

I'm not a bot



























The mood in the office is sluggish. Productivity's dropping by the second. Creativity's grinding to a halt. And you can't remember the last time someone looked up from their desk with a smile on their face. So, with business results on the line, it's time to rally the troops, lift everyone's spirits, and restore some life to the room!That's where energizers come into play. A type of ice-breaker that's commonly used as a team warm-up before meetings, these fun activities are designed to invigorate groups, raise energy levels, and improve focus. Today, we're going to reveal 24 of the best energizer games and activities for work groups that we've encountered in our time running company retreats. Enjoy!Our favorite energizers and team warm-up activitiesThere's no shortage of effective energizers and warm-ups for the workplace. In this section, we're going through 5 of our absolute favorites. Suitable for almost any occasion, they're the perfect place to start.1. Group exerciseSome of the best energizers are also the simplest. Case in point? Exercise.Well-known to perk you up, improve your mood, and make you feel more alert, getting the body moving can work wonders in the workplace. There are all sorts of ways to use exercise to your advantage too. For example, you could:Hire a personal trainer to run morning workouts in the officeGo for a short walk as a team each afternoonEncourage everyone to do some simple stretches/exercises at their deskGo into the hallway and run relay races togetherClear a space and run around the office for 5 minutes, dropping to the floor to do certain exercises (e.g. push-ups, squats, or burpees) every 20 secondsHowever you incorporate exercise into the workday, it's almost guaranteed to have positive effects on people's energy levels. Stress relief, improved physical health, and stronger social ties are a few other benefits to look forward to.2. Attract and repelFun, chaotic, and surprisingly difficult, Attract and Repel is a fantastic game for making people laugh and for breathing life back into the room. Here's how it works:After clearing a space in the office, get everyone together and ask them to start walking around the room. Next, tell them to choose 2 colleagues (without saying anything) and one of which they must stay as close as possible to as the other they have to stay as far as possible from.What follows often borders on bedlam! People will giggle with glee and squeal with dismay as they attempt to juggle these two competing goals. Try playing this game for 5 to 10 minutes before a morning meeting or after lunch. - traditional low points in terms of energy levels - to feel an instant boost in positivity.3. Most likely toHere's an ice-breaking, energizing, and entertaining game that's great for small teams of people who know each other already. Expect it to open up funny conversations and help everyone learn more about their colleagues in the process.Super simple, you play in a circle and take turns asking "who is most likely to", followed by a specific trait or activity. For instance, Sally might ask the group, "Who's most likely to bungee jump off a bridge?" Or "Who's most likely to play a prank on the boss?" Each team member then votes for whoever they think is most likely to do that activity or possess the trait. To spice things up, you could say that the participant with the most votes must perform a light-hearted punishment, such as making everyone a cup of coffee or handling the next tricky customer!4. Human rock, paper, scissorsRock, Paper, Scissors is a classic game you've probably played since childhood to pass the time and make group decisions. But have you ever done it using your bodies to make the shapes as opposed to your hands?That's exactly what happens in the "human version" of the game. Fun, quick, and ideal for getting people giggling and moving, you start by deciding a full body pose for each item (e.g. rock could be curling up into the fetal position) and then dividing the team into 2 groups.From there, you face off against each other, taking a few seconds before each round to decide which pose your group will make. When that's done, you count down from 3 and move as one to do your pose. As always, rock beats scissors, paper beats rock, and scissors beat paper.5. Pink toeReady to channel your inner child and do something silly as a team? This hilarious energizing exercise involves colleagues listening to instructions and pressing different parts of their bodies to objects around the office, depending on the color. Sounds bonkers, right? So let us explain...You are the facilitator - start the activity by calling out a body part to work on. The team then has to find items in the office that have that particular color and touch it/then with the chosen body part! For instance, if you called out "gray elbow", people would run around finding something gray to put their elbow on.The basic version of this game's fun, but adding a competitive element can make it even better. Why not set a time constraint for completing each task? Or limit the number of people who can touch a particular item? If they take too long or can't find something to touch, they're out; the last workmate remaining is the winner.Quick and easy energizers to try before meetingsSome of the best energizer activities are short and sweet in nature - quick-fire ways to rejuvenate the room and get everyone back into a productive mindset. Here are 5 team warm-ups and games that fit this description:6. Fizz buzzWo! we Fizz Buzz. A classic energizer game you may remember from your school days, it involves standing in a circle and taking turns to count upward from 1. However, there's a mathematical twist that complicates proceedings...Every number that's divisible by 3 is replaced with the word "fizz" and everything divisible by 5 is replaced with "buzz"; numbers divisible by both 3 and 5 are replaced with the words "fizz buzz". For instance, a typical round would look like this:"1, 2, Fizz, 4, Buzz, Fizz, 7, 8, Fizz, Buzz, 11, Fizz, 13, 14, Fizz Buzz, 16..."The idea is to go around the circle as quickly as possible. If someone hesitates or makes a mistake, they're eliminated. The last person standing is the winner!7. Got your fingers-5 minute energizers don't get much better than this one. Got Your Finger is fun, fast-paced, suitable for groups of all sizes, and sure to lift the mood. Oh, and it requires no prior planning or preparation either. Here's how to play:Ask the team to stand in a circle, close together, and face inward. Next, tell each participant to stick their right hand out with their palms facing the ceiling. They then have to put their left index finger on the open palm of whoever's standing to their left.Now the fun can start! "When you shout 'Go'", each participant must try to close their hand around their partner's finger before they escape. It's multi-tasking at its finest - trying to stop the colleague to your left from catching your finger, while simultaneously trying to grab whoever's on the right.8. Shock waveIf you're in a big team and want a fun and speedy energizer to lift the mood in record time, try Shock Wave.To play, clear a space and ask the whole team (except you, the moderator) to form a circle. Colleagues then have to join hands with the people next to them and shut their eyes. Next, quietly touch the shoulder of one person in the circle.When they feel your touch, it's their job to begin the "shockwave" - moving both their arms up and down in a wave-like motion, thus sending it to whoever's on their left and right-hand side. Those people then continue the wave, taking the "shock" in one arm and replicating it in the other.This continues around the entire circle until someone on the opposite side feels the movement in both arms simultaneously. At that point, they yell "KABOOM", and everyone can re-open their eyes. Repeat as many times as you want to! 9. Pass the ballPopular in interview settings and among new teams, Pass the ball is an effective ice-breaker that both unites and energizes employees. It couldn't be simpler to play either. Standing in a circle, one person starts by throwing a ball to a colleague and asks them a question as they do so.The catcher answers, then repeats the process with another teammate. This continues for as long as you wish to play. Potential questions include: "What's your fondest childhood memory?" "Where did you grow up?" "What was the last movie you watched at the cinema?" "If you could have a superpower, what would it be?" "Would you rather have legs for arms or arms for legs?" To keep people entertained and inject more energy into proceedings, try to pass the ball and ask/answer questions as quickly as possible. You could also set rules (e.g. "if you drop the ball you have to do a dare" or "only open-ended questions allowed") to add another level of fun to the game.10. Balloon challengeStart this fun and active energizer by inflating lots of balloons in the office (the more the merrier!). When you're done, the challenge can commence:The team's job is to stop the balloons from touching the ground at all costs! Play for 5 to 10 minutes and explain there'll be prizes if they succeed.Want to give the game a competitive edge? Divide everyone into smaller teams and assign each one a bunch of balloons with the same color. They then have to work together to keep those particular balloons in the air (while simultaneously sabotaging the other teams' efforts). Bonus point: if you can inflate all the balloons before anyone else arrives at the office! Trust us, the game is on people's faces when they walk through the door!The best energizers for small groupsNot all energizer activities are made equal - especially where small groups of employees are concerned. Here are 5 invigorating activities to try in this unique workplace dynamic:11. Isn't that crazy?Want to get people talking? Get the team's creative juices flowing? Instigate some laughs and spark some fun into the day? This energizer will be ideal. To play, gather around in a circle and explain that they'll be working together to tell a story. The catch is that they're only allowed to say 3 words at a time!After designating a direction (e.g. counter-clockwise), one person begins by saying "Isn't that crazy?" Whoever's next then continues the tale with 3 words of their own - a process that continues until the story reaches a natural conclusion. The wackier, wilder, and more random the story, the better. For instance:Person 1 "Isn't that crazy?"Person 2 "That the team"Person 3 "Has a big"Person 4 "Bad wolf waiting"Person 5 "In the cupboard"Person 6 "That loves to"Person 7 "Eat lazy receptionists"Person 8 "But dislikes it"Person 9 "When people sing"...12. Walk and stop in syncLooking for an energizer that's great for enhancing the group dynamic as well? This one should do the trick. Simple and sweet, start by asking everybody to stand side by side in a line - preferably in a large space - before issuing a simple instruction:"Walk forward together and then stop at the same time."The catch is that they're not allowed to talk! Whether they communicate through body language, facial expressions, and/or entering some sort of group consciousness, they have to walk and stop in sync, without speaking.Keep going until they achieve the goal and consider debriefing when they're done. What did they learn? How did it feel? What lessons will they take forward? 13. The chair gameHere's another awesome energizer for small groups that enables co-workers to have fun and get to know each other at the same time. To play, you'll need to find a sturdy chair for each employee and put them all in a single line. Next, ask everyone to stand on one, facing the same direction. From there, the group must reposition themselves in order of age (or height, or some other metric of your choice) - swapping places without touching the ground.It goes without saying, but make sure a) your office chairs are sturdy enough to hold people safely and b) everyone is physically capable of doing the task! If there's any risk of harm, or if somebody may feel left out if they're unable to play, consider skipping this energizer for something else on this list.14. Don't answer thatFun and laughter are guaranteed with Don't Answer That. A verbal exercise this time, all participants have to do is stand in a circle asking each other questions! As you'd expect, though, there's a caveat... You don't answer the questions directed at you.The person standing to your left does it instead. For example, imagine that James asks you, "What's the most embarrassing moment of your life so far?" You'd have to stay silent while Jeanette - the person to your left - claims it was when you got drunk at the last Christmas party and told the CEO you loved her. The idea isn't necessarily to be truthful (although it isn't a rule that you can't be). The goal is simply to have a good time, make people laugh, and lift the mood.15. My first job was...Here's another easy, energizing, ice-breaking, and amusing activity that brings teams together and helps co-workers learn more about each other.To play My First Job, start by handing out a pen and a post-it note or scrap of paper to each participant. Next - and without showing anyone else - they have to write down whatever their first job was, before folding up the paper, and placing it in a hat/box in the center of the room.From there, teammates take turns selecting a post-it from the pile, reading the role to the group and then guessing who wrote it. If they get it wrong, the rest of the team can jump in, working together to decide who had the job. Expect friendly banter, laughter, and all sorts of revelations to ensue!Top tip: My First Job can be played in remote teams too. You'd simply ask people to send their jobs to you - the moderator - privately beforehand, then plug them into an online tool such as What Decide. Employees can then spin the wheel and guess the owner of whatever job they land on. The best energizers for large groupsDoing the previous activities with larger groups is like trying to start walking slowly around a ship that's a few sizes too small. It almost feels like you're shouting at the partner's eyes. When that's done, they swap back (so they're holding the paper with their name on it). You then repeat this process for the remaining facial features (i.e. nose, ears, mouth, hair, chin, accessories, etcetera...). By the end of the task, everyone should be holding a full "self-portrait" that's been drawn by their colleagues!Top tip: Consider displaying these drawings somewhere in the office. It'd be a fun memory of the exercise and could become a decorative focal point for people to look at in idle moments.19. Competitive Human knotsHuman knot is a popular team-building activity that requires at least 6 people. To play, everyone stands in a circle, puts their hands into the center, and grabs somebody else's hands with their own (ensuring they're holding 1 hand from 2 different people). The group then attempts to untangle themselves without letting go - ducking, twisting, and climbing over each other as they go. It's fun, chaotic, difficult, and great for uniting teams, having fun, improving communication, and honing leadership skills. In Competitive Human Knots, we take things to a new level.This time, you separate your large group into separate teams of 6+ people and pit them against each other! The first team to untangle themselves wins. Alternatively, you could set a time limit to stop the activity from taking too long. The team that's made the most progress by the end, wins.20. Stand back to backShort, snappy, funny, physical, and with a powerful message about collaboration, this energizer for large workgroups is hard to beat.It starts with participants pairing up with someone of a similar build. They then sit back to back on the floor and link their arms together. Their task?To stand up while remaining with their backs together and arms interconnected.Aside from providing plenty of laughs, this warm-up activity provides a valuable opportunity to discuss the importance of trust, alignment, teamwork and moving in the same direction to achieve a common goal. Take advantage of it!Always be sensitive to people's differing physical capabilities though. Skip this exercise for something else if it doesn't seem appropriate. Energizers and warm-up activities for virtual meetingsWhat if you don't work face-to-face with your team though? If you're spread around the world in a remote arrangement, does that mean you can't benefit from energizing activities? Of course not! Here are 4 final energizers to try in your virtual workspace that are ideal for virtual team meetings:21. Roulette questionsQuick, easy, engaging, and ideal for getting to know one another, Roulette Questions is an energizer/ice-breaker that's sure to go down well before virtual meetings - especially for new teams.The game involves using an online roulette wheel (like this one) that's full of different questions. Co-workers take turns "spinning" the wheel and answering whichever one they land on.Simply work your way through the questions until there are none left (many roulette tools allow you to eliminate questions as you do, ensuring you never land on the same one twice) or until everyone has answered something!Try playing with a time limit to inject more energy into the activity. For instance, depending on its size, you could challenge the team to get through the questions in 10 minutes or less. This should stop the game from dragging on too long and make it more enjoyable to boot.22. Up, down, left, rightReady for a fun, 5-minute energizer that's suitable for groups of all sizes and you can do via video call? This one ticks all the right boxes.Start the activity by asking everyone on the call to stand up - ensuring they're still visible on the webcam. Then all you do is say the words "up", "down", "left", and "right" and tell the team to point their heads in the corresponding direction.Do this for 30 to 60 seconds at a fairly rapid pace. Next, change the rules so that people have to look in the opposite direction to what you say. So when you say "down", they should point their heads toward the ceiling, and vice versa.Keep going for another minute, gradually speeding up as you go. The light physical movement and mental challenge involved should invigorate and focus the group before your meeting; the mood should feel brighter too.23. Team tourOne of the simplest energizers you can do before a virtual meeting is to ask each willing employee to give a 1-minute webcam tour of their workspace. Take turns showing people around, telling them where you are, and accepting questions about the location and/or any noteworthy items/observations. We like this exercise for remote teams you often find that people are working in some unusual places! From cafes in Zanzibar to the breakfast bar in their brother's house, you learn more about each other and find new ways to talk about it. You could send prior instructions to colleagues a "special workspace" for the day. This could include putting up decorations, going somewhere new, or bringing family photos to show the group.24. Show and tellShow and Tell is a classic virtual ice-breaker where co-workers tell each other about an item on their desk that holds some special significance to them.However, we like a different version of the exercise! This time, each participant takes a photo of their workspace (or their lunch, or shoes, or something hanging on their wall) before the video call and sends it to you - the moderator. After compiling these snaps into a presentation and putting it on-screen during the meeting, you take turns guessing who took each photo and explain why you think so.Try these energizer and team warm-up ideas today!It's natural for energy levels at work to dip sometimes. People get tired, motivation ebbs and flows, and setbacks take a toll on team spirit. Likewise, it might be early in the morning, when that first round of coffee hasn't hit yet!Nevertheless, when you need everyone at their best and want to re-invigorate the room, it pays to have some energizers and team warm-up activities up your sleeve. With any luck, the ideas in this article will help in that regard. Keep them in mind, put them into practice, and it shouldn't be long before your team's fired up, focused, and operating at 100% again. Looking for the perfect place to try them out? Why not arrange for your team to go on a company retreat? Or, better yet, why not work with Surf Office to organize the perfect retreat for you? With years of experience and an extensive network of local connections in countries around the world, we're experts at doing exactly that. We help businesses break out of the usual routine and enjoy unforgettable team-building experiences - saving them time and money in the process.To learn more or get the ball rolling, get in touch today. If you're running out of fun warm up games, then this post is for you. Starting your class with a couple of fun warm up games is the easiest way to create fun team atmosphere and get the energy flowing. When I take a group fitness class, I start with the same pre-warm up (light cardio, mobility exercises, dynamic stretches), then transition into a warm up game which includes exercises that mimic the main part of my class. I have included 7 fun warm up games (in a simple template format), so you can improve your classes and keep your clients even happier. If you want the full collection of fun warm-up games, check out... The Big Book Of Fun Group Warm-UpsThe big book of fun group warm-ups is the perfect addition to your group fitness programme. You'll discover 50 tried and tested warm-up drills, games and challenges that will add more fun, energy and excitement to your classes. These creative ideas are best used after a pre-warm up of light cardio, mobility and dynamic stretches. Here are some fun warm-up games from the manual. Notice how they're templated based, so you can add your favourite exercises and create different variations of each warm-up. #1:Combat TagMethod: Show the group a warm-up exercise to complete for 30-45 seconds then ask players to find a partner and player rocks, paper, scissors. The winner takes marker one, and the loser completes 5-push-ups.The objective of the game is to tag all 10 markers in ascending order (1-10). The first player to do this wins and the game is over. Repeat the round until you have a winner.Note: After each round change the exercise. You can turn drill this into a tougher (post warm-up) challenge by increasing the time to 1-minute per exercise and using harder exercises.Time: 8-minutesMethod: Split the group into small teams then show the group four exercises. I.e., squats, sit-ups, push-ups and jumping jacks. You'll also need two markers per team positioned as shown.Round 1: Players complete 10 reps of each exercise. When finished they place one team marker in front of the other advancing the snail forward.Players have 8-minutes to complete as many rounds as they can. The team that advances the snail the furthest wins.Note: Each player is working individual but as part of a team.Odd numbers: If you have a team with an extra player, two players on that team who are equal in fitness can work as one unit. Otherwise, they'll be at an advantage when moving the snail forwards.Time: 10-minutesMethod: Give each player a number (starting and 1 and working) up, then as players to jog clockwise around the circuit.Round 1: Call the even numbered players to the centre of the square and show them an exercise to complete for 1-minute. When finished, set them off running and they call the odds numbered players into the middle to complete the same exercise for 1-minute. Complete five rounds in total with 10 shuttles between them counting back from 70 (out and back is counted as one shuttle). Teams that fail to reach zero shuttles complete a forfeit. Partner work offers several advantages. Firstly, it fosters a sense of camaraderie and teamwork, as participants support and encourage each other throughout the challenge. Working with a partner provides motivation and accountability, making the workout more enjoyable and potentially increasing performance levels.Additionally, sprinting itself brings numerous benefits to physical fitness. It is a high-intensity exercise that engages multiple muscle groups and significantly elevates heart rate. Sprinting improves cardiovascular fitness, increases speed and agility, and enhances lower body strength and power. It is also an excellent way to burn calories and improve overall endurance.The challenge of reaching 60 shuttle sprints within a limited time frame adds an element of intensity and urgency to the workout. This helps to improve participants' speed and stamina while pushing them to their limits.Overall, the combination of partner work and shuttle sprints offers a dynamic and engaging workout experience. It promotes teamwork, enhances motivation, and provides an effective way to improve cardiovascular fitness, speed, and lower body strength.Coin Flip Warm-Up GamesPlayers complete 100 push-ups in sets of ten. After each set they flip a coin and complete 5 Burpees only if they flip a tail. The first player to finish wins and the game is over. You can play one game as a finisher, or more for a longer challenge. If you decide to play multiple games, change the exercise after each game.Using training aids such as coins, playing cards and dice to create fun warm-up games and challenges has many benefits. Promote camaraderie and teamwork among participants.Enhance motivation and create a sense of friendly competition.Provide variety and excitement to workouts.Foster social interaction and a sense of community.Increase engagement and adherence to exercise routines.Improve overall fitness and endurance through challenging gameplay.3 Fun Bootcamp Ideas Post Warm-up GamesThe idea is to carry on where you left off with another fun activity. Here are a few fun drills taken from the Workout Design Club, a workout builder that makes it quick and easy for group fitness trainers to plan more enjoyable workouts.#1: Beat The ClockBeat The Clock is a versatile and engaging bootcamp drill that can be customised based on the specific objectives of your session. Whether you're focusing on strength training or using equipment like kettlebells to target the lower body, this game can be adapted accordingly.Here's how to play:Start by creating a workout then complete it for time. In your next class, have your clients complete the same workout and asks them to beat your time.Forfeits: For every minute a player goes over, they complete 2 Burpees at the end of the class. So if a player goes over your time by 6 minutes, they owe you 12 Burpees. Motivation: Because every minute counts, it encourages everyone to work harder and strive to beat the clock.By incorporating the "Beat The Clock" game into your group fitness programme, you can infuse a competitive spirit and drive among your clients. It not only energises the atmosphere but also helps participants push themselves to achieve their best within a set timeframe. AMRAPs (As Many Rounds As Possible) are highly versatile and can be utilised in various ways, whether as fun warm-up games by using warm-up exercises or as a component of a more intense workout.Here's an interesting twist to maximise the benefits of AMRAP:Method: Participants engage in a 10-minute AMRAP, aiming to complete as many rounds as possible within the given time frame. After the initial round, participants exchange their scores and repeat the AMRAP. The objective is to surpass your partner's score and strive for continuous improvement.By incorporating this twist, the competitive element is introduced, pushing participants to outperform their previous rounds and challenging themselves to surpass their partner's performance. This not only adds excitement and motivation but also encourages participants to give their best effort during each AMRAP session.Whether used as a fun warm-up game or as part of a larger workout, this modified AMRAP format fosters a sense of friendly competition and personal progress. It can serve as a powerful tool to keep participants engaged, inspired, and continuously striving to achieve their best results.Introducing "Build Your Own Tabata" - a customisable workout that allows players to actively participate and select their preferred exercises. This workout incorporates a variety of exercises categorised into three groups: lower body, core, and cardio. By giving players the freedom to choose their exercises, it enhances their sense of involvement and motivation throughout the workout.To start, create a list of 12 exercises on a whiteboard, consisting of 3 lower body exercises, 3 core exercises, and 3 cardio-based exercises. Each player participating in the workout will have the opportunity to select one exercise from each category, ensuring a well-rounded routine.The workout follows the Tabata protocol, which involves completing each exercise for a total of 4 minutes. To achieve this, set your interval timer for 32 rounds, with each round lasting 20 seconds of work followed by 10 seconds of rest. This structure allows for 8 rounds per exercise, giving participants a focused and intense workout experience.The benefits of this approach are twofold. Firstly, Tabata training is known for its efficiency in improving cardiovascular fitness, muscular endurance, and calorie burning. By adhering to the specific work-rest intervals, participants can push themselves to their limits during each exercise, maximizing their results in a short amount of time.Secondly, by allowing players to choose their own exercises, it creates a sense of ownership and personalization in the workout. This aspect promotes engagement and enjoyment, as individuals are more likely to be motivated and committed when they have a say in the activities they perform. This sense of involvement increases the likelihood of adherence to the workout routine, leading to long-term fitness success.In summary, "Build Your Own Tabata" offers a dynamic and engaging workout that can be used straight after a fun warm-up, or later on in your class. By combining the benefits of the Tabata protocol with the freedom of exercise selection, participants can achieve efficient and effective workouts while maintaining a sense of personalisation and enjoyment.Want 50 More Fun Warm-up Games?Conclusion: Incorporating fun warm-up games into group fitness classes brings a whole new level of enjoyment and engagement to workouts. These games not only enhance camaraderie and teamwork among participants but also add a sense of excitement and friendly competition. By incorporating variety and interactive elements, trainers can create a dynamic and inclusive atmosphere that motivates individuals to stay committed to their fitness goals.If you're a group fitness trainer looking for a comprehensive resource to spice up your warm-up routines, I invite you to check out my new book, "The Big Book of Fun Group Warm-Ups." Packed with a wide range of creative and effective warm-up games,This incredible resource is designed to help you make your group fitness classes more entertaining and energising. Discover new ideas, strategies, and approaches that will elevate the experience for both you and your participants.Don't miss out on the opportunity to revolutionise your group warm-ups and create an unforgettable fitness journey for your clients. Visit "The Big Book of Fun Group Warm-Ups" today and take your group fitness sessions to the next level. Let the fun and fitness begin!To your success,Leon Melnicenko 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 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 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 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 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 are wearing or birthday months. Any player who fits the category you call out has to run under the 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 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 take turns getting a basketball and dribbling it to their hoop. Any time you blow the whistle, students can steal basketballs from other nests. The winner of each nest is the one with the most basketballs when you blow the whistle a second time. Set up nine hula hoops in a 3x3 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 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 grab 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 other players on their team. There is no bounce 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. 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 beach balls until you have several going at the same time. Set up two balance 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 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 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 they 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 student demonstrate any move they want, such as jumping or spinning in circles. The rest of 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 players try to get past the bulldog. The game is getting tagged. This game is played like traditional tag except that whatever body part gets tagged can be tagged anywhere. If he gets tagged on the leg, he has to hop on that leg. This game is played just like traditional kickball except the players 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 regular basketball except students use a bucket instead of the usual basketball hoop. Break your class into small teams of 5 or 6 players. Give one student from each group a jump 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 out their stomachs in the middle of the play area. Spread them out so there are several fake alligators. 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 gets a student, 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. Choose one student to be "it." That person starts to throw 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. Get In Touch!The PE Hub,Grosvenor House,11 St Paul's Square,Birmingham,B3 1RTTel: +44 0121 661 6530Email: info@thepehub.co.uk Grade level: K-3Equipment: NoneGame Description: A simple game. A 'try not to crash' game. And actually another really fun game. It's a fantastic LARGE GROUP game too! (Thanks to Jiang Xiaolei) Grade level: K-8Equipment: ConesGame Description: Who likes to sprint? OK, probably not many people. But in this game, the participants might actually enjoy it (at least a little bit). That's the hope. It's a very easy idea: on every blow of the whistle, players will sprint and even try to catch the person in front of them. Then the groups rotate. Repeat, repeat, etc. Grade level: K-4Equipment: cones, exercise balls, optional Christmas musicGame Description: Another Christmas physical education game idea. It's simple, yet really fun! Players will be in relay teams. Each group will get a large exercise ball, which represents their snowball. And they're going to run! And they're going to race! They must keep control of the ball. Play your favourite upbeat Christmas music for extra excitement. Also great as a warm-up. Grade level: 1-8Equipment: ball, exercise ballGame Description: Here's a fun teamwork game. It's very easy to play, and it's great to use for a fun cooperative experience. There are actually 3 ways to play, each with a varying level of difficulty. Start by asking your players to explain what cooperation means. And they will soon realize that if they work together, they will accomplish the task quickly and effectively! Grade level: 2-6Equipment: sticky notes, or pieces of paperGame Description: This game is a mystery! Players don't know who the catchers are. But they'll soon find out. Try this game out for lots of laughs and lots of running! It's another game that will not disappoint! (Thanks Chantal Dubois) Grade level: 1-6Equipment: Bean-bags, conesGame Description: A fun little moving and reacting game. Small groups can spread out along the playing area and players will try to be the first to grab the right beanbags to win points! (Thanks to Jiang Xiaolei) Grade level: 2-6Equipment: Hula hoopsGame Description: Game straight outta China. Time for an ambush! Use hula hoops, or could use other equipment depending on the desired skill (Thanks Jiang Xiaolei) Grade level: 3-8Equipment: Type of ballGame Description: Quick, easy, effective warm-up or instant activity, best played outside but could work indoors with a smaller group. Traffic Lights is a PE Warm Up Game focused on rule following and movement. To find out how to play this PE Game and for activity differentiation download now.