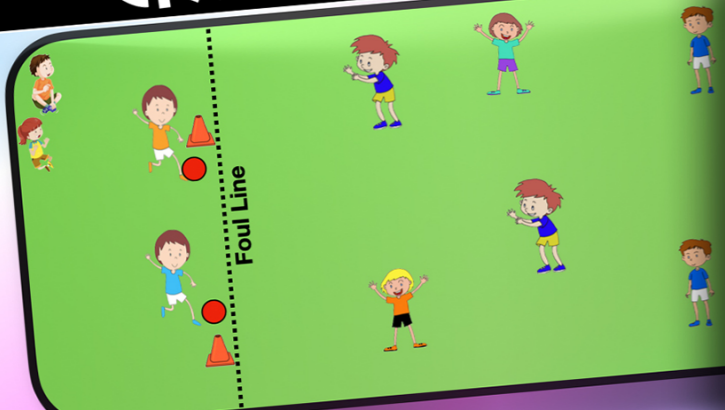


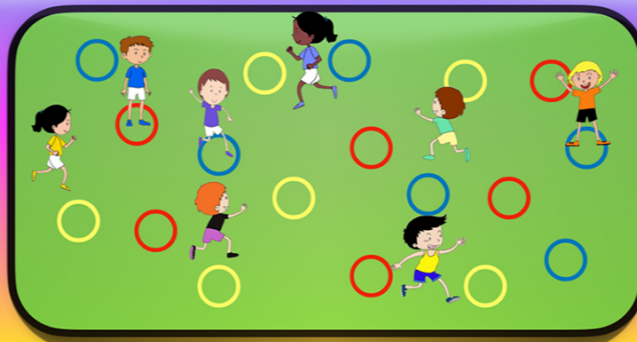
# Large Group Games

25 FUN ACTIVITIES FOR KINDER TO 8TH GRADE

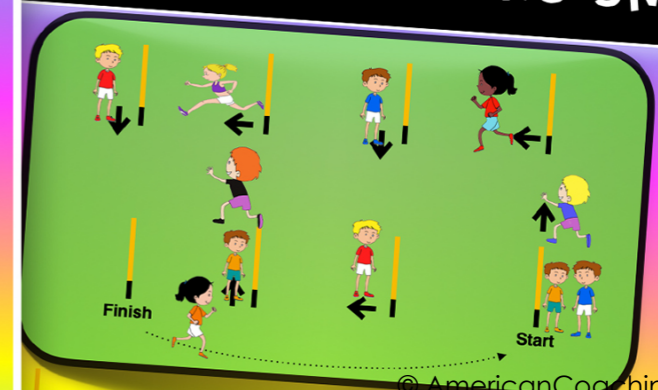
## CRAZY KICKBALL



## HOOP ISLANDS



## ROCK, PAPER, SCISSORS SNAKE



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# INTRODUCTION

Welcome to Powerhouse PE - Large Group Games!

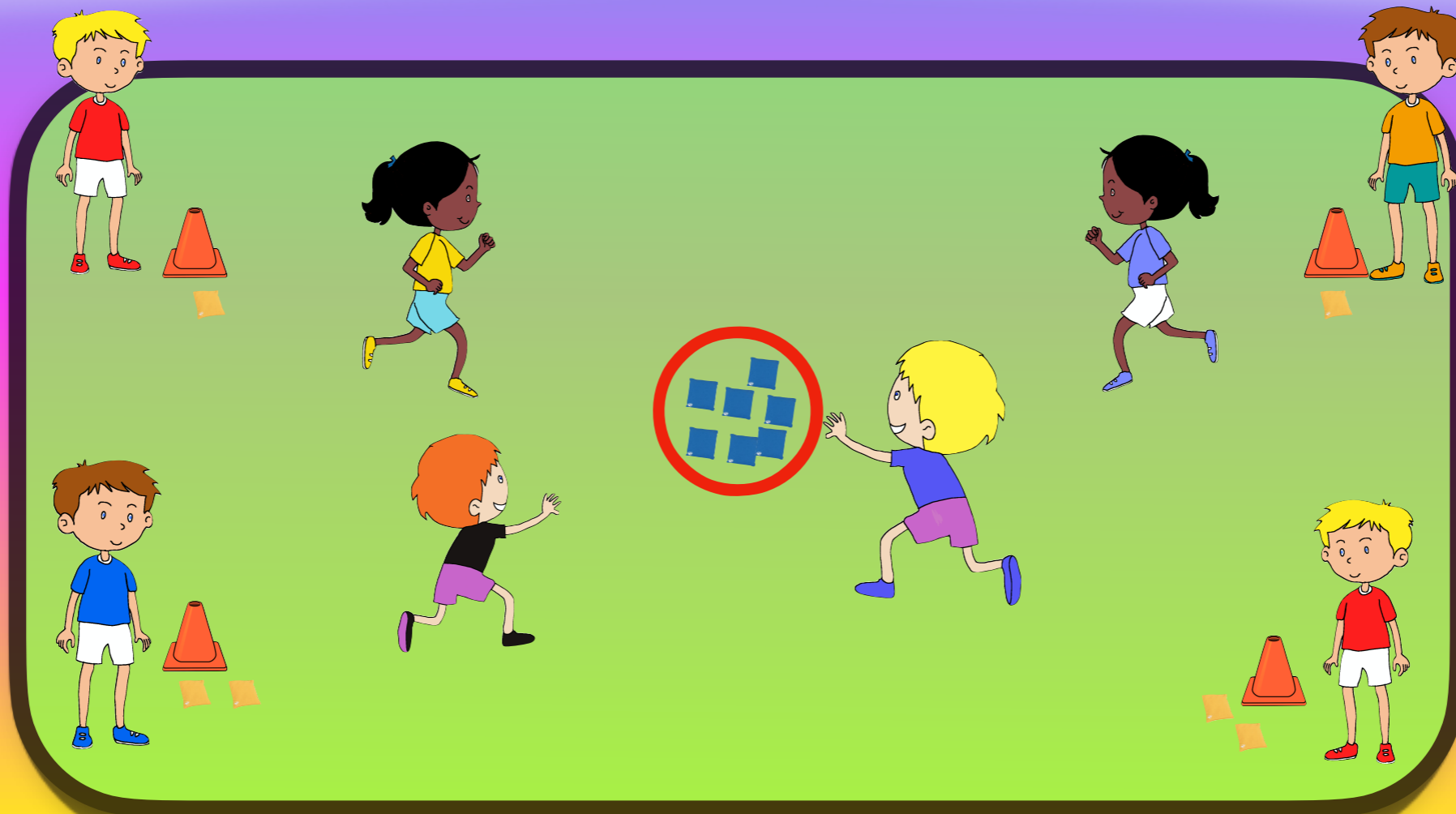
In this resource, we've provided 24 fun games designed for groups of 12 or more. You can use these games for PE class, recess, field days, summer camps, or after school sports programs. Many of them can also be used with smaller groups with some minor modifications.

Each game is explained with step by step instructions and rules for running the game. Along with a detailed diagram and equipment list showing you exactly how to set up the space. The activities are appropriate for Kindergarten through 8th grade students, and can be done indoors or outdoors.

Let's get started!



# ROB THE NEST



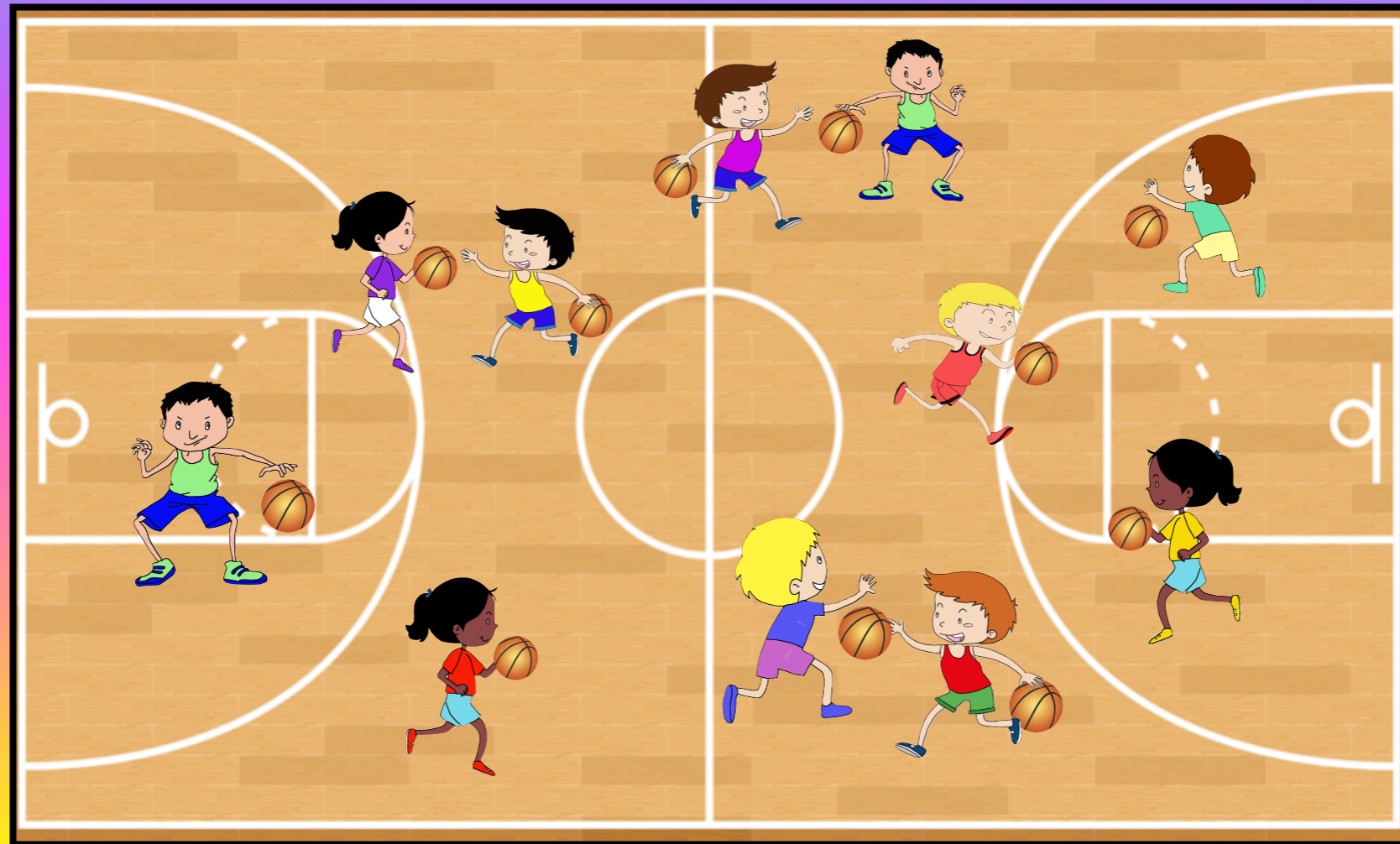
## Setup



Split group into 4 teams. Place beanbags in the middle circle. On the teachers whistle students race one at a time to collect ONE beanbag and bring it back to their groups 'nest' and tag the next student in line. After all beanbags have been taken from the middle, students may start 'stealing' from other teams 'nests'. The team with the most beanbags after a designated time are the winners.



# DRIBBLE KNOCKOUT



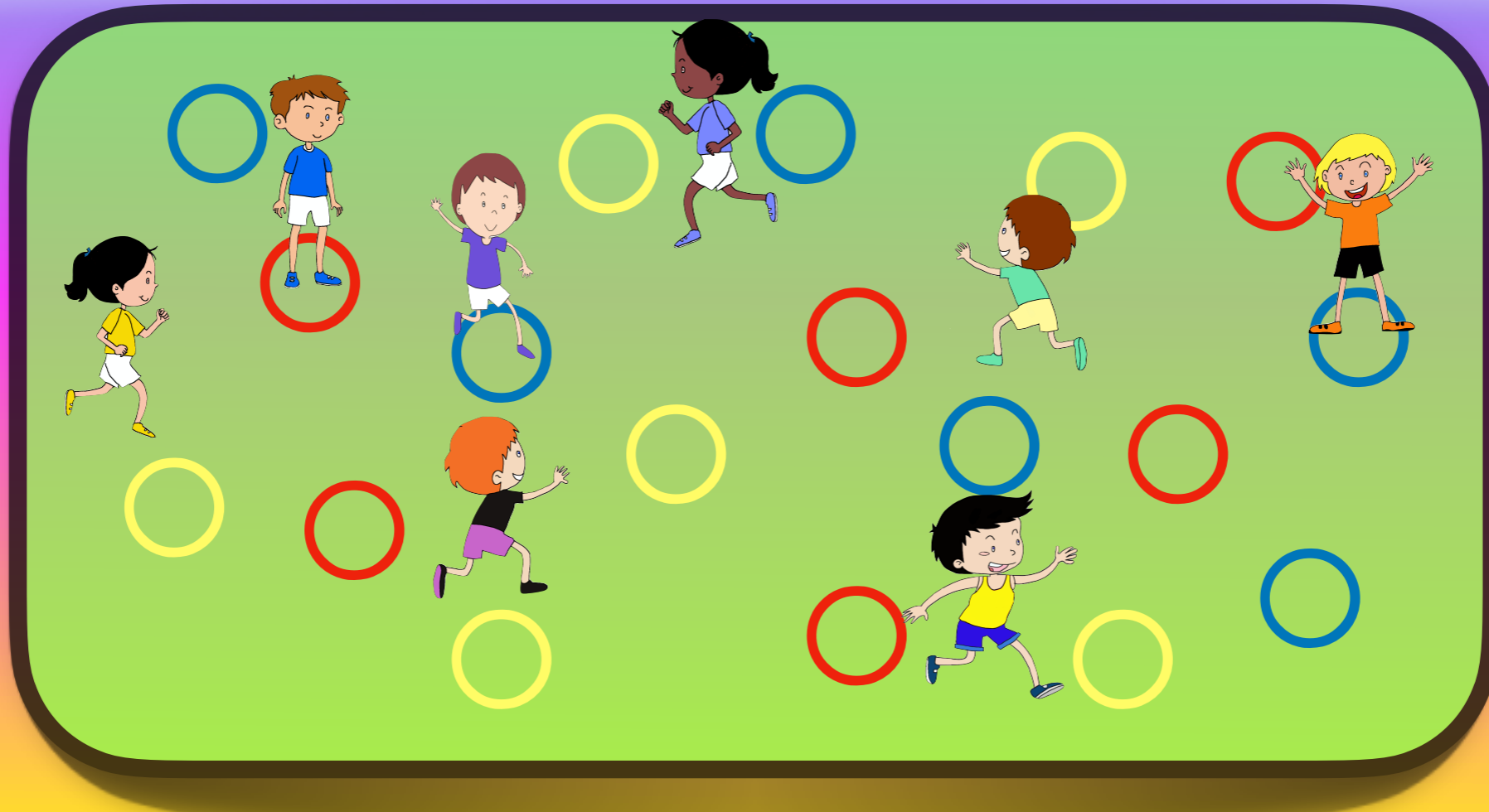
## Setup



**1 Basketball for each student**

In this game students each have a basketball. The aim is to try and protect your basketball and knock others ball out bounds. No body contact allowed. Start with the whole basketball court, then reduce the playing area.

# HOOP ISLANDS

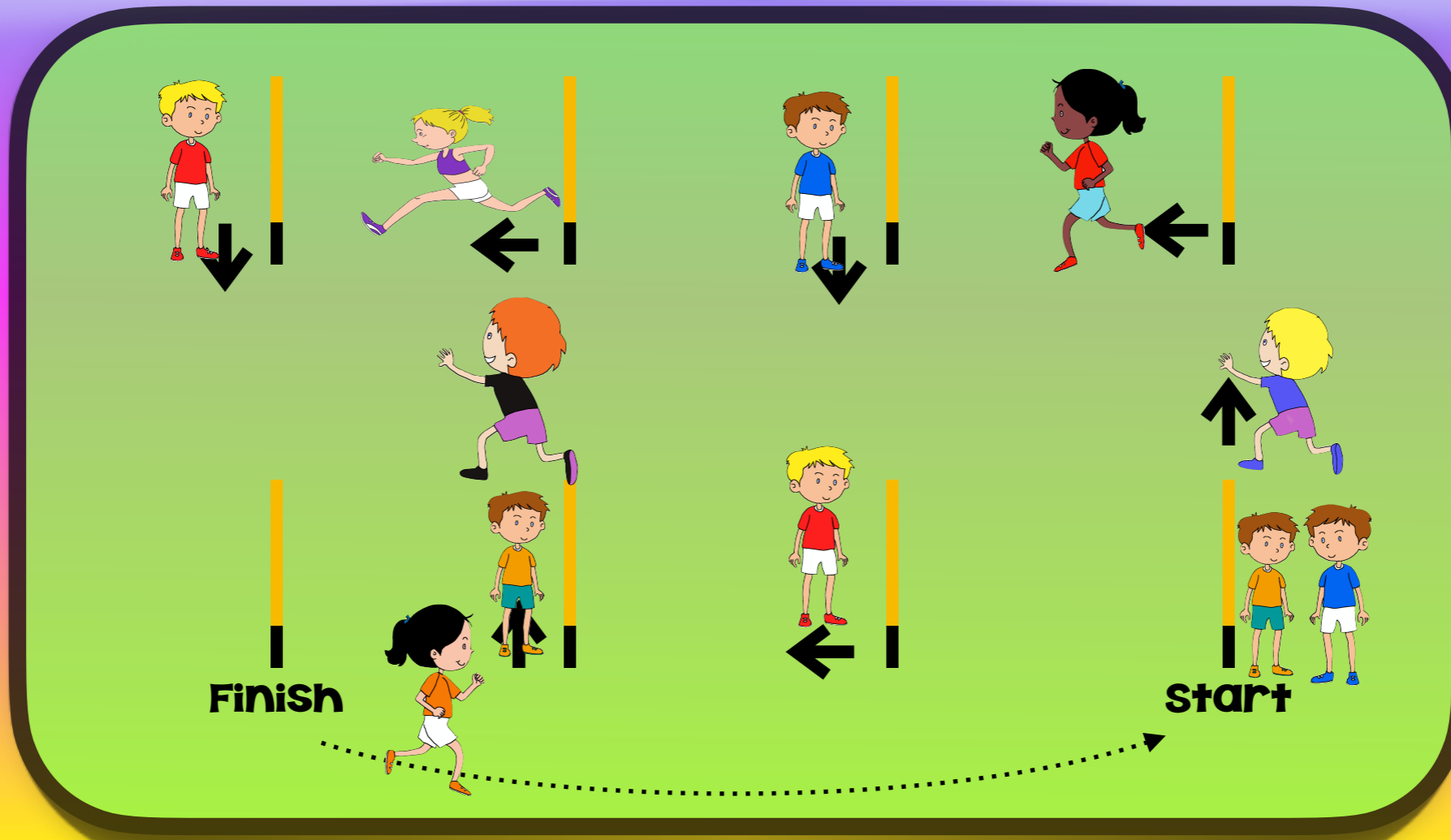


## Setup

 Assorted Hula Hoops

Spread Hula Hoops in playing area. On teacher command student run around playing area. Teacher calls out a number and students must try and get into a hula hoops with that many students (each place one foot inside hoop). The first group to do so scores a point.

# ROCK, PAPER, SCISSORS SNAKE



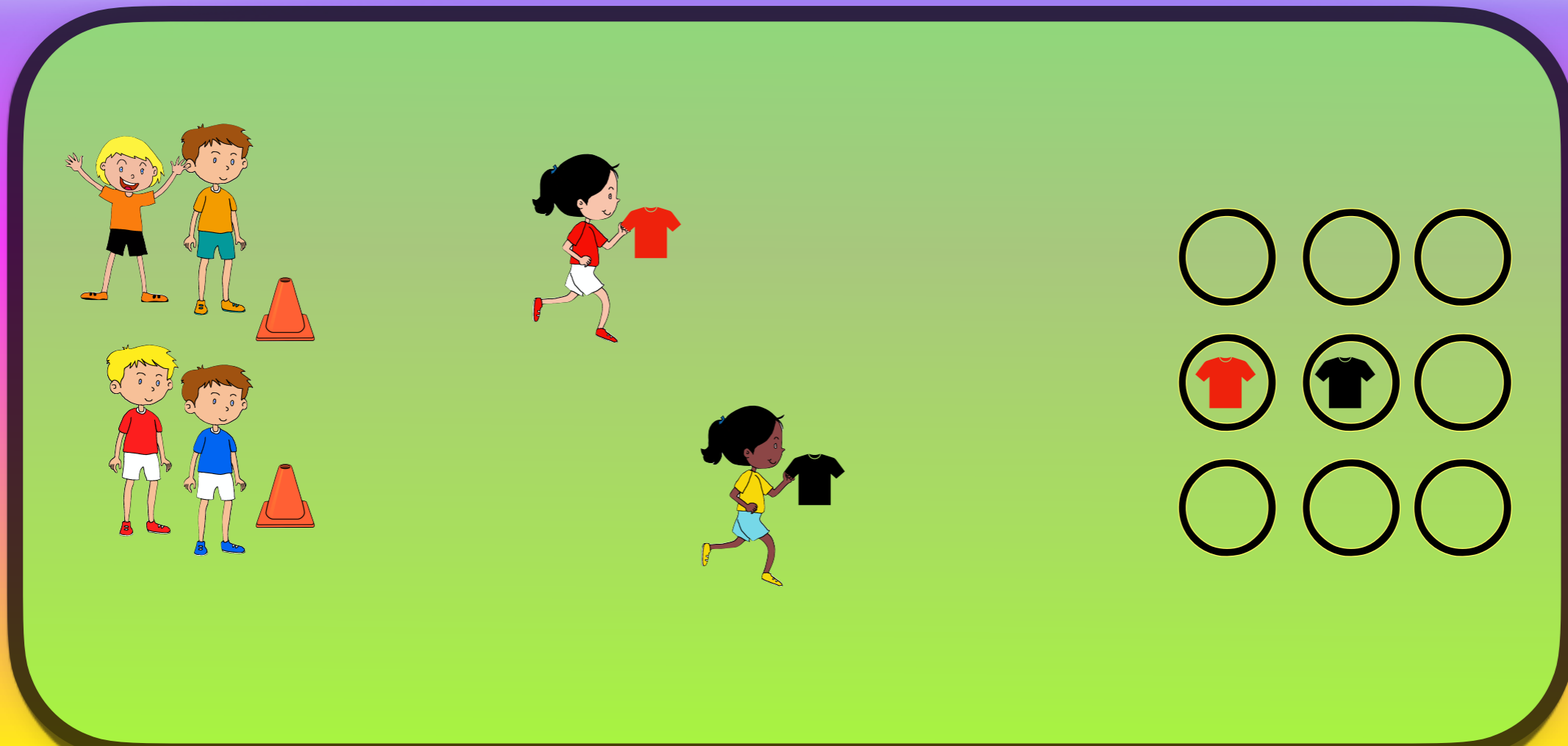
## Setup

### 8 x Agility Poles

All students being at the start line. They play anyone in a game of rock, paper, scissors. If they win, they move to the next pole, if they lose they turn and face someone and play another game. The aim is to get to the last pole and the race back to the start. Count how many laps you can get in. If a person is at a pole by themselves at the back with nobody to play, they do 5 star jumps and run to the next pole.



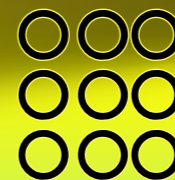
# TEAM TIC TAC TOE



## Setup



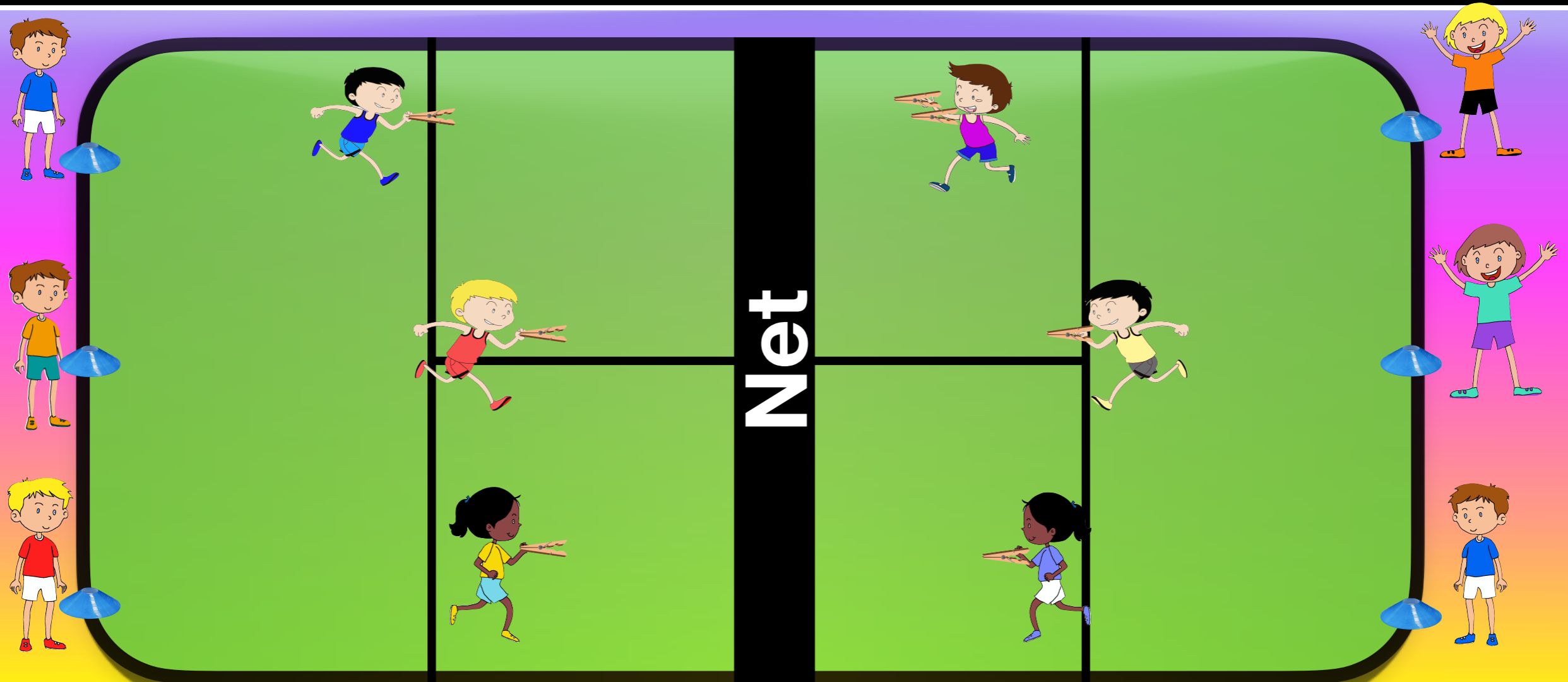
Shirts or Cones to designate each team



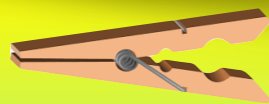
9 x Hula Hoops

Setup as shown with groups of 3-4 students. The game begins with the first person in line racing out and placing their shirt/Cone inside a hula hoop, they then race back and tag the next person in line who does the same. The game continues until one team gets 3 in a row. Variations. Change locomotor, add more hula hoops and make it a connect 4 type game, add a skill component students have to perform before they put a shirt in such as make basketball shot, throw a ball into a bucket etc

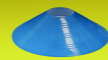
# Peg Relay



## Setup



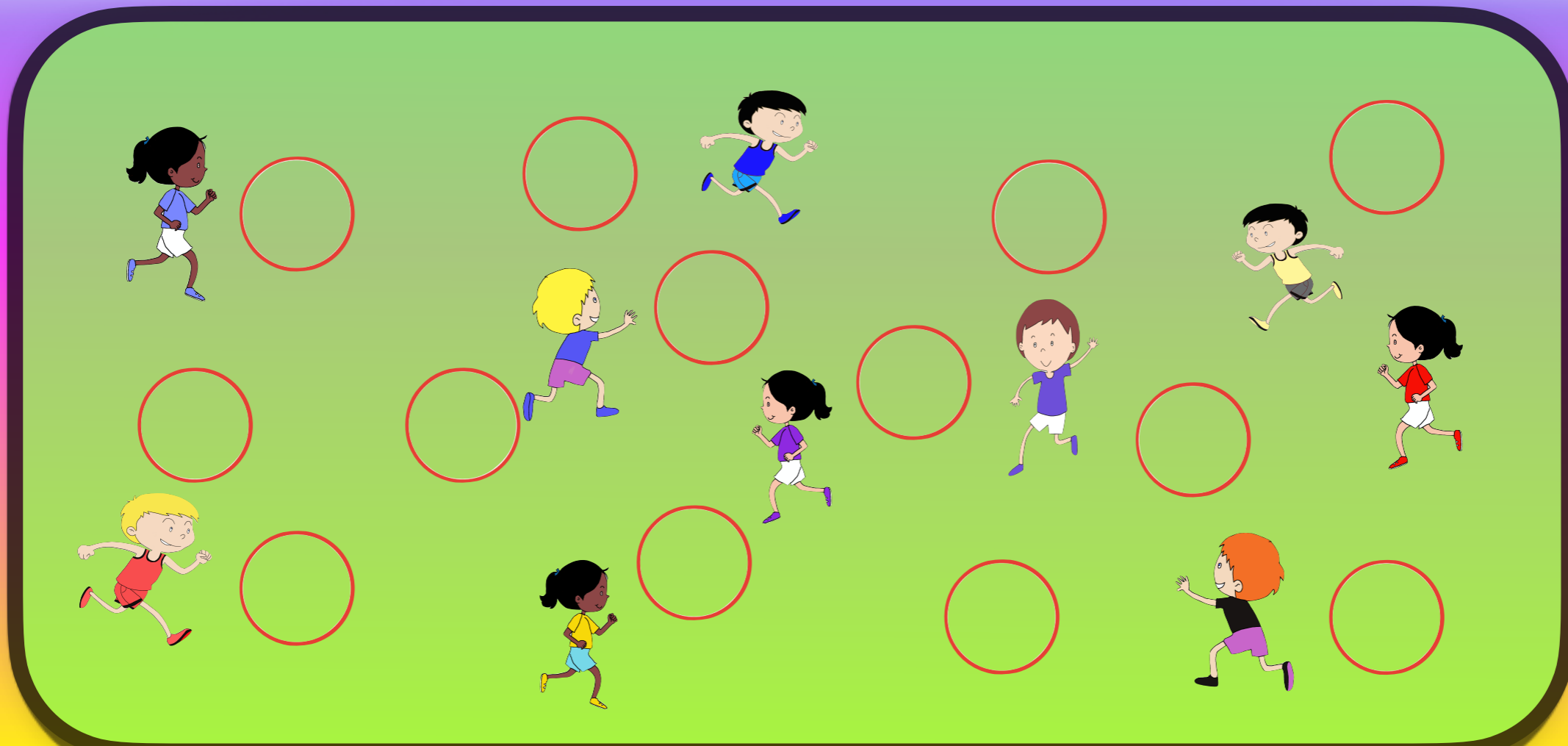
Pegs



Cones

Setup on tennis courts or with portable tennis nets. Students partner up and line up along the baseline on either side. On teachers command the first student races out and places their teams peg on the bottom section of the net, they then run back and tag their partner. The partner runs out and moves the peg up one section of the net. This continues until their peg has reached the top section of the net. The team that does this first are the winners.

# CLUMPS



**Setup**

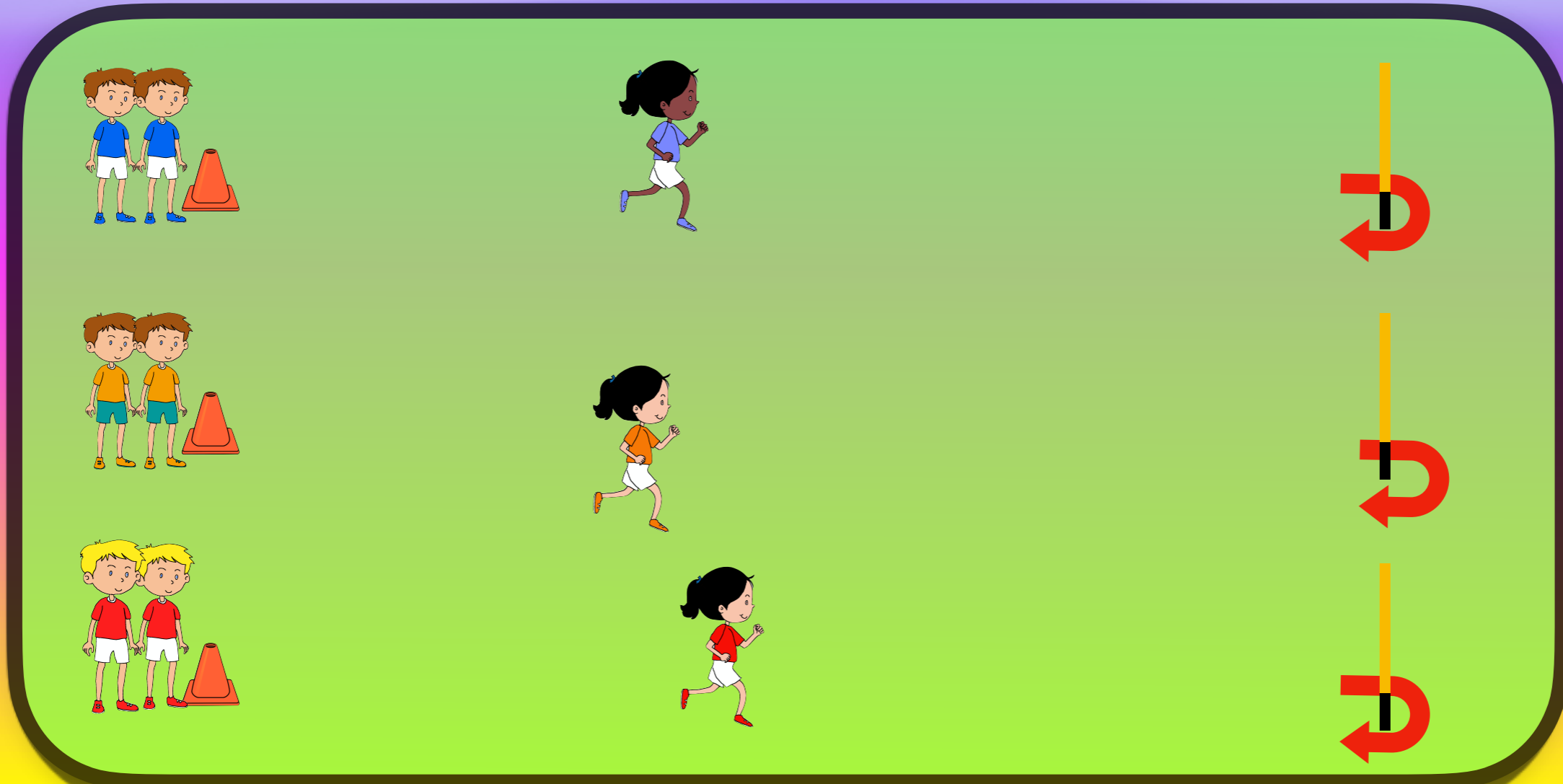


**Hula Hoops**

Scatter hula hoops across the playing area. When music start or on teachers command students begin travelling around the area without going inside the hula hoops. When the music stops/teachers whistle the teacher calls out a number e.g "3". Students must try and group with 3 students with one foot inside a hula hoop. Students cannot hover together or hang near hoops. The team that does it first score a point each. The winners are the students with the highest points after a designated time period. Variations: Change locomotor, have different colored hoops so you call a number plus a color.



# RELAY MADNESS

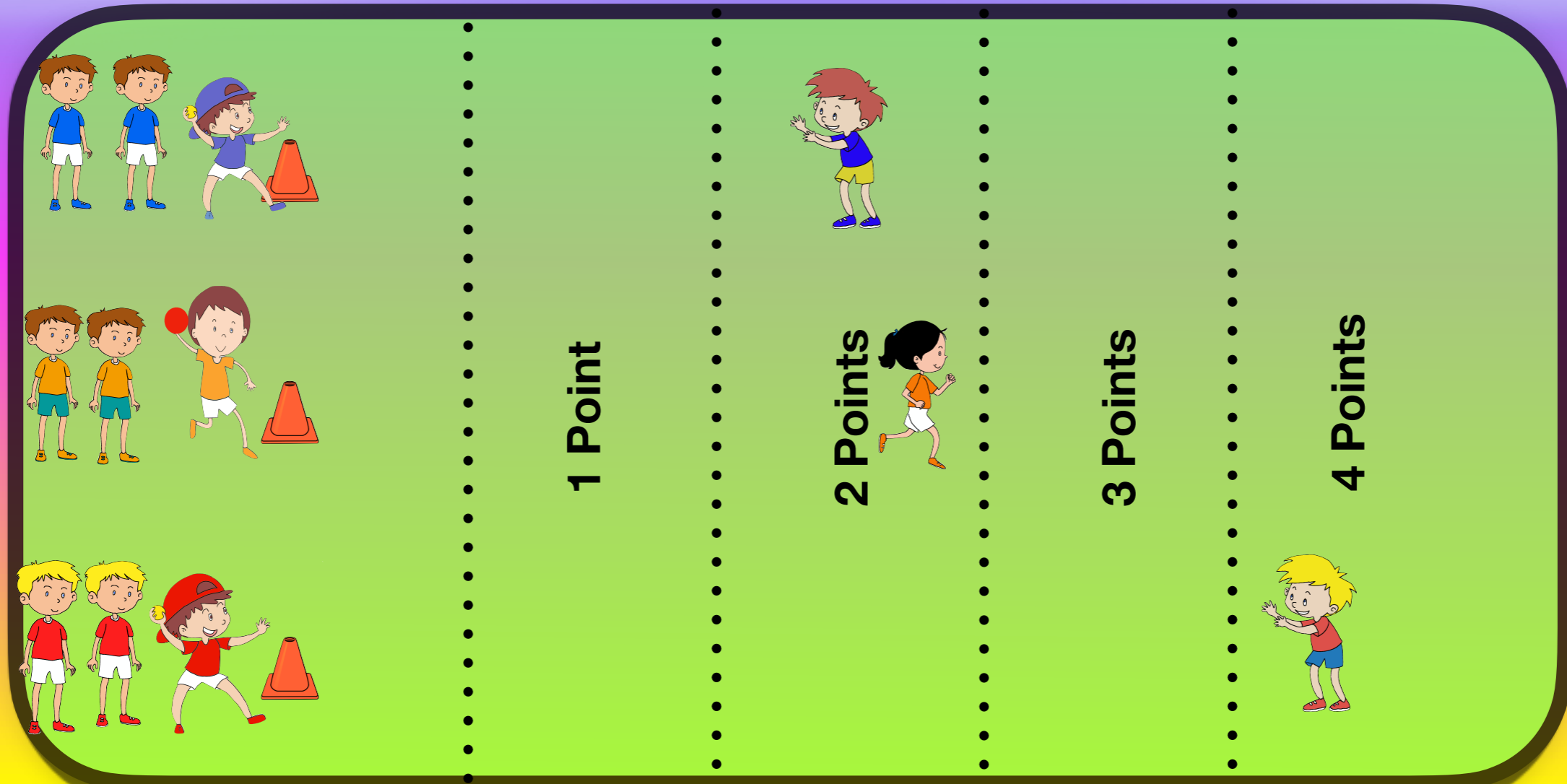


## Setup

## Agility Poles

In this game split class into teams of approx 3-4. Students simply race around the agility Cone and back and tag their team mates. The winning team is the team that has everyone go twice. Variations: Mix up the locomotor, have students perform a skill or fitness exercise when they get to the agility pole e.g 10 starjumps or throw a ball to a target like a frisbee catcher etc.

# ZONE CATCHES



## Setup

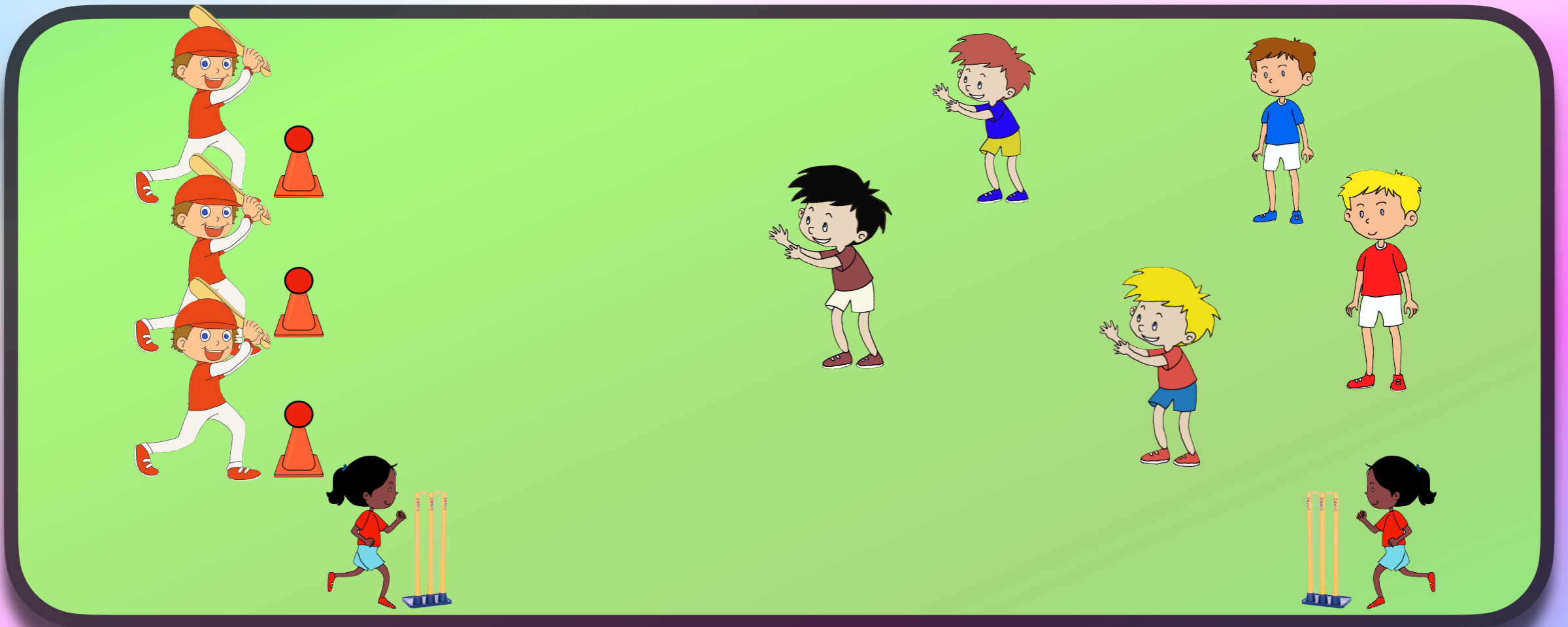
● **Tennis balls, beanbags or similar**



**Cones**

Split the class into teams of approximately 4 students. The aim of this game is to successfully catch a pass from your team mate. Students can choose which zone they want to receive from. If they catch a pass in that zone they add that many points to their teams total. If a dropped catch or bad throw, no points are scored. The team with the highest total are the winners. Variations: increase or decrease distance, add more zones, change size of ball, add a 'interceptor' for each tea, who tries to intercept other teams throws, change type of catch e.g one handed or allow one bounce.

# RAPID FIRE



## Setup



**Tees/Cones**



**Balls**



**Wickets**



**Bats**

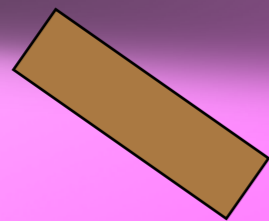
1. Mark out playing area as shown.
2. Split class in to 2 teams, batters and fielders
3. Have 3 batters from the batting team hit a ball out in to the field at the same time. The rest of the batting team is lined up at each end of the wickets. Once the batters have hit the balls, they try and make as many runs back and forth between the wickets before the fielders place the balls back on the tee. Runners must tag their team mates before they can run
4. Switch over once everyone has had a bat.
5. Progression: Fielding team can score points for their team by catching a ball on the full. Use baseball bats and tees.



# CORNER SOCCER



## Setup



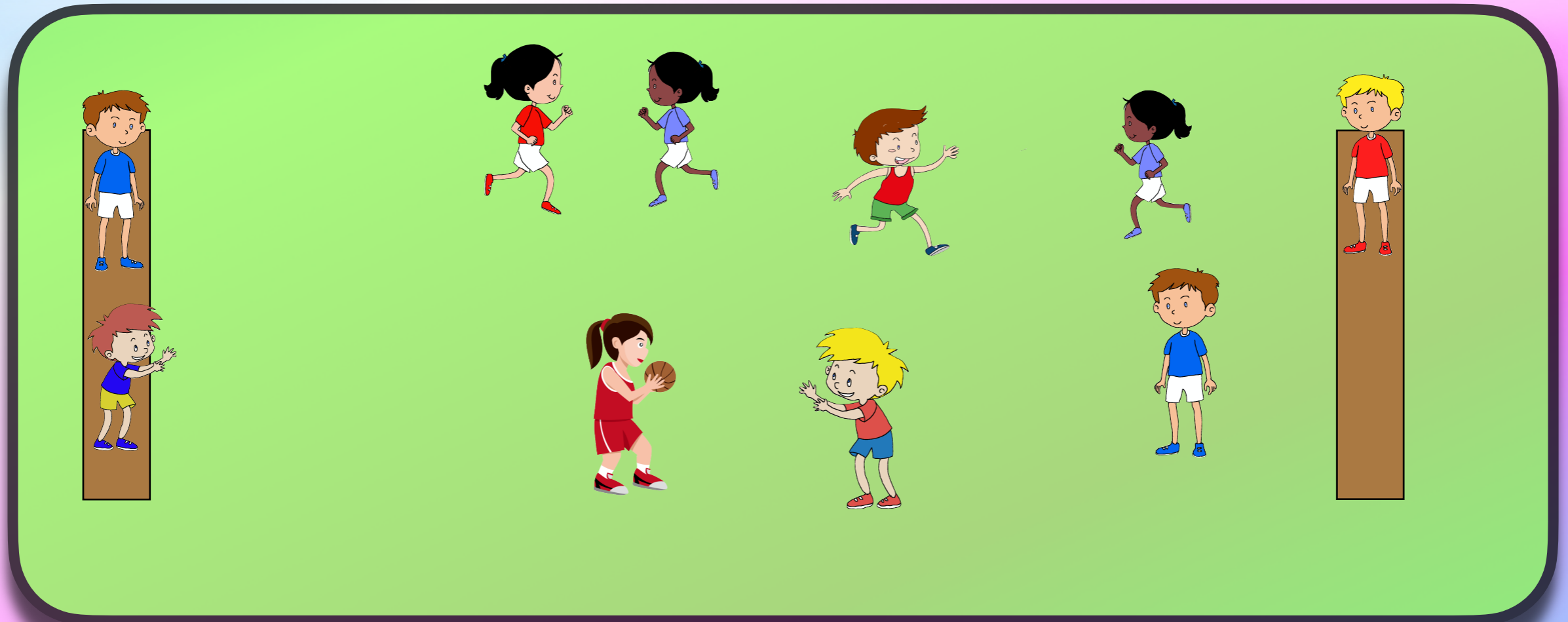
**Bench x 4**



**Soccer Ball**

1. Mark out playing area as shown.
2. Split class in to 4 even teams, each student get a number from 1-5 etc. When a players number is called they play the game against players from opposing teams with the same numbers. . Teacher can call multiple numbers.
3. No bumping or body contact is allowed, goalkeeping is permitted (feet only)
4. The aim of the game is to score a goal against any of the four opposing goals (benches). If a player scores a goal they receive a point for their team and all players return to their team behind the goals.
5. Progression: Call more numbers, add goalkeepers..

# BENCH BALL



## Setup



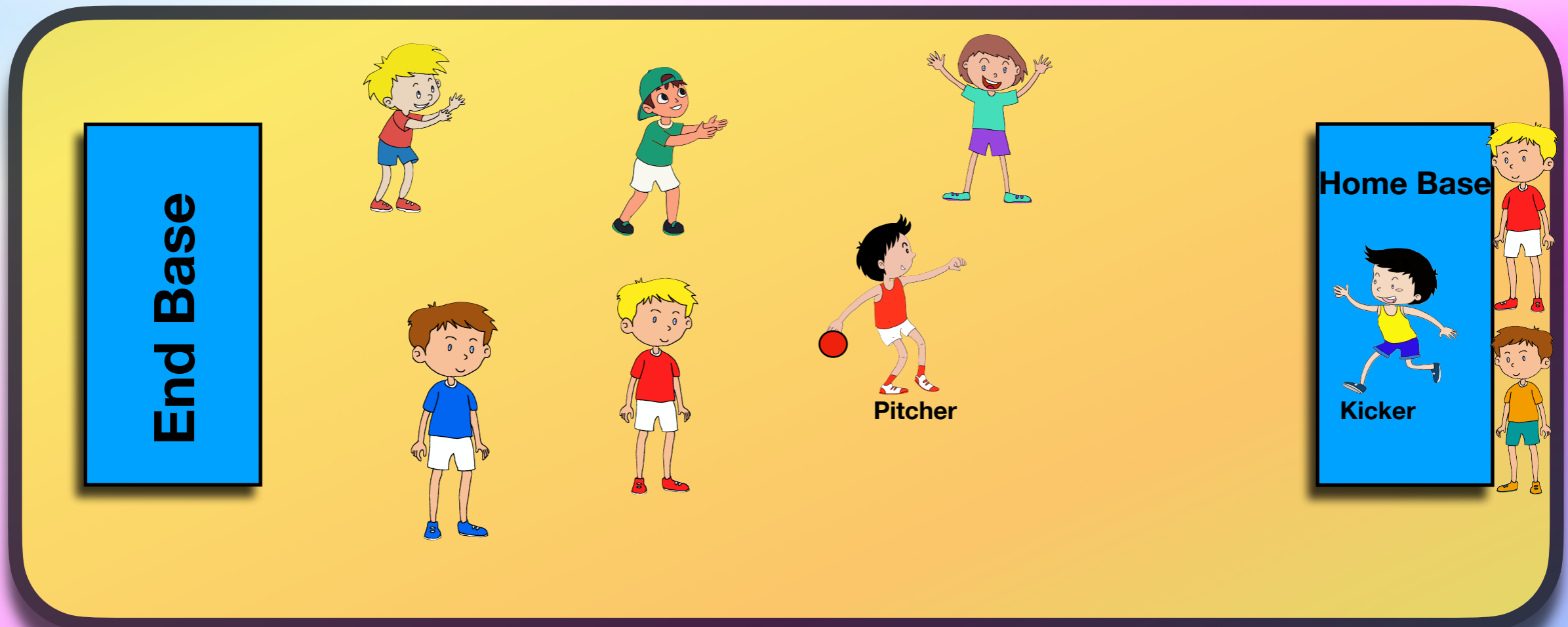
**Bench x 2**



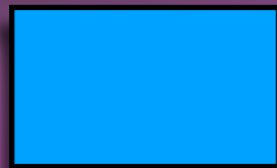
**Basketball (or similar)**

1. Mark out playing area as shown.
2. Split class in to 2 even teams or 4 teams or more if you want less players per game
3. The aim is to get all of your team members standing on the bench before the other team
4. Have one person per team stand on each bench, this is their 'goal'. Teams have to try and get the ball to their 'catcher' on the bench who successfully catches it. If a successful catch is made, the passer joins the 'catcher' on the bench to make it two people. The 'catcher' tries to then pass back in to the field of play to a team mate who again tries to get it back to anyone on the bench.
5. No dribbling, 3 passes must be made before throwing to a person on the bench (except if a pass is coming from a 'catcher' e.g. you can immediately pass back and join the bench).
6. Players can intercept but not steal from opponents' hands. Ball on ground = possession change.
7. No defenders allowed to guard the goals, mark off an area if needed.

# END BALL



## Setup

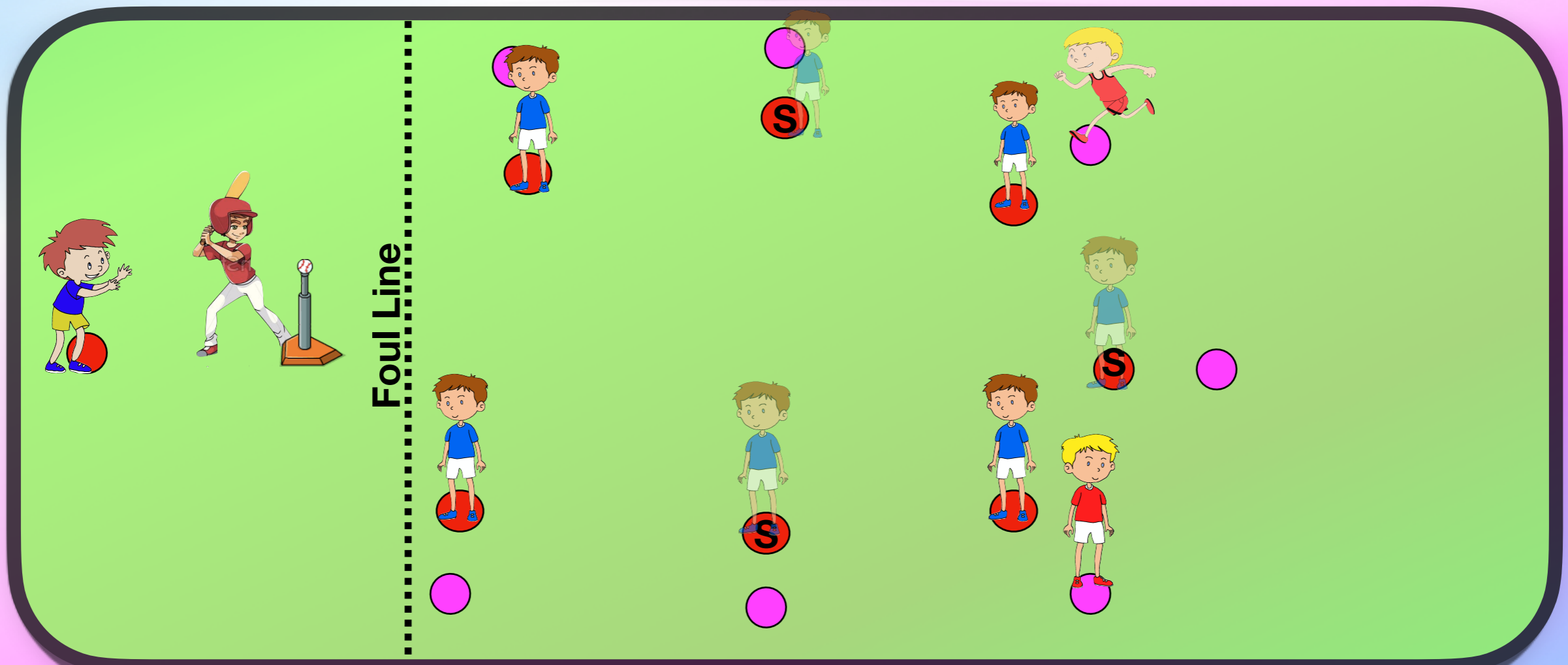


2 x Mats ● Dodgeball/s

1. This game is best played indoors with walls, setup as shown
2. The aim of the game is to make as many runs as possible. Players score a run by running to the 'end base' and making it back to 'home base'.
3. Play begins with the pitcher rolling the ball to the kicker. The kicker attempts to kick the ball out into the field of play and run to the 'end base'. Fielders collect the ball and try to throw it at the kicker who is running to the 'end base'. If hit or tagged with the ball below the waist the kicker is out. They are also out if the ball is caught. If the kicker makes it safely to the 'end base' they can either stay there or attempt to run to the 'home base'. Each time a player gets to 'home base' they score a run. Play either 3 out and side away or everyone gets a kick before rotating.
4. Progressions: Catches off the wall are out, maximum of 3 players at the 'end base' if there is 3 on they all must run. Have 2-3 students kick and run at the same time.



# CRAZY BASEBALL



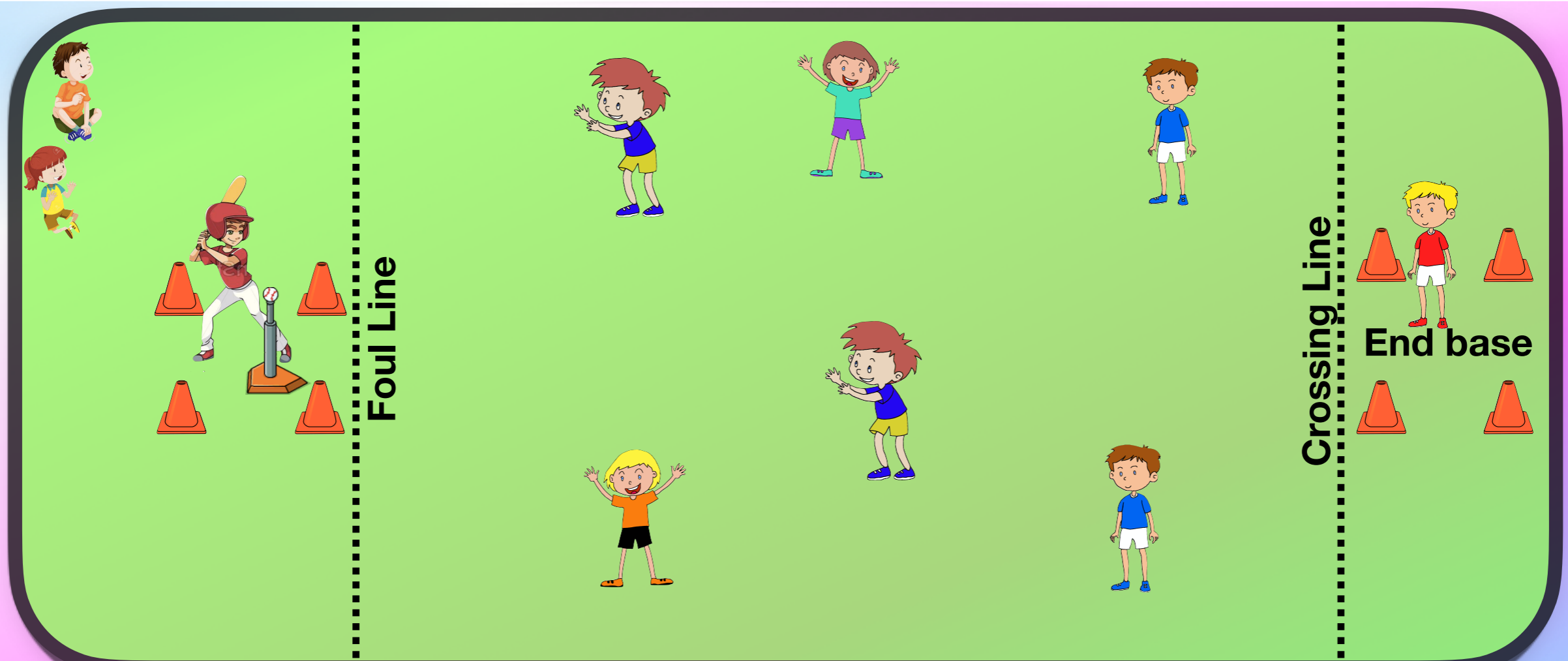
## Setup



**Cones / Polyspots (2 colors)**

1. This is a modified version of baseball/teeball/softball. Split your class into two teams. One team is the fielding team (who are each standing on a red polypot above). The other is the striking team who use the pink polypots.
2. The aim of the batting team is to hit the ball out into the field of play and run around (touching each pink base with their foot) as many bases as possible. The fielding team aim to stop the ball and throw it to the closest "stop" base (indicated by an "S"). When a student at a stop base catches the ball the fielders yell 'stop'. The runner must stop and head back to the last base they touched before the fielders yelled stop..
3. The next batter takes their turn and all batting team students that are on a base run if a successful hit has occurred. Once the fielders get the ball to a 'stop' base and yell freeze all runners must stop and go back to the last base they touched. Overtaking is not allowed.
4. Fielders rotate clockwise to a different polypot / Cone after every hit.
5. Any catches = out and a point for the fielding team .
6. Batters cannot hit a ball behind the 'foul line'.
7. Every students gets a bat before rotating teams.

# LONG BALL



## Setup



**Teeball stand and ball**

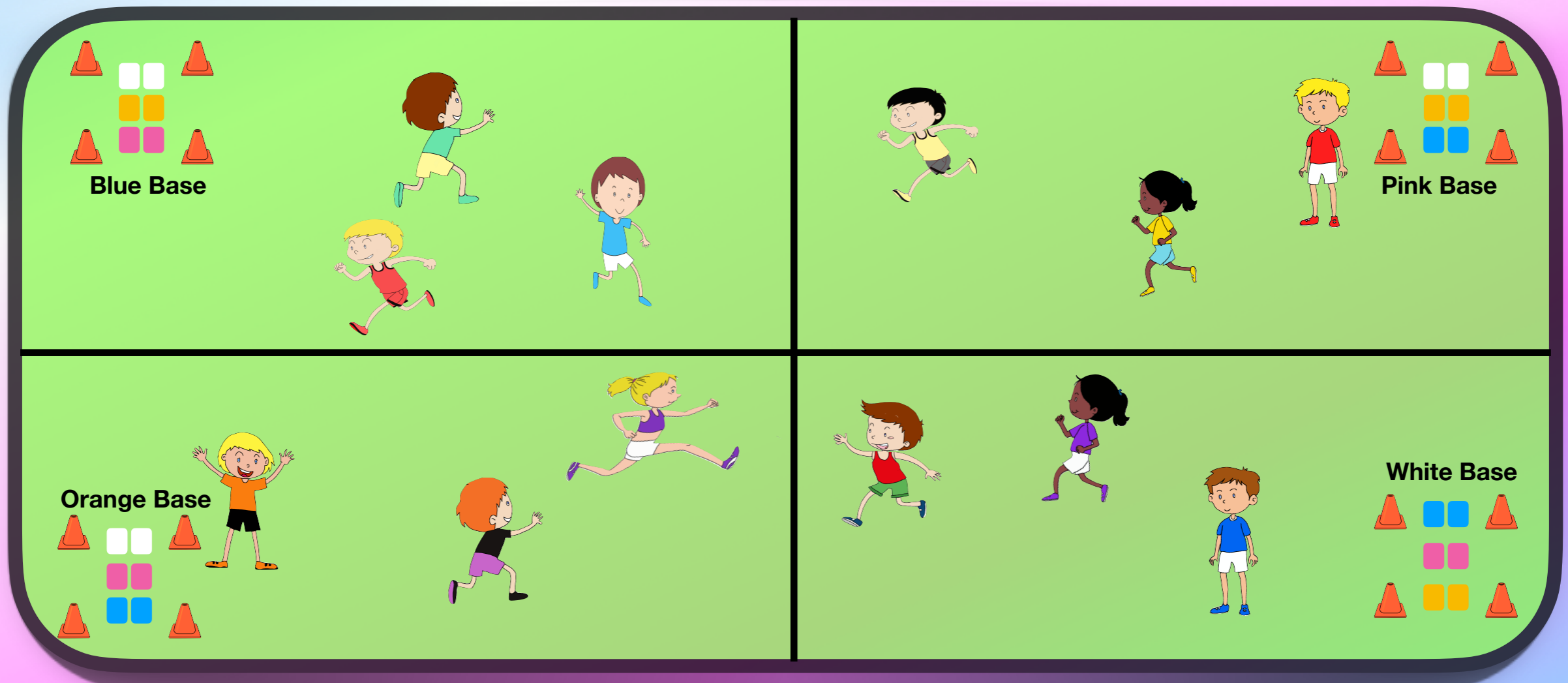


**Cones**

1. This is a modified version of baseball/teeball/softball. Split your class into two teams. One team is the fielding team. The other is the striking team.
2. The aim of the batting team is to hit the ball in to the field of play and successfully reach their 'end base' (marked off with Cones or a mat) without being tagged by the fielding team.
3. The fielding team aim to tag the runners either by tagging them with the ball in hand, or by using an underarm throw and hitting the runner below the knees (use a soft ball if incorporating this rule). If the runner reaches the crossing line of the 'end base' area they are safe.
4. To score a run the batters must make it back to their striking area without being tagged. Only 1 batter can be in the 'end base' area at a time
5. Fielders can tag runners on their way back.
6. If caught the batter is out and anyone on the 'end base' must go back. and wait for the next batter. .
7. Play either 3 out and side away, or let the whole team bat through regardless of outs.



# 4 WAY CAPTURE THE FLAG

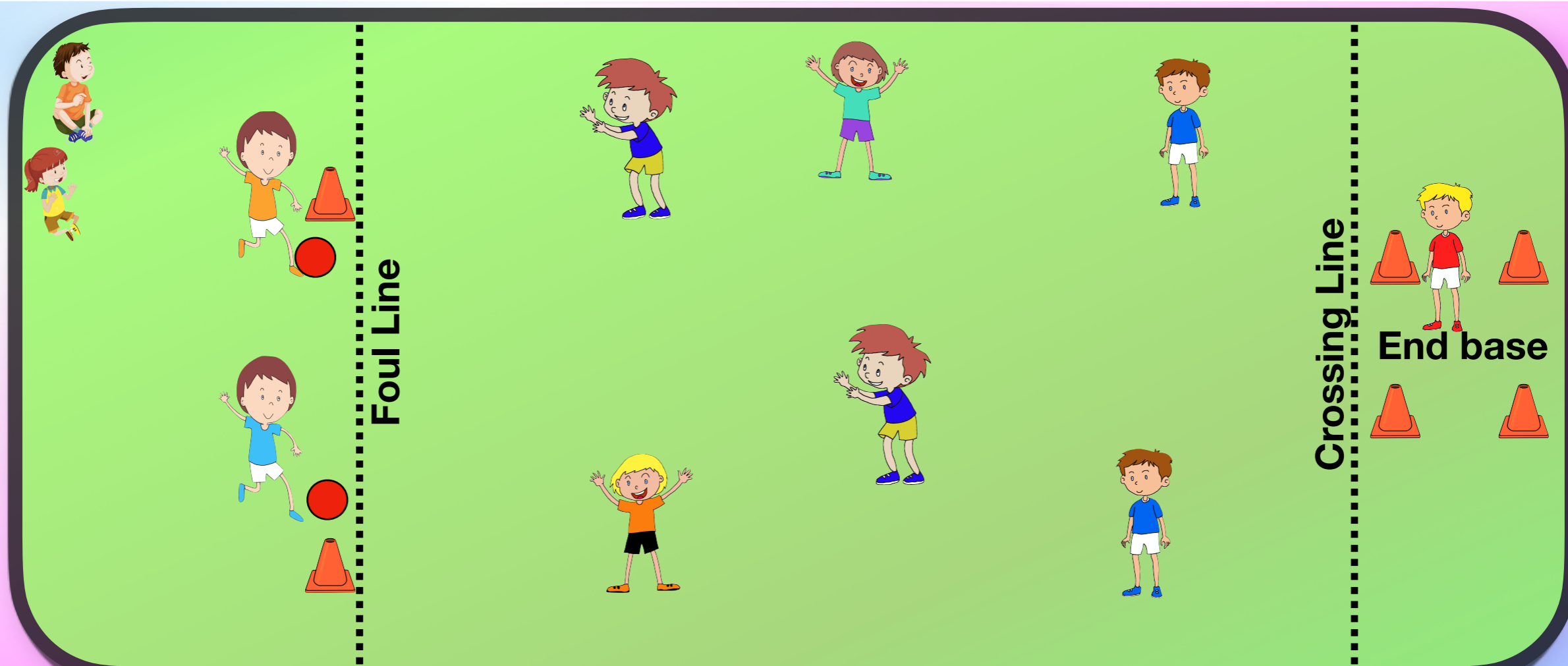


## Setup

■ ■ 4 different colored sets of beanbags / flags (6 for each color)    🚧 Cones

1. Set out playing area as shown and group students into 4 teams. The larger area, the more students can be used per team.
2. The object of the game is to collect all 6 of your teams color beanbags / flags from the opposing teams 'bases' which are 'safe zones' You cannot be tagged in these bases / safe zones, even if it is not your teams 'base'.. The first team that can successfully collect all 6 are the winners.
3. Rules: Players can only take one beanbag at a time, players that are tagged in an opposing teams square sit down where they are tagged and can only be picked up and taken back to their teams side (cannot be tagged while heading back with two people) by a team mate (link arms). If the rescue person is tagged, they also sit down. A player that reaches the safe zone / opposing base can wait as long as possible to head back. If they get tagged when they head back, they return the beanbag and sit down where tagged. Teams cannot tag other players in squares other their their own. Teams cannot enter their own 'base'.

# CRAZY KICKBALL



## Setup



**Dodgeballs**

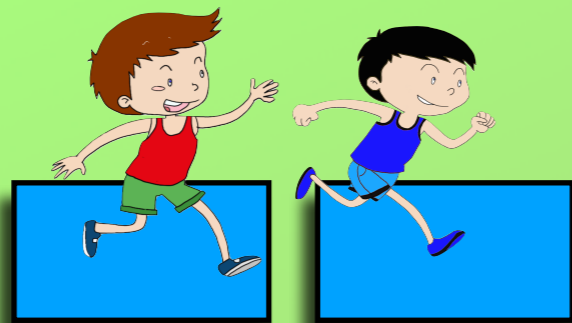
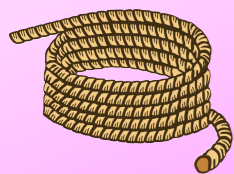
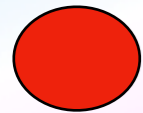
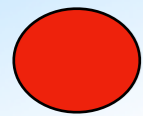
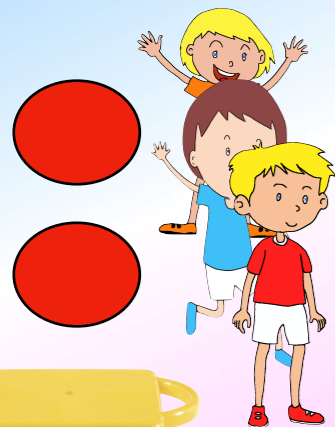


**Cones**

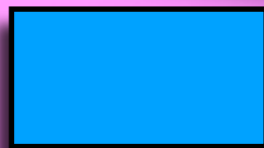
1. This game can be played outside or inside with walls.
2. Split the class in to two teams - kickers and fielders
3. Two Kickers at a time kick the ball out into the field of play and aim to make it to the end base without being tagged by a ball. If they reach the end base they are safe. There can only be a maximum of 4 kicking team players in the base at one time. If there is more the first people that were there must head back for home on the next kick.
4. Kickers are out if their ball is caught
5. Fielders can throw the ball at the kickers as they run but they cannot run with the ball. Passing between fielders is allowed. Any kickers that are hit below the neck with the ball are out.
6. Rotate after everyone has had a kick



# CROSS THE RIVER



## Setup



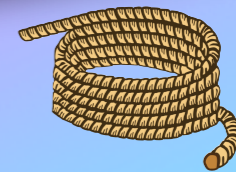
Large mats



scooter boards



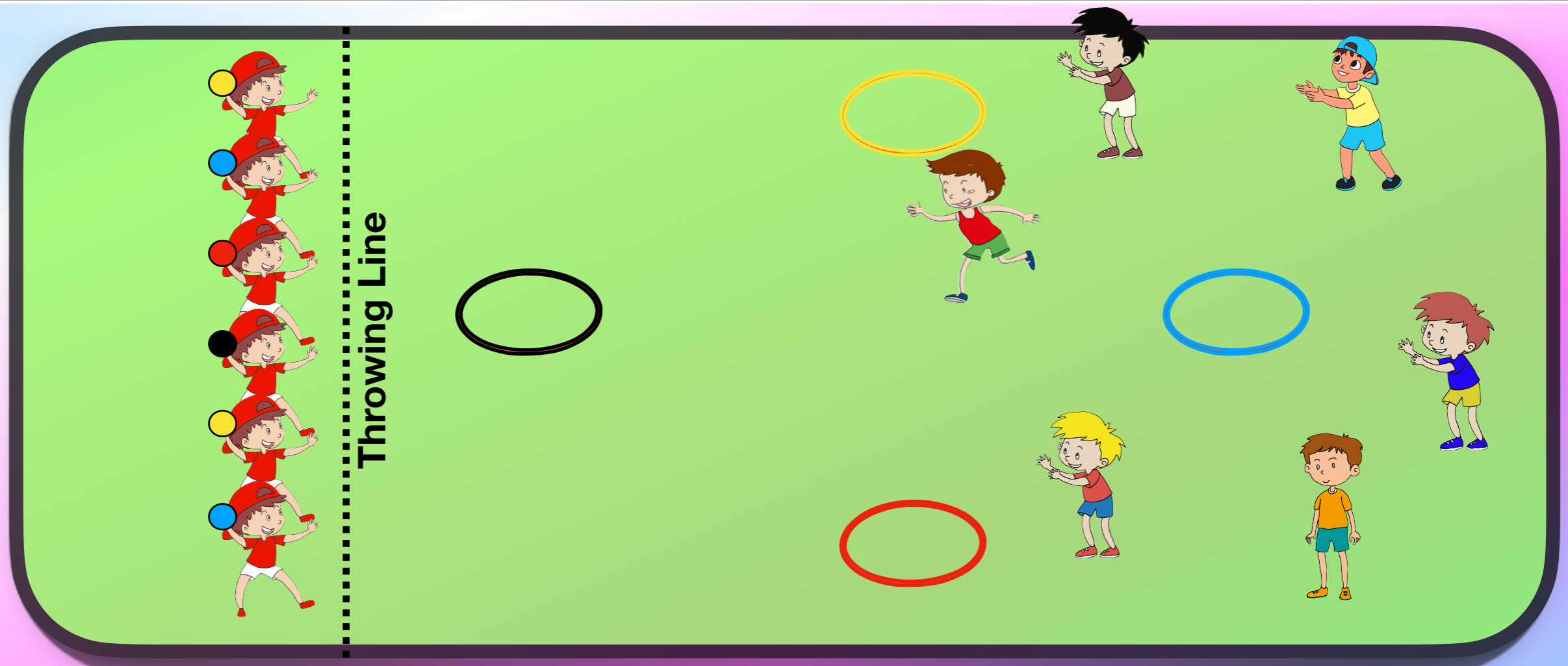
polyspots



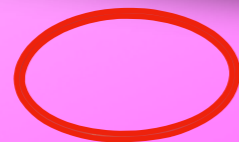
large ropes

1. Split group into approximately groups of 6-8. Make sure every group has the same number of people if possible.
2. Each group receives 2 large gym mats, 2 scooter boards, 2 poly spots and a large tug of war rope.
3. The object of the game is for groups to use communication, strategy and getting along to get all of the people in the group (and each piece of equipment) over to the other side of the 'river'
4. The first team to do so are winners.
5. Allow students to talk strategy at the start and emphasis teamwork and good communication.

# COLOR BALL



## Setup



4 different colored hula hoops

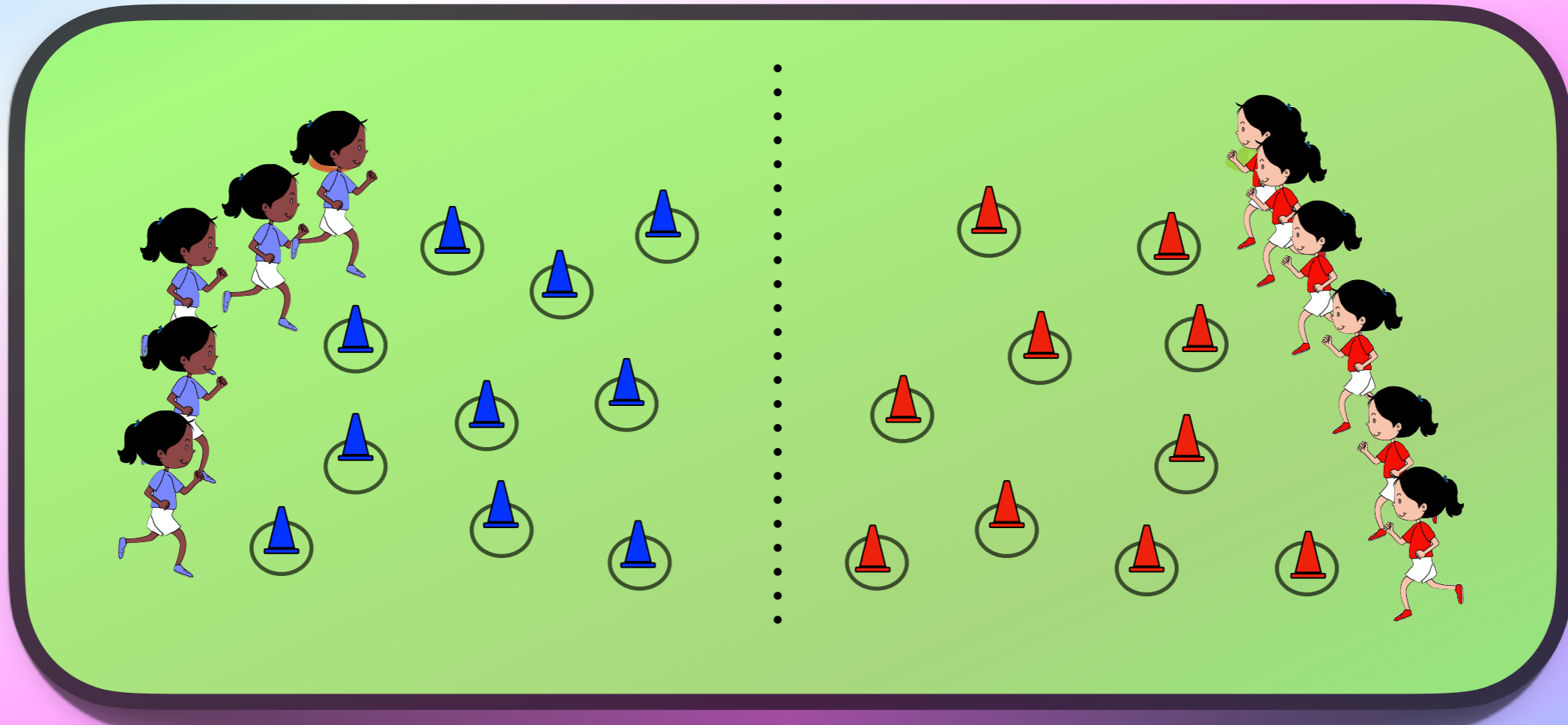


Different colored balls/ beanbags that match color of hoops

1. Split group into two teams and setup as shown. One team are the throwers and one team are the fielders
2. Give a ball to each student, doesn't matter what color they get.
3. On go, the throwers all throw out into the field of play. Once they have done that, the first person in line attempt to run around the bases (hoops) and then tag the next person in line who does the same.
4. The fielders aim to return all the balls back to their corresponding colored hula hoops. Fielders can throw them back to a person near the hoop who can place it in or run it back. Fielders yell freeze when all balls are returned. have 5 throws each or rotate.



# FLIP THE CONE



## Setup



### Hula Hoops and Cones

1. Divide each group into teams. Each group chooses 3-4 taggers who stay on their side of the playing area and attempt to tag opposition. On teachers signal teams attempt to cross over to the other teams area and 'flip' a disc / Cone.
2. Once a player has one foot inside a hula hoop, they cannot be tagged. They flip the Cone and get a free pass back to the start of the area
3. Taggers must stay out of hula hoops. If tagged on the way over, players must immediately go back to the start of their playing area
4. The team that flips them all over first are the winners

# INVADERS



## Setup



**Hula Hoops and Cones**



**Pinnie, Sash, Scarf or Similar Item**

- Split group into two even teams. Each player wears a 'sash'/pinnie and tucks it into the back of their pants with approx 2/3rds showing.
- The aim of this game is to invade the other teams country and steal 'treasure' (Cones) from their hula hoop. If you successfully steal a treasure then you can head back to your side with 'immunity' e.g cannot be tagged
- If you are tagged (sash taken from back of pants and thrown on the ground), then you pick up your sash and head to 'jail' on the opposing side.
- You can be released from jail by one of your team mates 'rescuing you'. If you are rescued you and your partner link arms and can head back to your side (country) with immunity
- Winning team is the team that has the most 'treasure' at the end of a specified time limit



# CASTLES



## Setup



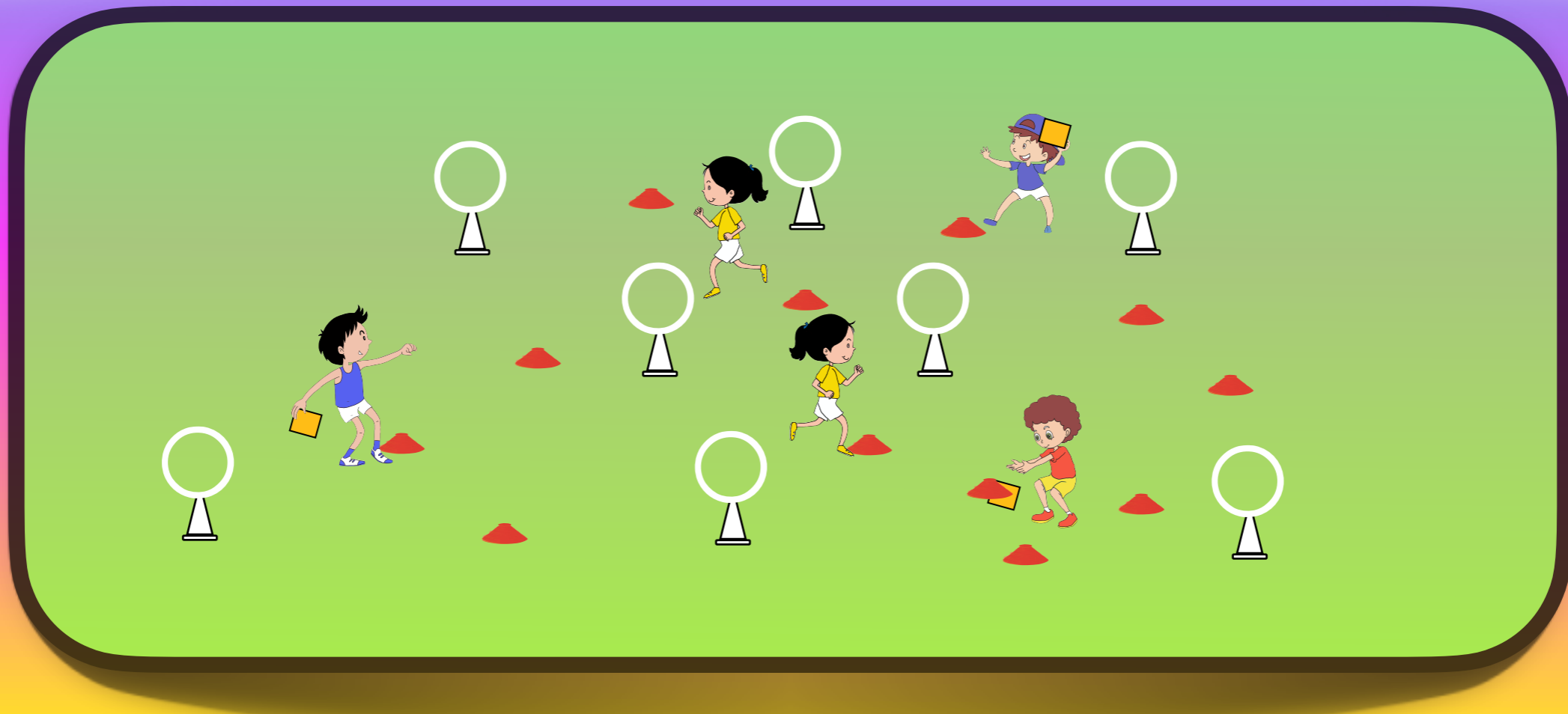
1 x Tall Cone each



1 x soccer ball for every 3 people in the game

Setup area as show. Student each have a Cone 'Castle' they need to protect. The object is to knock other students Cones over with a soccer pass. Students can protect their Cone with the feet or body only, no hands. The last standing 3 castles are the winners. To keep students involved, once they are out they find a partner and perform soccer passing skills at a different station. Progressions: To make it harder have less balls, lengthen the area or allow hands. To make it easier shorten the area, add kore balls or allow rolling.

# BABY DRAGONS



## Setup



**Cones & Hula Hoops**



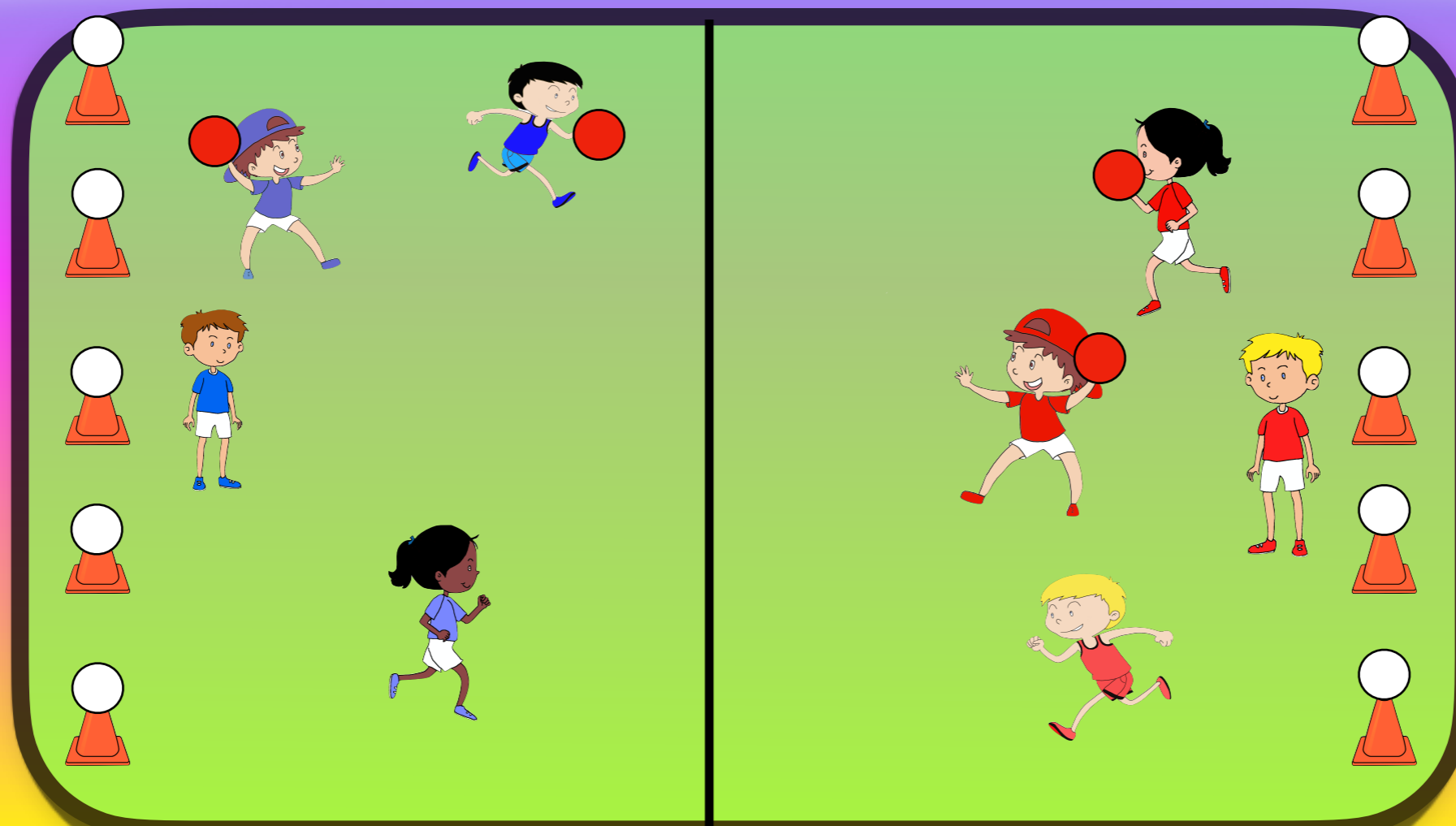
**Disc Cones**



**Beanbags**

- Setup playing area with targets (nest) and Cones spread out as shown
- Randomly place beanbags (dragon eggs) underneath Cones. The more Cones the better so students have to search
- When a student finds a beanbag (dragon egg), they pick it up and try to throw through the nearest target (nests)
- If a student is successful they place that beanbag in their team's nest (bucket)
- If unsuccessful, try from a closer distance.
- Play for a specified time period or until all beanbags have been successfully returned.

# PiNBALL



## Setup

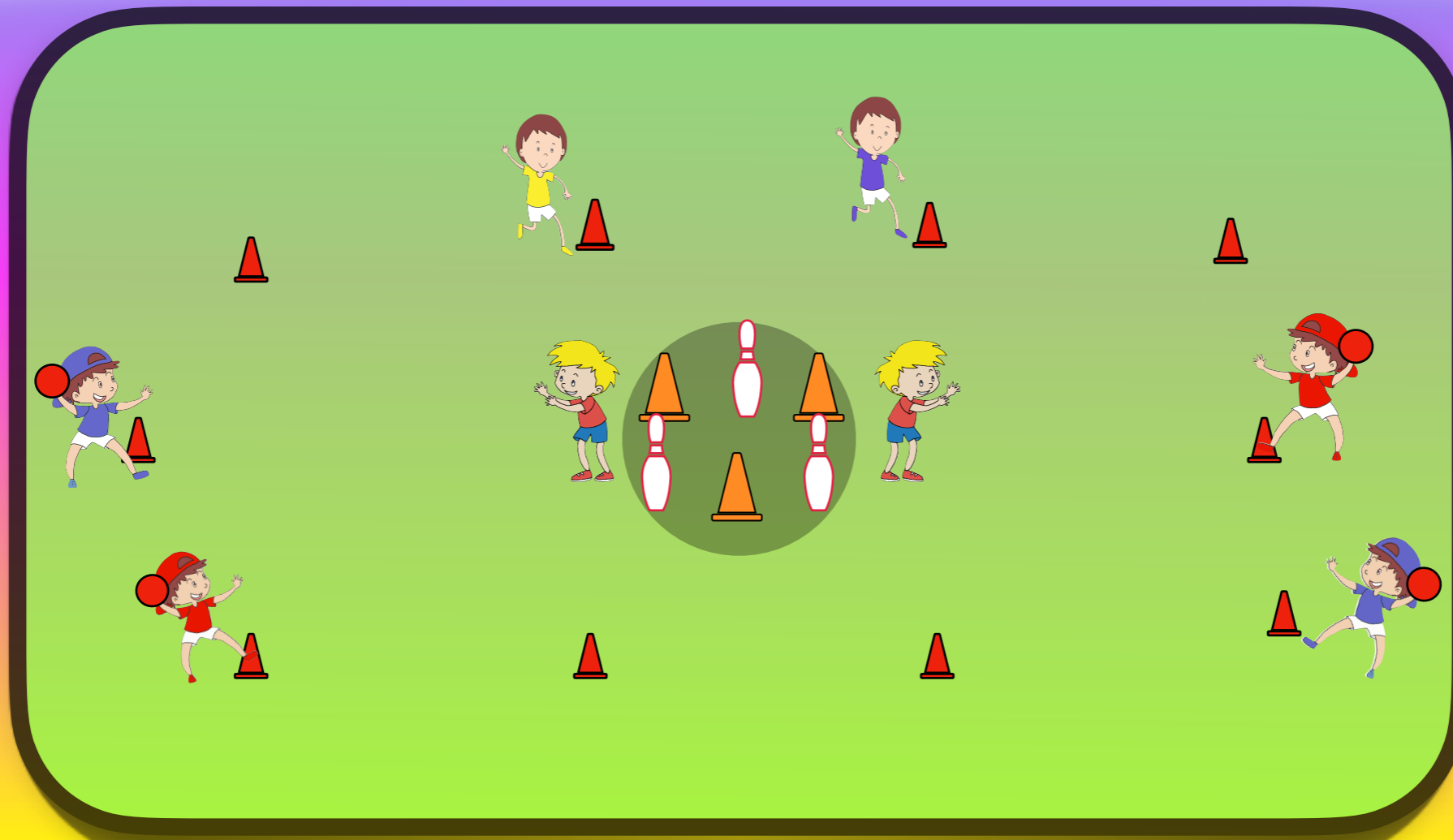
● ● Dodgeballs

Setup area as shown. This game is best played indoors. This game is a variation on dodgeball. Normal dodgeball rules apply. Players aim to throw the ball at the opposition, if they are hit they below the waist they are out and do not come back in until a teammate catches the ball or the teachers says 'everyone back in'. if hit in the head students are not out unless they duck into an otherwise good throw. Students may also try and knock the balls of the oppositions 'pins' at the end of their zone. A ball that is knocked off cannot be placed back on. The winning team is the team that knocks down all balls of the oppositions pins.

Students may protect the pins but if they are hit, and don't catch the ball, they are out. Progression: Choose one 'pinkeeper' who is the only one allowed to block the pins (if they are hit they are not out), mark off this area and nobody else is allowed into the zone.



# PROTECT THE CASTLE



## Setup



- Setup playing area as shown
- Throwers lined up outside if the large circle (marked by cones)
- The throwing teams object is to throws balls at the targets in the middle (tall Cones and pins)
- Choose two students in the middle who try and block or catch throws
- Any blocked throws can be picked up, and taken to the outside of the large circle. If a broker catches the ball, they simply roll it back out
- Switch over when all pins have been hit or knocked over