



GAMES CARD

2

Fun Running Games

Bullrush (♫) – Also called Cockey Laura or British Bulldog. As few as three people can play this. Mark out a court. One person is 'It', other players line up behind line at one end of court. 'It' calls "Bullrush". Players try to get to other end without being caught. If you are caught you help "It". Last person caught is next "It".

Run To Touch (♣) – call out various objects in the yard to run and touch, returning to the start ASAP. Time your performance.

Handball Rounders (♣♣) – set up two shoes as bases about 12 paces apart. Batsmen throws ball in the air and strikes it with the flat of the hand (you get 3 chances to hit it well). When the ball is hit the batsmen can score a run by racing around the other base and back. Batter out if fieldsmen catch on the full or get the ball to touch a base before batsmen gets back.

Treasure chest (♣♣•) – spread a variety of objects out on the ground. Time the person gathering all the objects back into a bucket one at a time. Variation – Scavenger Hunt – call out a letter, participants are given a time limit to go and gather as many objects as possible beginning with that letter (time them putting them back for another race!)

KEY: ♣ = can be played by one person, ♫ = needs more than 1 player, ♣ = some equipment needed, • = organisation required, 🏠 = can be played inside