

### EQUIPMENT:

Balls, cones

### HOW TO PLAY:

Pupils move around inside the area trying to find space. The coach has three coloured cones:

Red = stop in a space (look for a new space each time)

Yellow = jump around the area into space

Green = run around the area sprinting into a space when you see one

### PROGRESSIONS:

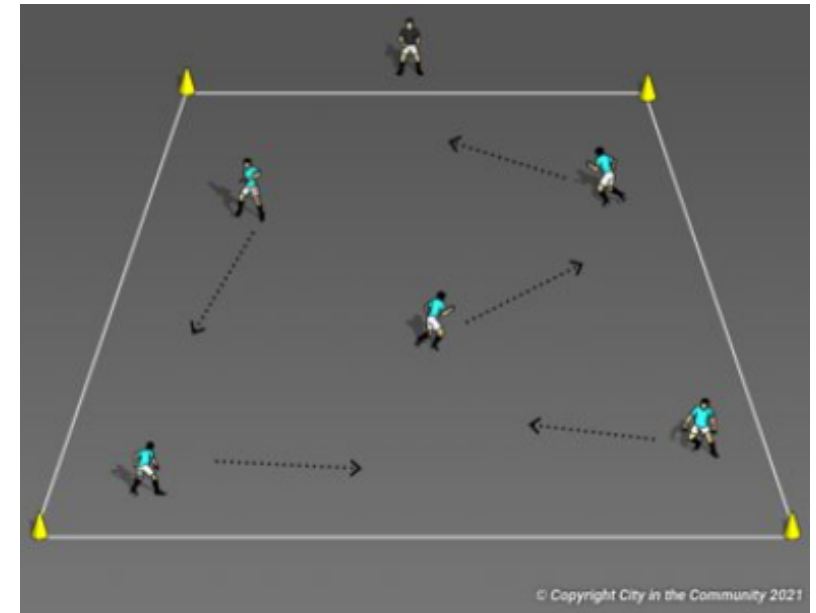
Change the commands for each cone e.g. red = sit down, green = skip

Add a ball to control while moving; dribble with feet or hands



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**EQUIPMENT:** Balls (different sizes, cones

### HOW TO PLAY:

Split the class into 4 teams, playing 2 games on 2 parallel pitches.  
Place 5 tennis balls and 5 football balls on each end line

The aim of the game is to play the balls into opponents half.

Play for 1 minute, balls must be played along ground (kicking or rolling). After a minute the team with the least balls in their own half win. Switch teams to play against someone different

### PROGRESSIONS:

Tennis ball must be played with hands and football ball with the feet

Balls must be played from where they are, pupils are not allowed to move with it



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### EQUIPMENT:

Sponge balls, cones

### HOW TO PLAY:

One pupil is the speed baller (red player). The speed baller must hit everyone (below waist only) with the ball to complete the task. If you get hit by the ball you are out of the game. Last person to get hit wins.

Speed baller gets completed time when last person is hit with the ball. Once everyone has a turn, speed baller with the quickest time wins.

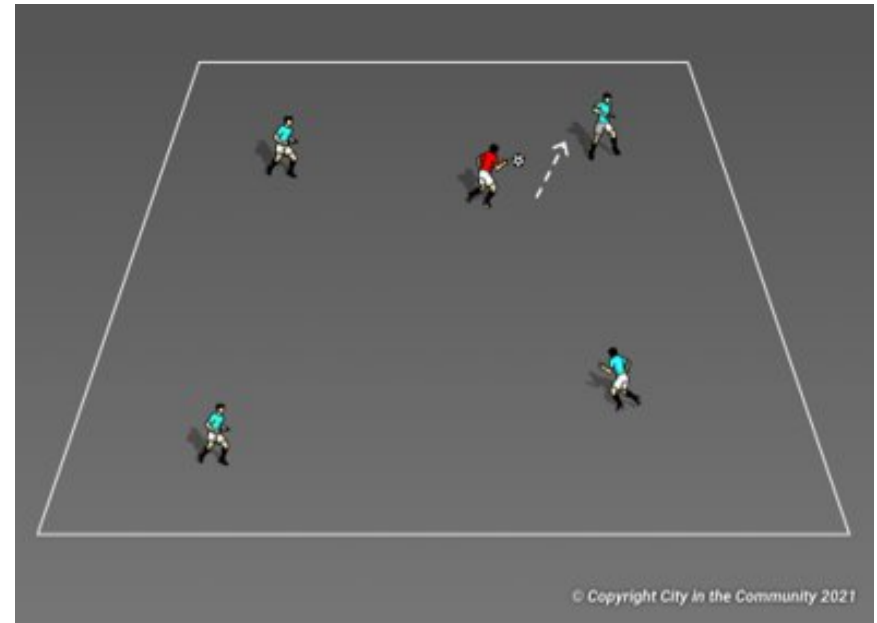
### PROGRESSIONS:

- Reduce size of the area
- Add more speed ballers
- Change the size of the ball



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### EQUIPMENT:

Balls, cones, hoops

### HOW TO PLAY:

Top game - pupils attempt to hit the cone in the centre of the ring (2 points for ball hitting the cone, 1 point for ball landing in the ring). 1st to 10 points wins

Middle game - pupils attempt to hit cones if successful they pick up cone and take it back to start position, the pupil with the most cones is the winner

Bottom game - pupils take turns to throw a ball, each time they hit a cone they take it, winner is 1st player to acquire all the cones

### PROGRESSIONS:

Get the pupils to come up with their own target games and challenge each other



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### EQUIPMENT:

Balls (different sizes)

### HOW TO PLAY:

Throwing and catching - can the pupils complete each level?

**Level 1:** throw the ball up with 2 hands and catch with 2 hands

**Level 2:** throw the ball up with 1 hand and catch with 2 hands

**Level 3:** throw the ball up with 1 hand and catch with 1 hand

**Level 4:** throw as high as you can - catch with 1 or 2 hands

**Level 5:** throw, clap three times and catch the ball

**Level 6:** throw, spin around once, catch

**Level 7:** throw, touch ground, catch

**Level 8:** juggling - pass ball from one hand to the other

**Level 9:** sitting down/kneeling down - practice throwing and catching with 2 hands, then 1 hand

**Level 10:** against a wall - try to catch the ball without it bouncing on the floor

**Level 11:** balancing on 1 foot, throw and catch the ball

**Level 12:** create your own way to catch the ball



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