

Keep up the pace



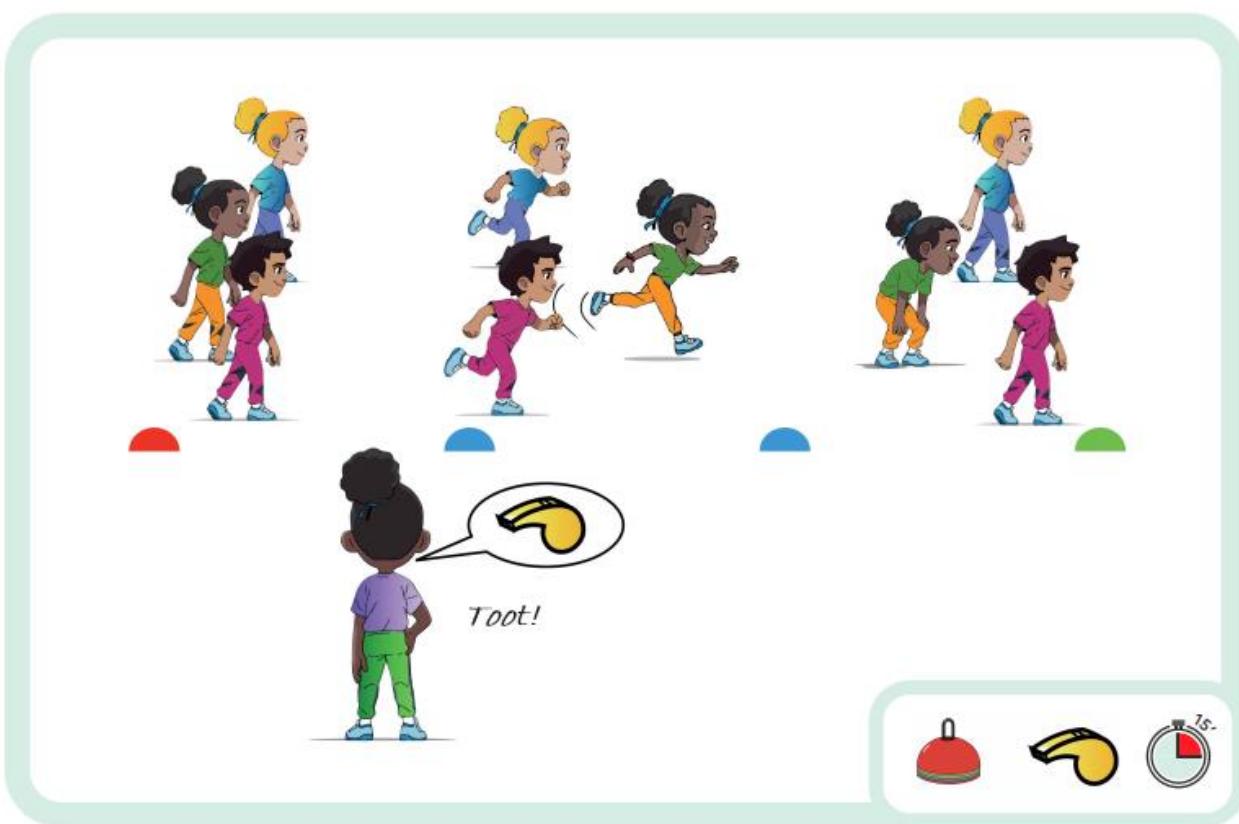
Whistle



Stopwatch



Space markers



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Instructions:

Start running slowly and go faster and faster each time the whistle blows.
When hearing two short blows of the whistle, walk to recover from running.

Variations: Start running fast and each time the whistle blows, go slower and slower.

- When the whistle blows, choose your own pace.
- When the whistle blows, keep up the pace of the designated pupil.
- Run in pairs at the same pace.
- Run four by four at the same pace.
- All run at the same pace.

FICHE 2

ENDURO TOUR



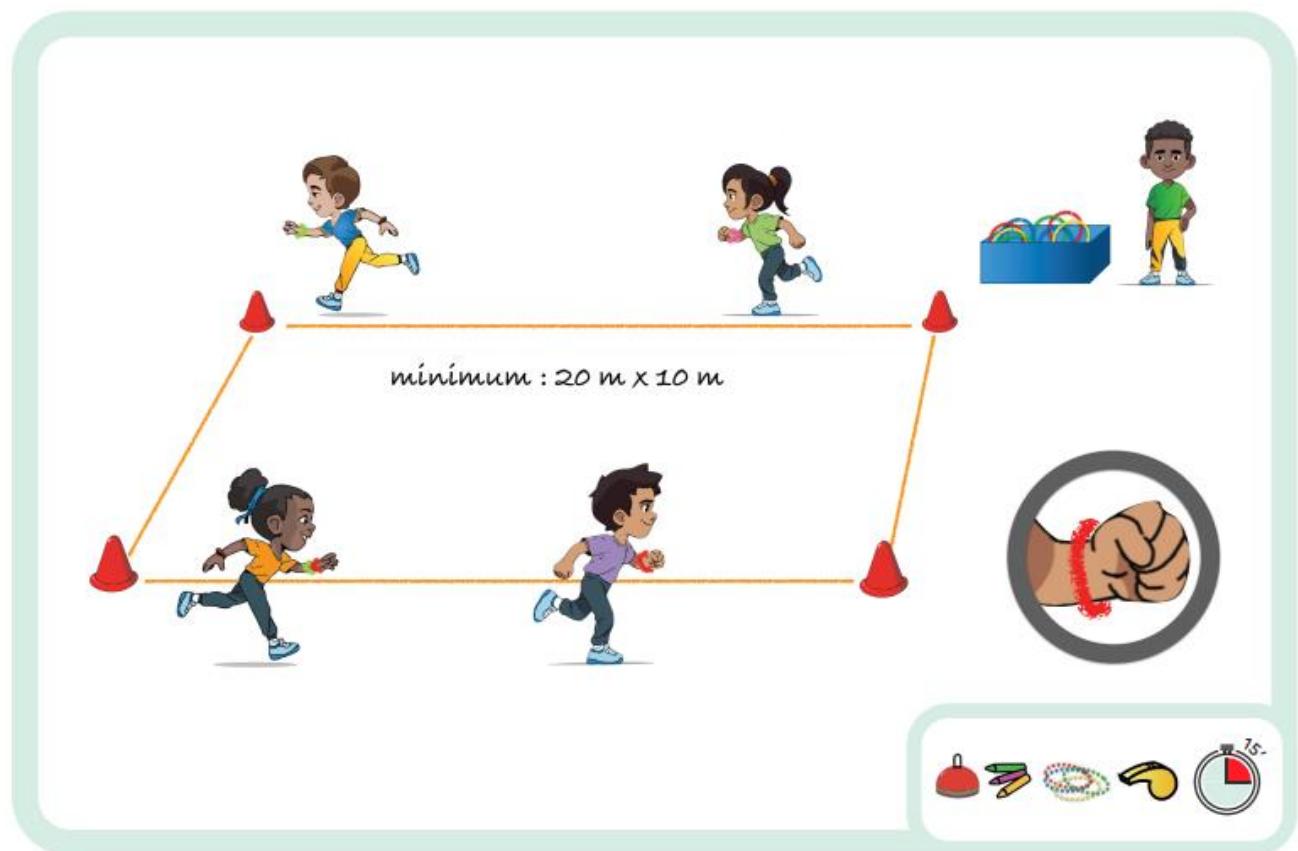
Whistle



Hoops



Stopwatch



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Instructions :

Run longer and longer distance.

Get a scrunchie or an elastic for each completed lap around the playground.

Variations:

- Run 100 meters (or one lap of the playground).
- Run 200 meters (or two laps of the playground).
- Run as long a distance as you can (when a pupil gets tired, he/she stops next to a cone and then starts again for a full lap).
- All run together to run the longest distance.
- Run in pairs the same distance as decided before starting running.

LIKE USAIN BOLT



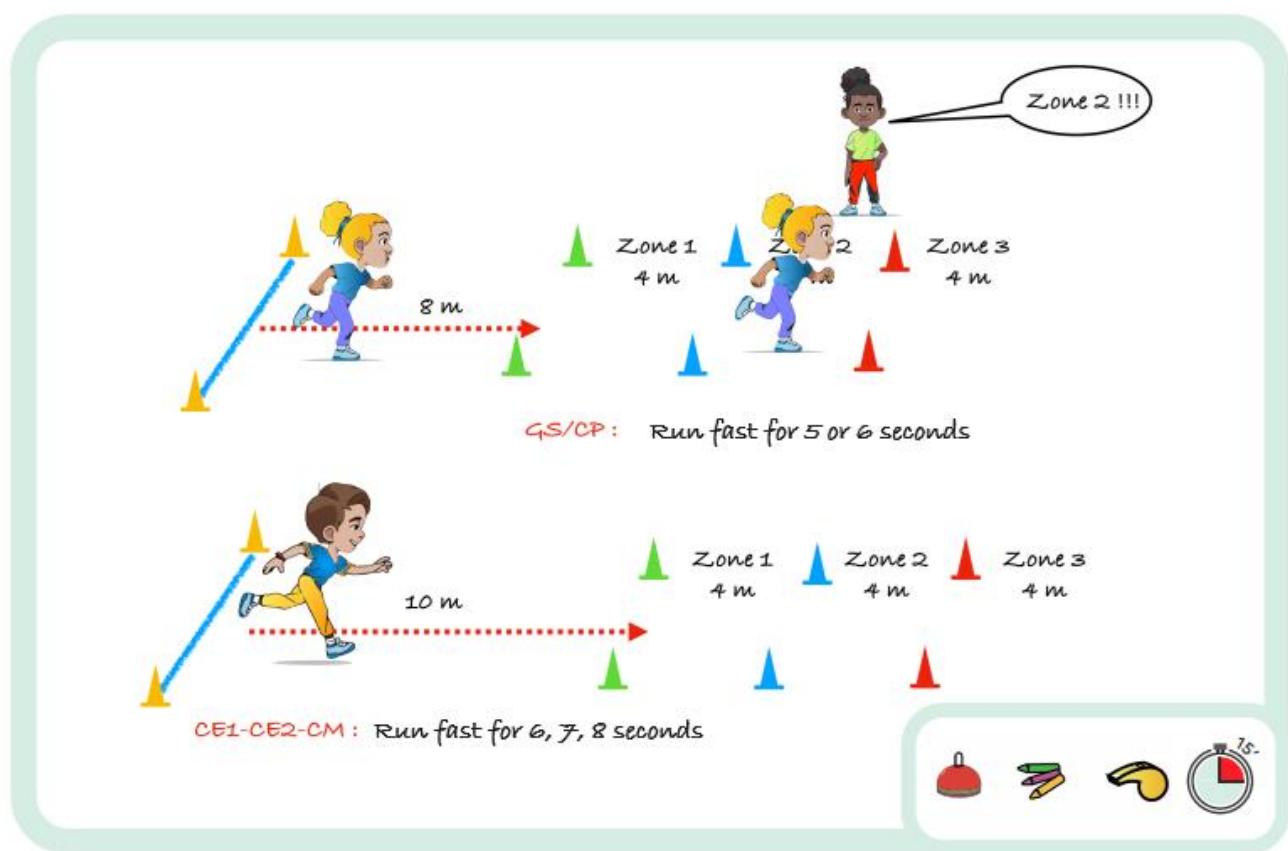
Whistle



Space markers



Cones



Instructions:

When the whistle blows, run as fast as possible for 6 seconds (cycle 2).

The observer marks the reached area with chalk or by visualizing the area.

Variations:

- Run as fast as possible in a given time (to be repeated several times) then jog.
Start running when the whistle blows, run as fast as possible, stop when the whistle blows twice.
- In groups of 3, two runners facing each other and standing at equal distance from the 3rd runner have to run as fast as possible to catch the scarf held by the 3rd player.

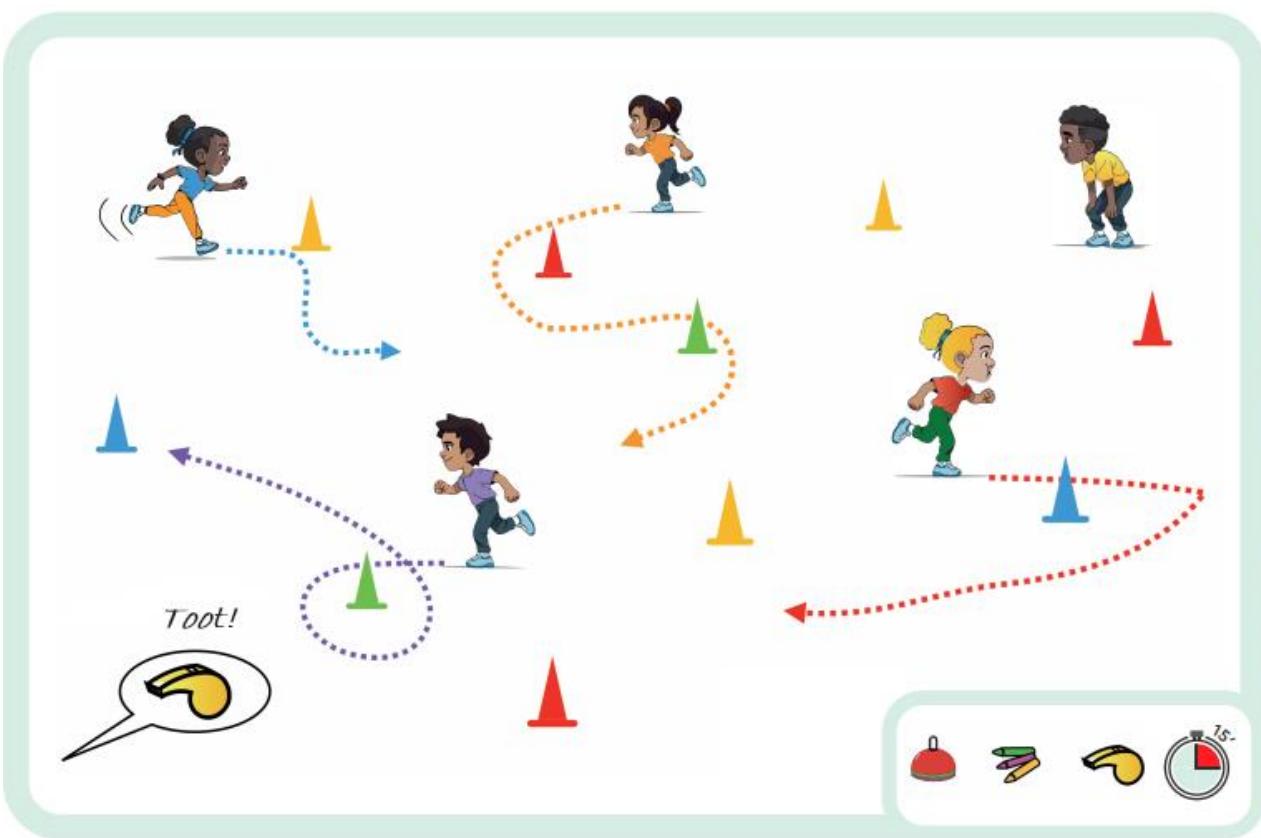
Direction-switching game



Whistle



Space markers



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Instructions: Run between the cones and at the signal turn around the cone. Alternate running between and around the cones. Be careful not to bump into your classmates.

Variations:

- Run straight ahead and at the signal turn back.
- Run and at the signal go to the right: check with the pupils the notion of right/left.
- Run and at the signal go left.
- Run and at the signal go around the cones and then start again.

THE OBSTACLES



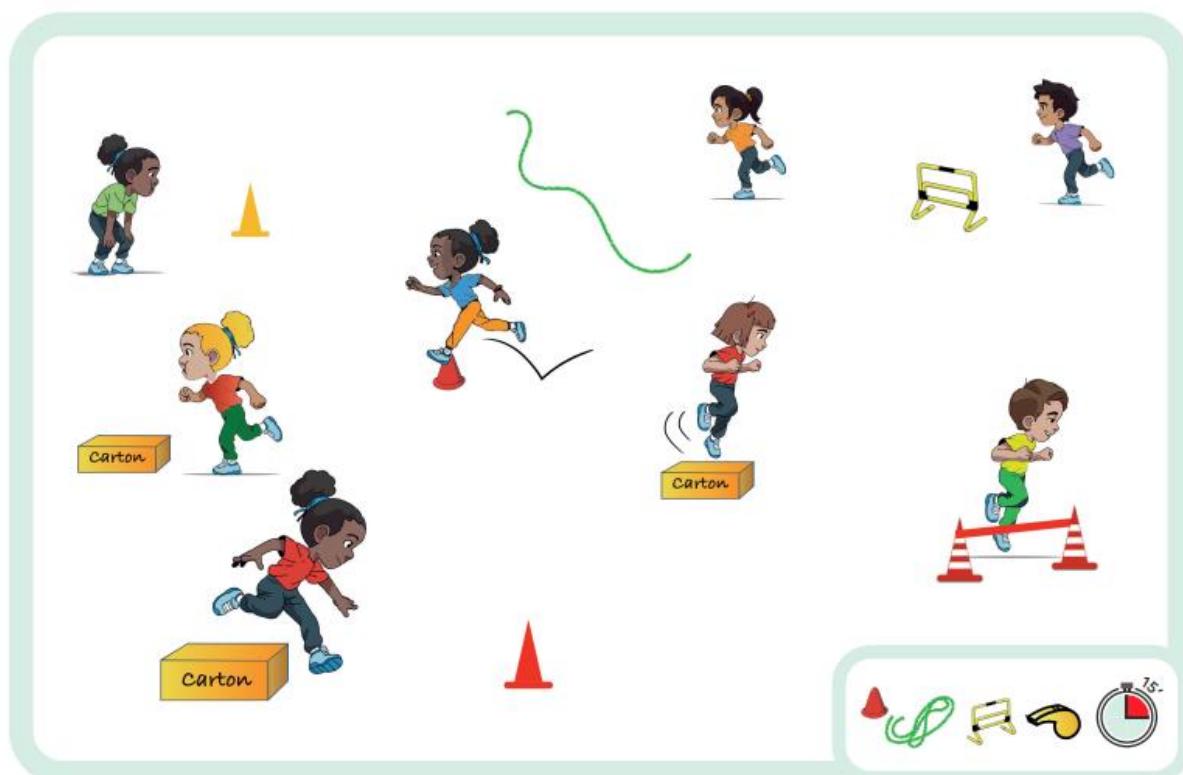
Box



Whistle



Hurdle



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Instructions:

Run and avoid obstacles. Be careful not to bump into your classmates.

Variations:

- Run and step over obstacles.
- Run and go to the left and right of the obstacle: make sure pupils understand left, right, around...
- Run, stop in front of the obstacle and run back.

FICHE 6

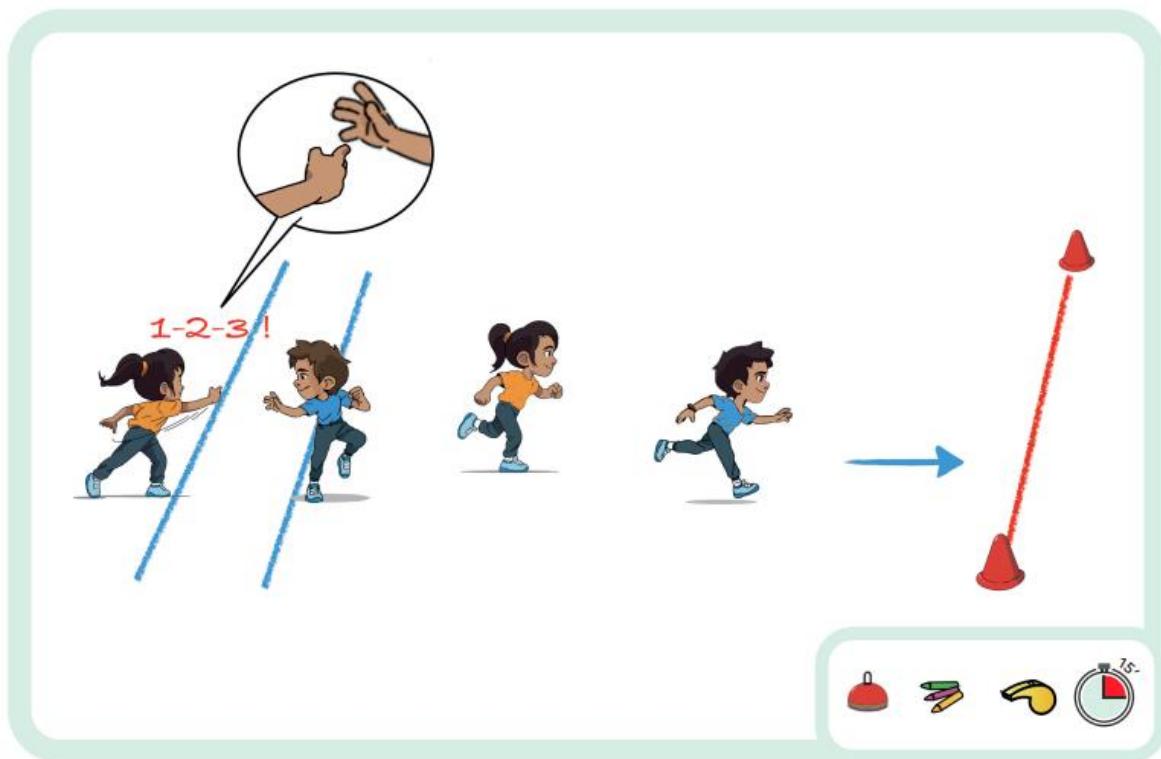
TRIPLE-HAND TAP AND OTHER GAMES



Cones



Chalks



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Instructions:

Each player is in front of his/her opponent on each side of a line, the designated player pats his/her opponent's hand 3 times (with arm stretched). The 3rd time is the starting signal, he/she must return to his/her camp without being touched.

He/she immediately runs to his/her camp without being caught.

Variations:

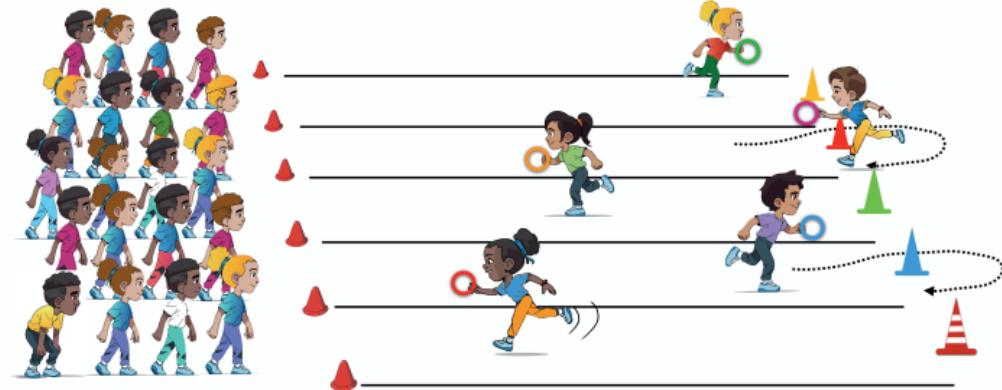
- Change the pairs of players (ex : every 5 achievements).
- Frozen wolf: The wolf stands alone and has to run to touch the other players. When a player is touched by the wolf, he is frozen and cannot move anymore. The wolf is changed when he has managed to freeze 5 sheep.
- Bulldog: the players stand on a line. One player is the bulldog. The bulldog stands in the middle. When the bulldog shouts « Go! », the players must run to the opposite line. The bulldog has to touch as many players as possible. Each time the bulldog touches a player, he becomes a bulldog too. Then the players run back to the other line. Play the game until all the players are bulldogs.

FICHE 7

TREASURE RETRIEVAL (relay race)



Cones



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Instructions:

At the signal, the first pupil of each team runs as fast as possible, goes around the cone, and brings the treasure back to the second.

The second runner, runs as fast as possible, goes around the cone and brings the treasure back to the third and so on until the last one.

The winning team will be the team that brings its treasure to the bench first.

Variations:

- Change the number of team members.
- Place obstacles to be avoided on the running line.
- The mover's relay: The winning team is the fastest to bring 8 objects back.
- Increase or reduce the number of items to be brought back per team.

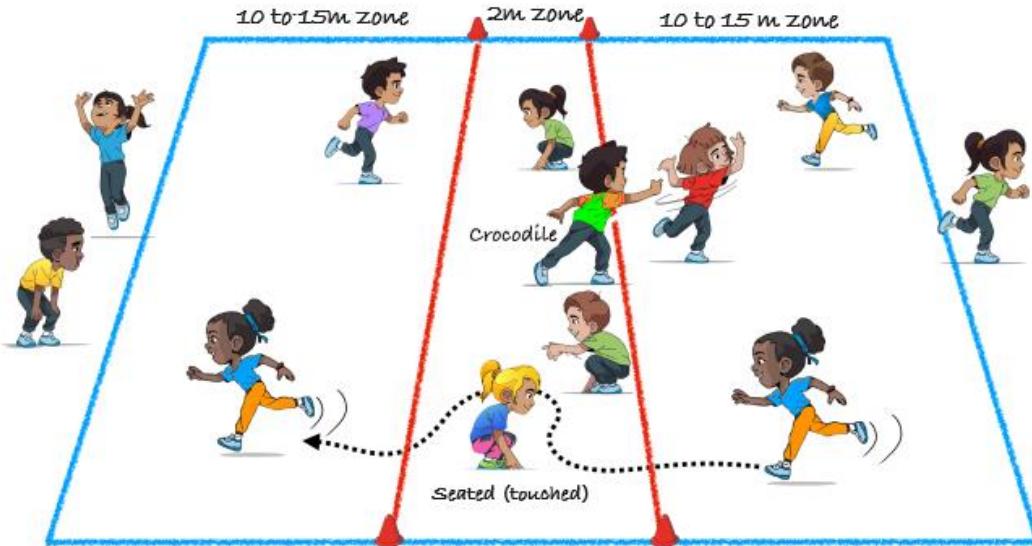
CROCODILE RIVER



Cones



Chalks



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Instructions:

Cross the river and reach the other bank without being caught by the crocodile.

Once touched, sit down to form a "rock" that becomes an obstacle in the river. When the crocodile has touched 5 children, the crocodile is changed.

Be careful not to bump into your classmates.

Variations:

- Increase the number of crocodiles.
- Ask pupils to carry objects across the river.
- The crocodiles are in pairs or in threes and must hold hands together to touch their classmates.
- The pupils who have to cross the river are in pairs or in threes and must hold hands together too.

A THOUSAND AND ONE RACE



Space markers

Chalks

The first to cross the line wins!

The first one to return to the starting point wins!

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Instructions :

In pairs, run faster than your opponent to cross a line or return to your starting position.

Variations:

- In lanes: run knees up, run heels / buttocks, lengthen the stride or shorten it. At the signal, run alternating tiptoes and feet flat, run without making noise, run making as much noise as possible; run with support on the sole of the foot (heel first, unrolling of the foot).
- Run forwards / backwards.
- Run over obstacles.
- In a circle: at the signal, each pupil runs to be the first to come back to his/her starting point.

FICHE 10

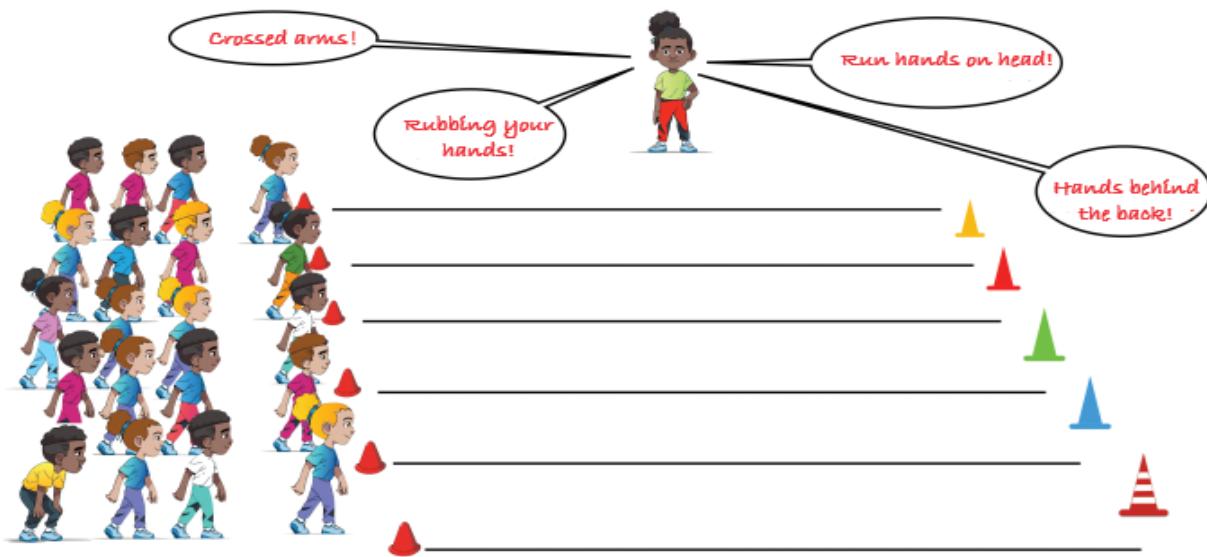
FUNNY RACE



Cones



Chalks



Instructions:



Follow the instructions given by the game leader: run hands on your head, hands behind your back, arms crossed, arms along your body, arms swinging, rubbing your hands, with elbows tight together, with elbows apart, run with shoulders up, run clapping your hands, run hands forward and backward, run and draw a house with your hands, run in chased steps, accelerate forward, run backward slowly, run singing, run with knees up, run heels up to buttocks...

Variations:

- Run in pairs holding hands (only the free hand must carry out the instructions) ; side by side run at the same pace holding a ring.
- Invent your own route in small groups and choose instructions.
- Run as quickly as possible, as slowly as possible.
- Run with an object.

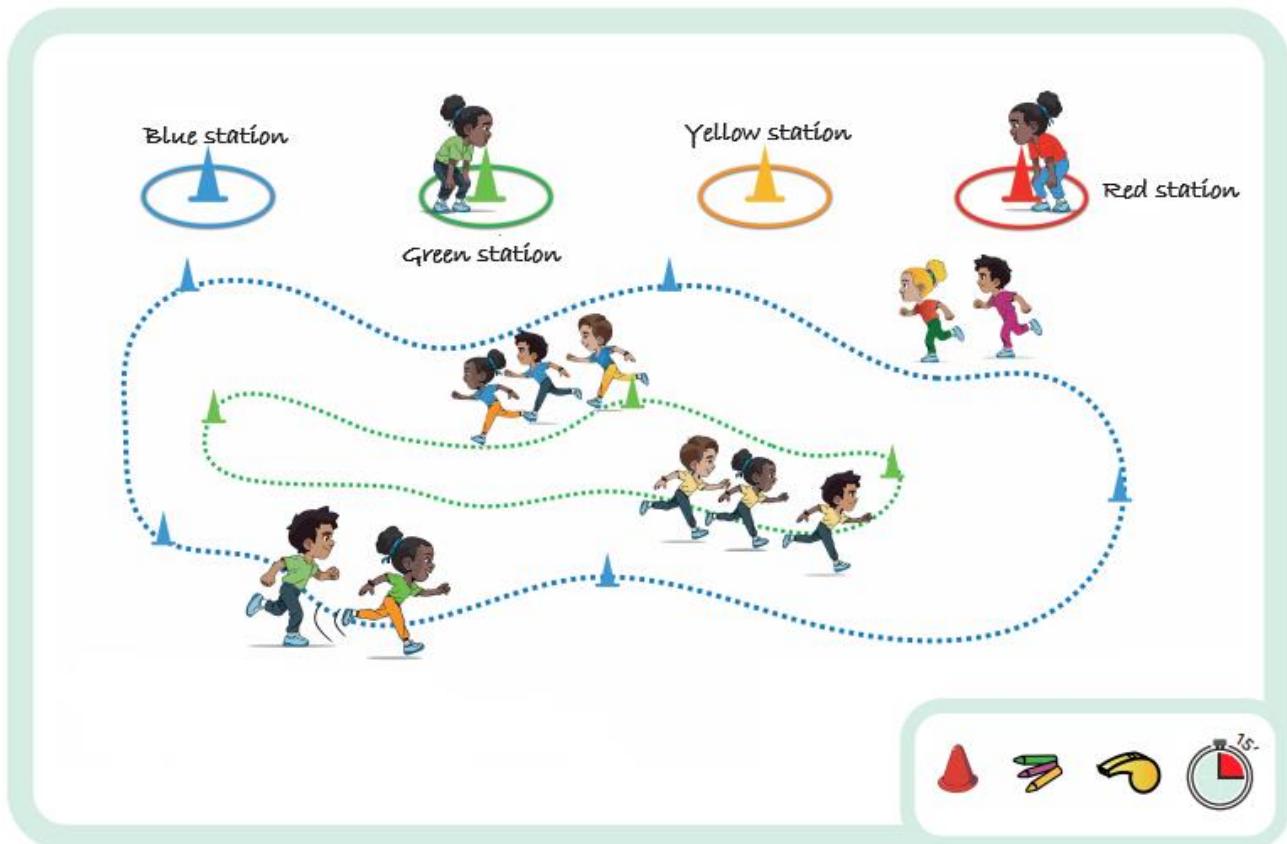
LITTLE TRAIN



Cones



Hoops



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Instructions:

At the signal, simultaneous or interval start of groups.

To start, run at the same speed in teams of three. It is possible to increase the number of runners (train cars) later.

Run together as many laps of the playground as possible.

The « train » must be in motion throughout the game. Only one runner can stop at his/her station if he/she is tired. He/she will have to join the train again at the next passage and will become the "locomotive", i.e. the leader of the group.

Variations:

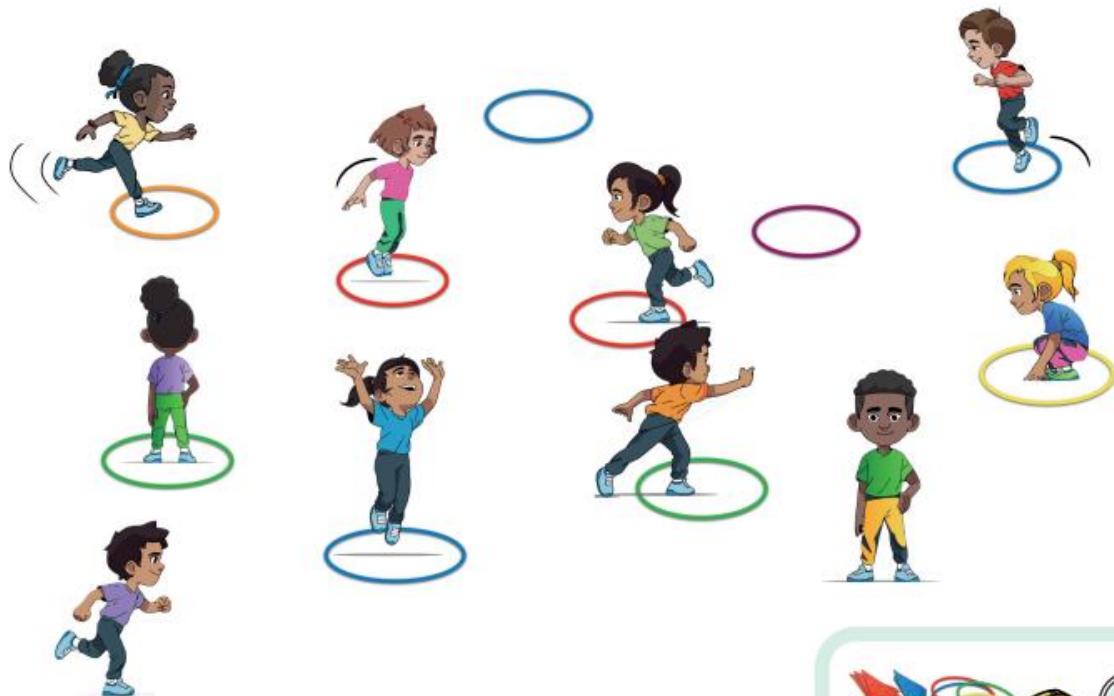
- Possibility of dropping off a passenger at the train station during a lap of the playground.
- Change the routes (longer or shorter, in groups of 8...).
- Have two trains following each other.
- Operate in small groups with cars of 4 or 6 passengers.



Whistle home run



Hoops



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Instructions:

When the whistle blows, go back home (the hoop) as soon as possible.
Be careful not to bump into your classmates.

Variations:

- Hand out scarves to the students. They have to find a house of the same colour as their scarf.
- Remove hoops.
- Ask for only one foot to be in the house (=hoop).
- Ask pupils to get into the house (=hoop) with their feet together.
- Change running instructions: slow, fast, sideways, arms up, hopping, clapping hands.

FICHE 13

FASTER THAN THE BALL



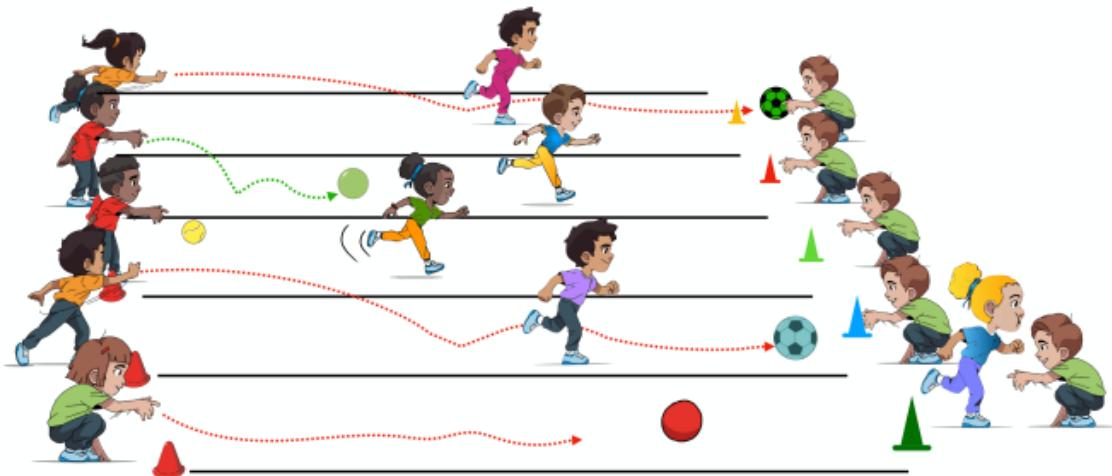
Balls



Cones



Chalks



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Instructions:

In pairs: a thrower and a catcher.

Roll the ball (the thrower) and cross the finish line before the ball (the catcher).

Variations:

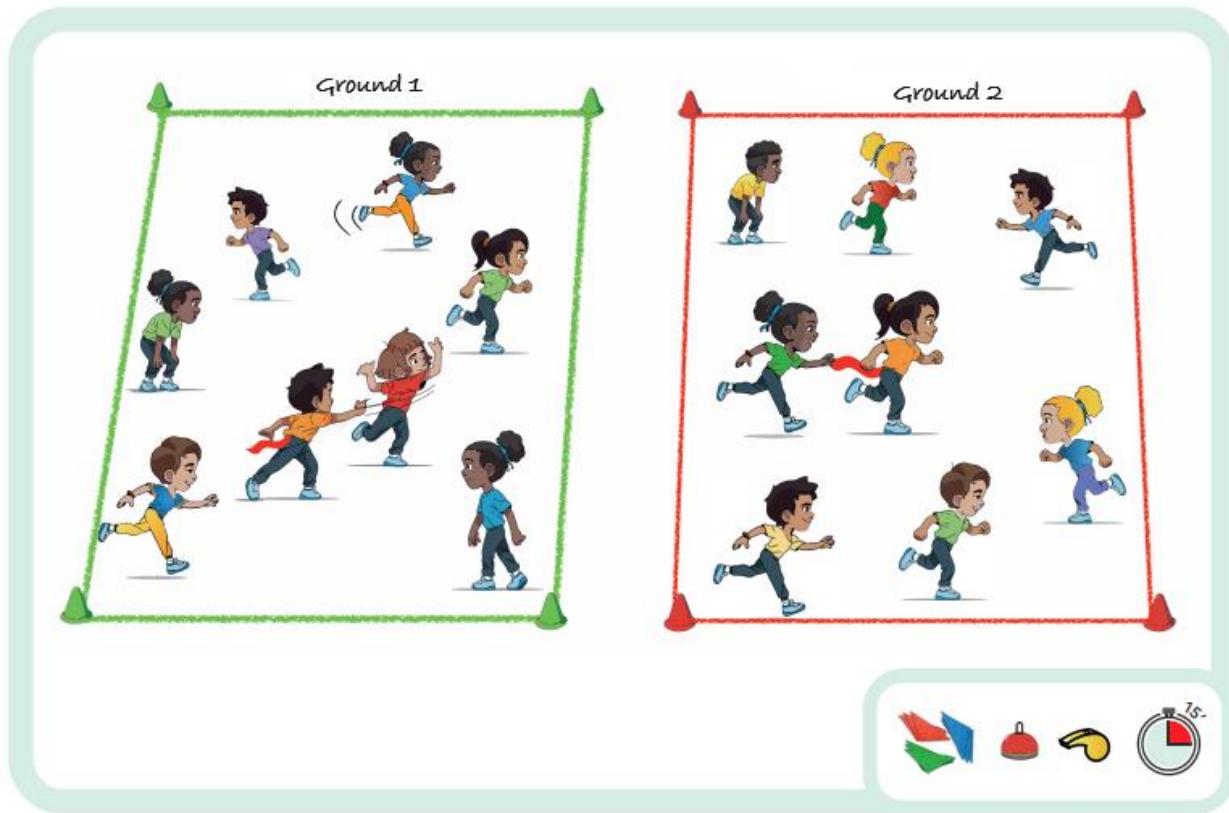
- One ball is thrown and two catchers try to catch it.
- Delimit an area where the ball can be caught.
- Two balls are thrown.
- Two catchers who have to hold hands.
- Introduce other instructions: run and clap hands, run arms up, knees up, heels to buttocks.
- Use toy cars or rolling objects instead of balls.

FOX AND TAIL CHASE



Cones

Scarves (tail)



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Instructions:

Role of the fox : The fox has to touch his/her opponent to stop him/her and must not get his/her tail caught.

Role of the player: The player tries to catch the fox's tail to become a fox in his turn.

Variations:

- Increase the number of foxes per team.
- Play for a limited time.
- In the playground, 2 teams of foxes, each player wears a scarf of his team's colour. At the signal, the players try to catch the « tails » of the other team's players without their own tails being caught. The player whose tail is caught leaves the game, he becomes an observer and makes sure the rules of the game are respected.
- Other possibility: The player who catches the opponent's tail hangs it on his belt (so he has 2, his own and the opponent's), the opponent leaves the game. In order to be allowed to play again, one of his team-mates must bring him a scarf of his team's colour.
- Limit the time of the games from 2 to 5 minutes.