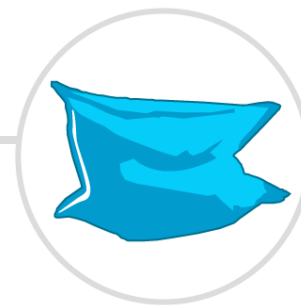


Aliens and Astronauts

Warm-Up PE Games

Equipment:

- 2-5 evil red balls.
- Beanbags.



Description:

- Choose 2-5 kids to be it and give them each an evil red ball (these are the aliens).
- Everyone else is an astronaut.
- Scatter the beanbags all around the gym, and hold onto the empty bin.
- If an astronaut is tagged by an alien, they must get to the black hole (the circle in the middle of the gym floor – if you don't have a circle, use cones to mark off a circle in the middle of the gym).
- To save an astronaut from the black hole, another astronaut must slide (NOT THROW), a beanbag into the black hole and an astronaut must pick it up.
- The astronaut must then leave the black hole (holding the beanbag high up over their head – to show that they have been freed), and must bring the

beanbag back to the teacher (who is holding the beanbag bin and constantly re-circulating the beanbags around the gym).

- Once the astronaut has given his beanbag back to the teacher, he rejoins the game.
- Astronauts can only hold one beanbag at a time.
- Aliens CANNOT follow the teacher and just wait to tag a returning astronaut.
- Aliens CAN guard, but not go inside, the black hole, and CAN try and block beanbags with their feet, and KICK THEM away, to keep them from the astronauts
- BEANBAGS SHOULD ONLY EVER BE SLID ON THE GROUND, NEVER THROWN!



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