

Traffic Light Lines

How to play this game:

Use existing playground markings or, if playing indoors, use the walls and the centre of the hall. One line is red, the central line is amber and the other line is green.

To start the game, the children stand on the amber line. The adult/leader calls out, for example, "Red". The children all run to the red line. The adult/leader then calls out another colour and the children run to that line. The game continues. You may want the last child to reach the line to be out or carry out a forfeit before re-joining the game.

Adaptations

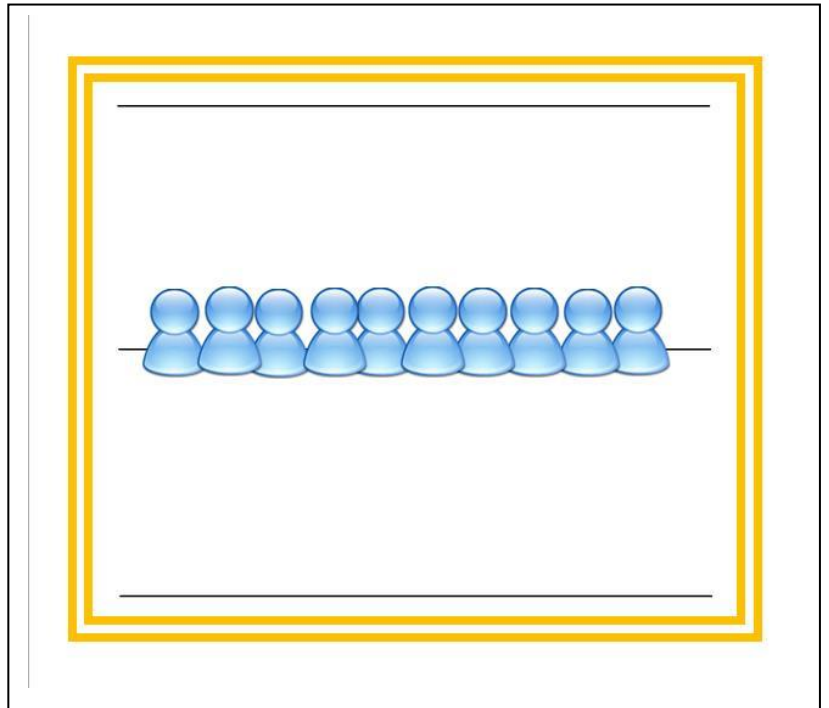
Change the method of travel, e.g. skipping, hopping or jumping.

You can change the game to use the four sides or corners and use North, East, South and West. This can be particularly useful if you are looking for a cross curricular activity if teaching the compass points.

Introduce tasks or exercise that the children have to complete when running between the lines. For example, between amber and red the children have to do 5 star-jumps and between amber and green three burpees.

This is a very good warm-up for any dribbling game such as hockey, football, basketball or handball. This gets the children not only working on their close dribbling skills but also their turning skills. Again you could introduce sport specific skills that the children have to complete between the lines.

This is good reaction game if the adult/leader calls out the next line quickly, so if for example the children are running towards the red line the leader shouts out "Green" and the children have to quickly turn and run towards the opposite line.



Learning Objectives

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

Resources

- Activity area