

**EQUIPMENT:** Balls, cones, hoops

### HOW TO PLAY:

Pupils work against a partner trying to dribble the ball and make there way into the safe zone (yellow area), the defender cannot enter the safe zone

Once in the area the attacker must now try and throw the ball at the ball inside of the hoop. 1 point for hitting the ball, 2 points for knocking the ball out of the hoop. Once attacker has thrown the ball the defending restarts the game

### PROGRESSIONS:

2v2 or 3v3 game depending on numbers (make more than one pitch if necessary)

Pupils can shoot from outside of the yellow area, 3 points for hitting the ball, 4 points for knocking it out of the hoop



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### HOW TO PLAY:

Pupils will play in small sided games playing either basketball or handball. If playing handball pupils cannot move when they have the ball. Teams must try and get the ball into the yellow safe zone, once inside they must try and knock the ball out of the hoop to score a point

### PROGRESSIONS:

Use tennis balls inside of the hoops to make it more difficult

Use a tennis ball to play with instead of a big ball to increase the difficulty

Simplify - Take balls out and players can try and throw the ball into the hoop to gain a point



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**EQUIPMENT:** Balls, cones

### HOW TO PLAY:

Pitch 1: cones laid out in a line, pupils will take it in turns to aim and throw a ball at the cones. If they manage to hit the cone they will then take that cone away. The first person to collect 5 cones wins

Pitch 2: same rules as pitch 1 however the cones will be staggered which will increase difficulty

Pitch 3: cones will be spaced out and also will have a ball placed on top of the cone. Pupils can knock the ball off the cone first then aim to hit the ball on the cone

### PROGRESSIONS:

Pupils can use a tennis ball to increase difficulty

Can pupils come up with their own target game using the equipment provided



#### EQUIPMENT:

Balls, cones, beanbags hoops

#### HOW TO PLAY:

Pupils split into 2-3 teams. Pupils will begin by weaving in and out of the cones. Once they've got to the end they will aim to jump into the hula hoop and then make a bigger jump into the other hula hoop. They will then run around the outside of yellow cones

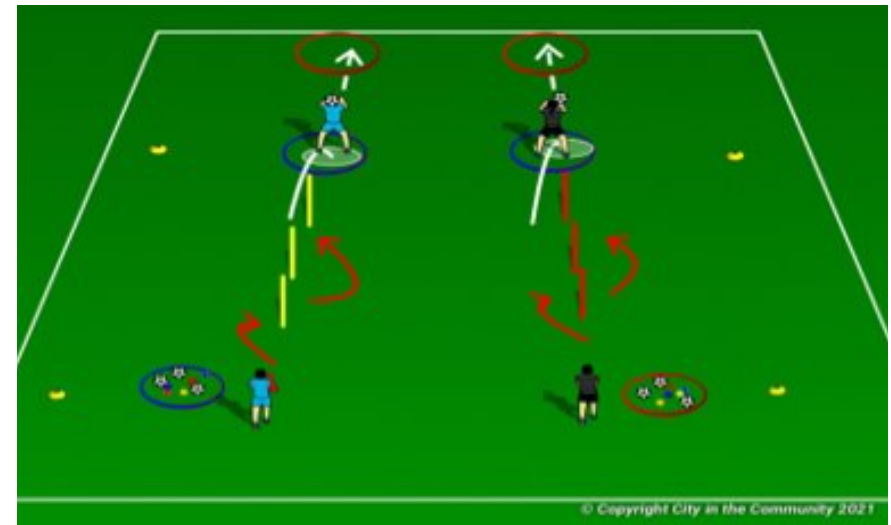
#### PROGRESSIONS:

Include equipment, pupils will select what equipment they use. They will repeat the circuit, however when they're inside the first hoop they will aim and throw their ball or beanbag into the other hoop. If they successfully do so they will gain 1 point for their team

Increase distance between 1st and 2nd hoop

Change movement pattern

Add a ball inside the hula hoop which pupils will aim to hit to double their points



### EQUIPMENT:

Balls, cones, hula hoops

### HOW TO PLAY:

Pitch 1: pupils will dribble their ball to either the yellow, red or blue cone (choosing the level of difficulty) they will then aim to throw their ball at the ball which is placed inside one of the hula hoops. 1 point if they hit the ball, 2 points if they knock the ball out of the hoop

Pitch 2: attacker vs defender, attacker will aim to get past the defender and like on pitch 1 will aim to hit the ball inside either or the hoops. Attacker and defender will swap over after 5 goes

Pitch 3: 1v1, whoever is in possession will aim to attack and get points by aiming to hit the ball in the other persons hula hoop

1 point for hitting the ball, 2 points for knocking it out of the hoop



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