

Acknowledgments

The Good for Kids team would like to gratefully acknowledge the following sources for providing inspiration for these Energisers:

- **I Move We Move** – NSW Health, Hunter New England Area Health Service
- **Let's Get Moving** – Queensland Government, Department of National Parks, Sport and Racing
- **Franky and Friends** – NSW Health, Southern Sydney Local Health District
- **GoNoodle** – <https://app.gonoodle.com/>
- **Mini Moves** – NSW Health, Northern Sydney Local Health District
- **Playing for Life** – Australian Government, Australian Sports Commission
- **Bounce Patrol Kids YouTube Channel** – <https://www.youtube.com/user/BouncePatrolKids>
- **Yulunga: Traditional Indigenous Games** – Australian Government, Australian Sports Commission
- **The Wiggles YouTube Channel** – <https://www.youtube.com/user/TheWigglesPtyLtd>



Worimi Artist Lara Went -
'The Heart of a Child'




Introduction to the Energiser Cards

The Energiser Cards have been designed to provide quick and easy ideas for Educators to help break up sedentary time and get children up and moving! Each Energiser should take 5-10 minutes, with minimal set-up time and equipment needed. Aim for a minimum of three Energisers each day. Consult with other Educators and children to decide on the most suitable times for these. The “activity area” for the Energisers can be a large open space, either inside or outside. This may be marked or unmarked, however it is important that children understand the boundaries of the activity area.

There are five different Energiser categories:

- **No Equipment:** These Energisers do not require any equipment
- **Equipment:** These Energisers require equipment such as chalk, balls and/or bean bags
- **Screen:** These Energisers require a large screen that all children can view at once (e.g. Smartboard)
- **Music:** These Energisers require music
- **Favourites:** Store your favourite Energisers here for easy access.



Adapt the Energisers to suit the needs and interests of children at your service. You can choose the most appropriate movements for the Energiser or be creative and make up your own!

Examples of different movements include:

- Running
- Jumping
- Hopping
- Galloping
- Skipping
- Leaping
- Side sliding

In some cases, suggested equipment can be substituted if required, for example:

- **Lines:** Drawn with chalk, masking tape, rope or an already identified line, such as a crack in the pavement/pathway
- **Balls:** Scrunched up newspaper or foil
- **Hula hoops:** Small mats, circles drawn with chalk or masking tape
- **Bean bags:** Toys, balls, scrunched up newspaper

1. HOPPING FUN

1. Have all the children spread out in the activity area
2. Ask the children "Can you hold one leg off the floor and hop up and down?"
3. Demonstrate to the children and have them practice hopping
4. Have the children change legs to try hopping on the other leg
5. Sing the "Hopping Song" while children practice hopping

*Hop, hop, hop if you feel you want to,
Hop, hop, hop if you feel you can.*





2. EVERYBODY GO

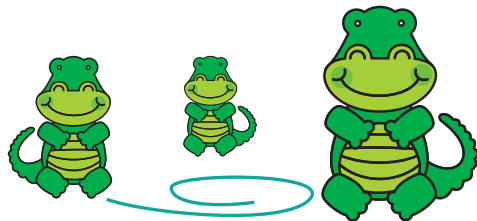
1. Have all the children line up on one side of the activity area
2. The Educator calls out different ways for everyone to move across the activity area as a group e.g. everyone hop, crawl, walk on your hands and feet, side slide etc.)
3. Change the movement each time everyone reaches the other side





3. FOLLOW THE LEADER

1. Have all the children stand in a line behind the Educator (the leader)
2. The leader will make movements around the activity area, such as galloping, running, hopping, jumping, leaping or skipping, and the children (the followers) follow them and copy the movements they are making
3. Children can take turns at being the leader





4. HOKEY POKEY

1. Have all the children spread out in the activity area
2. Sing the “Hokey Pokey” song and get children to follow instructions:

*You put your right hand in,
You put your right hand out,
You put your right hand in,
And you shake it all about,
You do the hokey pokey,
And you turn yourself around,
That's what it's all about!*

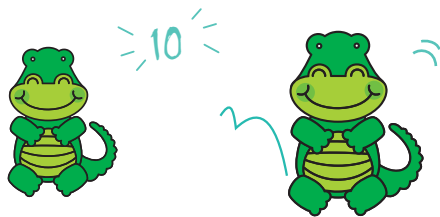


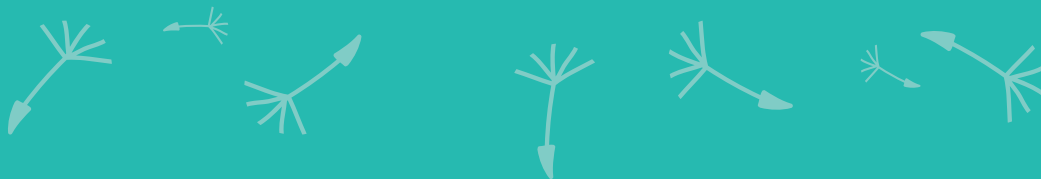


5. BRAJERACK 'BRA-JER-ACK'



1. Choose two children to be the "brajeracks" (the wild men) and have all other children sitting with their eyes closed
2. The Educator counts to 10 while the brajeracks hide separately in the activity area
3. When the Educator reaches 10, the other children attempt to find the brajeracks
4. Once the brajeracks have been caught, choose new brajeracks so each child has a turn at hiding
5. Make this more challenging by having the children pretend to be animals while they search for the brajeracks





6. RUN BANANAS

1. Have all children lie on the ground pretending to be bananas
2. When the Educator calls "Bananas" the children have to get up and jump once then lay back down as quickly as possible
3. When the Educator calls "RUN Bananas" the children run around the space until the Educator says stop, then they lie down again in their new spot
4. Optional: To make this funny, call out words like banana but not quite to see who you can trick (e.g. Band-Aid!)





7. STUCK IN THE MUD

1. Have all the children spread out in the activity area
2. Choose two children to be 'It', who run around and try to tip the other children
3. When a child is tipped by the child that is 'It', that child is frozen on the spot and they stand still with their feet apart.
4. Anyone who has not been frozen can rescue their friends by crawling through their legs or an Educator can rescue them by tapping them on the shoulder, releasing them to run again
5. Swap who gets to be 'It' throughout the game so that everyone has a turn





8. ASSOCIATION JUMP

1. Have all the children stand in a line and march on the spot
2. Call out instructions e.g. "If you have brown hair do star jumps", "If you have toes hop on one leg", "If you have green eyes run to a tree" etc.
3. Each child has a turn at calling out different instructions, with the Educators to help if needed





9. GALLOPING HORSES

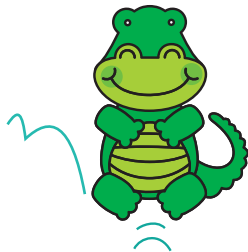
1. Have all the children spread out in the activity area
2. All the children pretend to be riding a horse, holding their arms in front of them like they are holding reigns
3. Sing the "Galloping Song" while children gallop around in a circle

Giddy up, giddy up, giddy up horsey

Giddy up, giddy up, whoa, whoa, whoa!

Giddy up, giddy up, giddy up horsey

Giddy up, giddy up, whoa!





10. THAPUMPAN 'THA-PUM-PAN'



1. Have all the children spread out in the activity area
2. Choose one child to be the "thapumpun" (shark) and have them hold one hand on the top of their head like a thapumpun fin
3. The thapumpun then tries to tag the other children while moving like a thapumpun in water
4. When the thapumpun tags another child, that child is the new thapumpun and the game continues





11. NOT MY KNEES!

1. Have all the children spread out in the activity area
2. When the Educator calls "Go!" all children have to try and touch each other's knees without getting their own knees touched
3. If they get touched they have to run to the edge of the activity area (or to a designated spot such as a tree) and do three star jumps before re-joining the game





12. KANGA HOP

1. Have all the children spread out in the activity area
2. Choose two children to be the 'Roos', who run around trying to tag the other children (the 'Joeys')
3. Joeys hop on one foot while the Roos jump with both feet trying to tag the Joeys
4. When tagged, the Joeys have to balance on one leg and count to five before they are released to hop again
5. To give the children a rest, call out "in the pouch" and children are to curl into a ball on the ground
6. Swap who gets to be the Roos throughout the game





13. IF YOU'RE HAPPY AND YOU KNOW IT

1. Have all the children spread out in the activity area
2. Sing the "If you're happy and you know it" song and add in active actions e.g. 'stomp your feet', 'leap around', 'run on the spot', 'jump up high' etc.

If you're happy and you know it jump up and down,

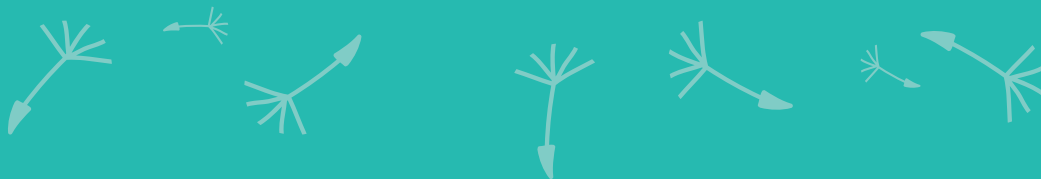
If you're happy and you know it jump up and down,

If you're happy and you know it,

And you really want to show it

If you're happy and you know it jump up and down





14. EVERYBODY IS IT

1. Have all the children spread out in the activity area
2. All of the children are 'It'
3. When the Educator calls "Go," everyone attempts to tag everybody else, while also trying to avoid being tagged
4. When tagged, the child runs to the side of the area (or to a designated spot such as a tree) and does three star jumps before re-joining the game





15. MIME WALKS

1. Have all the children spread out in the activity area
2. Led by the Educator, all the children move as if they are flying (happy), rushing to get somewhere (worried) or running away from something (scary), leaping (excited)
3. Make this more challenging by having the children to move ways that shows different feelings e.g. Happy, sad, scared, energetic etc.





16. SHIP, SHARK, SHORE

1. Divide the activity area into three zones, the ship, the shark and the shore
2. Children start in the middle of the activity area and run to each zone as it is called out by the Educator
3. Make this more challenging by adding different movements (e.g. skip to shore / gallop to ship / hop to shark)





17. TRAFFIC LIGHTS

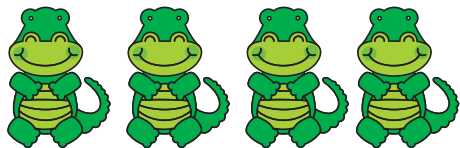
1. Have all the children spread out in the activity area
2. All the children pretend to be driving a car, holding their arms in front of them like they are holding a steering wheel
3. Announce that “Green light” means run quickly anywhere in the space, “Red light” means stop and jog on the spot and “Orange light means” march slowly and carefully
4. Educator calls out, “red light”, “green light” and “orange light” in any order
5. Make this more challenging by changing the movement to skipping, hopping or jumping





18. TUNNEL CRAWL

1. Organise the children in groups of four and have each group stand in a line with their legs apart to make a tunnel
2. The child in front of the line crawls through the tunnel as quickly as possible then does a star jump before joining the end of the tunnel
3. The next child the crawls through the tunnel and does a star jump and so on until all children have gone through the tunnel twice
4. Change the tunnel so that children are in downward dog pose and repeat





19. FLUSH THE TOILET

1. Have all the children spread out in the activity area
2. Choose two children to be 'Plumbers', who run around trying to tag the other children
3. When tagged, the children have to freeze, squatting low with their arms held out in a circle in front of them (to look like a toilet bowl)
4. Anyone who is not frozen, including Educators, can rescue their friends by pushing down their arms (flushing the toilet), releasing them to run again
5. Swap who gets to be the Plumbers throughout the game so that everyone has a turn





20. SPOTLIGHT ON RUNNING

1. Have all the children spread out in the activity area
2. Have the children run, starting fast and gradually getting slower like a car coming up to a red light (led by the Educator)
3. Make up different versions of this e.g. children pretend to be an aeroplane landing, then a train coming into the station, a cheetah running fast then slowing down

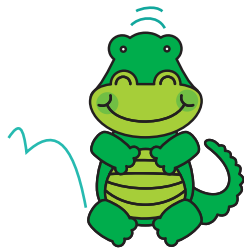




21. KANGAROO 'KANG-A-ROO'



1. Have the children form teams of four
2. Two children from each team stand on opposite sides of the room
3. When the Educator calls "Go!", the first child from each team hops like a kangaroo across the space to the next child in their team and gives them a high five
4. Once high-fived, the second child has a turn, hopping like a kangaroo to high five the next person and so on (like a relay)
5. Make this game more challenging by changing to different Australian animals such as a koala, emu or kookaburra





22. JUNGLE SAFARI

1. Have all the children spread out in the activity area
2. The Educator calls out the name of an animal and children pretend to be that animal e.g. bear, monkey, snake
3. Children to move around by walking, hopping, crawling, jumping etc.
4. Repeat with a different animal each time





23. WHAT'S THE TIME, MISTER WOLF?

1. Have all the children spread out in one end of the activity area
2. The Educator stands at the other end of the activity area as Mr Wolf.
3. Have the children call out "What's the time, Mr Wolf?" and Mr Wolf answers with a movement e.g. "It's time to hop!"
4. Children hop toward Mr Wolf until he says stop. The children then call again "What's the time, Mr Wolf?" and another movement is called out (e.g. "It's time to skip / jump /crawl")
5. When Mr Wolf randomly answers, "It's midnight!", Mr Wolf chases the children back to the starting point and the game starts again





24. WALKING WALKING, HOP HOP HOP

1. Have all the children spread out in the activity area
2. All the children spread out in the space and start singing and moving to the tune of *Farashaka*

Walking walking, walking walking,

Hop hop hop! Hop hop hop!

Running running running, running running running,

Now we stop, now we stop.

3. Do this in different orders using different movements
e.g. jumping then running then swimming
4. Optional: Add a sleeping action where the children lie on the ground at the end of the song then jump back up and start the song again when the Educator calls “wake up!”

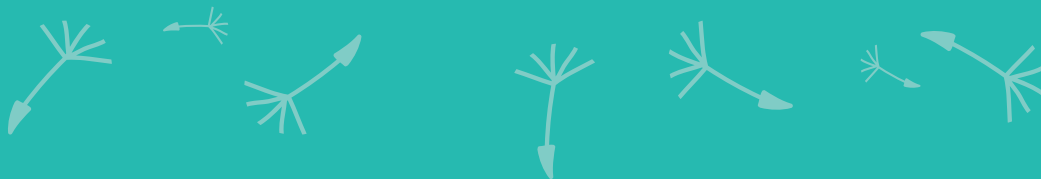




25. FUN ON THE SPOT

1. Have all the children spread out in the activity area
2. Have children begin by jogging around the space
3. When the Educator calls out a movement such as touching toes, rolling arms, slapping knees, lifting each knee, lifting heel to hand, marching on the spot, clapping under knee etc, the children perform that movement on the spot
4. Switch between jogging and “on the spot” variations





26. ICE QUEEN STUCK IN THE MUD

1. Have all the children spread out in the activity area
2. Choose two children to be the 'Ice Kings or Queens', who run around trying to tag the other children
3. When tagged, the children have to freeze on the spot
4. Anyone who is not frozen, including Educators, can unfreeze their friends by gently placing their hand on their friend's head, releasing them to run again
5. Swap who gets to be the Ice Kings and Queens throughout the game so that everyone has a turn

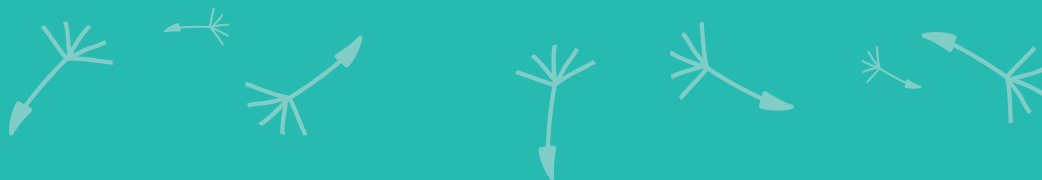




27. COPY AND CATCH

1. Have all the children spread out in the activity area
2. Have the Educator move around the room in different ways e.g. skipping hopping, leaping etc.
3. The children try to catch the Educator whilst copying the movements the Educator is making
4. The Educator can change the way they move randomly throughout the game
5. Optional: Give each child the chance to be chased





28. MICE AND RABBITS

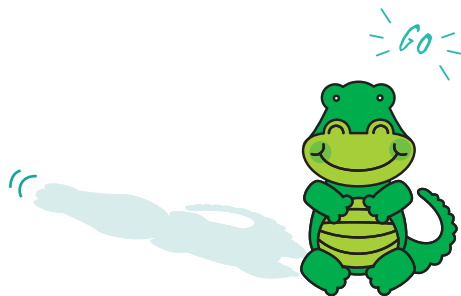
1. Have the children form two even lines in the middle of the activity area. One line are rabbits, the other line are mice
2. Have the two lines of children lie on their bellies facing towards each other
3. When the Educator calls "Rabbit!" the line of rabbits have to jump up and try to run to the edge of the play area behind them before being caught by the mice, and vice versa if the Educator calls "Mice!"
4. Make this more challenging by changing to skipping, hopping, jumping, leaping etc.





29. CATCH MY SHADOW

1. Have all the children spread out in the activity area
2. When the Educator calls "Go!" the children have to try and step on each other's shadows without having their own shadow stepped on





30. FRUIT SALAD

1. Have the children sit in a big circle
2. Name each child as either an apple, a banana or an orange
3. The Educator calls out a fruit and the children who are that fruit jump up and run, skip, jump, hop etc. around the circle and sit back down as quickly as possible.
4. Continue calling the different types of fruit until everyone has been picked, and then call "Fruit salad!" where all children get up and run around the room before sitting back in their spot

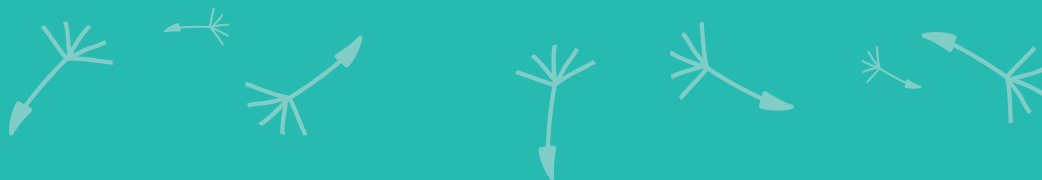




31. STOP GO OPPOSITES

1. Have all the children spread out in the activity area
2. When the Educator calls "Stop" the children have to start moving, and when the Educator calls "Go" the children have to stop
3. Optional: If this is too difficult, simply use "Stop" as stop and "Go" as go. If this is too easy add other opposites (e.g. up, down)





32. FROG JUMPING

1. Have all the children spread out in a group facing the Educator
2. Sing the "Da Glump" song while children practice jumping like a frog

Da glump went the little green frog one day,

Da glump went the little green frog,

Da glump went the little green frog one day,

And the frog went da glump, da glump, da glump,

But... we all know frogs go

La de dah de dah

La de dah de dah

La de dah de dah

We all know frogs go

La de dah de dah

They don't go da glump, da glump, da glump





33. RIVER BANK

1. Find a line on the ground in the activity area. One side of the line is the river and the other side is the bank
2. Have the children jump to move between the river to the bank and change the movement each time (e.g. jump into the river, hop onto the bank, leap into the river)





34. CAPTAIN'S COMING

1. Have all the children spread out in the activity area
2. The Educator stands in front of the children while they run on the spot
3. When the Educator says "Climb the ladder" the children pretend to climb a ladder on the spot as fast as they can, "Overboard" the children jump to one side overboard or "Scrub the deck" the children jump down to their hands and knees and pretend to scrub the deck
4. Make this more challenging by adding different active variations





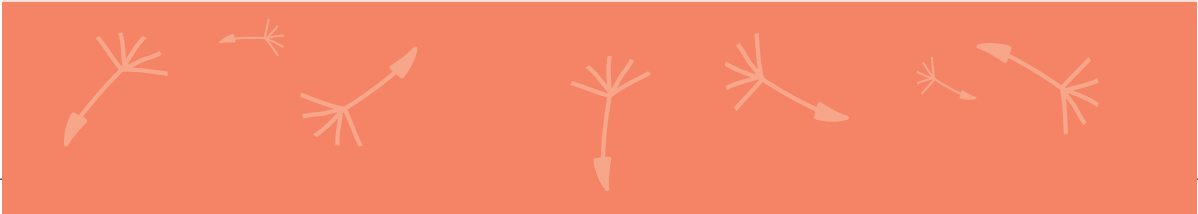
35. BALL JUGGLING

1. Give each child a piece of newspaper to scrunch into a ball
2. Have all the children spread out in the activity area
3. Have the children pretend they are jugglers who must keep their ball up in the air using their hands

Equipment:

Newspaper





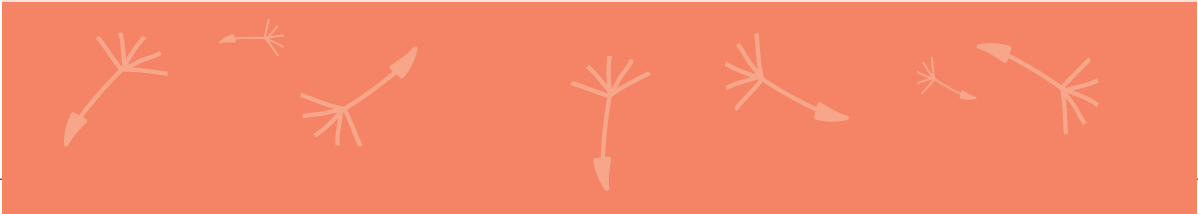
36. BUBBLES!

1. Have all children spread out in the activity area
2. The Educator blows bubbles using a bubble wand
3. Have the children chase and pop or catch as many bubbles as possible

Equipment:

Bubbles





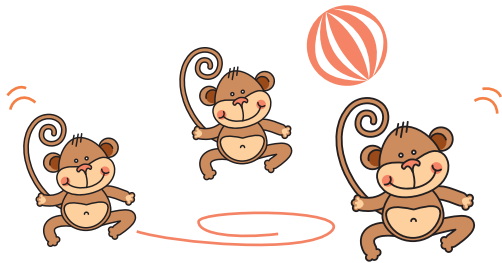
37. KAI WED 'KAI WED'



1. Have the children stand in groups of four and give each group a ball
2. Have the children work as a team to hit the ball in the air with their hands and keep it in the air as long as possible
3. The group counts how many hits they can make before the ball falls to the ground
4. Make this more challenging by adding two or three balls to the circle

Equipment:

1 x ball per group of four





38. ROB THE NEST

1. Use four hoops as bases and divide children equally to stand at each base.
2. Put four balls (eggs) in the middle (nest) of the activity area
3. When the Educator calls "Go", one child from each base runs to the nest to get an egg and runs with the egg back to their base, high fiving the next runner and handing them the egg
4. The next runner takes the egg back to the nest and runs back to high five the next runner
5. Once all children have had a turn, rotate groups to the next base

Equipment:

4 x hula hoops
4 x balls





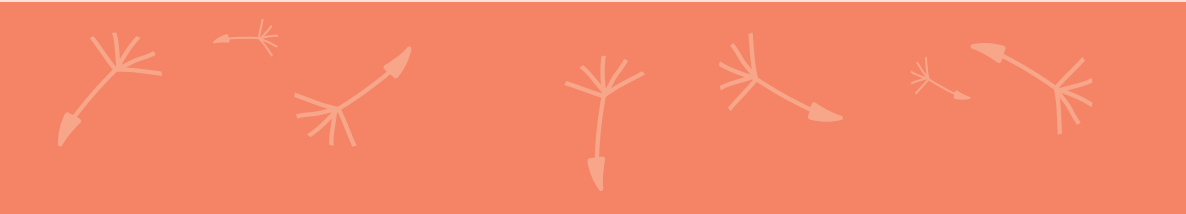
39. JUMP CIRCLE

1. Draw a big circle with chalk and have all the children spread out and stand on the circle line
2. Have the children jump inside the circle then outside the circle
3. Continue giving jumping instruction, e.g. "jump on the line", "hop inside the circle", "jump with feet on both sides of the line", "jump quickly", "jump feet apart"

Equipment:

Chalk





40. KOOLCHEE KOOLCHEE

'KOOL-CHEE KOOL-CHEE'

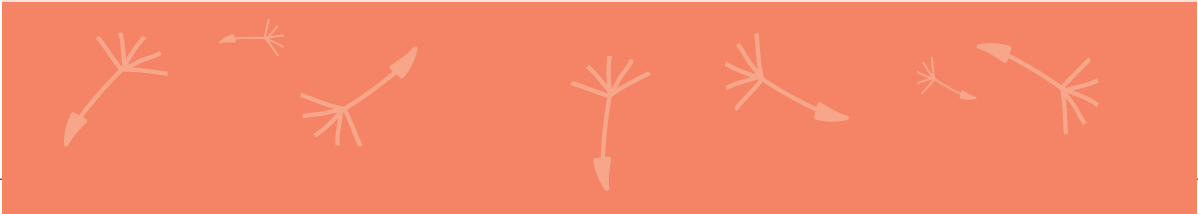


1. Have the children in groups of four stand behind a line on the ground
2. Have the first child in each group step up to the line and roll a ball (koolchee) at a skittle, pin or similar target (e.g. an empty plastic bottle) and try to knock it over
3. The child quickly retrieves the koolchee and runs back to their group for the next person to have a turn
4. Hint: It may be helpful to arrange the skittles in front of a wall or fence to make retrieving the koolchee faster

Equipment:

- 1 x ball per group of four
- 1 x skittle per group of four





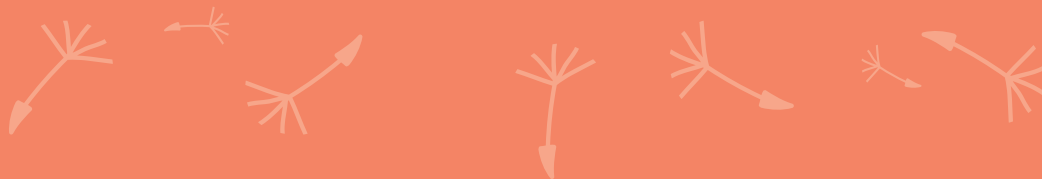
41. CHASE AND RESCUE

1. Have all the children spread out in the activity area
2. Choose one child as the 'Chaser' and two children as the 'Rescuers' and give each Rescuer a soft ball
3. All of the children run around, the Chasers trying to tag everyone except the Rescuers
4. When tagged the child stands still with their feet apart. They can return to the game when a Rescuer has rolled the ball between their legs

Equipment:

2 x soft balls





42. TURI TURI 'TUR-I TUR-I'



1. Have the children form groups of six
2. Each group has two children holding each end of the skipping rope (turi turi).
3. The turi turi is held low (ankle height) and swung slightly side to side.
4. Each child takes a turn jumping over the turi turi three times then runs to the back of the line
5. Have children practice jumping side to side while waiting for their turn

Equipment:

1 x skipping rope





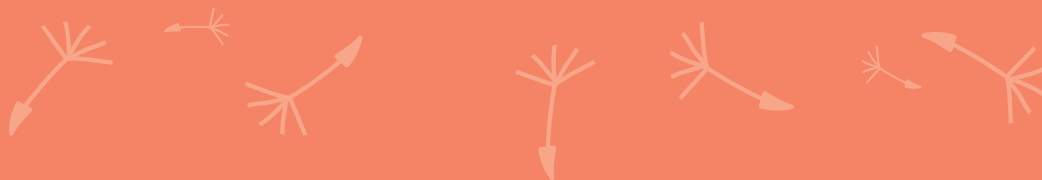
43. COLOUR JUMP

1. Make a line and have the children stand along the line
2. Draw parallel lines every 15cm using a different colour for each one like a rainbow
3. The children and the Educator take turns calling out different colours
4. When each colour is called, children have to jump to that colour, turn around and jump back to the start line

Equipment:

5 x different coloured chalk





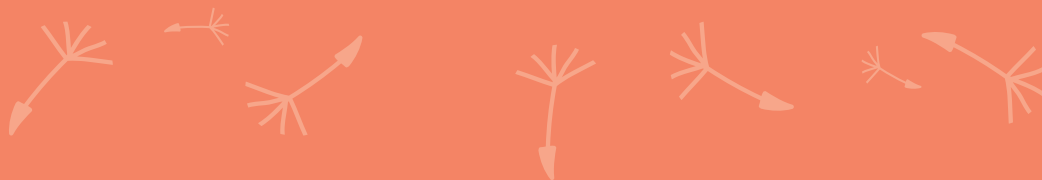
44. WILD, WILD WEST

1. Have all the children spread out and place soft toys on the ground throughout the activity area
2. Have children pretend to be a “cowboy” or “cowgirl” riding a horse
3. Have the cowboys and cowgirls gallop around the wild west, herding animals by tapping the toys with their hand as they gallop past

Equipment:

Soft toys to spread around activity area





45. MER KOLAP 'MER KO-LAP'

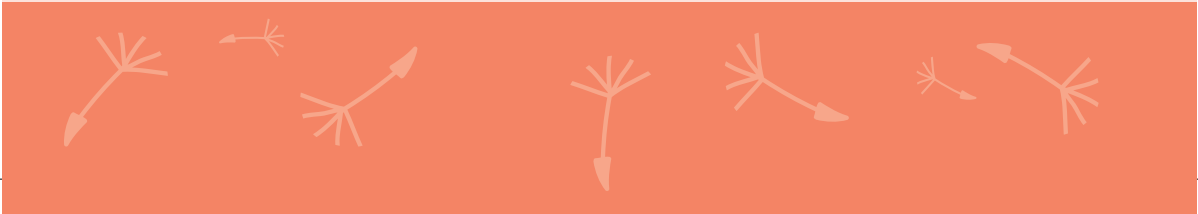


1. Have the children pair up and give each pair a hula hoop and a bean bag (kolap)
2. Have the children place the hula hoop about five metres in front of them
3. When the Educator calls "Go!" one child throws the kolap into the hula hoop, runs to collect it and then hands it to the other child
4. The next child then throws the kolap and runs to collect it and hands it to the first child
5. Make this more challenging by using different movements to collect the kolap, such as skipping, hopping or jumping

Equipment:

1 x hula hoop and
1 x bean bag per pair





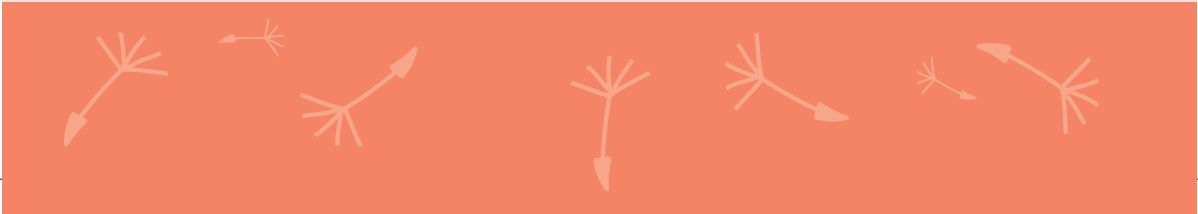
46. FROG SPLASH

1. Have all the children spread out in the activity area
2. Randomly arrange hula hoops in the activity area
3. Have the children imagine that the floor is a pond and the hula hoops are lily pads
4. Children leap from one lily pad to another like frogs
5. If at any time a child loses balance and falls off a lily pad, they call out "splash" and do three star jumps

Equipment:

Hula hoops





47. GORRI 'GOR-RI'

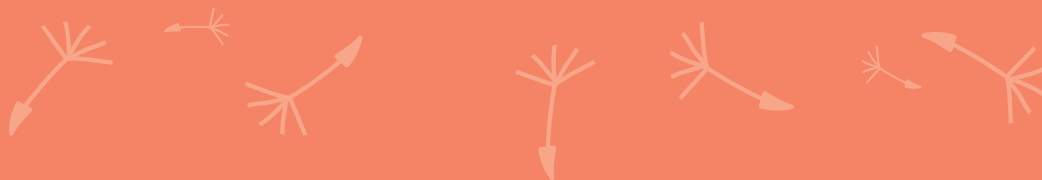


1. Mark out or find a line in the activity area
2. Choose one child to be 'It' and have them stand to the side of the line with the large ball while all other children line up along the line each holding one small ball or beanbag
3. The large ball is rolled or bounced in front of the line to represent a wombat or animal running past
4. Other children throw their balls / beanbags trying to hit the large ball, pretending to feed the animal
5. Reset and change who gets to be "It" each time

Equipment:

1 x large ball, and
1 x small ball / beanbag per
child





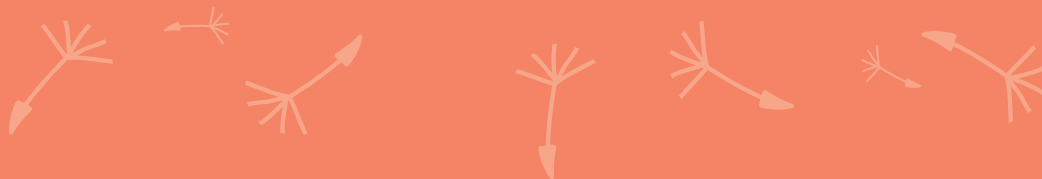
48. THROW, FETCH!

1. Give each child a piece of newspaper to scrunch into a ball
2. Have the children stand in a line side by side at least three metres away from targets, such as waste bins or buckets
3. When the Educator call "Go!", the children try to throw their ball into the target
4. When the Educator calls "Fetch!" the children crawl to retrieve any ball and return to their spot
5. Repeat with different movements such as crab walk, monkey walk or duck waddle

Equipment:

Newspaper





49. WIGGLES PARTY 1

1. Have all the children spread out in the activity area
2. Search "The Wiggles Nursery Rhymes: Hot Potato!" on YouTube and children to follow video instruction
3. Then search "The Wiggles: Follow the Leader" and children to follow video instruction
4. Then search "The Wiggles: The Shimmie Shake!" on YouTube and children to follow video instruction





50. WIGGLES PARTY II

1. Have all the children spread out in the activity area
2. Search "The Wiggles: Romp Bomp A Stomp" on YouTube and children to follow video instruction
3. Then search "The Wiggles: Can You (Point Your Fingers and Do The Twist)!" on YouTube and children to follow video instruction
4. Then search "The Wiggles: Say the Dance, Do the Dance" on YouTube and children to follow video instruction





51. MAXIMO DANCE

1. Have all the children spread out in the activity area
2. Search “Hokey Pokey” on GoNoodle and children to follow video instruction
3. Then search “Twist N’ Shout” on GoNoodle and children to follow video instruction

GoNoodle is a free online resource. To use GoNoodle, go to <https://www.gonoodle.com/> and create an Educator log in for your service, or alternatively search GoNoodle videos on YouTube.





52. BLAZER FRESH 1

1. Have all the children spread out in the activity area
2. Search “Banana Banana Meatball” on GoNoodle and children to follow video instruction
3. Then search “Dynamite” on GoNoodle and children to follow video instruction

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53. BLAZER FRESH II

1. Have all the children spread out in the activity area
2. Search "Celebrate" on GoNoodle and children to follow video instruction
3. Then search "I Gotta Feeling" on GoNoodle and children to follow video instruction

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54. KOO KOO KANGA ROO

1. Have all the children spread out in the activity area
2. Search "I Get Loose" on GoNoodle and children to follow video instruction
3. Then search "Get Yo Body Movin'!" on GoNoodle and children to follow video instruction
4. Then search "Wiggle It" on GoNoodle and children to follow video instruction

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55. BOUNCE PATROL

1. Have all the children spread out in the activity area
2. Search "If Animals Danced – Animal Songs for Kids with Actions!|Bounce Patrol" on YouTube and children to follow video instruction
3. Then search "Baby Shark|Kids Songs and Nursery Rhymes|Animal Songs from Bounce Patrol!" on YouTube and children to follow video instruction





56. MUSICAL STATUES

1. Have all the children spread out in the activity area
2. Play music and have the children move around to music (e.g. dancing, skipping, crawling, galloping etc.)
3. When the music stops, the children must freeze on the spot and make a statue until the music starts again
4. If the children get caught moving they have to do three star jumps on the spot before the music starts again





57. LET'S GO MARCHING

1. Have all the children spread out in the activity area
2. Put on music to march to, or use a steady beat of a drum or Educator clapping
3. Children can march in a circle or around the space following a leader
4. Optional: make this more creative by saying different instruments that the children can pretend to play e.g. trombone, drums, guitar, cymbals and changing the speeds of clapping





58. TWIST AND SHOUT

1. Have all the children spread out in the activity area
2. Demonstrate to the children how to twist, with raised bent arms rotating the torso in one direction and bent legs rotating the hips in the other direction going up and down
3. Have the children jump straight up in the air every time you call "Shout!"
4. Play music, such as 'Twist and Shout', 'The Twist', 'Let's Twist Again' or 'Peppermint Twist' and call "shout!" every 15-20 seconds
5. Children to resume twisting after jumping





59. DANCE PARTY

1. Have all the children spread out in the activity area
2. Play music and start dancing!
3. Have the children dance on their own, or join hands and dance as a group





60. COPY CAT

1. Have all the children standing in a big circle with one child in the middle
2. Play music and have the middle child choose a dance move that everyone in the circle has to copy
3. Swap children around so that everyone gets a turn in the middle



