PEAK
Physical Education & Active Kids

Reach your PEAK Performance.

Wolves and Sheep

How to play this game:

Divide the playground into three sections. In the middle stand 3 children, these are the wolves. All of the other children stand in one of the outer thirds. When the adult/leader shouts "Go" the sheep have to try to get into the opposite sheepfold without being tagged by the wolves. If they are tagged they lose a life and the last remaining sheep is the winner.

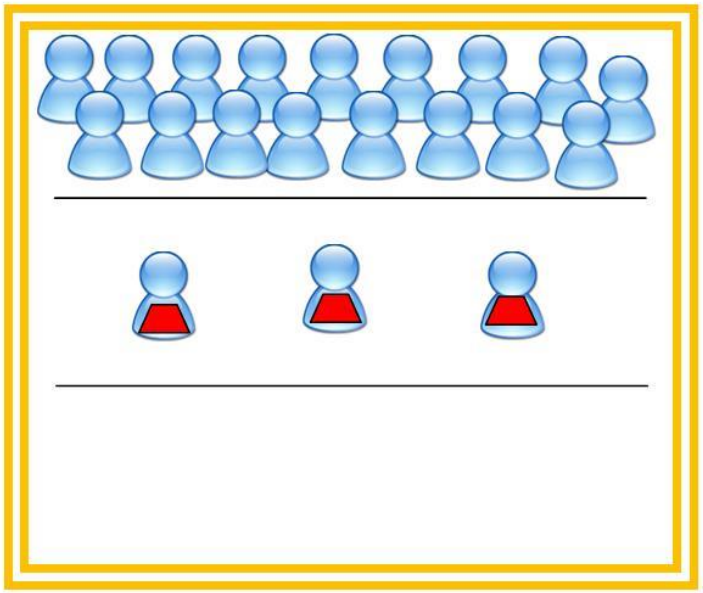
Adaptations

This is an excellent game for cross curricular links with Modern Foreign Languages. Call the 2 end sections "la pré" (the meadow) or "le bergerie" (sheepfold) and the middle section "la forêt" (the forest). This can be adapted to use any French or Spanish words.

Change the method of travel so that all players have to jump, hop or skip.

Change the game so that for a player to get out they have to be tagged by two of the wolves, this encourages the wolves to work together and develop a basic strategy.

Turn this into a team game by having half of the sheep wearing bibs or sashes. You can of course have lots of teams, all wearing different colours. The team with the last remaining child/children wins. This is useful to develop teamwork amongst the children who are sheep and helps them devise basic strategy.



Learning Objectives

- Running fast over short distances
- Co-ordination
- Can be used as a fun warm-up or cool-down

Resources

- Activity area