

EQUIPMENT:

Balls, cones, bibs, benches

HOW TO PLAY:

Split the group into 4 teams depending on how many you have, if you only have 10 pupils keep as one group. In the group split into two teams and give each pupil a number 1-5 (try to give they younger players the low numbers and the older players the high numbers)

Teachers role is to shout out the numbers e.g. "2". Number 2's from each group will run out and try to score in the opposite goal as shown in the diagram

PROGRESSIONS:

Increase numbers shouted out e.g. "1 and 4"

Add challenges e.g. you must do 3x passes before you can score



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EQUIPMENT:

Balls/beanbags, cones, benches/mats

HOW TO PLAY:

Pupils choose where to place the benches/mats in the playing area. 3/4 bean bags scattered around the playing area

1 pupil is a tagger, they move around the area trying to tag a runner. If a runner is tagged he/she must go and stand on a bench/mat and wait to be freed by a teammate giving them a high 5

PROGRESSIONS

Taggers have a tennis ball, if a tagger throws the ball at a runner using under arm technique and they make contact they then have to go and stand on a bench/mat. To be released a teammate must go and find a bean bag and throw the bean bag to a friend. Once they have been freed they must stand off the bench and drop the bean bag in a space.



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EQUIPMENT:

Cones, balls, beanbags

HOW TO PLAY:

Same rules to Simon says. You can only do the action when the coach/teacher says e.g. "coach says jump on the spot" = pupils jump on the spot

PROGRESSIONS:

Incorporate equipment into the game e.g. "coach says throw and catch the beanbag"

Let a pupil become the 'coach'



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EQUIPMENT:

Coloured lines on the floor

HOW TO PLAY:

Pupils travel around the area in different ways e.g. skipping, jogging, sidesteps, backwards

On the coaches call of a colour students must get to the correct colour line and hold a balance. If held for 30 seconds they get a point

PROGRESSIONS:

Incorporate equipment into the activity e.g. pupils throw and catch a ball 5 times when they get to the line

Only a set number of pupils are allowed on one line, they also cannot return to the same line repeatedly



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