

### EQUIPMENT:

Bibs, cones

### ACTIVITY:

Safe zone tag is similar to normal tag but allows the coach to make it harder or easier. The coach will select a couple of pupils to be the catchers, their job is to tag as many pupils as they can. The red zones are 'safe zones' where the catchers can not enter. Only 1 pupil is allowed in a safe zone at any one time

### PROGRESSIONS:

Pupils can only stay in a safe zone for 5 seconds

Pupils must do an activity when in the safe zone e.g. 5x star jumps

Make the safe zones smaller or reduce the number of them

Add more taggers



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**EQUIPMENT:**  
Cones

**ACTIVITY:**

2 pupils face each other around 10 metres apart. To each side is a gate made by 2 cones. One pupil is the attacker and the other is a defender. The attacker has to make it through a gate and to the other pupils starting position without getting tagged. Switch roles every few attempts.

**PROGRESSIONS:**

Make the gates bigger or smaller, or add more gates.

Add equipment - pupils have to bounce or dribble a ball



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**EQUIPMENT:**  
Cones

### ACTIVITY:

Split the group up into teams of 3 or 4 (more if needed). Using the technique of a long jump, players take it in turns to have 3 jumps.

Player 1 starts on the start line and will jump as far as they can 3 times. Wherever they land after their 3rd jump, they must stay there. Player 2 will come and stand next to them and start their 3 jumps, this will continue until all players have had their turn to create 1 big long jump distance. The team that jumps the furthest wins.



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### EQUIPMENT:

Balls, cones

### ACTIVITY:

All pupils 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, number 2 copies this.

### PROGRESSIONS:

Change it to a tagging game where 1 now has to chase 2 but still copying the movements they do. If 1 catches 2, 2 then chases 1.

Add equipment e.g. dribbling or bouncing a ball



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### EQUIPMENT:

Balls (different sizes), beanbags, cones

### ACTIVITY:

Split the group into 2 teams , 1 team either side of the halfway line.

Spread lots of bibs out on both sides of the pitch, this represents rubbish in their room. Teams have to take 1 bib at a time and throw it from their side into the oppositions side. The team with the tidiest bedroom at the end of 2 minutes wins.

### PROGRESSIONS:

Add beanbags and balls in as well. Bibs = 1 point, beanbags = 2 points and balls = 3 points. The team with the most points at the end of the game loses.

Create 3 playing areas so there's 3 teams playing against each other



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