**The Ramsden Hall**

**COVID-19**

**PE Games**



**PE Lessons**

This booklet has a range of sports and games within those sports for the teacher or pupil to choose.

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| **Sport** | **Game** | **Description** |
| Badminton | Knockout | * 4 or more players,3 on each side
* If you do not return, then you go out
* The other team can bring another player in
* Winning team to knock out all the other players
 |
| Round the world | * 4 or more players
* Hit the shuttle cock over the net and run round to the other side
* Miss 3 times and out
 |
| Squash | * Hit the shuttlecock off the wall
* Count how many times you can rally with yourself
 |
| Singles/Doubles | * Start of with a Rally, using range of shots
* See how many rally’s you can do
* Move into a game, first to 11
 |
| Football(Indoors) | Piggy | * Kick the ball to hit between the white posts
* Miss or if the ball hits the back wall, lose a point
* First to 5 to win
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| Basketball Hoop | * Kick the football from the other half of the basketball court
* Points: Basket =10pts, backboard =1pt, hit metal bar in roof =1pt, lose a point if you hit the roof or lights.
 |
| Long Range Shooting | * Use the goals
* Shoot from your own half
* Cannot cross the halfway line
 |
| Game | * To teams
* No sliding tackles
 |
| Football(Outdoors) | Freekicks | * Put a small goal in the way (the Wall)
* Score in the big goal
* Go over or around the small goal
 |
| Penalty shootout | * Take it in turns to score a penalty
* Move penalty spot closer or further away depending on ability
 |
| Cuppie | * No teams
* Score and go through
* Last person in is knocked out
 |
| Heads and Volleys | * Only score from one bounce, header or volley
* Go in goal if keeper catches the ball, hit the ball wide or score with more than one bounce
* Start of with 5 points (starting keeper has 6)
* Lose a point for every goal you let in
 |
| Volleyball | Keep up | stand in a group and see how many times you can keep the ball up |
| Team Game | split I to teams and play a game 3 touches to get the ball over the net 1 bounce allowed between shots |
| Football Volleyball | As above but you can use head feet chest and hands as well |
| Knockout | play a game but if you lose the point you lose a player and the other team get a player back on |
| Basketball | Round the key | Using the key around the net start level with the basket and shoot if you score move on to the next black line if you miss keep shooting. Until you score. See how many shots it takes to make it round to the other side or play against somebody. |
| Knockout | Starting at the free throw line player 1 shoots if they score they go to the back of the line if they miss the next player starts shooting if theyscore 1st player 1 is out if not player 3 tries to knock player2 out game ends when 1 player left |
| Round the baskets | start at a basket and shoot until you score see how many shots it takes to score in all 6 baskets |
| 2v2 3v3 game  | play a conventional game 2v2 across the hall but only can score if all players have touched the ball |
| Dodgeball | Indianna Jones | * One person must run from one side to the other
* Others either side of the whole and must hit the runner with the balls
* See how many laps with 3 lives
 |
| Space Invaders | * Line players up against the wall
* That person can only move sideways
* One person has all the balls and needs to
* If hit becomes thrower
 |
| Game | * Two sides
* Hit on your out
* If a person catches a throw then bring in another player and the person who throw it is out
 |
| No Outs | * Normal rules (as above)
* Except no outs and use points instead
 |
| Rugby | Pass game  | set out a court player pass the ball around and 1 player has to try and Intercept |
| Kicking | using the large goal on the field and a cons as the tee see how far away you kick the ball over the crossbar |
| Touch | Touch set out a pitch and play a game if the defender touches you you're tackled and they start again if you go out of bounds the opposing team get the ball a try is scored if you touch the ball down over the end line |
| Kick and catch  | set up 2 boxes about 20 metres apart 3 metres wide by 2 metres deep 1 team in each box kick the ball to try and get it into the other box the defending team can try and catch the ball if they do they score a point if they don't and the ball bounces inside the box you score a point |
| Cricket | Quick Cricket | * One end of the hall place two cones either side and stumps in the middle
* Under arm bowl
* Batsman must run each time, whether the ball is hit or not
* Out by hitting runout, catch with no bounce or one bounce and one hand
 |
| Athletics | Sprints | * Sprint 70m
* Timed
 |
| Hurdles | * 70m
* Evenly spread out hurdles
* Timed
 |
| High Jump | * Set up the bar with lots of matts
* See how high they can jump
 |
| Long Jump | * Standing long jump
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| Long distance running | * Set up a cross country running course in the woods
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| Hockey | Dribbling race  | Set several cones along the hall race against someone or in teams |
| IT | All players have a ball 1 player is it but doesn't have a ball they have to tackle and get the others balls out of bounds the red lines once tackled you help get the others out |
| Game | Use football goals play a game no sticks above waist high and no |
| Tennis | Squash | * Individually rally off the wall
* Move into pairs
 |
| Tennis dodgeball | * Use lots of SOFT balls
* Either hit the opposition with one or no bounce
* Team mate can come back in if you volley an opposing shot, that person who played the shot will be out
 |
| Singles/doubles | * Use Doubles badminton court
* Under arm diagonal serve to opposing square
* Either tennis scoring or badminton scoring system
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