


SCOUTS

Activity: Play Red Light, Green Light (Squirrels, Beavers, Cubs, Scouts)

 10 mins

Be active

Look after your body by being physically active.

Live healthily

Gain awareness and practical skills to take care of your body and mind.

Safety alerts

Active games

The game area should be free of hazards. Explain the rules of the game clearly and have a clear way to communicate that the game must stop when needed. Take a look at our guidance on [running active games safely](#).

Get hearts racing with this fast-paced traffic light warm up game.

Equipment

- Something red and something green (optional)
- Cones or markers

Before you begin

- Use the [safety checklist](#) to help you plan and risk assess your activity. Additional help to carry out your [risk assessment](#), including examples can be found here. Don't forget to make sure all young people and adults involved in the activity know how to take part safely.
- Make sure you'll have enough adult helpers. You may need some parents and carers to help if you're short on helpers.

Setting up the zones

- Set up a start zone and finish zone at opposite ends of the space using cones or other markers.

Play the game

1. Mark out a starting line and finishing line.
2. Choose one person to be the caller. The caller should stand on the finish line.
3. Everyone else needs to stand on the starting line. Their aim is to tag the caller without being caught.
4. The caller should face away from the group, so they can't see them. They could close their eyes.
5. With their back turned to the group, the caller shouts 'Green Light'. Everyone should move towards the finish line to try to tag the caller.

6. After a few seconds, the caller should shout 'Red Light', then turn around quickly. Everyone must immediately freeze or stop moving.
7. If any players are spotted to be still moving when the caller shouts 'Red Light', the caller can point to them and they must go back to the starting line to begin again.
8. The first person to tag the caller at the finish line wins.
9. They become the new caller and play starts again.

Reflection

Take the time to think about what you did and why – you'll be amazed at what you learn.

Try out a quick, active reflection from our [reflective toolkit](#) to lock in the great things you tried and learned in this activity.

Change the level of challenge

Try to play with a moving finish zone. You could move the area every three light changes so that everyone has to run in a different direction.

You could change the way everyone moves. Can they hop or jump when the green light is showing instead?

Make it accessible

Think about how everyone will move around the space. If some of the group would find it difficult to balance on one leg, you could ask everyone to stand as still as they can instead.

Remind everyone that the aim of the game is for everyone to reach the finish zone, it's not a race!

Take it further

Why not continue the session with some athletics activities and work towards the [Athletics Activity Badge](#)?

