



PROGRESSIVESPORTS[®]
...raising standards

10 Fun Games and Activities

A selection of 10-15 minute activities to
do with your class.

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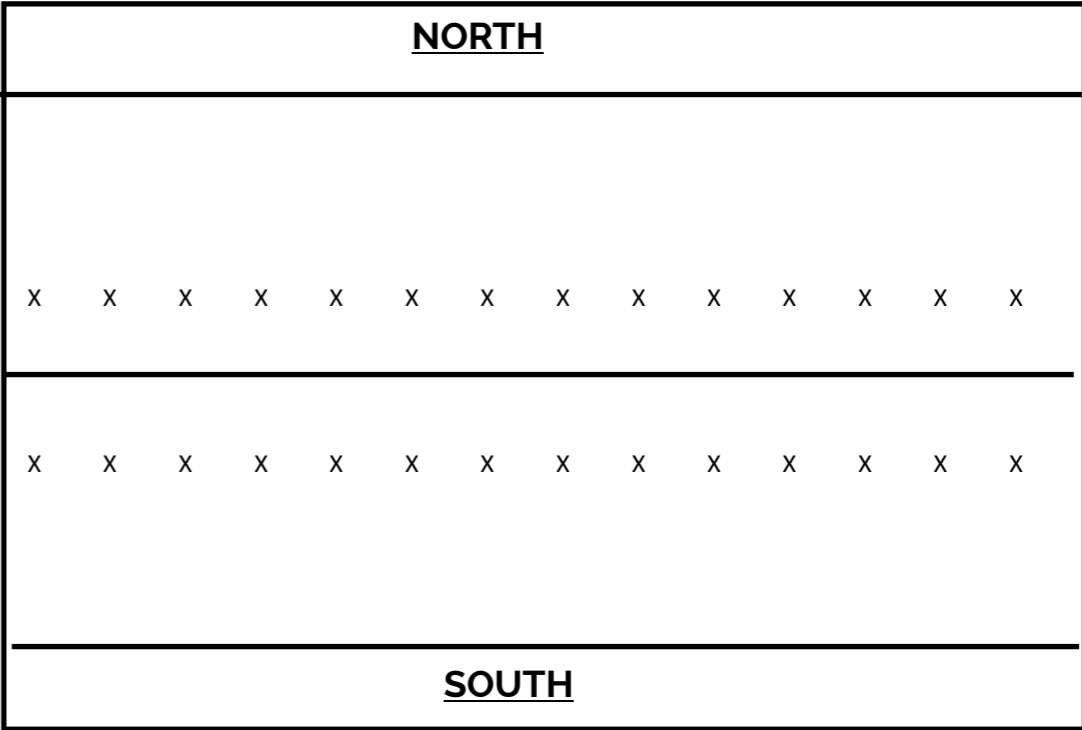
Activity 40: North and South.

RESOURCES: Cones.

ACTIVITY:
Children face each other with a middle line inbetween them, the coach will stand at the side and when the coach says North, the child on the North side have to turn and race to their safe zone before being tagged by the south player. The same happens when the coach shouts South.

The aim is for the children to be able to react quickly, change direction and get to their safe zone.

Switch the zones over, change their names e.g cat/dog, fish and chips etc.



- MAKING IT HARDER:**
- Move zones further away
 - Get children to perform a sporting challenge before racing to their end zone

- MAKING IT EASIER:**
- Bring zone closer
 - Make the player closest to their zone walk when there side is called

Activity 41: Reaction!

RESOURCES: Children to stand on a line (playground markings or cones if inside) and member of staff to hold a ball.

ACTIVITY:

When children are standing on the line facing the member of staff the game can begin!

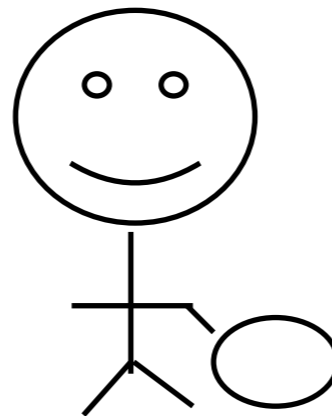
Children must watch the ball and complete the task depending on what ball does, i.e. bounced, thrown into the air or spun around in the air.

Children have 3 lives and if they complete the wrong action then they lose a life, if they lose all 3 lives they're out and must move to the side of the game.

Ball bounces on the floor = Clap hands twice.

Ball is thrown in the air = Jump.

Ball is spun in the air — spin on the spot.



MAKING IT HARDER:

- Give the children more actions to follow.
- Reduce the amount of lives the children get.

MAKING IT EASIER:

- Give the children less actions to follow.
- Shout out the action the children must do when the ball is thrown/bounced/spun.

Activity 42: Tri Colour catch.

RESOURCES: Cones for grid and different colour bibs.

ACTIVITY:

Working with a partner, children will have 3 different colour bibs. One partner will throw all 3 bibs in the air and shout 1 of the colours. Their partner then needs to try and catch the right colour before it drops to the floor.

After each child has had 5 attempts swap round so the other child gets a chance to catch the bibs.

If indoors and working with KS1 this can be done with balloons.

MAKING IT HARDER:

- Shout 2 colours out to catch.
- Shout all 3 colours and they must be caught in that order.

MAKING IT EASIER:

- Use balloons (if indoors).
- Use 2 bibs instead of 3.
- Give the children 3 lives.

Activity 43: Quick maths.

RESOURCES: Cones for grid.

ACTIVITY:

Encourage the children to move around the area in different ways. When the coach shouts find a partner, children must do so and face each other with their hands behind their back. On the count of three, they will present a number on their hands and the first person who is able to add up all of the hands and get the correct total gets the point. The children will then continue to move around the room, playing with other children and keeping a tally of their own score.

Example photo: if this is what is presented, the first child to say 10 would win the point.



MAKING IT HARDER:

- Make children get into groups of 3 or more.

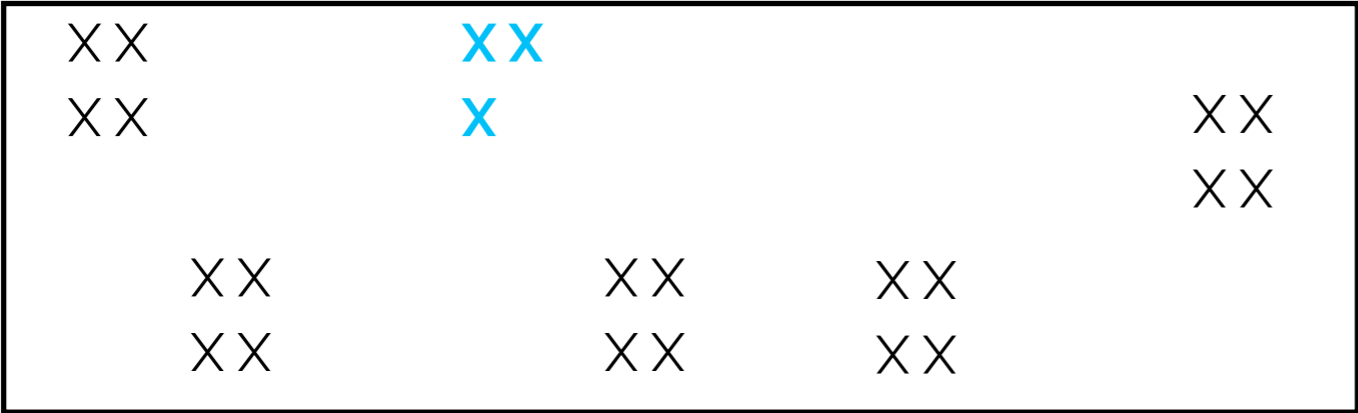
MAKING IT EASIER:

- Children to use 1 hand instead of 2 for a lower total.

Activity 44: Numbers game.

RESOURCES: Cones for grid.

ACTIVITY:
Encourage the children to travel around the hall in different ways, i.e. running, hopping, crawling. When the coach shouts a number out the children have to get into groups of that size as fast as they can.
Whoever isn't in a group of the correct size has to perform a sporting forfeit! I.e. the children in the group of 3 below have to do 10 star jumps.



MAKING IT HARDER:

- Give a shorter time frame to get into groups.
- Cannot be with same person twice.

MAKING IT EASIER:

- Give a longer time frame to get into groups.

Activity 45: Sleeping dragon (ks1).

RESOURCES: Cones for grid and equipment for treasure.

ACTIVITY:

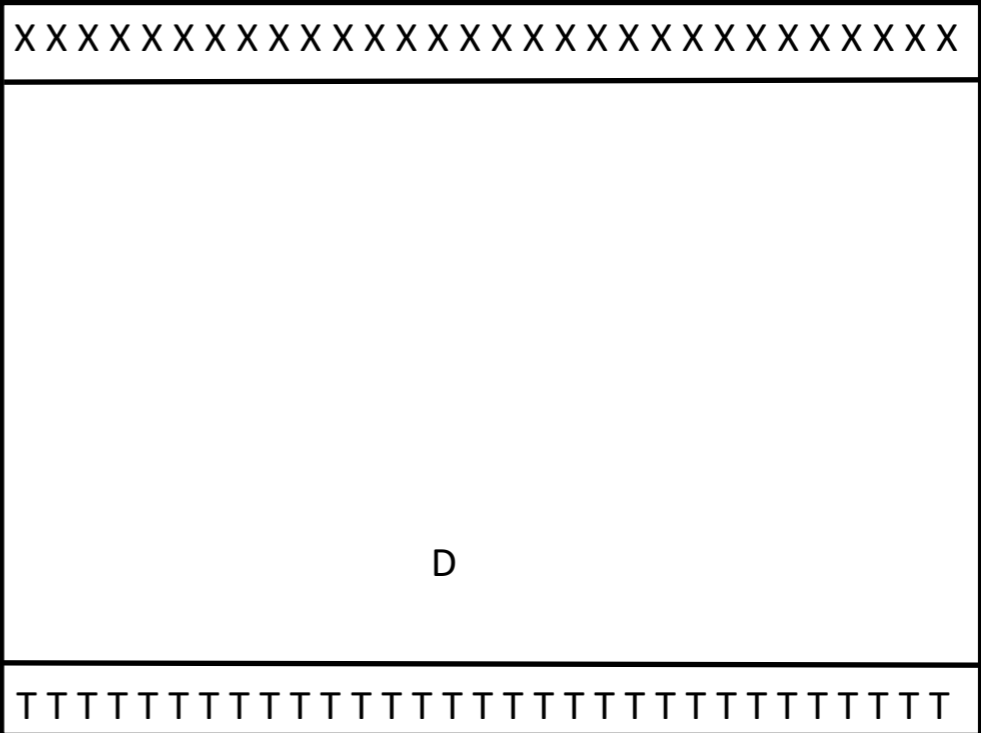
The coach will start off as the 'dragon' but will allow children to have a go at this afterwards.

The coach will be lined up with enough pieces of treasure behind them for each child taking part. The aim of the game is for the children sneak and get the equipment back.

When the coach falls to sleep the children need to sneak towards the equipment to try and take it. When the coach wakes up, the children have to freeze, if they are caught moving they have to go back to the start. The aim of the game is get their piece of treasure back and race back to the start without being caught by the dragon.

Diagram-

X—children T- Treasure D- Dragon



MAKING IT HARDER:

- Add in more dragons.
- The dragon sleeps for less time.

MAKING IT EASIER:

- Only 1 dragon.
- The dragon sleeps for longer.

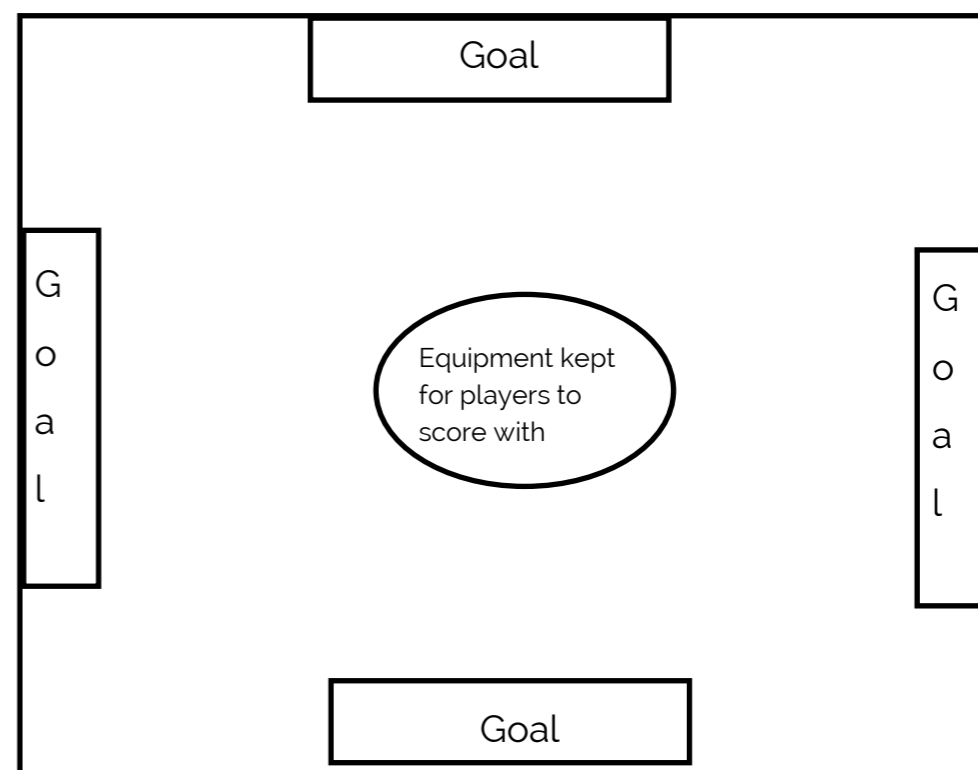
Activity 46: Hungry Hippos.

RESOURCES: Cones for grid, hoops and sport specific equipment.

ACTIVITY:

Children will be moving round the area and when the coach says hungry hippos the children will head to the middle and see how many goals they can score before time is up. Once all the balls have gone the game restarts.

Put the children into teams and have specific goals to score in and the team with the most win.



MAKING IT HARDER:

- Have goalkeepers to block to goals.
- Have an area set up the players have to score from so they aren't too close.

MAKING IT EASIER:

- Each player has their own equipment to score with instead of retrieving from the middle.
- Create more goals to score into.

Activity 47: Run the gauntlet.

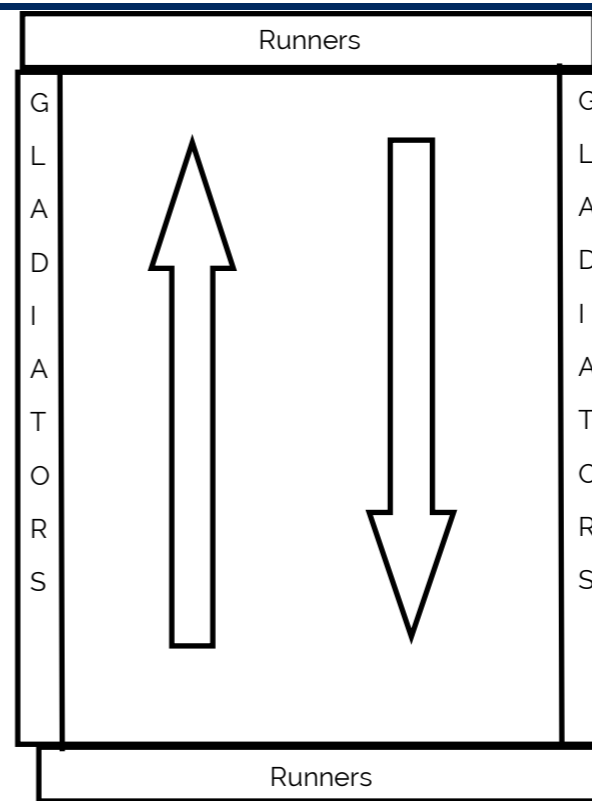
RESOURCES: Cones for grid and soft balls.

ACTIVITY:

Have the children lined up at the end of the area, then start with two children on either side of the area. These two children are the gladiators and the rest of the class are going to run the gauntlet. On the coaches command children will try to cross the area without being hit by a ball.

If a child gets hit by a ball they become a gladiator on the side of the area. The winner of this game is the last remaining child left to run the gauntlet.

If you do not have enough balls for one per child then get the child to stand opposite each other and take it turns to roll the ball.



MAKING IT HARDER:

- Start with more gladiators.
- Change the way they move from side to side.

MAKING IT EASIER:

- Move gladiator's further away.
- Give players 3 lives.

Activity 48: Get ups.

RESOURCES: Cones for grid, hurdles, hoops and beanbags.

ACTIVITY:

Split children into 6-8 teams and have them lined up at a start line. The children will perform different types of races over different distances. Get the children to start in different positions, e.g on the floor, on their back, on their tummy, on their bottom, facing the wrong way and then get the children to race the following:

- Hurdle race.
- Shuttle run race with bean bags.
- Hoop skipping.
- Relay race.

MAKING IT HARDER:

MAKING IT EASIER:



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Activity 49: Level up.

RESOURCES: Cones for grid, tennis balls, beanbags and qoits.

ACTIVITY:

Working in pairs the children will start 1 step away from each other. Every time they complete 5 successful catches without dropping the piece of selected equipment they will take a step back. Once they have successfully managed to take 10 steps back each they will change the piece of equipment and restart the challenge.

MAKING IT HARDER:

- Children have to clap before catching.
- Balance on one leg to catch.

MAKING IT EASIER:

- Three lives before restarting.
- 5 steps back each before swapping equipment.

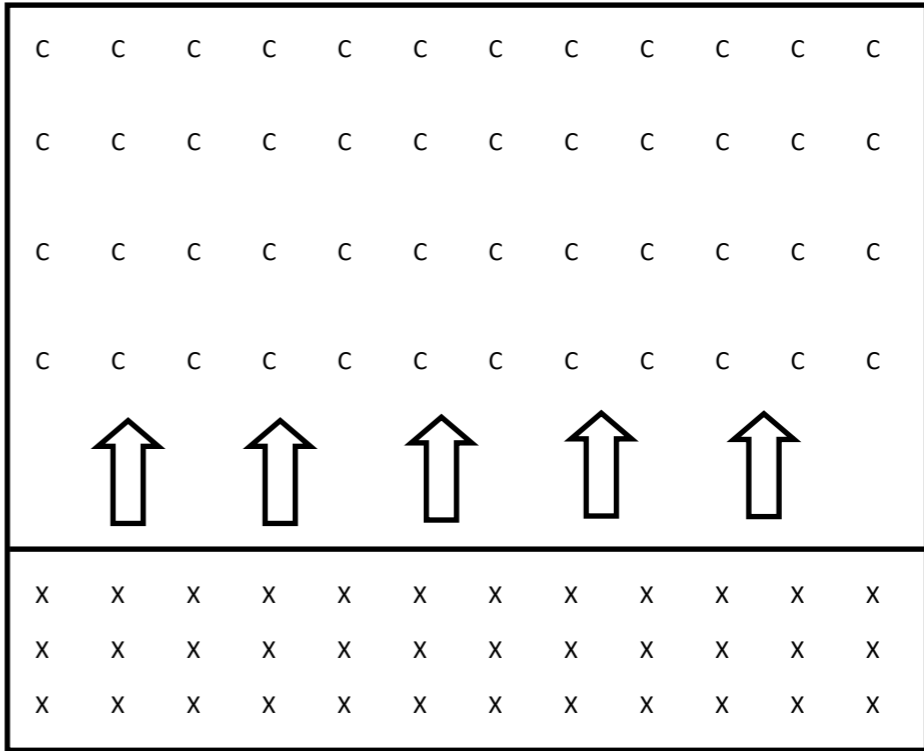
Activity 50: Pinball.

RESOURCES: Cones for target, beanbags or balls.

ACTIVITY:

Split children into small teams. Line these children up on the outside of the area facing the cones that will be placed upside down. 1 at a time, in each group, a child will aim their ball or bean bag and try to roll their ball and hit one of the cones. If they hit a cone they bring the cone(s) they hit back to their group along with their ball. The next player repeats and so on until all of the cones have been hit. The group with the most cones win.

Diagram-
C- cones
X- Players



MAKING IT HARDER:

- Move the cones further away.
- The ball isn't allowed to bounce before hitting cones.
- Spread the cones out into a larger area.

MAKING IT EASIER:

- Move the cones into a smaller area.
- Use more cones.