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Vigorous



FRUITBOWL



- **Space:** large/medium
- **Equipment:** chairs

Sit the players in a circle on chairs. Give each one the name of a fruit in sequence, e.g. apple, pear, banana; apple, pear, banana, and so on around the circle until each has a fruit name.

Nominate one person to stand in the centre of the circle. Remove their chair, so that you now have one chair less than there are participants. The person in the centre must shout out one of the fruit names given and everyone with that fruit name must dash out of their chairs to another seat.

NOTE! No-one should go back to their own chair on that turn or, with large groups, move to the seat next to theirs.

As the 'fruits' are changing places, the person in the middle must also try to get a seat. When everyone has swapped seats, there will be one person left in the middle again with no chair. This person calls out the name of a fruit and the whole process begins again.

If the person in the middle shouts out 'Fruitbowl' everyone must change places!

Variations / follow-on:

Two fruit names can be called at once.

TOUCH AND FREEZE



- **Space:** large
- **Equipment:** none

Select two or three players to sit cross-legged on the floor and instruct them to place their hands in their laps and keep them there. Ask the other participants to place one of their fingers anywhere on the bodies of the people sitting down.

Once all fingers are on, pause briefly for silence, then give the command 'Touch and Freeze!'. On this, those touching have to dash quickly away whilst those sitting down try to tap them wherever they can hit, without moving from their spot in any way. Anyone tapped by the 'sitters' also becomes a sitter and the rest of the group put their fingers on and the whole game begins again.

Sitters must always begin with their hands in their laps and 'touchers' must have fingers on actual parts of the body - not holding on to strands of hair or shoelaces!

Increase tension and concentration by prolonging the pause before giving the command to 'Touch and Freeze!' is given.

NOTE: Please watch out for any touchers crouching too low, as they will get fallen over or trodden on.

WHO HAS THE BEANBAG?



- **Space:** medium/small
- **Equipment:** beanbag

One person leaves the room or turns their back on the other players. The others pass a beanbag around. The outsider knocks or stamps loudly three times and then enters/turns around. The player holding the beanbag has to hide it quickly on themselves before the outsider enters/turns. The outsider then has to guess who is hiding the beanbag - allow three guesses only. The person who hid the beanbag then becomes the guesser and the game begins again.

SIMON SAYS



- **Space:** medium/small
- **Equipment:** none

Players stand in a space. When the command 'Simon says do this' is given, all players must copy the given mime or action. However, when the command 'do this' is given, the players should not copy, or respond to, the given mime or action. Any player copying when they shouldn't, or not copying when they should is out. Continue until winners are declared.

THE TORTOISE GAME



- **Space:** large/medium
- **Equipment:** large dice

Players line up, on 'all fours', against one wall. Each player is given a number between 1 and 6 (inclusive) in sequence. The aim for the players is to cross the room, one limb at a time, according to the roll of the dice. When the dice is rolled, the players with the number thrown can move one limb: one arm or a leg. Between rolls players must remain still and their movements controlled. Any players who fall over must return to the start. The game continues with the dice being rolled and players moving slowly across the room according to the number thrown until a winner, or winners, is declared.

Variations / follow-on:

Give each player a number, excluding prime numbers, between 6 and 12. These can be allocated in sequence, or by drawing pieces of paper. Roll the dice. Players then move according to whether their number is divisible by the number rolled and by how many multiples. For example: if a number 2 is rolled, players with the numbers 6, 8, 10 and 12 could make 3, 4, 5 or 6 moves; if a number 3 is rolled, players with the numbers 6, 9 and 12 could make 2, 3 or 4 moves. For fairness, players with the number 9 could be allowed to make 3 moves twice. All players make one move if the number 1 is rolled.

Use coloured stickers and a colour dice instead. Players make one move if their colour is thrown.

All players must select the appropriate number of moves to reach the opposite wall exactly, without having moves to spare.