

EQUIPMENT: Balls, cones, bibs

HOW TO PLAY:

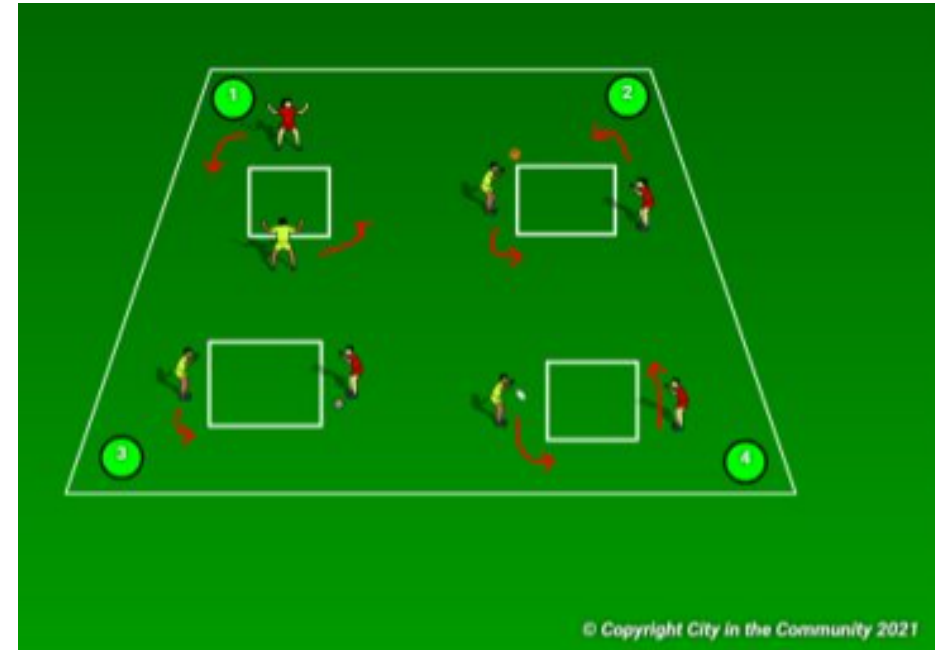
Put pupils into pairs, and position them facing either end of a grid.

Players aim to chase one another around the grid (not through) to tag their opposing partner. Each time they tag them, they score a point.

Next players can try this with a ball. 1 will be tagger and the other to work with the ball. Can you dribble and keep control of the ball whilst avoiding the tagger? Players may switch after each turn or after a number of turns.

PROGRESSION:

Both players have a ball and a bib can now be placed as a tail on each player. Players now aim to control their ball whilst aiming to capture the opposing players bib.



EQUIPMENT:

Balls, cones

HOW TO PLAY:

Divide the group into 4 equal, coloured teams. Each team has to protect their cone. No one is allowed in the marked out corners. Any body part in the areas gives your team a warning, 2 warnings equals 1 point.

The aim is to knock the other teams cones with the ball. Each time your cone gets hit by another team you get a point. Players cannot move with the ball, only pivot. The team with the lowest number of points wins.

PROGRESSIONS:

Make easier – reduce size of playing area, bigger ball, use bigger cones.

Make harder – increase the size of the playing area, reduce the size of the ball, everyone must touch the ball before shooting, add more balls.



CITY IN THE COMMUNITY

Be Active



EQUIPMENT: Balls, cones, bibs

HOW TO PLAY:

Set up a diamond and split the pupils equally on each point of the diamond.

To start with pupils pass the ball and follow their pass, joining the back of the queue.

PROGRESSION:

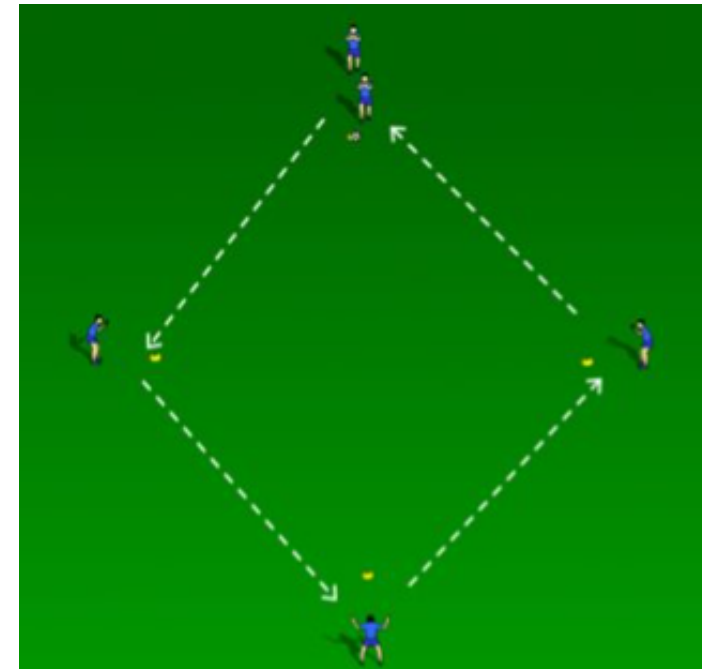
Pupils pass and then have to join a different queue, pupils need to work together to make sure they don't leave any of the points empty.

Add a 2nd ball into play.



**CITY IN THE
COMMUNITY**

Be Active



EQUIPMENT:

Balls, cones

HOW TO PLAY:

Set up a diamond and split the pupils equally on each point of the diamond.

The 2 players at the top and bottom of the diamond start with a ball, the game is started by going clock-wise.

At the same time the 2 players pass the ball to the players on the side, they do a 1-2 around the side cone and then the ball is passed into the end player. Each player follows their pass.

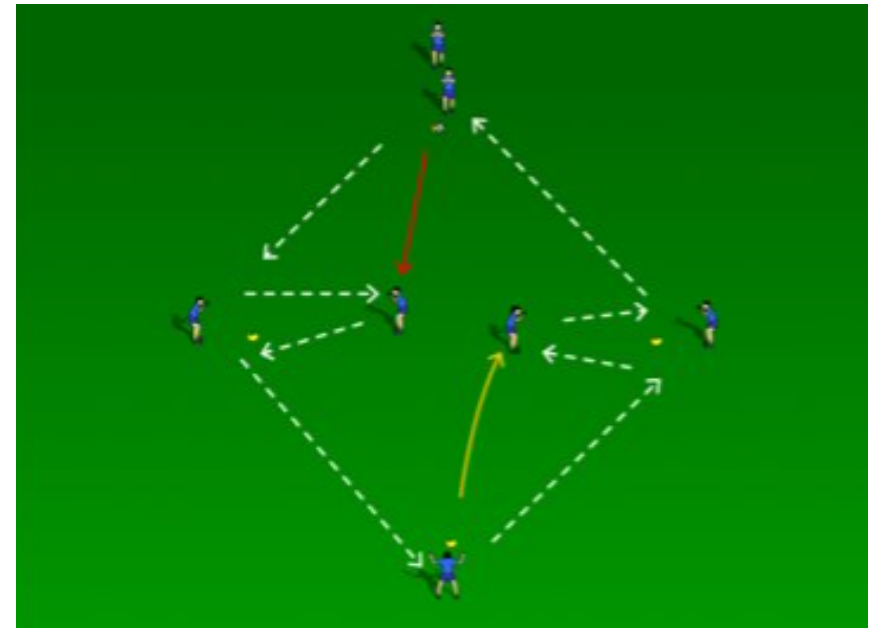
PROGRESSION:

When the teach shouts "change", pupils have to change the direction they are playing



CITY IN THE
COMMUNITY

Be Active



EQUIPMENT:

Balls, cones

HOW TO PLAY:

Set cones up in a channel, with the middle zone being different colour cones to the other parts (this is the defending zone).

Pupils will start by running through the channel unopposed but practicing ways they can make space and possibly beat a defender.

Next pair the pupils up, they will now have to beat the defender (their partner). If they get past without getting tagged they get a point. Pupils can switch over after a few turns each.

PROGRESSION:

Add a ball in. The pupils can choose how they use this e.g. with their hands or feet.

Add a 'floating' defender in who can tag anyone

