

Starlight

How to play this game:

Get the children to sit in a circle. Go around numbering them 1, 2, 3, 4, 1, 2 etc. Place 4 differently coloured markers or bean bags in the centre of the circle. When the adult/leader calls out a number the children with that number have to run clockwise around the circle and enter the circle from where they started and try to grab a marker. The adult/leader who has the same 4 coloured markers or beanbags behind their back or in a bag picks one at random, the child with that colour wins and is promoted to starlight. Races continue using different numbers and 'starlights', winners of starlight races get promoted to moonlight, winners of moonlight races get promoted to sunlight etc. Try to have a final point e.g. supernova-light and the winner of that race is declared the overall winner. Don't worry if there are more runners than markers in the middle of the circle, only the first 4 back get a marker.

Adaptations

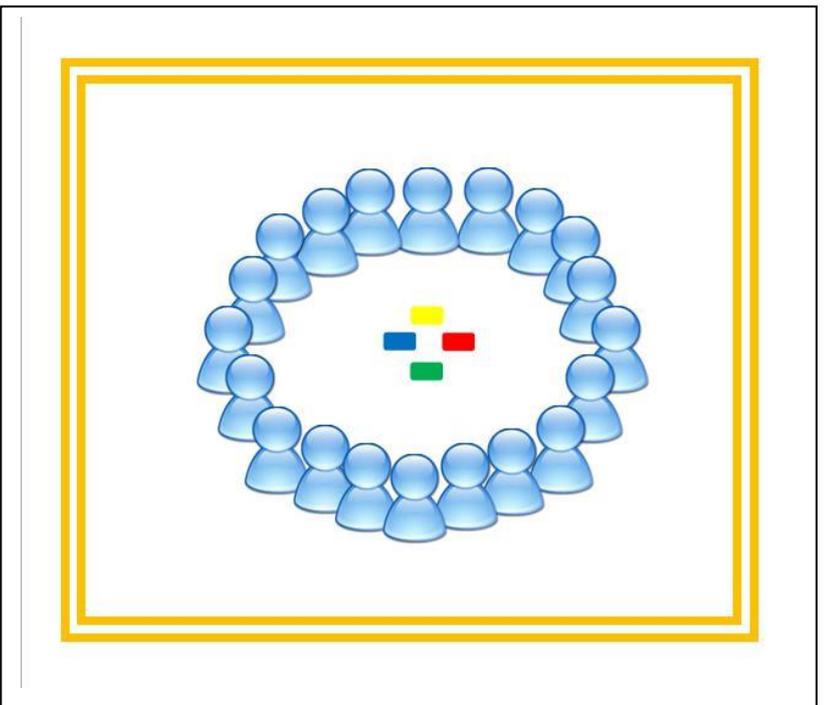
Change the method of travel, e.g. skipping, hopping or jumping.

If you have a smaller number of children use the numbers 1-3 and only have 3 markers in the middle.

Try not to have too many children running around the outside at any one time (7 is your target maximum) but don't be afraid to have two sets of pupils running at the same time. For example, later in the game when you only have 2 or 3 of each number left (as all others have been promoted) get, say, 1s and 2s running together.

Whereas we would advise that you always ensure that children are running in the same direction, do not be afraid to change the direction with calls of "Clockwise number 2s" or "Anti-clockwise moonlights".

You can use any words that you like for this game. Try starting by naming children apples, oranges, bananas and lemons and promote to peach, then to strawberry, then to papaya etc.



Learning Objectives

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

Resources

- Activity area
- Beanbags or Marker cones