**Physical activities - games**

**Taking it together**: Two students squeeze a non-fragile and non-injurious object between their faces (e.g. a ping pong ball) and move together with it in the room. The task can be made more difficult by allowing the students to move only in a specific direction. Other tasks (e.g., carrying objects from one bench to another) can also be given to pairs.

**Paper snowball**: The game should be played in a hot-tempered, aggressive situation. The game needs a lot of newspapers. We divide the class into two groups and set them up on both sides of the desks (at least 3-4 meters from each other). Both teams receive a sizeable amount of newspapers and in a short time each member must make at least three newspaper balls. This is followed by a short (2-3 minute) battle, but the teams cannot get closer. As the paper ball is light, it slows down quickly and becomes weak after throwing. The children try to get the ball to the target with increasing force. They get tired quickly. The game can also be applied in such a way that not everyone throws at each other, but into a target (e.g., a far-placed trash can).

**Ping Pong ball blowing**: Some ping pong balls are required for the activity. We place the ball in the middle of two pushed desks (several groups can play at the same time) and 3-3 students start blowing from the two sides. Due to the balance of power and the light ball, it will be difficult for the ball to go to the other half. It is common for the ball to roll sideways, then we continue from the centre.

**Thread tug-of-war**: The activity should be performed like a tug-of-war, but with a thread. Dividing the class into two teams, they get the thread as if it were a rope. They should pull it so that everyone’s muscles will be tense. The thread must not be torn. If so, repeat the exercise with a new thread.

**Spaghetti**: The students stand in a circle and then everyone has to hold the hand of someone who is not right next to them. Everyone has to hold the hands of two other people. The goal is to re-create the circle while not letting go of each other’s hands. It is not an easy task, sometimes it is not even possible, and it emphatically requires a lot of communication and patience. If the kids understand the game, they will strive for success very strongly. Through the game, we tell them that we are all connected to each other and, although these delicate threads sometimes “get tangled up”, it is not hopeless to find a solution.

**Japanese s occer:** Players are placed in a medium stretch in a circle with their feet touching the ground. They clasp their hands together at their feet, a few inches above the ground, symbolizing a goalkeeper in front of the gate. The object of the game is to pass the ball between the legs to eliminate the players. Here are some rules to follow:

- You must not hit a high ball, only the ball rolling on the ground is allowed.

- You can pass the ball and protect the gate only with your hands folded.

- The legs that make up the gate remain motionless.

- If the ball passes between the legs of two adjacent players, no one will fall out.

- It is forbidden for a neighbouring player to hit the ball.

- The ball must not be caught unless we have no other choice (e.g. it stops in the middle of the circle, or rolls out of the circle, etc.).

Dropped out players can play a ball-picking role, so they are still part of the game and a great help to others. Ending the game: As the rule states that we cannot hit the ball with a neighbouring player, the last three players who were able to stay in the round win.

**Islands:** We place 4-5 spread out newspapers on the ground. Melodic music is played in the background. Everyone moves, dances among the papers. When the music stops, everyone steps on a newspaper island. That is those who can fit on the paper. Those who cannot are eliminated from the game. One newspaper is removed from the ground. We continue to play the music and then silence again and jump on paper again. The game continues until there is only one paper left. The game is based on the silent reflex, it makes you concentrate, but we can even find out who helps the other, who is violent, and so on.

**Tableaux vivants:** Students move freely, then at a given signal they stop. After the stop a tableaux must be created within a short time. Give the task depending on the age of the group. For beginners, it is advisable to give well-known topics, locations, situations (for example, train station, cinema lobby, store, library). Note: In this game, there is no way for players to give each other instructions. Take the initiative or adapt to the initiative of your peers: these are the two options available. It is a game that requires whole group collaboration.

**Kneeling circle:** The group is placed in a narrow circle so that everyone has their right shoulder towards the centre of the circle and at the same time touches the one in front of or behind them. Participants grasp the waist in front of them. After that, everyone (they have to act at the same time!) slowly bends their knees until they are sure they are sitting on the knee of their partner behind them. After a successful attempt, there may even be “stunts,” such as letting go of the waist in front of them or trying to step with the “knee circle”.

**Turning the sheet:** Each team is placed on a sheet. They need to turn over the sheet without stepping off it (not even their heels can reach the ground). The winner is the one who succeeds sooner.

**Ice floe:** The checker (the teacher or a student) invites the children on an Arctic cruise, meaning the children get up from their seats and come to the playground. They find that the ship is slowly sinking, but people have already set off from shore to rescue the passengers. The passengers want to survive on the ice floes until help arrives. The checker scatters pieces of paper on the floor and the children stand on them. Depending on the size of the group, one, two, or three students play the warm Gulf Stream, which melts the ice sheets (tearing the pieces of paper into small pieces). In the case of the lonely “shipwrecks”, the “flow” has an easy job. There will soon be no paper left under those alone. (You should not sit down, lie down.) It soon turns out that only those can defend themselves against the Gulf Stream who work together and stand close together to form a tight ring with their feet.

**Co-jumpers**: The players stand in a line, behind each other. They lift and stretch their left legs backwards so that the one behind them can grab their ankles or heels. They then put their right hand on the shoulder in front of them and cling to it. And now it’s time to jump.

**Ball wave:** Players hold the edges of the blanket. We place a ball on the blanket. By pushing the blanket together skillfully, throw the ball up and then try to catch it with the blanket as well. Let's count the points.

**Native American ball pass:** Players sit in a close circle with their legs outstretched in the middle. The ball is placed in the lap of one of the players. The task is to pass the ball around as fast as you can without the help of the hands.

**Dumpling:** Players are scattered in a designated area. They all close their eyes. The teacher, walking in silence among the players, touches someone to be a “Dumpling” (any name). The Dumpling opens his eyes. The teacher signals the start. Everyone except the Dumpling starts walking in the designated space with their eyes closed. When someone goes to each other, they ask each other, “Dumpling”? If the answer is “Dumpling,” they split up and walk on with their eyes still closed. The goal is to find the real Dumpling who never answers the question. If someone finds the Dumpling, that is he bumps into him and gets no answer to the question asked, he opens his eyes and joins the Dumpling by holding his hand. The game lasts until everyone is part of the Dumpling. The eyes should be really closed, if necessary, play blindfolded! If the game ends too soon, expand the boundaries of the playing field.

**Dream Curse:** Players close their eyes. The referee silently selects a Wizard with a touch. Then the players open their eyes and start walking. The Wizard's job is to put the players to sleep by winking at them as they walk. Whoever is winked at, slowly counts to three on his own, then “falls asleep” and stretches to the floor. The game continues until someone finds out who the Wizard is.

**Spider:** Four students are sitting in four chairs close together. Everyone turns to the right side of the chair and then lie on each other’s lap, if they support each other properly, the chairs can be removed.

**Everyone for everyone:** Kids walk with beanbags on their heads at their own pace. The teacher begins to regulate the rhythm of walking, and the children continue to walk accordingly. When a beanbag falls off someone’s head, they stiffen motionless. Another child has to pick up and put the beanbag back on their head without losing his own.

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