

### EQUIPMENT:

Balls, cones

### HOW TO PLAY:

Each pupil has a ball. They move around the area practicing their skills with the ball

Pupils can dribble with hands or feet, they can throw and catch the ball or they can think of their own movement with the ball

The teacher will say a body part, all children must quickly put the ball on that body part. The first child to do the correct command wins a point

To progress, make it into a competition where the last person to do the correct command is out of the game. Carry on until you have a winner.



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### HOW TO PLAY:

Split the class into 4 evenly matched teams. Set up 4 relay lanes with cones 2 metres apart

1 pupil at a time from each team races, slaloming through the cones to the top cone and then slalom back to their team. First team to complete 1 go each of the relay wins a point

### PROGRESSIONS:

Progress by adding different skills to do e.g. dribbling a ball, throwin and catching a beanbag at each cone etc.

When at the top children must throw and catch a ball 5 times before running back

Children must dribble a football both their hands

Children must dribble the ball with their feet



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### HOW TO PLAY:

Pupils have a ball and find a space on the edge of the square. They must dribble the ball from one side of the square to another to score themselves a point. How many points can they score in 60 seconds? Take a point off if they bump into someone

### PROGRESSIONS:

Add tiggers in the middle who hold a bib

If they tig one of the dribblers they swap their bib for the ball and we now have a new tigger. Pupils don't lose any points but cannot score points without a ball so they must try to tig someone else as quickly as possible



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### EQUIPMENT:

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### HOW TO PLAY:

Find a space against a wall. Throw the ball against the wall and trying to catch it as it returns. Place cones down as a marker, move closer or further away to challenge yourself

Try this with:

1 hand to throw and catch

2 hands to throw and catch

Throw with one hand and catch with the other

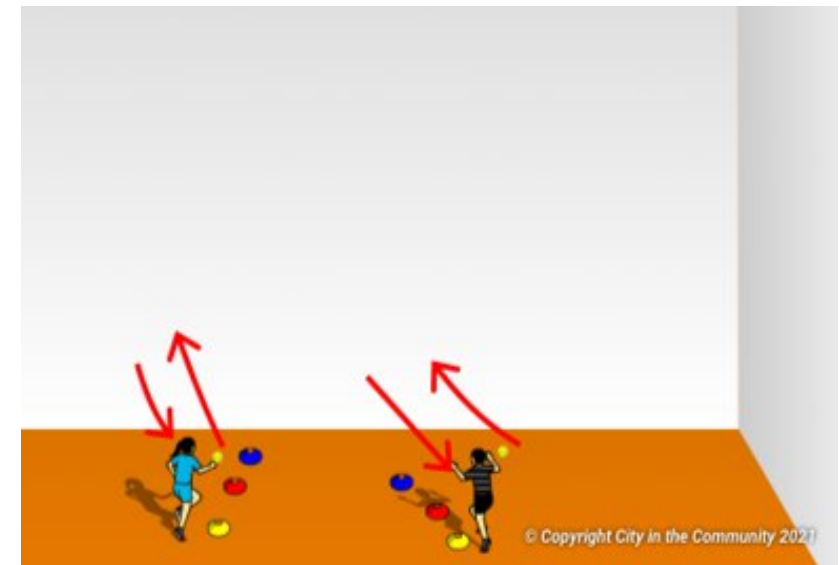
Clapping before catching

Increased distance, shorter distance from the wall



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### EQUIPMENT:

Balls, cones, bench/wall

### HOW TO PLAY:

Pupils stand opposite a bench turned on it's side, or a wall if you don;t have a bench. Pupils practice kicking the ball against the bench/wall and control the ball when it returns to them

Try this with:

Left foot only

Right foot only

Use both feet

Try one touch, two touch.

Stop ball with bottom of foot, side of foot and increase distance if too easy.



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