

Movement games

Any age

Movement

35 min main activity

Zero prep

Session goal: 35 minutes of active play with nothing but cones, bags or coats as markers. Two-sentence rules, quick water break between games.

MATERIALS, WITH SUBSTITUTE

Six cones or six school bags. That is the entire list.

PREP BEFORE CHILDREN ARRIVE

None. This is the plan you run when the day falls apart.

BLOCK	TIME	WHAT HAPPENS	STAFF NOTE
Corners	10 min	Number four corners of the room. Call a number, everyone runs to that corner, last one there swaps into the calling role	Keep the calls quick so nobody stands still for long
Cone tag	10 min	Two taggers, a safe zone at each cone, only three seconds allowed in a safe zone	Rotate the taggers every few minutes
Line relay	10 min	Teams behind a line race to a cone and back. Change the movement each round: hopping, sidestepping, crab walk	Mix the teams so no round is a foregone conclusion

Scaffold

Shrink the space so slower children are never far behind.

Stretch

Older children referee a round, which stops them coasting and gives you a second pair of eyes.

This is your Plan B

Keep a printed copy in the folder so nobody has to invent games under pressure.