

### Activity 1) Recap SPACE and TASK (briefly)

Brief question and answer regarding the impact of these 2 factors.

### Activity 2) Introduce EQUIPMENT

- A) Tag
- B) Rabbits
- C) Ball Tag

} Play 3 different versions of the simple game of tag to highlight the effect that changing the equipment can have...

- ✓ making it easier or harder
- ✓ making it safer or less safe
- ✓ allowing more people to play
- ✓ or just making it different

### Activity 3) Numbers game

Introduce the concept of the numbers game using Basketball as starting point. Play the game, calling just one number at a time to allow them to get the hang of chasing in for the ball and trying to score in the correct end.

Exchange the Basketball for a Football and ask the children which part of the court they will need to alter to allow this game to happen successfully (creating goalposts). Play the game using Football as the key activity.

Exchange the Football for a Netball and again ask the children which part of the court they will need to alter (basketball rings can be used if required). Then ask the children to consider what changes will need to be made to the calling out of numbers if this game is to be successful (calling out more than one number).

Discuss the activities to establish what effect these different focuses had on the concept of a numbers game.

Ask for suggestions as which other sports this game could be used to play.

### Activity 4) Goalie

Teacher explains the basic game to the group...

- ✓ All stand in a circle with legs wide apart so feet are touching all the way around.
- ✓ Each player bends over with one hand behind their back but using the other one to protect the gap between their legs.
- ✓ Using a soft ball the aim is to get the ball to pass through others' legs whilst protecting your own.
- ✓ The ball must stay on the floor.
- ✓ If the ball goes through your legs then you must sit down in the circle.

Play the game using a soft pink ball at first and then moving on to a tennis ball.

Evaluate the relative difficulty, effectiveness, enjoyment and safety of the game with both balls to establish a recommended ball for this game.

## **Activity 5) Relay races**

Set up and try out a simple linear relay race as invented and led by the teacher...

eg, through a hoop, move a cone from one place to another, 5 star jumps on a spot, quick feet through ladders or cones, tennis ball against a wall 5 times and then back to the beginning and through the hoop before the next person goes.

Split the children into 2 groups and provide each group with a set of basic equipment.

Ask the children to invent a relay race of their own and set up 2 sets of equipment so that they can race against the other group. Allow them 5 to 10 minutes for this planning and setting up task.

The children must explain their relay to the other group and then try it out by racing against each other.

Evaluate each relay race to establish particular aspects that worked well or not so well and how each group have used their equipment differently.

Review the impact that the EQUIPMENT we use for games can have on the activity.

Explain that the next session will look at the importance of organising PEOPLE!

## **Equipment**

- ✓ Mini whiteboard
- ✓ Spots
- ✓ Cones
- ✓ Bibs
- ✓ Beanbags
- ✓ 8 x hoops
- ✓ 8 x bean bags
- ✓ 8 x tall cones
- ✓ 2 x ladders (if available)
- ✓ 1 x football
- ✓ 1 x basketball
- ✓ 1 x netball
- ✓ 1 x soft pink ball
- ✓ 2 x tennis balls
- ✓ 2 x skipping ropes
- ✓ 10 x booklets
- ✓ 10 x pencils
- ✓ Young Leader activity cards