

BEANS

Group moves around area following the action for the 'bean' command.

- Runner bean – run round hall
- French bean – ooooh la laaa
- Baked bean – lie down and sunbathe
- Jumping bean – star jumps
- Tinned bean – whole group squeeze together

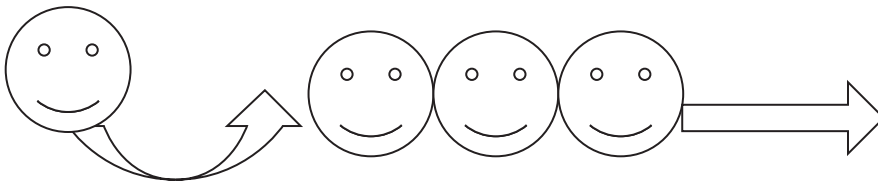
CAT AND MOUSE

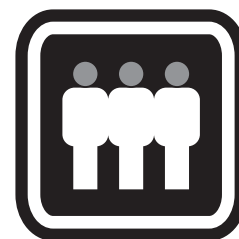
You have two cats and two mice or more to start with.

Everyone else gets into groups of three and crouches down side-by-side.



The cats then chase the mice. **HOWEVER**, if a mouse joins onto the end of a group of three, the person at the other end becomes a mouse.

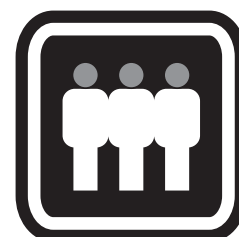




LACROSSE

(Basic Game With Adapted Rules)

- EQUIPMENT:** Pop lacrosse sticks (plastic ones), bibs, goals, lacrosse ball, cones.
- NUMBER IN TEAM:** Up to 15 per side, depending on the size of the pitch.
- LAYOUT:** One goal either end of the pitch, with a circle of cones around it.
- RULES:** Limit the number of steps that the player with the ball can take. You are not allowed in the circled goal area unless you are the goalkeeper. You can tackle the player with the ball by hitting the basket (plastic) part of the stick only.



ROPE GAME

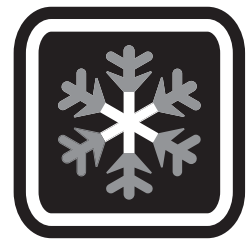
Get two lengths of rope approximately two to three metres long. Get teams of six to hold onto the rope and then tie a knot as demonstrated on another piece of rope – without team members letting go! This can be made simpler or harder depending on the type of knot to be tied, and can be a race between any number of teams.



MURDER WINKS

Everyone sits in a circle. There is one person who is a detective – they have to wait somewhere isolated until the murderer has been picked. Once the murder is known to the group, the detective joins the group and has three chances to identify the murderer correctly.

The murderer selects their victim by winking at them. They then make as much noise as possible before lying down.



BEAR AND THE HONEY POT

Everyone sits in a circle. There is one person in the middle crouched down with their face covered – they are the bear. The bear has a honey pot (keys, beanbag or ball) by their side. Someone from the circle goes in and steals the honey, and the bear has to chase them and tig them before the thief gets back to their seat.