

# Let's Get Moving

● **5-6** years old



The *Let's Get Moving* game cards offer various ways for your campers to move.

Refer to the list of **basic motor skills** (back cover) to see what each game allows them to develop.

To go further, get inspiration from the variations, make up new rules with your campers or consult the games of the other age groups.



Basic Motor Skills	Game number													
	1	2	3	4	5	6	7	8	9	10*	11*	12*	13*	14*
Run	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Jump	X		X	X	X			X		X	X	X	X	X
Gallop	X		X	X	X			X		X	X	X	X	X
Skip	X		X		X			X		X	X	X	X	X
Crawl		X		X	X			X		X		X	X	X
Side skip	X		X	X	X			X		X	X	X	X	X
Rolling								X		X		X		
Static balance		X			X	X			X	X	X	X	X	X
Dynamic balance	X	X	X	X	X	X		X	X	X	X	X	X	X
Dodge	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Catch			X										X	
Strike													X	
Throw			X				X						X	
Kick													X	X
Dribble with hands													X	
Dribble with feet													X	X

**Psst!** Do you notice that your campers are more confident in themselves and motivated as they play? Explore the **FUNDamentals to get moving!** tool on the Power Up portal.

\* For small groups



**5-6 years old  
and Over**



## Jumbo Rock-Paper-Scissors

**PARTICIPANTS:** 10 TO 30  
**TIME:** 10 TO 20 MINUTES  
**VENUE:** INDOORS, OUTDOORS  
**INTENSITY:** MODERATE TO HIGH  
**EQUIPMENT:** FOUR CONES

### Goal

Win the rock-paper-scissors duel and tag the players on the other team.

### How to Play

1. Divide the group into two. Using cones, delimit a protection zone.
2. Each team decides together which hand signal they will use in the rock-paper-scissors duel.
3. Once the choice has been made, the players line up in the middle of the playing area, facing the other team.
4. At the counselor's signal, the players loudly shout "ROCK-PAPER-SCISSORS!" and all together show the hand signal their team decided on beforehand.
5. The team that wins the duel then runs to tag the players on the other team.

- 
6. The players on the losing team must run back to the zone marked with cones. They cannot get tagged in that zone. Players who get tagged before they reach the zone must switch to the other team.
  7. Repeat the duels until there are only a few players left in one of the teams.

## **Variations**

- Add movement options (skipping, hopping on one foot, etc.)
- Add a creative aspect by varying the theme (ball, water, fire, etc.)

## **Tips & Tricks**

The Rock-Paper-Scissors game can be used to form teams. Get the campers to stand in groups of two and play Rock/Paper/Scissors. The winners make up the first team and the others form the second team. This can be done another time if the game requires 4 teams.

## **Skills Developed**

Running, Dodging, Jumping, Galloping, Skipping, Side skipping, Dynamic balance



**5-6 years old  
and Over**



## Starry Cards

**PARTICIPANTS:** 8 TO 20  
**TIME:** 20 MINUTES OR MORE  
**VENUE:** INDOORS, OUTDOORS  
**INTENSITY:** MODERATE TO HIGH  
**EQUIPMENT:** ONE DECK OF CARDS

### Goal

Go around the star and find the card in the middle as quickly as possible.

### How to Play

1. Spread a deck of cards face up on the ground, in the middle of the playing area.
2. Divide the group into four or more teams. Increase the number of teams to reduce the wait time for the players.
3. The players on each team must line up one behind the other, facing the cards, to form a star shape.
4. The counselor names a card, (e.g., ace of hearts). They then give the starting signal.
5. The player at the front of each line turns around and crawls between the legs of the players behind them, then runs all the way around the star and crawls back between the legs of their teammates to the center of the star, where they must find the card the counselor named.

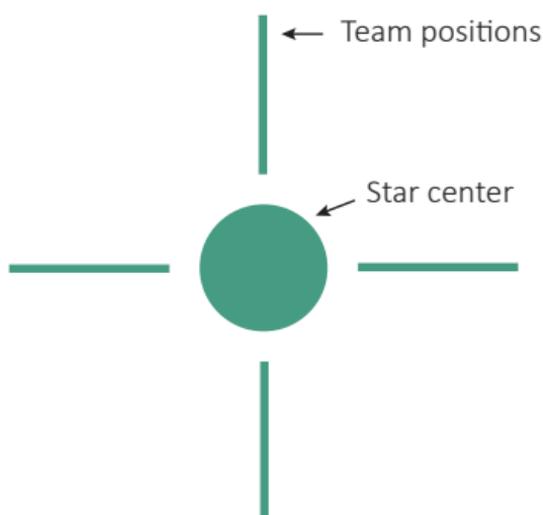
6. The first player to find the card wins a point for their team.
7. The player who just ran returns to the back of the line after their turn.

## Variations

- Ask the runners to zigzag around their teammates instead of passing between their legs.
- Vary the size of the star by having the teams back up, increasing the distance the players have to run.
- Vary the objects in the middle of the star (bowling pins, beanbags, colours, etc.)
- Place several beanbags in the middle of the star. Attribute a certain number of points to each beanbag colour or combine a number and a colour (e.g., ask the players to collect three red bags).
- Use equipment (e.g., balls, ropes) to practice other skills.

## Skills Developed

Crawling, Running, Static and dynamic balance, Dodging





**5-6 years old  
and Over**



## Hay Is for Horses

**PARTICIPANTS:** 10 TO 20

**TIME:** 10 TO 20 MINUTES

**VENUE:** INDOORS, OUTDOORS

**INTENSITY:** MODERATE TO HIGH

**EQUIPMENT:** FOUR CONES

ONE TAMBOURINE

FIFTY OBJECTS (BEANBAGS, HOOPS, RINGS, ETC.)

### Goal

Bring back as much food as possible to your stable to the rhythm of the tambourine.

### How to Play

1. Divide the group into two teams of horses.
2. Line up the teams on either side of the playing area behind a line. This delimited area constitutes each team's stable.
3. Each team has a number of objects (food) in their stable. Place the same number of objects in each stable.
4. The horses must move to the rhythm of the tambourine is fast played by the counselor to advance to the other team's stable and collect objects to bring back to their own stable. Each horse can collect only one object at a time.

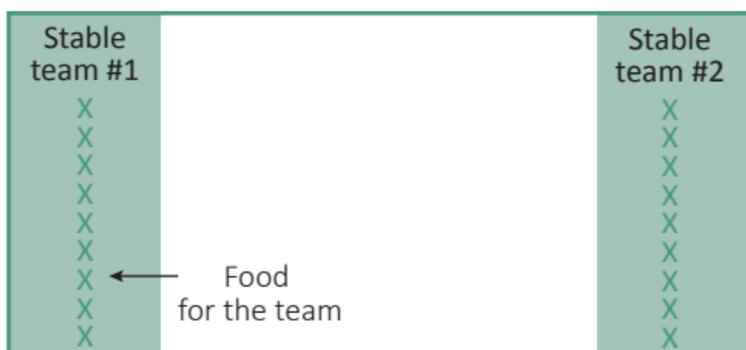
5. When the rhythm of the tambourine is fast, the horses must run as fast as they can.
  6. The counselor stops the game every now and then to ask the campers to change the way they move to the rhythm of the tambourine (jumping, crab walking, skipping, side skipping, etc.). The counselor also varies the pace of movement (e.g., fast or slow).
  7. The game ends when one team has no more food or when the time is up (approximately 15 minutes).
- ➔ The campers must watch where they're going to avoid collisions.

## Variations

- Vary the rhythm often.
- Add a points system according to object shape or colour.
- Substitute the objects with balls that the campers must bring back to their stable by making a predetermined number of passes.
- Vary the types of objects.
- Vary the movement options (let the campers decide).
- Vary the size of the playing area.

## Skills Developed

Galloping, Jumping, Dodging, Side skipping, Running, Skipping, Dynamic balance, Catching, Throwing





**5-6 years old  
and Over**



## Hunter

**PARTICIPANTS: 8 TO 20**

**TIME: 10 TO 20 MINUTES**

**VENUE: INDOORS, OUTDOORS**

**INTENSITY: MODERATE TO HIGH**

**EQUIPMENT: HOOPS (ONE PER TWO PLAYERS)**

### Goal

The animals must seek shelter in their enclosure to avoid being tagged by the hunter.

### How to Play

1. Lay the hoops out on the ground (one hoop for every two players).
2. Name an animal and ask the campers to imitate the way that animal moves (snake, horse, elephant, monkey, mouse, cat, dog, bird, rooster, tiger, crocodile, kangaroo, crab, etc.).
3. Ask one camper to play the role of the hunter. When the hunter shouts “Look out! Here come’s the hunter!”, the animals must get back to their enclosure (hoop) as quickly as possible before the hunter tags them.
4. The animals can take shelter in any enclosure but there can be no more than two animals per enclosure.
5. When an animal is tagged, they take the hunter’s place, and the hunter is transformed into an animal.



→ The hunter must tag the animals gently (no shoving).

## **Variations**

- Vary the number and size of the enclosures: make one large enclosure behind a line, provide fewer spaces in the enclosures than the number of animals, etc.
- Vary the number of animals that can find shelter in the same enclosure.
- Vary the number of hunters.
- Vary the size of the playing field.

## **Skills Developed**

Crawling, Galloping, Jumping, Running, Side skipping, Dodging, Dynamic balance



**5-6 years old  
and Over**



## Colour Code

<b>PARTICIPANTS:</b>	<b>10 TO 25</b>
<b>TIME:</b>	<b>10 TO 20 MINUTES</b>
<b>VENUE:</b>	<b>INDOORS, OUTDOORS</b>
<b>INTENSITY:</b>	<b>MODERATE TO HIGH</b>
<b>EQUIPMENT:</b>	<b>ONE PARACHUTE</b>

## Goal

The campers must make waves with the parachute and change places when the counselor calls out the colour of the part of the parachute facing them.

## How to Play

1. The campers stand around the parachute.
  2. They must hold it tight and create big waves.
  3. At the counselor's signal, everyone lifts the parachute as high as possible. The counselor then calls out a colour.
  4. All the campers whose hands are on that colour must change places before the parachute comes back down to the ground.
- ➔ The campers must be careful to avoid crashing into each other.



## Variations

- Name a letter of the alphabet. All the campers whose name starts with that letter must change places.
- Vary the types of movement the campers must use to move around (jumping, galloping, crawling, walking on a tightrope, etc.).

## Skills Developed

Running, Side skipping, Dodging, Jumping, Galloping, Skipping, Crawling, Dynamic balance



**5-6 years old  
and Over**



## Tropical Island

- PARTICIPANTS:** 8 OR MORE
- TIME:** 20 MINUTES OR MORE
- VENUE:** INDOORS, OUTDOORS
- INTENSITY:** MODERATE TO HIGH
- EQUIPMENT:** FOUR MATS (OR CONES OR ROPE IN SUFFICIENT QUANTITIES TO DELIMIT FOUR ZONES)  
FOUR OBJECTS OF DIFFERENT COLOURS
- FOR VARIATION:**  
FOUR PINNIES/VESTS OF DIFFERENT COLOURS

### Goal

The players are shipwrecked on an island and must await the captain's (counselor) signal to try to escape.

### How to Play

1. At the beginning of the game, the campers are seated on the same island (mat with object that identifies the island's colour) as they await the captain's signal to escape.
2. The captain calls out the colour of the island the players must head to.
3. After a few minutes, the captain can increase the pace of the game by calling out another colour in the middle of the race.
4. The captain can then add actions the campers must perform during the race.

## Action Examples

- » Rock: lying on their backs, holding their knees to their chest and lifting their heads. Count x number of seconds, equivalent to the player's age.
  - » Life buoy: the players grab a buddy. One stands up with their legs apart while the other holds onto their leg.
  - » Starfish: the players get into groups of four and lie on their tummies in a circle, linking hands in the middle.
  - » Net: all the players hold hands and surround the captain.
  - » Sardine: players give the captain a group hug.
- ➔ The campers must watch where they're going to avoid collisions.

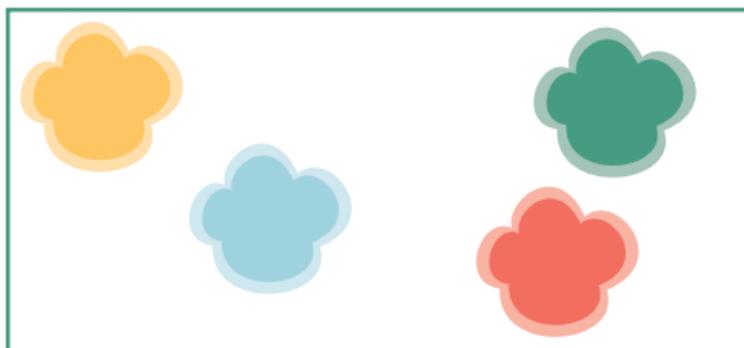
## Variations

- Divide the group into four teams, each with a different colour pinnie. Each team stands on a mat. The counselor calls out two colours. The players wearing those colours must quickly change mats.
- Add role variations (e.g., pirates, sharks) to make moving between the islands more challenging.
- Add mystery islands further away.

## Skills Developed

Running, Static and dynamic balance

Distribute the islands randomly





**5-6 years old  
and Over**



## Fastball

**PARTICIPANTS:** 10 TO 24

**TIME:** 20 MINUTES OR MORE

**VENUE:** INDOORS, OUTDOORS

**INTENSITY:** MODERATE TO HIGH

**EQUIPMENT:** ONE BALL

SIX PINNIES/VESTS (FOR THE TAGGING TEAM)

## Goal

The team in possession of the ball has two minutes to tag as many players as possible.

## How to Play

1. Divide the group into four teams.
2. Each team takes turns being in possession of the ball for two minutes and must tag as many players as possible in that time.
3. The player who has the ball cannot move.
4. The tagging team must tag their opponents by touching them with the ball or throwing it at them. When an opponent is tagged, they must stand on one leg like a flamingo and hold that position until the time runs out (two minutes max). The counselor and the campers can also decide on other positions together.



5. When the game is over, count up the number of flamingos (one flamingo = one point). Start the game again until each team has had their turn to tag.

➔ When tagging, the ball must be thrown below the shoulders.

## Variations

- Vary the number of balls in play.
- Vary the length of time the team can have the ball in their possession.
- Add a neutral zone to allow campers to rest and get their energy back.
- Tagged campers can pick up a ball and tag the campers on the tagging team. If a tagging team player is tagged, they must sit down and continue to play from a seated position.

## Skills Developed

Running, Dodging, Throwing, Static balance



**5-6 years old  
and Over**



## Seagulls & Turtles

**PARTICIPANTS:** 10 TO 30  
**TIME:** 10 TO 20 MINUTES  
**VENUE:** INDOORS, OUTDOORS  
**INTENSITY:** MODERATE TO HIGH  
**EQUIPMENT:** NONE

### Goal

The turtles must cross the playing area without getting tagged by the seagulls.

### How to Play

1. The turtles line up on the start line and must advance on all fours at all times.
2. Two seagulls are stationed in the middle of the playing area and they move around in a standing position.
3. At the signal, the turtles must make their way to the finish line on the other side of the playing area.
4. To avoid being tagged by the seagulls, the turtles can turn over onto their backs and kick their hands and feet.
5. When a turtle is tagged, they must go back to the start line and start again.
6. The game ends at the counselor's signal. The first two turtles to cross the finish line become the seagulls for the next round.



## Variations

- Add different types of movement options for seagulls and turtles (rolling, jumping, galloping, skipping, walking on a tightrope, side skipping, etc.)
- Add neutral areas where turtles cannot be touched by seagulls (e.g., hoops).

## Skills Developed

Running, Dodging, Crawling, Rolling, Jumping, Galloping, Skipping, Side skipping, Dynamic balance



**5-6 years old  
and Over**



## Pac-Man

**PARTICIPANTS: 6 TO 25**

**TIME: 10 TO 20 MINUTES**

**VENUE: INDOORS, OUTDOORS**

**INTENSITY: MODERATE TO HIGH**

**EQUIPMENT: PAINTING MASKING TAPE, CHALK OR SKIPPING ROPES,  
DEPENDING ON PLAYING SURFACE**

### Goal

Be the last player to be touched by the Pac-Man.

### How to Play

1. Ask the campers to move around the gym lines as quickly as possible (see the 'Tips & Tricks' section below if you don't have access to a gym).
2. Identify a Pac-Man who tags the other campers walking along the lines.
3. The campers who are tagged must crouch down and stay in place.
4. The other campers cannot climb over a player who is crouching down; they must turn around and go back the way they came.
5. The game ends when all the campers are crouching down. The last player standing becomes the Pac-Man in the next round.



## Variations

- It is also possible to have a second or third Pac-Man in the same round.

## Tips & Tricks

- To mark lines on the floor in a room, use masking tape (it doesn't make the floor sticky.).
- Use skipping ropes to make the lines outdoors or chalk if playing on pavement.

## Skills Developed

Dodging, Static and dynamic balance, Running



# 5-6 years old

## SMALL GROUPS



### 1-2-3 Sun!

**PARTICIPANTS:** 6 TO 10

**TIME:** 15 TO 20 MINUTES

**VENUE:** OUTDOORS OR INDOORS

**INTENSITY:** MODERATE

**EQUIPMENT:** NONE

## Goal

Be the first player to get to the sun.

## How to Play

1. The counselor stands at one end of the playing field, where they play the role of the sun.
2. The players line up at the opposite end of the field.
3. The counselor loudly counts “1-2-3 SUN!” During the countdown, the players advance towards the sun as quickly as possible, but as soon as the counselor shouts “SUN!” and turns around, the players must immediately stop in their tracks until the counselor turns back and begins the countdown again.
4. Any player who is caught moving after the leader has shouted “SUN!” must go back to the start line.
5. The first player to touch the sun while they are counting down wins the game and takes over as the sun.

- 
- The sun is allowed to count down at any speed (sometimes fast, other times more slowly).

## Variations

- Vary the camper's movement options to get to the sun (side skipping, skipping, etc.).
- Sunstorm: The counselor can shout "SUNSTORM!" and run in the players' direction to try and tag them. If they're tagged, the players must go back to the start line.
- Fruit salad: Replace the word "SUN" with a different fruit at each countdown. Shout "FRUIT SALAD" instead of "SUNSTORM" before attempting to tag the players.

## Skills Developed

Running, Static and dynamic balance, Jumping, Galloping, Skipping, Crawling, Side skipping, Rolling



**5-6** years old  
**SMALL GROUPS**



## Mamba Tag

**PARTICIPANTS:** 6 AND +  
**TIME:** 10 TO 15 MINUTES  
**VENUE:** INDOORS OR OUTDOORS  
**INTENSITY:** HIGH  
**EQUIPMENT:** NONE

### Goal

Be the last one to be “it.”

### How to Play

1. In this game, everyone is “it” and must try to tag as many other players as possible without getting tagged themselves.
2. When a player is tagged the first time, they must place one hand where they were tagged. For example, if they were tagged on the shoulder, they must keep one hand on their shoulder at all times. If they are tagged a second time, they must place their other hand on the part of their body that was tagged.
3. If a player is tagged a third time, they must head to the recovery area to complete an active challenge chosen by the counselor in order to return to the game.



## Variations

- Doctor: The counselor plays the role of the doctor and goes out onto the playing area every now and then. If a player manages to reach the doctor, the doctor heals the mamba bite, and the player gets to remove their hand from that part of their body.
- Vary the movement options in the game (running, jumping, galloping, skipping, side skipping, tightrope walk, etc.).

## Skills Developed

Running, Dodging, Jumping, Galloping, Skipping, Side skipping, Dynamic balance



**5-6** years old  
**SMALL GROUPS**



## Magic Broomstick

**PARTICIPANTS:** 5 AND +

**TIME:** 10 TO 20 MINUTES

**VENUE:** GYM, SMALL ROOM, OUTDOORS

**INTENSITY:** MODERATE TO HIGH

**EQUIPMENT:** STICK (OR BROOM-SHAPED OBJECT)

### Goal

Players must follow the instructions of the floor-transforming wizard Ad Kad Zour.

### How to Play

1. The counselor describes meeting the wizard Ad Kad Zour, who comes from a faraway land. Ad Kad Zour has a magic broomstick, but unlike other broomsticks, this one doesn't fly; it transforms floors.
2. The wizard lent their broomstick to the counselor and shared the magic formula that makes it work.
3. The campers stand in a circle with the counselor in the middle, who pronounces the magic formula while sweeping the floor: "Ad Kad Zour, Ad Kad Zour. Floor, you shall be turned into water!"
4. The counselor then asks the campers to swim. Each time they transform the floor, the counselor tells them what they must do or asks them to do a creative movement that fits the theme.

## Variations

- A camper can become the owner of the magic broomstick.
- The floor can be transformed into:
  - » Ice: Skate forward and backwards across the floor, then spin in a circle, and do an arabesque.
  - » Snow: Walk through deep snow and make big slow steps. Pretend to make a snowman by rolling a small ball of snow until it gets bigger and bigger, or make a snow angel.
  - » Air: Fly like a bird flapping its wings, fly like an airplane, hover like a fly or a butterfly, etc.
  - » Other ideas: Jell-O, walking on the moon, giant spring, quicksand, etc.

## Skills Developed

Full set of basic motor skills, depending on the movements selected by the counselor.



**5-6** years old  
**SMALL GROUPS**



## Magic Die

**PARTICIPANTS:** 6 AND +

**TIME:** 10 TO 20 MINUTES

**VENUE:** GYM, SMALL ROOM, OUTDOORS

**INTENSITY:** MODERATE TO HIGH

**EQUIPMENT:** ONE DIE (OR NUMBERED COUPONS IF NO DIE IS AVAILABLE)

## Goal

Cross the forest as quickly as possible while imitating different animals. The animals chosen by the magic die are the only ones who can cross the spellbound forest.

## How to Play

1. Get the campers to line up.
2. Roll the die to determine which animal will cross the forest and how many points of contact the campers must have with the floor.
  - » One point: pink flamingo
  - » Two points: kangaroo
  - » Three points: dog with a broken leg
  - » Four points: frog
  - » Five points: spider (bum on the ground)
  - » Six points: animal of your choice (one to five points)

- 
3. During the game, the campers must stand as still as statues until the die is rolled. When the counselor rolls the die, the campers must cross the forest (gym) as quickly as possible.

## **Variations**

- Vary the types of movements corresponding to the numbers on the die.
- Vary the distance to be covered to cross the forest.
- Add trees in the forest (bowling pins) that the campers must go around without knocking them over.
- Map out a route the players must take to cross the forest.

## **Skills Developed**

Jumping, Static and dynamic balance, Crawling, Running, Galloping



**5-6** years old  
**SMALL GROUPS**



## Soccer Kings

**PARTICIPANTS:** 5 AND +  
**TIME:** 20 TO 30 MINUTES  
**VENUE:** GYM, OUTDOORS  
**INTENSITY:** MODERATE TO HIGH  
**EQUIPMENT:** ONE CONE PER PLAYER  
ONE BALL

### Goal

Achieve the lowest score.

### How to Play

1. Get the players to form a circle, and place one cone behind each player.
2. Determine the game's length.
3. A player kicks the ball while staying in front of their own cone, and tries to knock down the cone of an opponent of their choice.
4. If the cone falls, the opposing player wins a point. The soccer king is in the middle. They retrieve the ball so that it remains in the middle, and send it back to a player of their choice. When the time is up, the player with the least points replaces the soccer king in the middle.

## Variations

- The counselor plays the role of soccer king at the beginning of the game.
- Vary the kicking options (with the toes, the heel, the side of the foot, etc.).

## Skills Developed

Kicking, Dodging, Dynamic balance, Dribbling with the feet, Running

