



PROGRESSIVESPORTS[®]

...raising standards

10 Fun Games and Activities

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

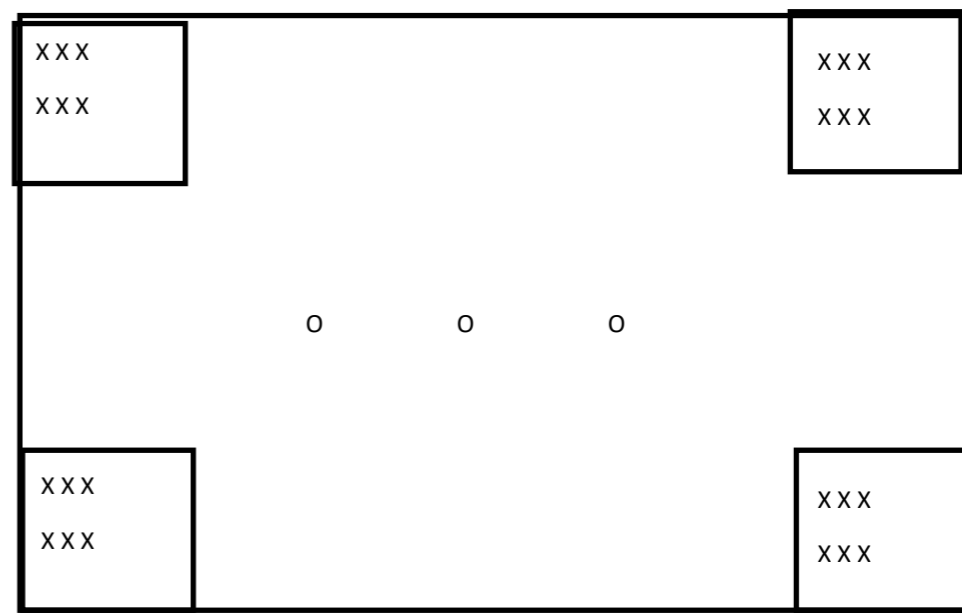
www.progressive-sports.co.uk

Activity 21: Castles.

RESOURCES: Cones for grid and boxes and bibs.

ACTIVITY:

All the knights start inside a castle (boxes in corner of area), on the coaches command the knights have to leave the castle and have to move into another castle without being caught by a guard. If a knight is tagged they become a guard in the next round. The next round starts when all the knights are in a new castle or have become a guard.



MAKING IT HARDER:

- Add in more guards.
- Knights have to visit a different castle each time.
- Have less castles as safe zones.

MAKING IT EASIER:

- Add in more castles.
- Guards can only walk.
- A knight has 3 lives.

Activity 22: Doctor, Doctor.

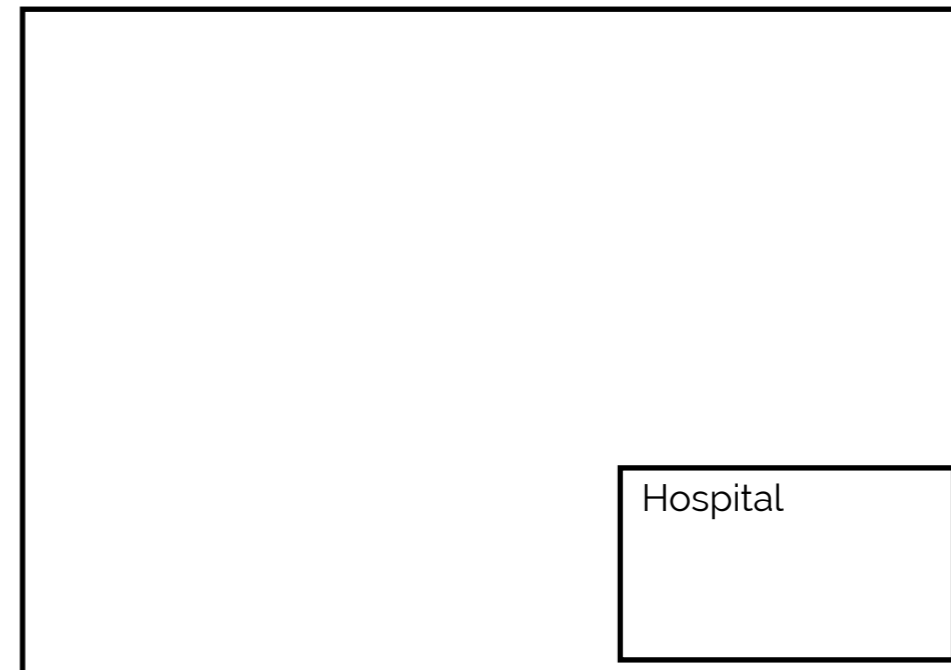
RESOURCES: Cones for grid, bibs and soft balls.

ACTIVITY:

Select 2 or 3 taggers who will have a ball and one child to be the Doctor. The rest of the children will be patients. The aim of the taggers is to hit the patient,

If a patient is hit they must kneel down where they are and wait for the Doctor to leave the hospital (the safe zone) and tag the patient so they can rejoin the game. The game ends when all players have reached the hospital or been tagged.

If the doctor is hit the game ends immediately!



MAKING IT HARDER:

- Add in more taggers.
- Take away doctors safe zone after certain time frame.

MAKING IT EASIER:

- Add in more safe zones for the doctors.
- Have more than one doctor.
- Give the doctor extra lives.



Activity 23: Beans.

RESOURCES: Cones.

ACTIVITY:

Children must move around inside of the marked out area whilst they wait for the coach to call a type of bean.

Each bean has a different task...

- Runner Bean- Run around.
- French bean- Group chants 'Ooooh la la'.
- Baked Bean- Lie down and sunbathe.
- Jumping bean- Perform star jumps.
- Chilli bean- Shiver whilst moving.
- Tinned bean- Make yourself as small as possible in a tuck shape.

MAKING IT HARDER:

- Don't announce the bean, just perform it for the children to copy.
- Shout beans out in a sequence so children have to remember

MAKING IT EASIER:

- Announce and perform the bean.
-

Activity 24: Dishes and Domes

RESOURCES: Cones for grid and cones to spread around inside of grid.

ACTIVITY:

Split the group into two teams and allocate them a name—one team will be dishes and the other domes. Spread the cones around the area with an even split between flat (the domes) and upside down (the dishes). Give the children a time frame in which they must turn the cones over to match their team name. The winning team is the team with the most cones turned over.

MAKING IT HARDER:

- Make each children perform a task before turning over a cone.
- Each child have to balance on one leg whilst bending and turning cone over, if you lose balance you cannot turn that cone.

MAKING IT EASIER:

- Only allow players to walk.

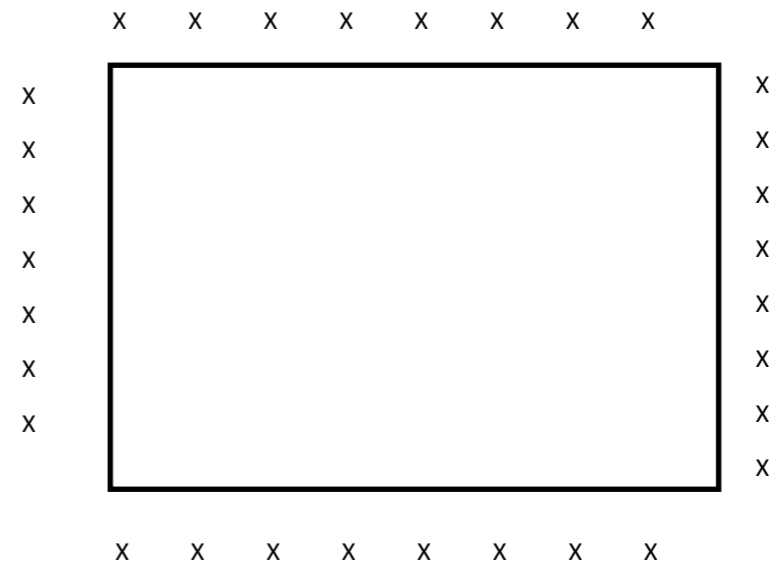
Activity 25: Lord of the rings.

RESOURCES: Cones for grid, cones to spread around the inside of the grid and soft balls.

ACTIVITY:

One pair goes into the grid whilst all the other children spread around the outside of the grid with a ball. The pair must attempt to collect as many cones as possible whilst the players on the outside try to hit them with a ball. If the pair in the middle get hit they are out and the next pair go in.

See how many cones the pair have and see which team scores the highest, players around the outside will be watching out to retrieve the loose balls that are rolling around and then throw at the pair in middle.



- MAKING IT HARDER:**
- Allow more than one pair to go in.
 - Give pair a time limit so they have to move faster to retrieve cones.

- MAKING IT EASIER:**
- Allow players to hit anywhere on the body.
 - Make players in the middle walk only so slower target to hit.

Activity 26: Jailbreak.

RESOURCES: Cones for grid, bibs and equipment to 'steal'.

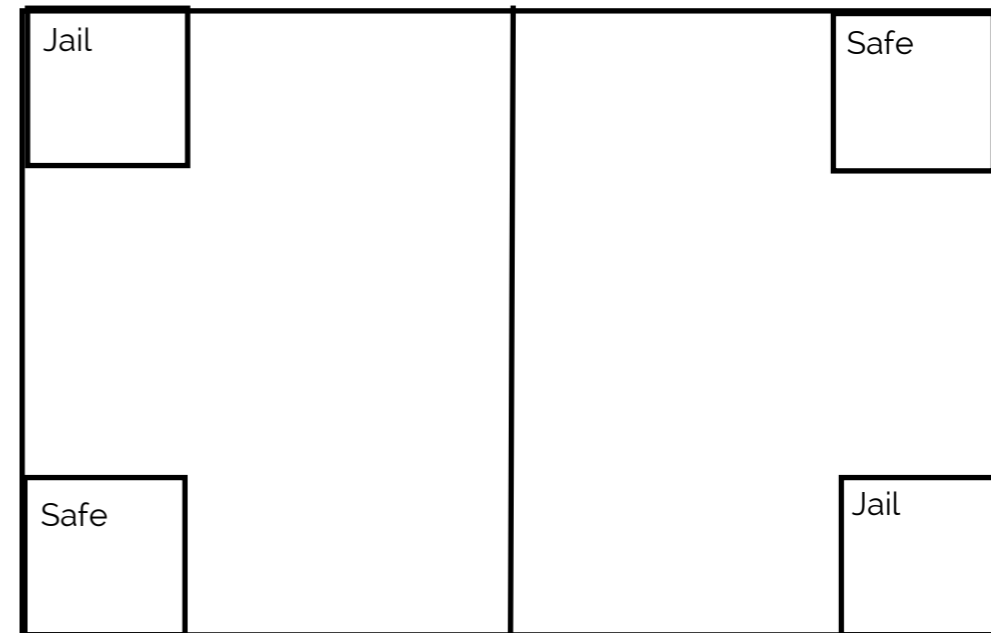
ACTIVITY:

Split the children into two teams, each team will have a safe and a jail.

The thieves must steal from the oppositions safe and return the items to their own safe. If a player gets tagged by an opposition member they must go to the oppositions jail and wait for a team member to come back and free them by high fiving them in the jail.

Players are only safe inside their own half.

When coach shouts 'jailbreak' any players in jail are free to return to the game.



- MAKING IT HARDER:**
- Increase the area distance.
 - Place a jail in middle of the area.

- MAKING IT EASIER:**
- Only allow players to walk when tagging.
 - Move safe and jail closer to middle line.

Activity 27: Tidy your bedroom.

RESOURCES: Cones for grid, bibs, balls and bean bags.

ACTIVITY:

Split the group into two and place them each half of the grid. Their job is to tidy their side of the grid by throwing equipment over the line into the other teams area. The winning team after the time limit is the team with the least things on their side of the grid.

- Any items that are thrown out of the area will be added on the score of the team that threw them out.
- Set up 2 areas to allow more participation.
- Have a line down the middle to divide the area.
- Get children to throw items below waist height to avoid injuries.

MAKING IT HARDER:

- Add more equipment.
- Freeze a team who throws to high or throws out of the area to give advantage to other teams.

MAKING IT EASIER:

- Allow them to throw more than one item over at a time.
- Give longer time frame to allow more items to be thrown.

Activity 28: Cat and Mouse.

RESOURCES: Cones for grid and bibs.

ACTIVITY:

Put the children into pairs, one is a cat and one is a mouse, the mouse must run around the grid and try to avoid being captured by the cat.

- Introduce gates for the children to run through whilst being chased by a partner, each gate is worth a point.
- Give the chasing child a bib. The aim is not to tag their partner but when the coach says stop, to be close enough they can throw and hit partner with the bib instead.

Swap partners every few minutes.

MAKING IT HARDER:

- Split the children into 3's and have two cats chasing one mouse.
- The cats can only travel by hopping or skipping or crawling.

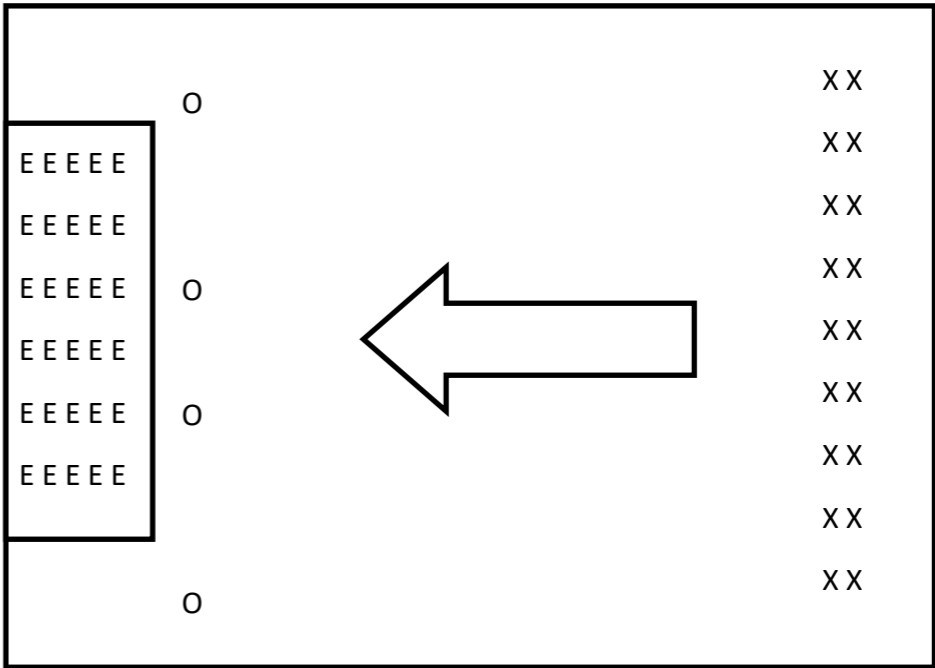
MAKING IT EASIER:

- Give lead player a head start
- Allow chasing player to run but lead player to only walk.

Activity 29: Overload.

RESOURCES: Cones for the grid, bibs and equipment to use for picking up.

ACTIVITY:
 Select two or three children to guard the treasure, laid out in the designated area, these guards cannot enter this area.
 The opposition players must then attempt to get past the guard to steal the equipment without being caught and having their tail removed (a bib tucked into the back of their shorts).
 If their tail is caught the child must return to the start and restart their attempt to steal the treasure.
 Time how long the guards can protect the treasure for, regularly rotating the children so they all get chance to be a guard.



MAKING IT HARDER:

MAKING IT EASIER:

Activity 30: Home Cone.

RESOURCES: Cones for grid and cones for home.

ACTIVITY:

Each child is given a cone and asked to find a space in the area, this cone will become their 'home'.

Children will perform different actions such as: posting letters, knocking on doors, jumping over houses, hopping from house to house, visiting every house as fast as possible etc. Whenever the coach says 'home' the children must return to their home as soon as possible.

Occasionally ask children to "move house" whereby they must find a new house as soon as possible. Remove a house or two each time and children without a home are out.

MAKING IT HARDER:

- Play the game whilst dribbling a basketball or football.
- Children can only hop, skip or crawl around the area.

MAKING IT EASIER:

- Don't remove any houses when you shout move house.
- Children can only walk when they are moving around the area.