



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 11: Escape the castle.

RESOURCES: Spots & bean bags or hoops & balls.

ACTIVITY:
Children must attempt to escape the castle, by reaching the other side of the hall or area. To escape the children must throw or slide on hoop or spot into the main area. They must then throw a beanbag or ball into the spot or hoop in order to move. Children will take the hoop or spot they are currently standing on and move to the hoop or spot they have landed on. If they miss the hoop or spot, they collect their equipment and throw again.



- MAKING IT HARDER:**
- Use a larger area.
 - Use cones instead of hoops to make a smaller throwing target.
 - Children must restart at the castle if they miss a target.

- MAKING IT EASIER:**
- Use a smaller area.
 - Children can throw bibs, throwing a small distance with more accuracy.

Activity 12: Polar bear dash.

RESOURCES: Cones for the grid, white cones for the icebergs.

ACTIVITY:

Children will move around the area avoiding the icebergs. The coach will call out different directions the children must head in. When the coach shouts "ice is melting" the children must dash to get to an iceberg. Children with an iceberg will continue in the game. There are 5 rounds, with fewer and fewer icebergs in each round.

MAKING IT HARDER:

- Start with a small amount of icebergs
- Call out a variety of different actions e.g. walk on toes, move sideways.

MAKING IT EASIER:

- Children who are out complete a task e.g. Star jumps and then can continue.
- No extra icebergs get taken out each round.

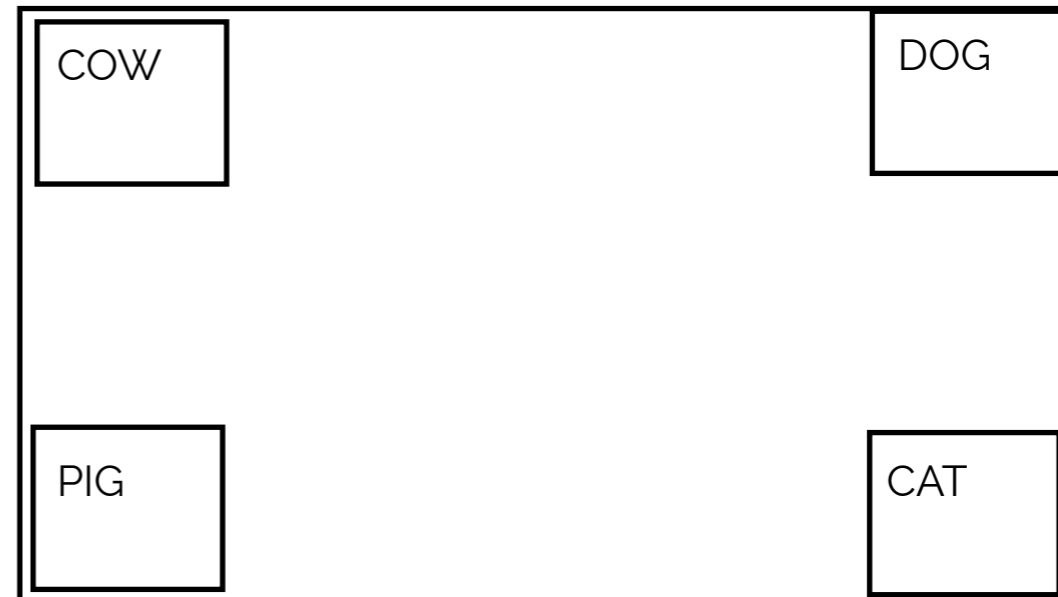
Activity 13: Corners (ks1).

RESOURCES: Cones for grid.

ACTIVITY:

Children will move around the area laid out. When the coach calls a command, the children will visit that corner and perform the action that is required.

I.e if cow is called that go to that corner and moo as loud as they can!



MAKING IT HARDER:

- Change what the corners are each round.
- Turn them into sports so children have to demonstrate a sport instead of animal

MAKING IT EASIER:

- Stand in corner you call out.
- Colour coordinate corners.

Activity 14: Alphabet Line.

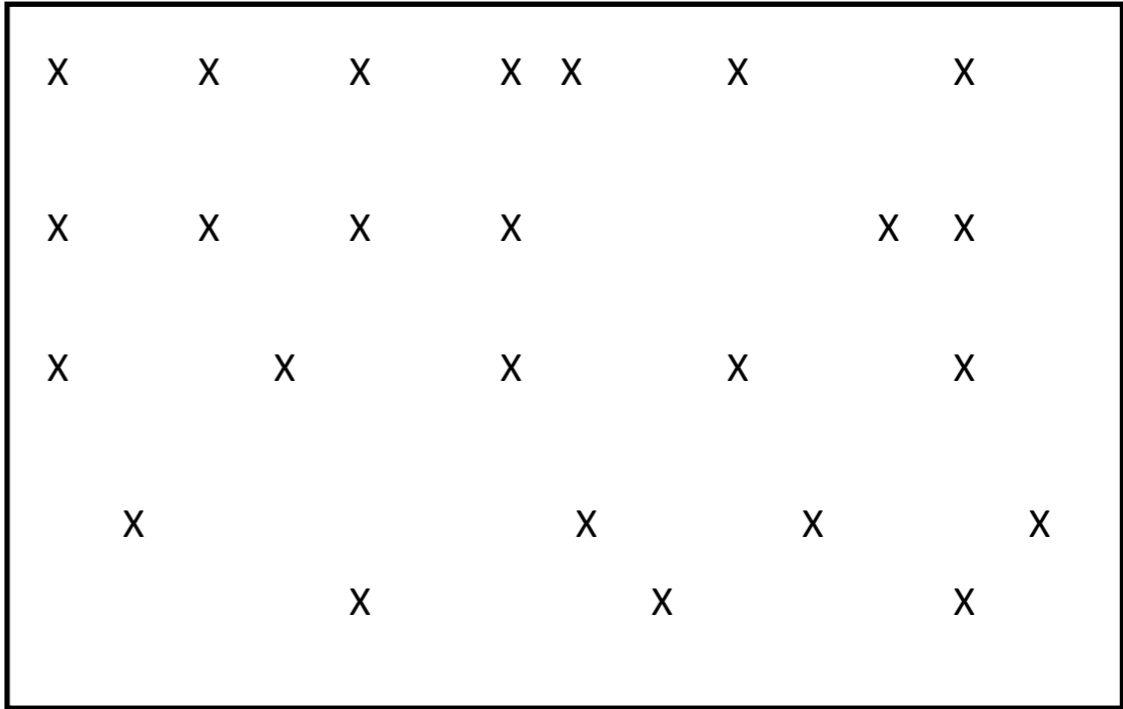
RESOURCES: Cones for grid.

ACTIVITY:

Children will move around the area laid out. Get children to use different movements such as running, walking, skipping, jumping, hopping etc.

The coach will then shout out a letter and the children must run and stand next to someone with that letter in their name.

Diagram- X is children



- MAKING IT HARDER:**
- Give them a time limit to find someone with that letter e.g 5 seconds.
 - Increase the number of people they need to find with that let-

- MAKING IT EASIER:**
- Instead of letters use colours, so children find someone with that coloured clothing on.

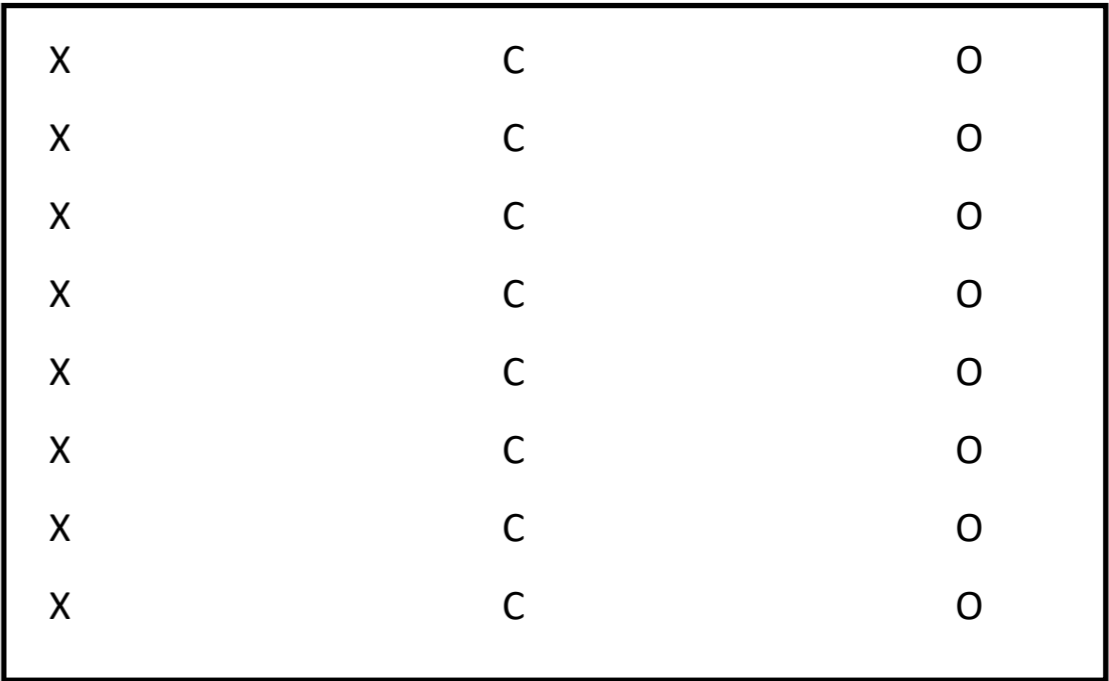
Activity 15: Don't hit the coconut.

RESOURCES: Cones for the grid, cones to balance the balls on, large balls and tennis balls.

ACTIVITY:

Place the children into pairs and ask them to stand opposite each other with the coconut in the middle of them. The players roll the ball back forth to each other trying to knock the 'coconut' off in the middle. If player 1 knocks the ball off the cone, player 2 gets the point and vice versa.

Diagram-
X = Player 1
O = Player 2
C = Coconut



- MAKING IT HARDER:**
- Increase the distance between the pairs.
 - Get children to bounce ball instead of roll
 - Hit 'coconut' without the ball bouncing.

- MAKING IT EASIER:**
- Decrease the distance between the pairs.
 - Use a larger ball to knock off 'coconut'.

Activity 16: What's the time Mr Wolf?

RESOURCES: Cones for the grid.

ACTIVITY:

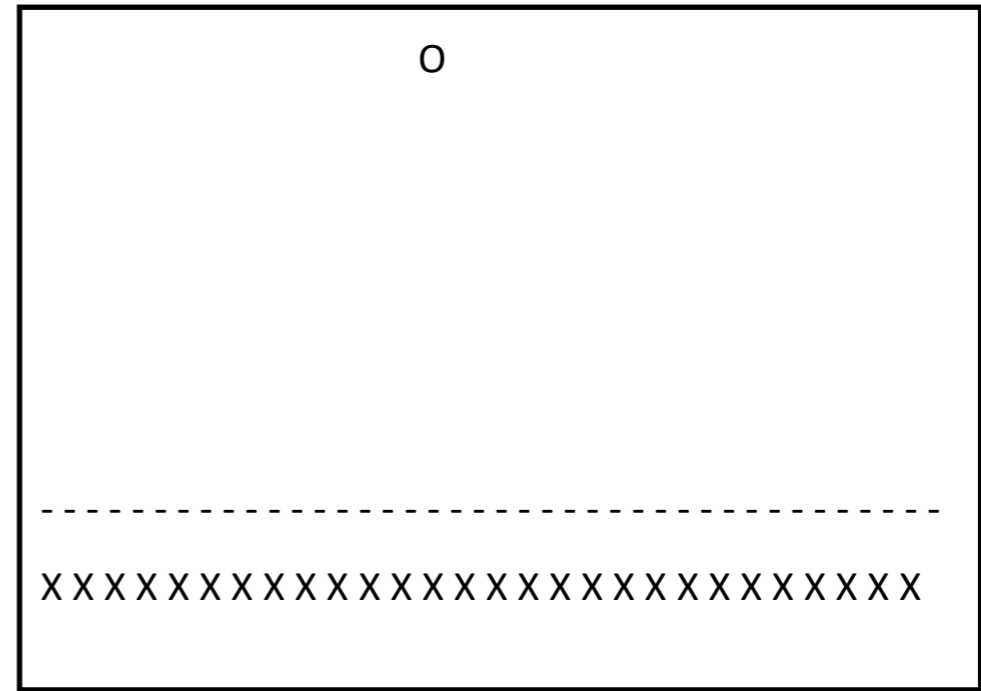
The children ask the wolf what time is it. The wolf responds with a number i.e 'It's 5 o'clock' the children take that number of steps forward. If the wolf response by saying 'It's dinner time, the children must run back to the safety zone without the wolf tagging them.

Diagram-

X- Players

O- Wolf

- - - Safety zone



MAKING IT HARDER:

- Add more wolves.
- Become a wolf if you get tagged.
- Get children to dribble a football or basketball

MAKING IT EASIER:

- Only allow the wolf to walk.
- Make safe zones around outside of whole area.

Activity 17: Bib Tag.

RESOURCES: Cones for grid and bibs.

ACTIVITY:

Children must move around the area avoiding the taggers. The taggers will be holding a bib. To tag an opponent the tagger has to throw the bib and hit that other child below their shoulders.

Rotate the defenders every 2-3 minutes to give everyone a turn at tagging and have 3 or 4 taggers to start with.

If you are tagged you are out of the game until the next round. If a child is out they must stand to the side of the game.

MAKING IT HARDER:

- Add in more defenders.
- Only certain areas of body that can be hit.
- If you catch the bib you are safe and can continue to run.

MAKING IT EASIER:

Activity 18: Cookie Monster

RESOURCES: Cones for the grid, cones to scatter inside the grid, bibs and hoops.

ACTIVITY:

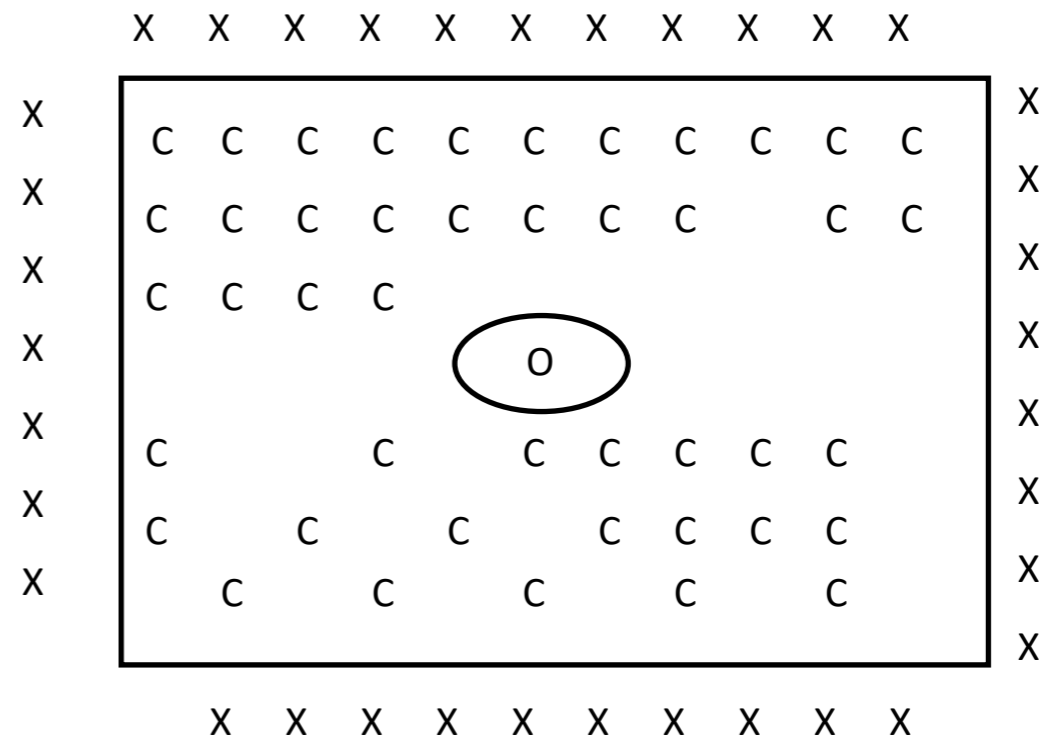
The group spread around the outside of the grid and stand in their hoop. When the cookie monster 'falls asleep' all players move into the area and steal a cookie (one of the cones spread around the inside of the area). When the cookie monster wakes up, the children must leave the area and return to their hoop with whatever cookies that have collected. If a child is tagged by the cookie monster they must drop the cookies in their possession and return to their hoop empty handed.

Diagram-

X - Children

C - Cones/Cookies

O - Cookie Monster



MAKING IT HARDER:

- Add more cookie monsters in.
- If tagged you lose all of your cookies (inc. ones in your hoop).
- Make the cookies more central so children have further to go

MAKING IT EASIER:

- Cookie monster must walk
- Have cookies (cones) closer to edge of area to give attackers more chance.

Activity 19: Swim Fishy, Swim.

RESOURCES: Cones and bibs.

ACTIVITY:

The sharks start in the middle of the hall/area and the fishes stand around the outside. On the coaches command the fish must attempt to get past the sharks without being tagged, if a fish is tagged they must stand on the spot and become seaweed, they cannot move their feet. The seaweed must then help the sharks by tagging any fish that come past.

MAKING IT HARDER:

- Add more sharks to start.
- Give seaweed bibs to throw at passing fish.
- Allow seaweed to move sideways only.

MAKING IT EASIER:

- Only allow sharks to walk.
- Make space bigger.

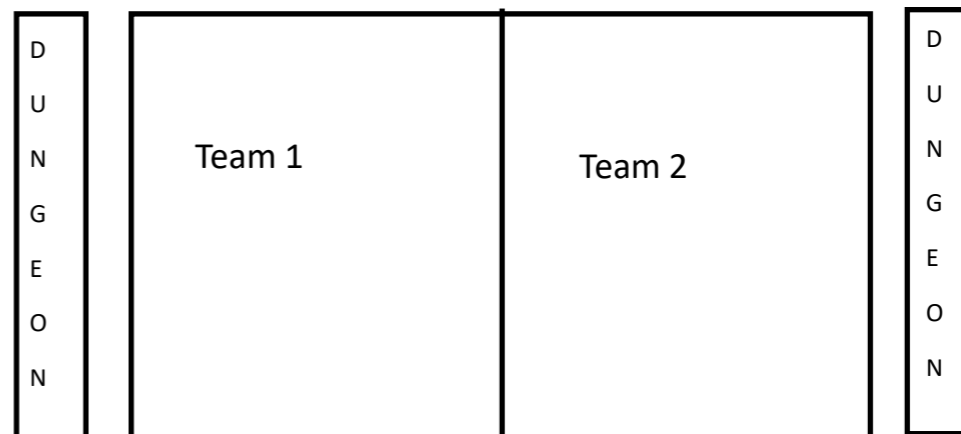
Activity 20: Dungeon Ball.

RESOURCES: Cones for grid and soft balls.

ACTIVITY:

Split the group into two teams. Each team's task is to hit the opponents with a ball. If you are hit with a ball you must go into opponents dungeon. To be set free a team member must catch a ball.

To have more pupil participation set up two of these areas and split the class into quarters but deliver the game to both pitches.



MAKING IT HARDER:

- Must hit a specific body part.
- You have to throw ball your player in the dungeon to free them. They have to make a successful catch to be free.

MAKING IT EASIER:

- Everybody must walk.
- If you catch the ball after a bounce your players are free from dungeon.