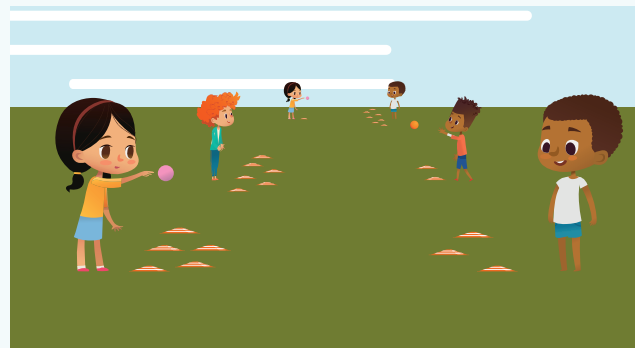
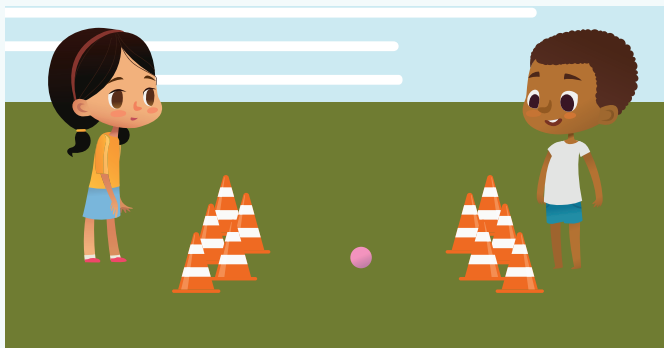


Battleships



Getting Started

1. Split the children into pairs.
2. Give each pair 8 cones (4 each) and a ball or bean bag.
3. The children have to take it in turns to throw and hit their partner's cone. If successful they take the cone and place it next to their own.
4. First child to steal all of their partner's cones win.

What to look for

- Under arm throw
- Preferred hand swings behind trunk
- Steps with opposite foot – and throws in one action
- Use a bench or something similar to separate the cones to encourage an 'arc throw' instead of a roll

Differentiation

Easier

- Decrease the gap between the cones
- Use bigger targets (tall cones)

Harder

- Increase the gap between the cones
- Use smaller targets (spots)
- Introduce a smaller ball

OBSERVATIONS / COMMENTS



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Treasure Chest



ACADEMI CYMRU AR GYFER
IECHYD A LLYTHRENNEDD CORFFOROL
WALES ACADEMY FOR
HEALTH & PHYSICAL LITERACY



Getting Started

1. Split the children up into pairs.
2. Give each pair a boat (hoop).
3. Place a hoop with treasure (balls, bean bags, fluff balls, cubes) in the middle of the area.
4. One pirate travels at a time to collect a piece of treasure and return it to their boat. The other pirate can then go.
5. Pirates must think of other ways to move instead of forward (on hands and feet, sideways, jumping etc.).
6. Pirates must think of other ways to return the treasure (dribbling, throwing and catching, roll/push etc.).

What to look for

- Variety of ways of travelling to collect treasure
- Creative ways of moving with a variety of equipment

Differentiation

Easier

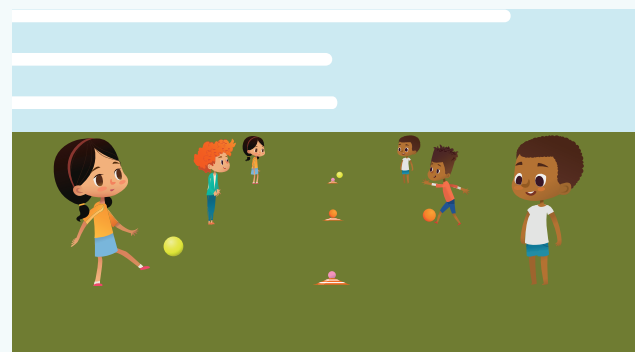
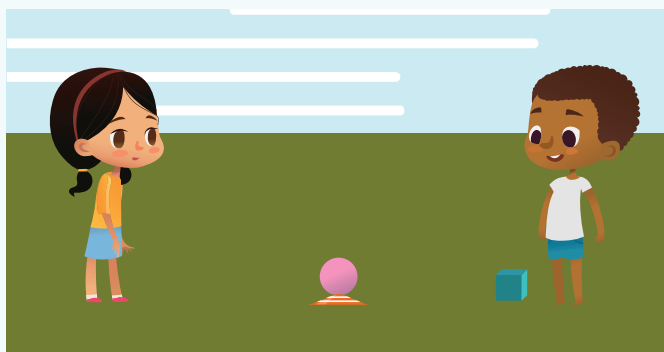
- Decrease the gap between the boat and treasure
- Decrease the range of equipment

Harder

- Increase the gap between the boat and treasure
- Increase the range of equipment

OBSERVATIONS / COMMENTS

Coconut Game



Getting Started

1. Split the children up into pairs.
2. Place a ball on a cone between each pair.
3. The children have to take it in turns to pass the ball to each other, trying to knock the coconut (ball) off its cone.

What to look for

- Make sure the kicker is planting their non-kicking foot next to the ball. A spot or a line can be used to mark this point
- Encourage the kicker to use the side of their foot or their laces, NOT their toes!
- Elongated step or stride

Differentiation

Easier

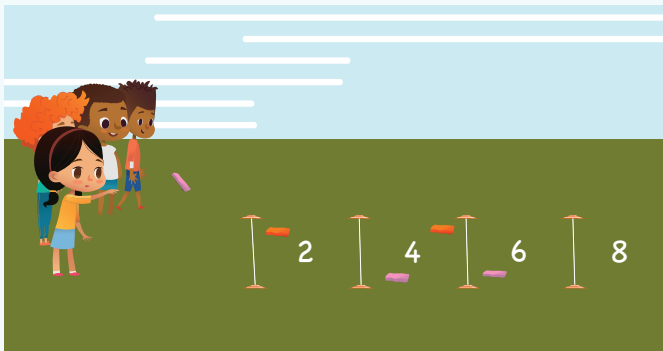
- Use a cube to kick instead of a ball as it will remain stationary
- Place a bean bag under the ball to keep it stationary
- Decrease the distance from the 'coconut'
- Larger 'coconut'
- Standing start

Harder

- Increase the distance from the 'coconut'
- Smaller 'coconut'
- Running start
- Leap/stride

OBSERVATIONS / COMMENTS

Power Throw



Getting Started

1. This game can be played in a variety of different ways. The aim is to encourage a strong over arm throw.
2. Place pictures or hoops on a wall; or mark zones on the floor with chalk/cones; or place targets on an upturned bench (balls balancing on cones).
3. Mark a line on the floor that is far enough away from the targets to encourage a strong over arm throw.
4. The children have to try and hit the targets. You can introduce rules such as a scoring system or a sequence of targets that have to be hit.

What to look for

- Step with opposite foot
- Open shoulder
- Follow through
- Whole body action

Differentiation

Easier

- Decrease the distance from the target
- Increase the size of the target

Harder

- Increase the distance from the target
- Decrease the size of the target

OBSERVATIONS / COMMENTS

Me to You



Getting Started

1. Split the children into pairs.
2. Give each pair a ball and two cones/hoops.
3. The pair has to throw the ball back and fore to each other successfully before moving their cones further apart.
4. If a ball is dropped, they can return the cones to their starting position.
5. It can also be set up as a 'V', with the cones gradually getting further apart. The pairs have to move along the 'V', making the throws harder.

What to look for

- Hands ready
- Reach for the ball
- Hands only
- Sender throwing to the x zone

Differentiation

Easier

- Use larger balls
- Start closer together

Harder

- Smaller balls
- Start further apart

OBSERVATIONS / COMMENTS

Egg Game



Getting Started

1. Split the children into pairs.
2. The aim is to get the 'eggs' (balls/bean bags) from one nest to another using 'stepping stones' (spots).
3. For their first egg, give each pair 3 stepping stones to use.
4. For their second egg, remove a stepping stone. If successful, remove another stepping stone for their third egg.

What to look for

- Hands ready
- Reach for the ball
- Hands only
- Sender throwing to the x zone

Differentiation

Easier

- Use larger balls
- Place the nests closer together
- Rolling

Harder

- Use smaller balls
- Place the nests further apart, use less spots

OBSERVATIONS / COMMENTS

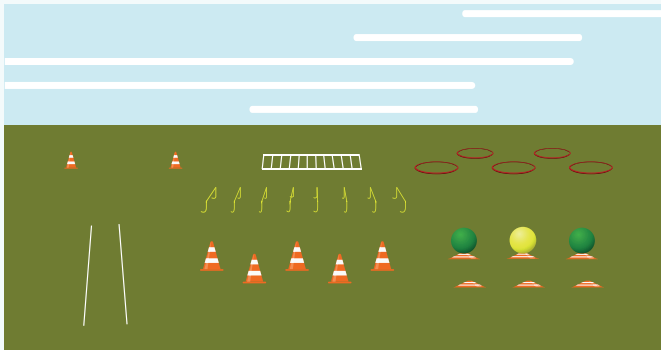


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Obstacle Course



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Getting Started

1. Set up an obstacle course using a variety of equipment that you have available.
2. This equipment could include cones, benches, ladders, hurdles, hoops, hedgehogs etc.
3. Challenge the children to move around the course exploring a range of different movements (sideways, backwards, over, under, in and out, jumping, hopping, skipping etc.).
4. Start the children at different points on the course to avoid queuing.

What to look for

- Variety of ways of travelling
- Creativity

Differentiation

Easier

- Focus on specific movements

Harder

- Introduce equipment (basketballs to dribble, hockey sticks to dribble, bats and balls etc.)
- Introduce rules e.g. can't move forwards, can't stand still

OBSERVATIONS / COMMENTS

Busy Bees



Getting Started

1. Children (bees) are in pairs, in a hoop (hive) with two bean bags (honey).
2. Children leave their hive one at a time to steal honey (one bean bag) from another group.
3. They then travel back with the honey, which they place in their hive.
4. Use a time frame to keep the games short.
5. Use different ways of travelling to move around the hives.

What to look for

- Variety of ways of travelling
- Safe use of space
- Working together

Differentiation

Easier

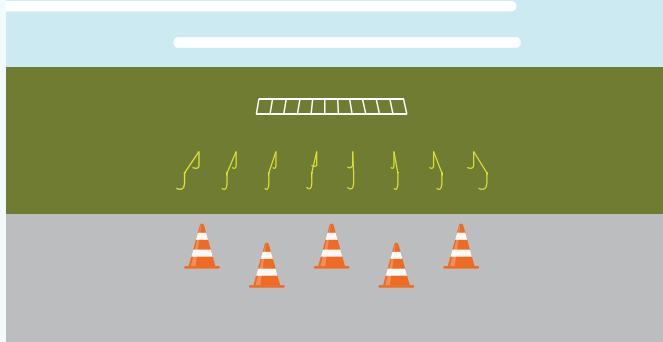
- Closer together
- More "honey" (bean bags)

Harder

- Further apart
- Different ways of travelling
- Balls instead of bean bags

OBSERVATIONS / COMMENTS

Crazy Tennis



Getting Started

1. Controlling the ball by balancing, bouncing or tapping/dribbling.
2. Children move around the course (around the cones, on the spots etc.).
3. Me to you- with bats i.e. floor tennis.

What to look for

- Control of equipment
- Are the children tracking?
- Appropriate equipment

Differentiation

Easier

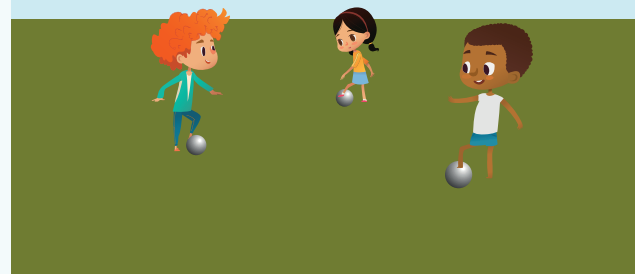
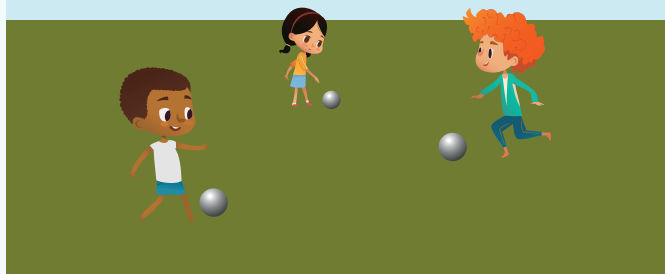
- Just use hands
- Bigger ball, pluss balls, fluff balls, bean bags
- Paddle bat

Harder

- Smaller ball
- Tennis racket

OBSERVATIONS / COMMENTS

Splat the Frog



Getting Started

1. Place spots around the floor space.
2. Children dribble around the space using a ball (feet), when instructed they 'splat' as many frogs (spots) in i.e. 1 minute by rolling the ball back and fore over the spots.

What to look for

- Good control of ball close to feet
- Balance on one foot to splat with control
- Awareness of space and ball

Differentiation

Easier

- No ball to start- use body parts to 'splat' the frog
- Use cubes to dribble

Harder

- Use balls
- Use both feet for dribbling and 'splating'

OBSERVATIONS / COMMENTS



