

EQUIPMENT:

Balls, cones

HOW TO PLAY:

Split the group into 2 teams on different sides of your area.

Create a box with cones for both teams and put 10 bibs in each. Each team has to try and run into the other teams base, take 1 bib and put it into their base without getting tagged. If you get tagged you go back to your base and try again.

PROGRESSION: Add a 3rd box. If children get tagged, they have to go into the box and do a challenge before they are released e.g. 10 star jumps



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All players get a partner and name each other number 1 or 2. Number 1s lead, number 2s follow and copy e.g if 1 performs a balance at a cone 2 copies (make sure players are being creative in the way they move).

Once both players have had a go each change it to a tagging game where 1 now has to chase 2 but still copying the movements if 1 catches 2, 2 then chases 1.

PROGRESSION: add a football and use feet or hands (tackling 1v1)



**CITY IN THE
COMMUNITY**

Be Active



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HOW TO PLAY:

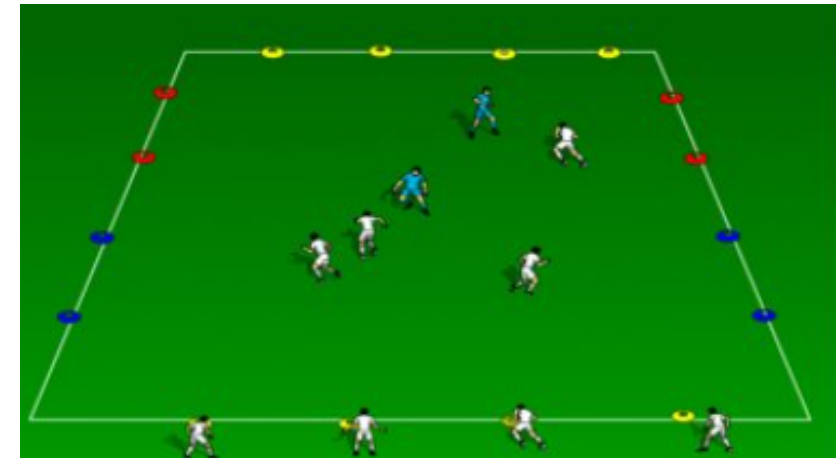
Split pupils into 4 groups behind yellow cones. The pupil at the front of the station will go first, once that person has finished the next person can go. Each group has a ball. Pupils can choose whether to hold the ball or bounce it when it is their turn. Pupils aim to avoid the guards in the middle and make it from 1 end to the other without being tagged. If they're tagged by a guard they will not gain any points and will go to the back of their line and wait for their next turn.

Blue Gates = 5 points. Red Gates = 10 points. End Line = 20 points



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Guards in the middle area protecting the gates. Pupils can't be tagged when they're on the coast (yellow areas).

Pupils aim to run through as many orange gates as possible. Each orange gate = 1 point. Pupils must make it to the other coast without being tagged to bank their points.

Once they have made it to the end they will then walk around the outside back to the start.



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HOW TO PLAY:

Pupils will aim to collect points by travelling through gates. Once they've gone through one gate can they move to another? Each gate = 1 point.

Guards will aim to prevent pupils from going through gates by standing and blocking it. If the gate is blocked can pupils move to find another gate?

Guards can move to other gates to make it harder for pupils to gain points.

