops placed as bases on a diamond

Shaped pitch. One team goes to the home base and each is given a ball to kick, spreading out so they can kick the balls comfortably. The rest of the players become fielders.

When those kicking are ready, they kick their balls into play at the same time. The team must then run to the first base, get inside the hoop/circle and remain for a count of 3. They then run on to the second base, repeating the action of getting inside the circle and remaining for a count of 3 and similarly for the third and home bases.

The fielders must try to get all the balls collected up and back to the home base before the running team arrives.

A second team then takes the place of the first, coming up to kick, while the first team becomes fielders.

#### **Name Dodge**

Players spread out around the field space, with about one third holding dodge balls. The action should start on a *clear signal*.

Players with a dodge ball call out the name of a person they have chosen to target and try to hit that person with a thrown ball on the legs. They should keep calling the name while in pursuit. If a targeted person is hit with the ball on the legs, s/he takes the ball and becomes a pursuer, calling out the name of her/his target.

If a person has hit another with a thrown ball, this player immediately becomes a possible target.

If the player throwing the ball misses, s/he retrieves the ball and starts again.

The player with the ball may abandon a chosen target but must call out the name of the person who has become the new target before starting to pursue that person.

*(The game can be made more fun if the pursuing players use added dialogue e.g. "I'm right behind you, Joe" or "There's no escape, Lauren" or "I'm very sorry, George, but I need to hit you with this ball".)*

### **Aruban Field Ball**

*Equipment: 2 very distinctive balls. One becomes the "SCORE" ball, the other the "STOP" ball. For reasons which will become apparent, avoid using balls with high bounce or which can be thrown or will roll a long way!*

Divide a group into two teams. Give one team the SCORE ball and the other the STOP ball.

The team with the SCORE ball should form a circle as fast as possible and start passing the ball round the circle. Each time the ball goes all the way around the circle the team gets 10 points and should shout out the score on completing a circuit. ("Ten, twenty, thirty" etc.)

The team with the STOP ball line up, front to back, and pass the ball backwards down the line, using the "over the head" technique (or the "over and under" method if you prefer). Whoever is last in line should run to the front of the line, on receiving the ball. The team can then yell, "STOP!".

When the team with the STOP ball yell, the team with the SCORE ball should also stop. Both teams are then free to throw both balls anywhere within the boundaries. Each team should run to the opposite ball and start the routine that goes with that ball, either scoring or stopping. At the next "STOP" call, they set off again for the opposite ball.

### **Going My Way**

*Equipment: One soft object, such as a bean bag for every two players*

The group forms one large circle on the field. Give the instruction to pass to the person on the right and "feed" in the bean bags until you feel the group is being properly challenged. Let this carry on for a minute or two, then take a break to announce the next rule.

When they hear "SWITCH" the players are to reverse the direction of all the bean bags. Each "SWITCH" means switch direction. Let the players do this for a bit, then give them some more rules.

Calling "EVERY OTHER" means the players should toss the bean bags not to the person next to them but to the next person, so that the bean bags are now being tossed to every other person.

"NEXT TO, NEXT TO" means the players go back to the original idea.

The last sequence is "CROSSOVER". This means the bean bags stop moving and all players cross over through the circle at the same time, form a new circle and get the bean bags going again in the last given direction and manner.

When the group has mastered all the actions, call out changes at will.

*Note: introduce each action gradually and watch out for pupils feeling dizzy or uncomfortable.*

### **Bibliography**

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