



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 32: Rock, Paper, Scissors.

RESOURCES: Cones for grid.

ACTIVITY:

Encourage the children to move in different ways around the area, hopping, skipping, crawling, jumping, running etc. Upon the coaches command they stop moving and find a partner to play rock, paper, scissors with. They will play a best of three with their partner.

If the child wins they can continue to move freely around, if the child loses they must perform 10 star jumps before continuing.

Ask the children to keep track of their own scores.

MAKING IT HARDER:

- Children perform rock, paper, scissors with their body by making shapes.
- Have a league table where children move up or down de-

MAKING IT EASIER:

- Children only play one game with their partner before moving on.

Activity 33: Lucky Dip.

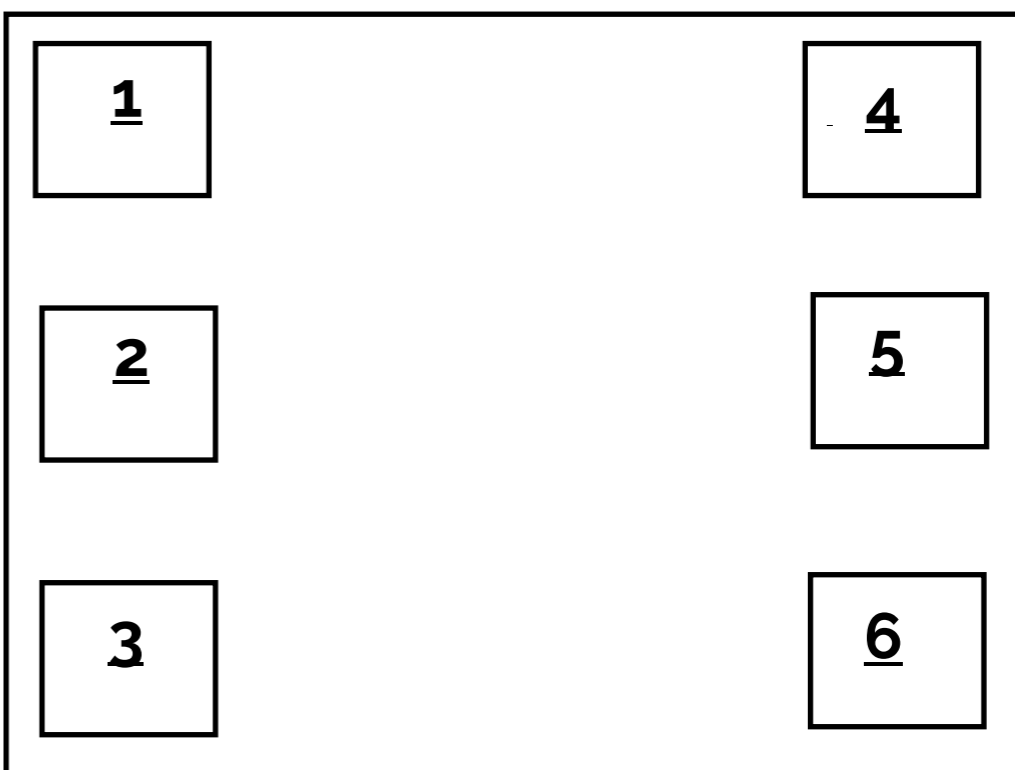
RESOURCES: Cones for grid, numbered spots (if possible), and dice.

ACTIVITY:

Encourage the children to move in different ways around the area. On a countdown from the coach children will need to find a number and stand next to it.

Once children get to their number the coach will roll dice and if the number it lands on is the same as the number you are stood at, the child will perform a sporting forfeit. e.g star jumps, squats, burpees, mounting climbers, running on spot, knees to chest

If at any point there is a number without children on and the dice lands on that number all of the children perform the sporting forfeit.



MAKING IT HARDER:

- Make the sport forfeits harder.
-

MAKING IT EASIER:

- Make the sports forfeits easier, i.e. just star jumps.

Activity 34: Robins Nest.

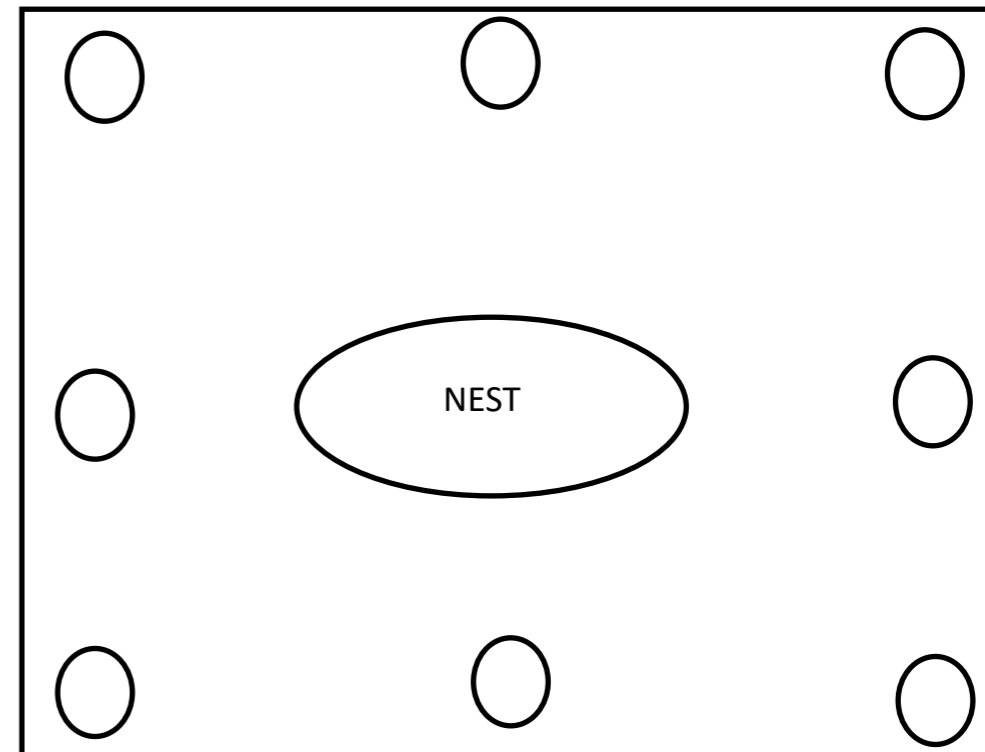
RESOURCES: Cones, hoops and equipment to put in middle.

ACTIVITY:

Split class into even groups of 4-6 and spread them out evenly around the outside of the area. In the middle of the group will be the nest full of equipment. The groups will then race to the middle (one child per group at a time) and take 1 piece of equipment and return it to their own nest/hoop. This continues until there is no equipment left in the middle. The winning team is the team that has the most in their own hoop.

If any children collide with another team, they have to drop the piece of equipment they are carrying and return to their nest so the next person can go.

Each round get the children to move a new way to fetch the equipment.



MAKING IT HARDER:

- Allow children once all equipment has gone to then 'steal' from other nests.
- Add in magic equipment which is worth extra points or negative points.

MAKING IT EASIER:

- Have less teams.
- Have teams all at one end of the playground and nest at opposite side.

Activity 35: O'S & X'S.

RESOURCES: Hoops, chalks, bibs and cones.

ACTIVITY:

Divide children into teams and with either hoops or chalk markings create a 3x3 grid for children to play O's and X's against each other.

One player at a time they run out, place a cone or bib in the grid and then return to next player in line, who will repeat. Once all 3 cones/bibs are put down the next player will then move one of the current cones/bibs into a new open hoop until we have a winner with 3 in a row correct.

Encourage communication and decision making



MAKING IT HARDER:

- Shorten time limit for each player so they have to make quick decisions.
- Move hoops further away from each other so the children have

MAKING IT EASIER:

- Allow a longer time limit for each player.
- Move hoops closer to each other.

Activity 36: Colour Combination (KS2).

RESOURCES: Different coloured cones.

ACTIVITY:

Split the class into small teams of 4 or 5.

The coach will pick a 4 or 5 colour combination from the cones provided, i.e. red, blue, green, green. The children then have to run out 1 at a time from their team to collect a cone. Once they have the same number of cones as was called out they need to check these against the coaches cones. The coach will confirm how many correct cones they have.

At this point the children repeat the process by taking it in turns to return and replace the cones until they get the right colour combination.

MAKING IT HARDER:

- Make the combination longer.
- Once they have the right colour combination they have to match the same order you have your combination.

MAKING IT EASIER:

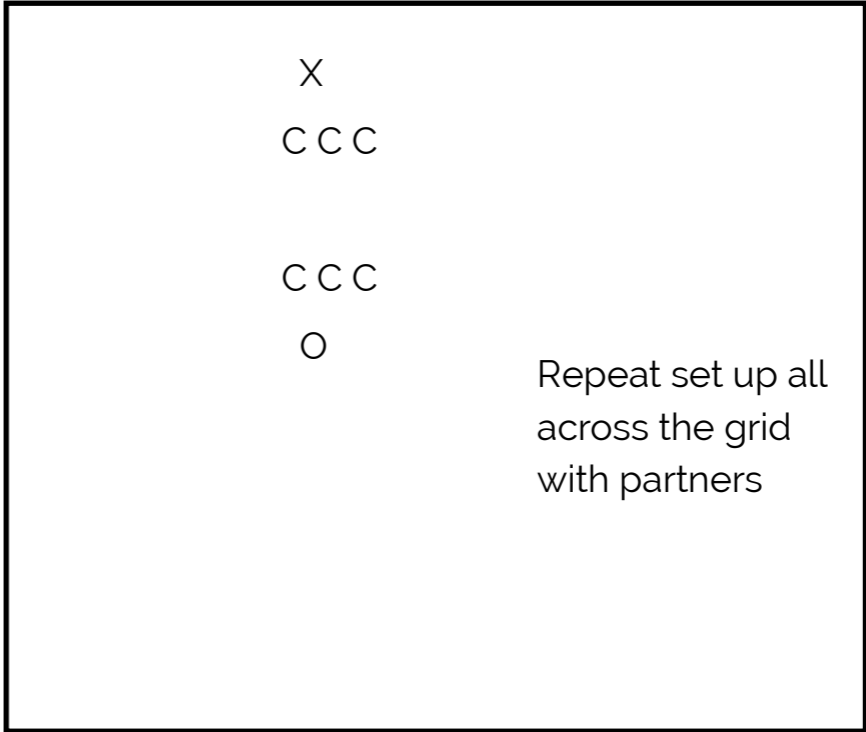
- Make the combination smaller.
- Shout hot or cold if the children are nearby a correct cone.

Activity 37: Battleships.

RESOURCES: Cones, beanbag and soft balls.

ACTIVITY:
 Split children into pairs, and give each pair 6 cones and 1 beanbag or ball.
 The aim of the game is to have all 6 cones at the end of the round.
 To gain an extra cone from your partner you need to throw your bean bag or ball without bouncing and hit your opponents cone. If you hit the cone you then collect it and put it on your side.
 Once you have all 6 you win the game.
 Rotate partners
 Diagram-

X- player 1 C- cones/Battleships
 O- player 2



MAKING IT HARDER:

- Increase the distance between you and your partner.
- Use non-dominant hand.

MAKING IT EASIER:

- Decrease the distance between you and your partner.
- Allow ball to bounce or roll before hitting the cone.

Activity 38: King/Queen of the ring.

RESOURCES: Cones for grid and bibs.

ACTIVITY:

The coach will pick 2 or 3 children to be taggers, everyone else will be a King or Queen. The aim of the game is to be the last person standing.

The children will move around the area trying to avoid being tagged, if they are tagged they must leave the area and enter the jail at the side of the room. The game continues until only 1 player is left, this player is then crowned the King or Queen of the game!

MAKING IT HARDER:

- Add in more taggers.
- If you are tagged you become a tagger.

MAKING IT EASIER:

- Taggers can only walk.
- Use less taggers.

Activity 39: North and South.

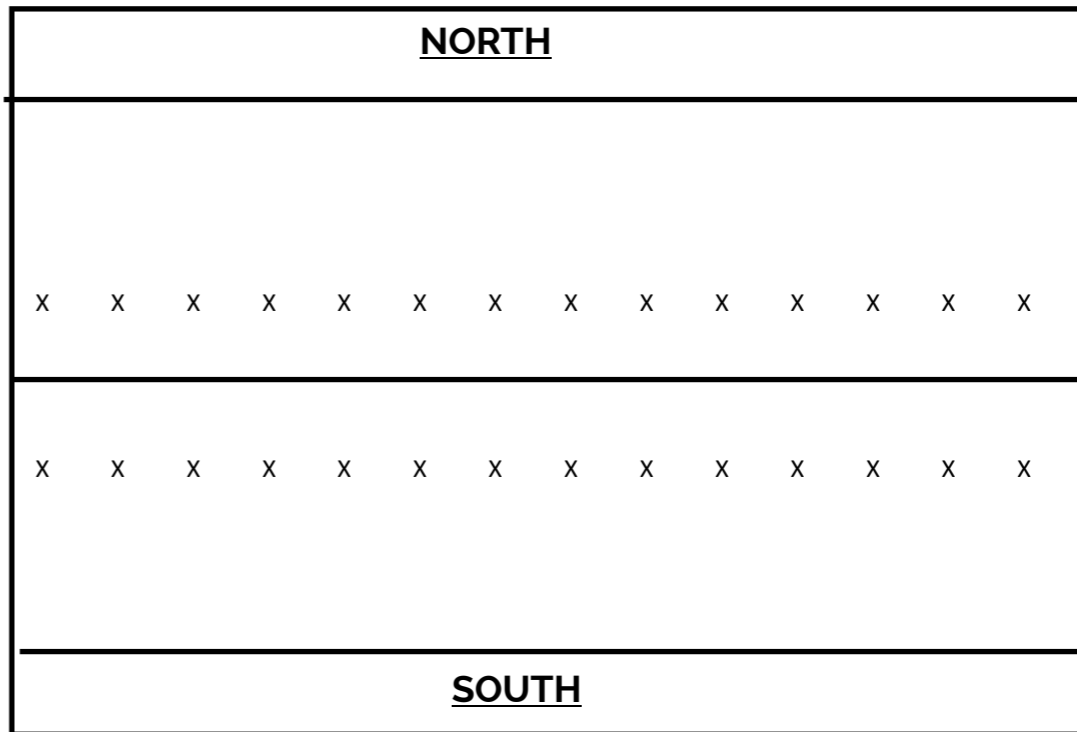
RESOURCES: Cones.

ACTIVITY:

The children will face each other with a middle line between 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 and dog, fish and chips etc.



MAKING IT HARDER:

- Move the safe zones further back from the centre.
- Get children to perform a sporting challenge before racing to their end zone.

MAKING IT EASIER:

- Move the safe zones closer to the centre.
- Make the player closest to their zone walk when there side is called.