

10-Minute Activities

Each activity can be set up indoors or outdoors and can last for 10 minutes. Choose six activities and get children active for 60 minutes!



Class Rules
Shark Attack
Ballroom Dancing

Treasure Hunt
Space Dash
Hop and Drop

Robot Tag
Octopus Tag

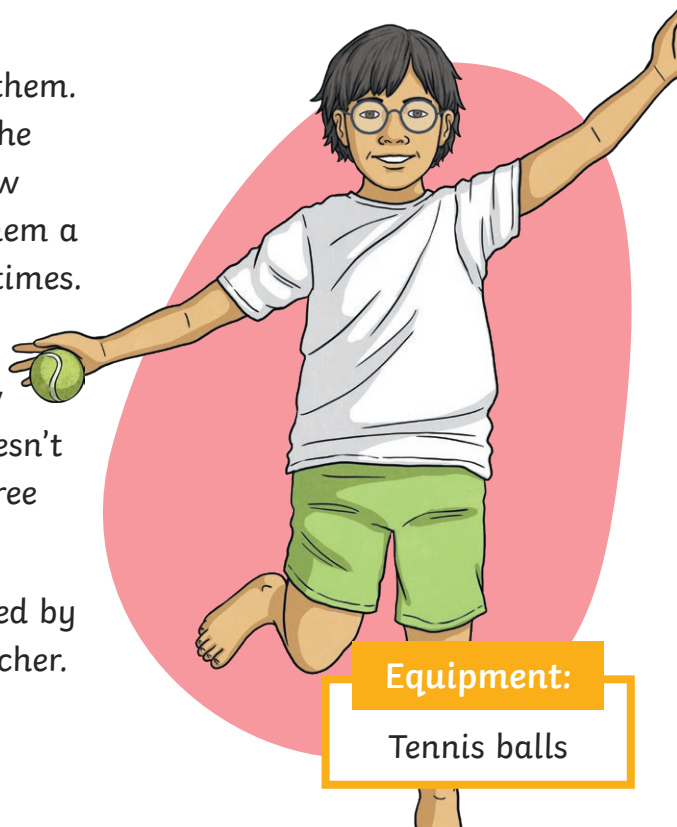
1 Class Rules

10-Minute Activities

Choose one child to be the teacher, with the remaining children forming a circle around them. The teacher begins the activity standing in the centre of the circle holding a ball. They throw the ball to a random player and then give them a command to follow, e.g. hop on one leg five times.

The chosen person must catch the ball first, before completing their task, and then throw the ball back to the teacher. If the player doesn't catch the ball, they run around the circle three times, as well as doing the command.

If the teacher drops the ball, they are replaced by a different player, who then becomes the teacher.



Equipment:

Tennis balls

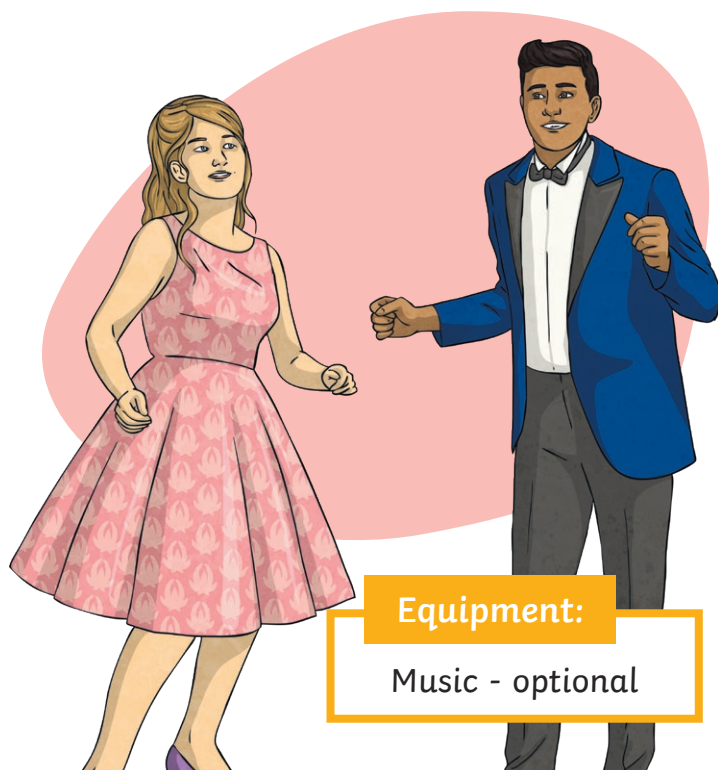
2 Ballroom Dancing

10-Minute Activities

In this activity, children pretend that they have entered a fancy ballroom and are going to show off their dancing moves. All the children stand in a circle, keeping an arms-distance apart. Choose one child to start the activity; they begin the dance by doing a simple dance move.

The next child in the circle copies the dance and then adds their own simple move to the routine. This continues around the circle.

Can the whole group remember all of the moves as they go round the circle?



Equipment:

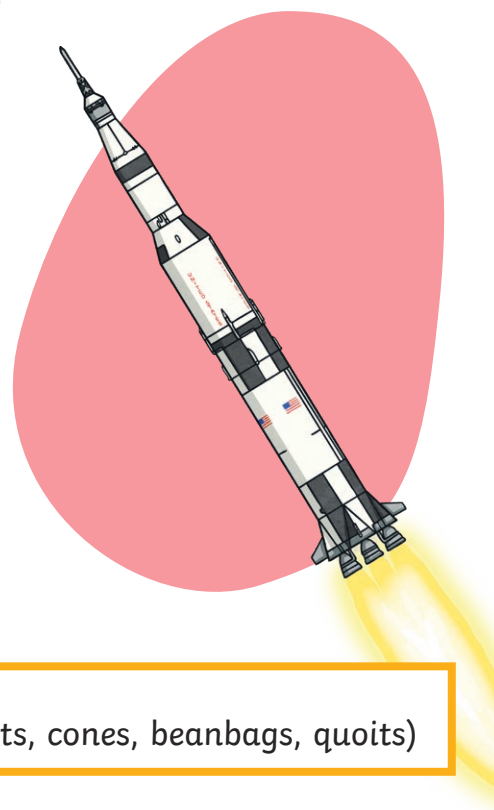
Music - optional

3 Space Dash

10-Minute Activities

In this activity, children pretend that they are travelling through the galaxy at warp speed, avoiding obstacles along the way. Set up a starting line, with children lined up along it. On a whistle, all pilots must race as fast as they can to the other side of the galaxy and then stop exactly on the finish line. Remind children not to overshoot the finish line, as they may be lost in space forever.

Add different asteroids, planets and space debris (obstacles) along the way for children to weave in and out of. There could also be a suggested forfeit for any children who knock into any of the obstacles.



Equipment:

Small obstacles (e.g. spots, cones, beanbags, quoits)

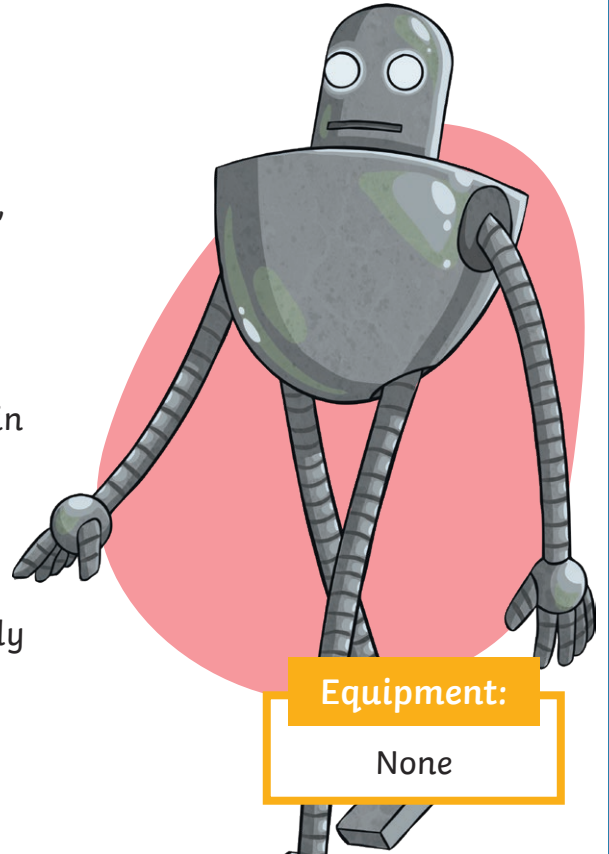
4 Robot Tag

10-Minute Activities

Choose one player to act as the robot, while everyone else spreads out around the playing area, to make it harder to be tagged or caught. The teacher will then (in a robotic voice) call out, "Tag the Humans!" At this point, the robot will begin chasing all the players.

Any players that are caught or tagged by the robot, are trapped on the ground and must remain standing still until another human tags them.

Players may only be released by another human – it is important to remember that the robot will not stop and so children will need to be constantly moving around the playing area.

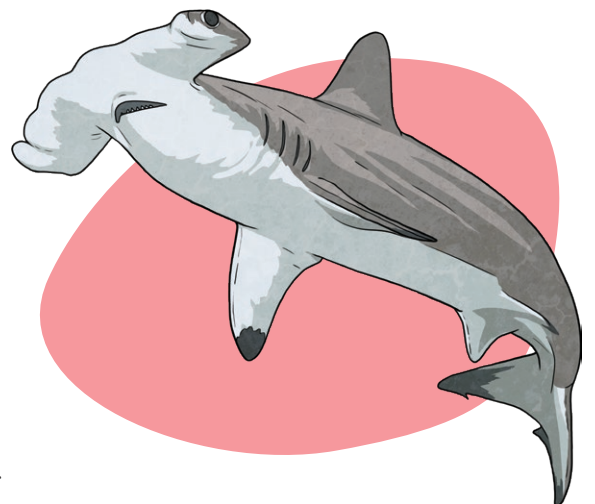


5 Shark Attack

10-Minute Activities

For this activity, place several mats on the floor – these will be the 'dry land', acting as the safe areas during this activity. You will need to decide the maximum number of children allowed on a mat.

Children imagine that they are swimming around the sea. When they hear the teacher call out "Shark Attack!", all the children need to swim to safety and stand on dry land on one of the mats. The last child, or any children unable to find a mat in time, becomes a shark. Children on the land then go back in the sea (playing area) and swim and the game repeats. A mat is removed in each round to make it more difficult to find a space on dry land and all children have been caught.



Equipment:
Gymnastics mats

6 Treasure Hunt

10-Minute Activities

Divide the class into equal teams of 4-5 children and give each team the name of a colour, e.g. blue, red. Provide each team with a set of items that match their name, such as a set of yellow balls for the yellow team or a set of blue beanbags for the blue team. The number of items in each team will depend on how many teams and players there are.

Give each team five minutes to hide their items around the playground/playing area.

Bring teams back together and tell them that they will have five minutes to find one item from each team. Ideally, teams should collect a full set of different colours to represent the teams. Five points are awarded for each coloured item found. The team with the most points at the end of the treasure hunt are the winners.



Equipment:

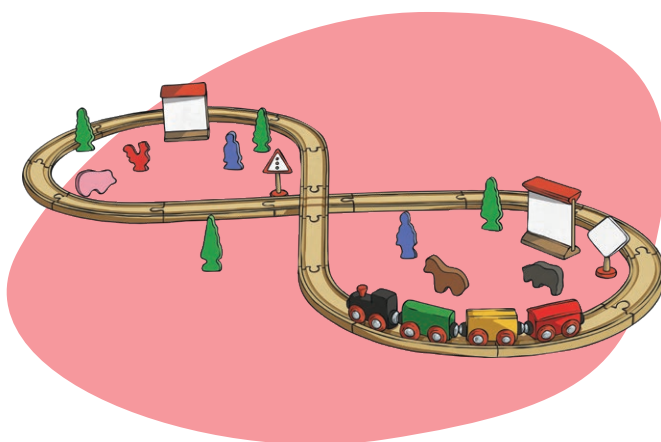
Sets of items, each in different colours (e.g. balls, beanbags, cards)

7 Hop and Drop

10-Minute Activities

Place children into teams of 4-5 and mark out a course with a start and finish line. Place a set of 4-5 toys (depending on the number of players) for each team at the finish line. Players take it in turns to hop along the course - watch out that the children aren't running! When a player reaches the finish line, they pick up a toy and return it to their team by hopping back to the start line. Then the next player may set off.

Keep playing until all the toys have been collected and children are sitting in their teams. The winner is the team who collects all of the toys first by hopping there and back.

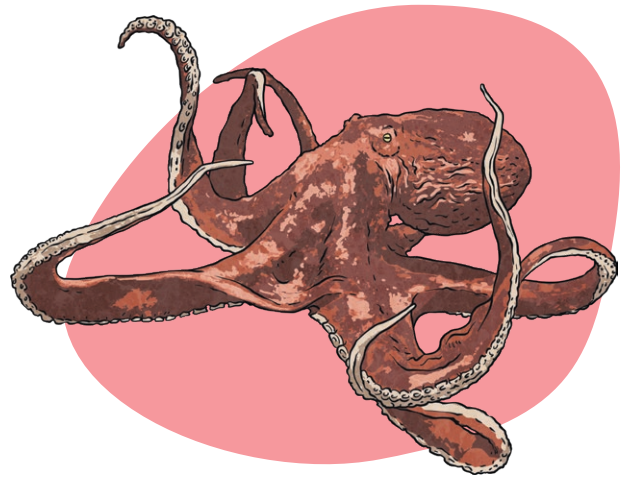


Equipment:

Small soft toys or beanbags

Select one child to be chosen as the octopus for this activity, with all the remaining children being fish. To begin, the fish line up along the start line and, on the whistle, they attempt to run to the finish line at the opposite end of the playing area. While the fish attempt to make it to the finish line, the octopus can try to tag them. If a fish is tagged, they must remain standing where they were tagged and can help the octopus by trying to tag other fish as they run by. If a fish makes it to the finish line without being tagged, they are safe.

The game ends when all of the fish have been tagged or they are safely standing by the finish line.

**Equipment:**

Footballs or balloons