

ROUND THE WORLD

- Teams travel clockwise, changing running style according to instruction.
- Five teams in total.
- Vary the speed, direction and the running actions.



DUCK, DUCK, GOOSE

- One person is the fox.
- Fox runs round circle naming players 'duck' one by one until the goose is named.
- Goose must get up and chase the fox around the circle, trying to tag the fox before they get back to the goose's original position.
- If fox is not caught, circle is entered where goose left and goose's place taken.
- If fox is caught, fox goes again.