

EQUIPMENT:

Bibs

ACTIVITY:

Two teams - the aim is to get all of your team to the end zones.

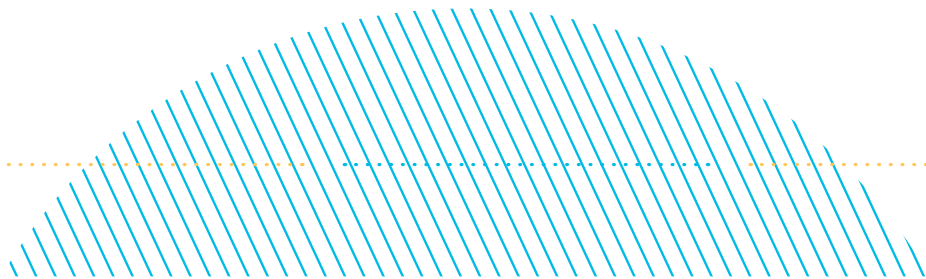
Blue team trying to go from right to left, the blue team are safe in the right hand side area but as soon as they cross into the red teams zone they can get tagged.

If a pupil gets tagged they must stand with their arms out (stuck in the mud style). To be able to move again one of their team mates must run under their arm to free them.

First team to get across into the end zone wins.

PROGRESSIONS:

Add equipment in - pupils have 1x ball per team, whichever player has that ball can't be tagged, but you also can't move when you have the ball



EQUIPMENT:

Balls, mats, bibs (optional)

ACTIVITY:

One pupil from each team on a mat, a few balls in the game.
Pupils must throw the ball to their team mate on the mat, if that pupil catches it the pupil who threw it joins them on the mat.
Game finishes when all pupils are on the mats

PROGRESSIONS:

Change the amount of pupils needed to get on the mat to win or get a point.

Change the player on the mat.

Use feet, can they control the ball on the mat from a pass.



CITY IN THE COMMUNITY

Be Active



EQUIPMENT:

Balls, cones, bibs

ACTIVITY:

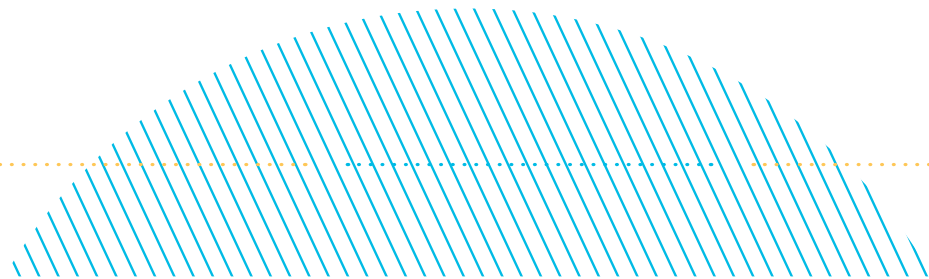
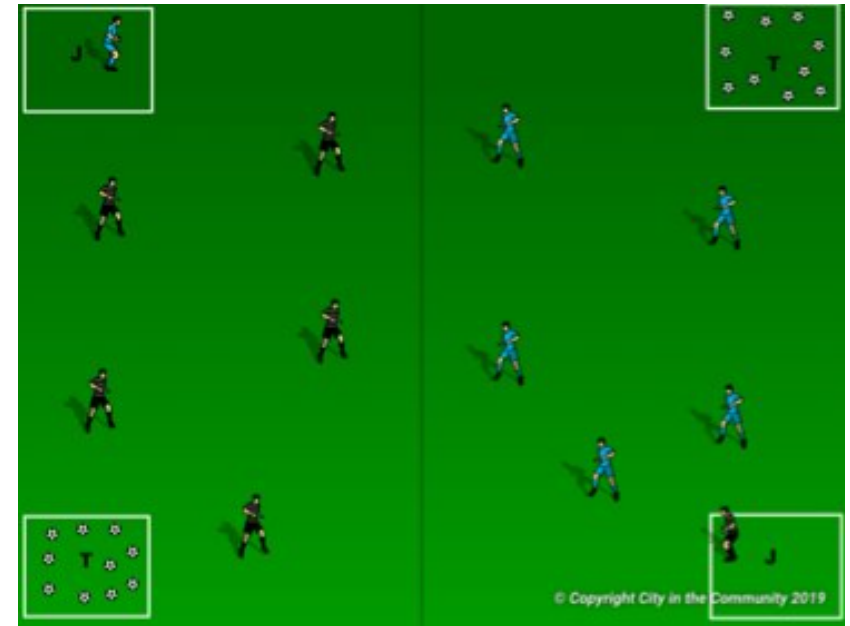
Two teams - blue pupils try to go across the black teams area and take a ball, and then make it back without getting tagged. If a pupil gets tagged they go to the red zone (red coned out area).

Two ways out of the red zone - 1) if a team mates comes over and high-5's you or 2) if the coach shout's "RED ZONE"

PROGRESSIONS:

Pupils must dribble the ball back (not carry or throw)

If 3 players are in the red zone at any one time, the game is over



EQUIPMENT:

Cones, footballs, bibs

ACTIVITY:

Every pupil has a ball, the group are split into two teams, pupils dribble around and try to kick their ball against an opposing pupils ball - if they hit it, that pupil sits/kneels down.

The doctor is in charge of saving the pupils who are sitting/kneeling.

The doctor is safe in their box (office) but when they leave the box they must dribble around and try to save the players sat without getting their ball hit. To save a player they dribble up to them and stop their ball next to them.

If the doctors ball is hit, they are down and that team cannot be saved if there ball gets hit.



CITY IN THE COMMUNITY

Be Active



EQUIPMENT:

Balls, cones, king/queen cone (taller cone with small cones or ball balanced on top)

ACTIVITY:

Use tall cones for targets if you can, if not balls on normal cones would work just as well.

Each team is in an end zone they can only leave that zone to retrieve a ball.

The aim is to knock down the opposing team cones and then knock down the king/queen cone in the middle.

If you knock down the middle cone before all the opposing teams cones are knock down, the opposing team would win.

