



GAME AND ACTIVITIES



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What is the purpose of this document?

These Game and Activities are a resource designed to help you as a Red Top prepare for your sessions at Kings Camps. Please ensure that you adapt them to meet the needs of your group and the facilities available to you.

Please ensure you are using the following structure for each session:

- Warm Up
- Skills and Drills
- Main Activity
- Cool Down or Conclusion

Safety & Organisation

1. The weather must be reasonably warm if able to do it outside and remain aware of the condition of children throughout. Keeping them active and moving will prevent them from becoming too cold.
2. Sun cream is applied if you are able to do activities outside.
3. Check the grounds for debris and sharp objects before using the playing area.
4. Always remember that we are there for the children to have a great time and be safe at all times.



Danish Longball

EQUIPMENT	<ul style="list-style-type: none">• Cones• Hoops• 1 purple softball
SET UP AND SAFETY	<ul style="list-style-type: none">• Use cones to mark out a playing space• A 'safe zone' is marked cross both ends of the playing area
WARM UP	<ul style="list-style-type: none">• Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none">• Throwing target practice• Hitting technique
HOW TO PLAY	<ul style="list-style-type: none">• Players are divided into two teams; one team starts as the batting team and the other as the fielding team• The bowler must underarm throw the ball to the first batter• The batter hits the ball with their hand and attempts to run to the safe zone without being hit with the ball• The fielders cannot move whilst holding the ball and can only get batters out by tagging them with the ball or throwing it at them below their hips• A batter scores 1 point if they reach the 'safe zone' opposite and 2 points if they return to their batting 'safe zone'•
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Add Hula Hoops to the playing area – if a runner places one foot in the hoop whilst travelling to the safe zones they can earn extra points



Dodgeball

EQUIPMENT	<ul style="list-style-type: none"> • Benches • Soft Dodgeballs • Cones
SET UP AND SAFETY	<ul style="list-style-type: none"> • Place a middle line of cones or spots through the playing area. • Set up two benches. One at the end of each teams zone. • Place soft dodgeballs down the middle line. Suggested 5 -7 balls • Divide the students into 2 equal teams. • All players must start with one foot touching the bench
WARM UP	<ul style="list-style-type: none"> • Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none"> • Throwing target practice
HOW TO PLAY	<ul style="list-style-type: none"> • Each team is aiming to get all the opposing team out by throwing soft dodgeballs at them below their hips • Players must not cross the middle line unless they have been hit • Players that have been hit must cross the middle line and stand in prison (opposing bench) • To get freed from a bench, a teammate must throw a ball to them (without bouncing) and catch it • A catch allows them to walk safely back to their zone • The team to get all the opposing players stood on their prison are the winners!
ROUNDS & ADAPTATIONS	<p>Easier</p> <ul style="list-style-type: none"> • Move the benches closer to the middle. • Allow balls to bounce once before catching <p>Harder</p> <ul style="list-style-type: none"> • Move the benches further away from the middle • Introduce a throwing line further back for specific students. <p>Adaptations:</p> <ul style="list-style-type: none"> • Add in a target on the wall. If the target is hit by a team, they save the whole team. • Add a 'golden ball', if this ball is thrown to a player in 'prison' and it is caught, everyone from that team is released and can return to their zone • Players can be caught out by the opposing team



Benchball

EQUIPMENT	<ul style="list-style-type: none">• Cones• Ball• Bibs• 2 Benches
SET UP AND SAFETY	<ul style="list-style-type: none">• It should be non-contact• Players cannot knock or grab the ball from other players• Use a large open space
WARM UP	<ul style="list-style-type: none">• Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none">• Throwing target practice• Catching skills• Movement around the court
HOW TO PLAY	<ul style="list-style-type: none">• Split players into two teams, giving one team bibs• Use rock, paper, scissors to decide which team goes first• One player from each team stands on the opposition's bench (or goal line)• Both teams must pass the ball to their team player standing on the bench• The ball must be caught on the bench to score• Players who throw a caught ball, joins the bench• First team to get all their player on the goal line wins!
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Ball must be passed to all team members / a specific number of times before scoring



Capture the Flag

EQUIPMENT	<ul style="list-style-type: none">• Bibs• Cones
SET UP AND SAFETY	<ul style="list-style-type: none">• Divide the group into two teams, one team in bibs• Using the cones, mark a middle line in the playing area,• Set up a jail area• Determine a separate hiding spot for each flag on each side
WARM UP	<ul style="list-style-type: none">• Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none">• Speed and agility
HOW TO PLAY	<ul style="list-style-type: none">• Players must sneak across the middle line into "enemy territory," find the opposing team's flag, and return it safely to their side without being caught• When players are tagged on other team's side, they are brought to the enemy's jail• To be freed from jail, a player must be high fived by a member of the same team• Players who are freed from jail must return to their own side before attempting to cross back into enemy territory• players must stay back from the flag and jail by 5 meters• Once a player steals the other team's flag and safely returns it across the middle line, that round is over
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Add more flags• Add 'safe zones' where players can run and stand in on the oppositions side and not get tagged



Lacrosse

EQUIPMENT	<ul style="list-style-type: none">• Balls• Lacrosse sticks• Cones• Bibs
SET UP AND SAFETY	<ul style="list-style-type: none">• Non-contact – ensure that children don't hit each other's sticks with their own.• Always keep two hands on the stick when playing
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none">• Groundballs• Catching• Throwing• Cradling
HOW TO PLAY	<ul style="list-style-type: none">• The game is started with a pass from the centre.• Centre passes alternate no matter who scores the goal.• Indoors – play rebound whenever possible. Outdoors – mark out playing area with cones.• When ball does go 'out of bounds' or becomes trapped (e.g. In gym equipment) nearest player gets possession with all others 1m away.• Shooting ball with stick so that it passes over the goal line scores a goal. 'Own goals' can be scored if the ball comes off the defender's stick or body. Goals may only be scored from the attacking half of the pitch. Dangerous shooting results in the ball given to the defending team.
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Scoring can be marked in two ways, a goal if available or a set of cones or nominate one player to stand in a small, marked goal area and if the pass is made to them, it is a goal.• Players must make a certain number of passes before scoring• Adding time limits to holding the ball such as 4 seconds can keep the game flowing and encourage passing and catching skills.



Ultimate Frisbee

EQUIPMENT	<ul style="list-style-type: none">• 1 Frisbee• Cones• Bibs
SET UP AND SAFETY	<ul style="list-style-type: none">• Use cones to mark out a playing space• No contact allowed• Encourage players to always look where they're going when
WARM UP	<ul style="list-style-type: none">• Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none">• Variations of frisbee throwing practice• Catching the frisbee• Movement on the pitch
HOW TO PLAY	<ul style="list-style-type: none">• Create two teams and give one team bibs to wear• Decide who starts with the Frisbee in their end zone by playing Rock, Paper, Scissors• Players must throw the Frisbee to each other and try and get it in to the other team's end zone to score a goal• Players cannot run when holding the Frisbee• When a goal is scored the conceding team begins with the Frisbee
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• The frisbee must be passed to all team members / a specific number of times before scoring



Gaga Ball

EQUIPMENT	<ul style="list-style-type: none">• 1x medium, soft ball
SET UP AND SAFETY	<ul style="list-style-type: none">• Use cones to lay out a safe area to play in• Players must always stay on their feet• A gaga ball is not allowed to bounce
WARM UP	<ul style="list-style-type: none">• Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none">• Target practice whilst striking the ball with an open fist
HOW TO PLAY	<ul style="list-style-type: none">• Any player can roll or strike the gaga ball against another players' legs or feet• Every player must place one hand behind their back whilst playing• If a player is struck by a ball, they must go to the side of the area
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• If the leader shouts "Jailbreak", every player is allowed to return to the game



Camouflage

EQUIPMENT	<ul style="list-style-type: none"> • Large objects for players to hide behind (Gymnastics mats, benches, signs, equipment bags etc.)
SET UP AND SAFETY	<p>Set boundaries for how far players can go and hide</p> <p>Ensure objects are sturdy</p>
WARM UP	<ul style="list-style-type: none"> • Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<p>Agility</p> <ul style="list-style-type: none"> • Speed
HOW TO PLAY	<ul style="list-style-type: none"> • All players must stand behind the 'start line' with the leader • The game is begun by a leader shouting "camouflage" and counts down from 20 out loud with their eyes closed • Players must scatter and hide • When the count is over, the leader begins looking around from where they are stood • If the leader recognizes anyone not completely hidden, they call out the name and location of the camper Once the leader can no longer identify anyone, they call out "camouflage" and now counts down from 15 • Players now have 15 seconds to high-five the leader and hide in a different location • Continue decreasing the time limit by five seconds
ROUNDS & ADAPTATIONS	<p>Increase/ decrease the time limit</p> <ul style="list-style-type: none"> • If the leader correctly identifies players, then the player is out, if not, the player does not have to reveal their true identity, and is still in play



Softball

EQUIPMENT	<ul style="list-style-type: none"> • Cones, softball bat, tennis ball, batting tee
SET UP AND SAFETY	<ul style="list-style-type: none"> • Group is split into two teams, fielders and batters • The playing field made up of first, second, third base and home plate forming a diamond shape (approximately 12 to 18m between bases) • A bowling square is set up within the centre of the diamond, in line with the home plate • Remind batters must drop, not throw, the bat on the ground after hitting the ball • Catchers and umpires must stand a safe distance behind home plate
WARM UP	<ul style="list-style-type: none"> • Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none"> • Throwing and catching basics • Fielding ground and fly balls • Pitching • Batting technique
HOW TO PLAY	<ul style="list-style-type: none"> • The batter stands on the home bases and the bowler stands in the bowling square to pitch • The bowler pitches the ball to the batter using an underarm throw • The batting team earns a run when a player runs to all the bases, in one run or multiple and after hitting it, without getting called out • Batters can stay at any base but must not be overtaken by other runners • A batter can be called out if their ball is caught, there is 3 strikes, the fielders tag one of the bases before they reach it or they are tug with the ball in hand • The ball must be hit between the 1st and 3rd bases • The sides switch when every player has batted once or when 3 players of the batting team have been called out • The team with the most runs, wins!
ROUNDS & ADAPTATIONS	<p>Easier</p> <ul style="list-style-type: none"> • Move bases closer • Increase the number • A tee can be used instead of a bowler to allow players to have more success in hitting the ball • Introduce a larger sized ball



	<ul style="list-style-type: none"> • A bat with a bigger surface area can be introduced <p>Harder</p> <ul style="list-style-type: none"> • Move bases further apart
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Handball

EQUIPMENT	<ul style="list-style-type: none"> • Bibs • Cones • Soft Volleyballs
SET UP AND SAFETY	<ul style="list-style-type: none"> • Players are not permitted to pull, hit or punch the ball out of the hands of an opponent • Split the group into two teams • Use the cones to mark out a playing area
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none"> • Passing accuracy • Throwing and catching technique • Movement and agility
HOW TO PLAY	<ul style="list-style-type: none"> • A match begins with both teams in their own half. • Players must pass a ball with their hands, with the aim of throwing it into the opposing team's goal to score. • A goal can be scored from any type of throw • The ball can be held for a maximum of three seconds • players can continuously dribble, providing they bounce the ball. • A maximum of three steps can be taken before and after dribbling - no 'double dribble' • Players cannot make contact with the ball below the knee • A throw-in is awarded when the ball goes out of bounds • All opposing players must stay 3 m away from the throw-in.
ROUNDS & ADAPTATIONS	<p>Easier</p> <ul style="list-style-type: none"> • Allow players to run hold the ball for a longer period of time • Players have the ability take more steps between dribbling • Reduce the playing area <p>Harder</p> <ul style="list-style-type: none"> • Players must pass to all members of their team before shooting



Athletics

EQUIPMENT	<ul style="list-style-type: none"> • Batons • Skipping Ropes • Bean Bags • Frisbees • Measuring Tape
SET UP AND SAFETY	<ul style="list-style-type: none"> • Ensure playing area is clear of any obstacles
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none"> • Throwing technique and accuracy • Jumping technique • Agility and power
HOW TO PLAY	<p>Track Events</p> <ul style="list-style-type: none"> • Sprints (100, 200, 400) • Hurdles • Relays • Skipping race <p>Jumping Events</p> <ul style="list-style-type: none"> • Long Jump • Measured from the front edge of the take-off board to the heel of the player • Players will always be given a minimum of three jumps <p>Throwing Events</p> <ul style="list-style-type: none"> • Discus (frisbee) • Shot Put (bean bags) • Measured from the front edge of the throwing line to the first mark made in the ground by the object • Players will always be given a minimum of three attempts
ROUNDS & ADAPTATIONS	<p>Lead a 'Mini Olympics'</p> <ul style="list-style-type: none"> • Include both team and individual events • Compete against each other and keep score of timings and distance • Create a podium and award points for winners



Rounders

EQUIPMENT	<ul style="list-style-type: none"> • Cones • bat • Ball
SET UP AND SAFETY	<ul style="list-style-type: none"> • Fielders must move out of the way of running players • The throwing team must stand in a line behind the hula hoop • Split the players into two teams, the batters and fielders • Use the cones as the rounders posts
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<p>Throwing and catching basics</p> <ul style="list-style-type: none"> • Fielding ground balls • Fielding fly balls • Bowling • Batting technique
HOW TO PLAY	<ul style="list-style-type: none"> • Players take it in turns to hit the ball, which is bowled towards them, with their bat • The batter then runs around as many bases as possible before the fielders touch the post where the batter is heading for or is returned back to the bowler • In one hit, half a rounder is awarded when the batter runs to second or third base and a full rounder when they run to fourth base • A batter is out if their ball is caught or the cone the batter is running to is stumped • Swap the teams once everyone has had a turn at batting
ROUNDS & ADAPTATIONS	<p><i>Bean Bag Rounders</i></p> <ul style="list-style-type: none"> • Equipment: cones, 3 beanbags • The throwing team take it in turns to throw bean bags • Fielders cannot move until the third bean bag is thrown • Players must run around all bases before the other team put all bags into the hoop • Swap the teams once everyone has had a turn at throwing <p><i>Kick Rounders</i></p> <ul style="list-style-type: none"> • Equipment: cones, football • The bowler rolls the football either by hand or foot • The kicking team must take it in turns to kick the football • Players must run around all bases before the bowler regains possession of the ball • Swap the teams once everyone has had a turn at kicking



Volleyball

EQUIPMENT	<ul style="list-style-type: none"> • Badminton posts • Badminton nets • Volleyballs
SET UP AND SAFETY	<ul style="list-style-type: none"> • Ensure players walk around the net and not underneath it
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none"> • Serving technique • Hitting technique and accuracy • Movement
HOW TO PLAY	<ul style="list-style-type: none"> • The ball must be served from anywhere behind the end line, either overarm or underarm, into the opposing team's side of the court • Teams are allowed a maximum of three touches on their side of the court before sending the ball back over the net • Players must not touch the ball twice in a row • The ball must be hit - not caught • Teams score points when the opponent fails to return the ball over the net or hits the ball out of bounds • Whichever team wins the point then goes on to serve • When a team wins the serve, the players rotate their position on court clockwise so that everyone gets a chance to serve
ROUNDS & ADAPTATIONS	<p>Newcomb Ball</p> <ul style="list-style-type: none"> • Players must throw the ball over the net so that the opposite team cannot catch it • All throws must travel up, before they go down - no "spikes." • Players cannot move whilst holding the ball • Teams must make two passes before throwing the ball over the net • If the ball lands on the floor, the player stood closest to it is out <p>Easier</p> <ul style="list-style-type: none"> • Lower the net



Hockey

EQUIPMENT	<ul style="list-style-type: none">• Hockey sticks• Pucks• Cones• Bibs
SET UP AND SAFETY	<ul style="list-style-type: none">• Split the group into two teams and assign one team to wear bibs• Using the cones, create a 'D' around each goal• Allow teams one minute to discuss positions (defence, midfield and attack)• Ensure children keep the end of their sticks below their waist
WARM UP	<ul style="list-style-type: none">• Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none">• Correct technique (hands on stick, bent knees)• Passing and receiving• Dribbling
HOW TO PLAY	<ul style="list-style-type: none">• Players must use their hockey stick to dribble and pass the puck to members of their team• To score, players must hit the puck into the goal whilst stood in the 'D'• If the puck hits a player's foot, the opposing team gain possession
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• The puck must be passed four times/ to each member of the team before scoring• Remove the 'D', players can score from anywhere on the pitch



Netball

EQUIPMENT	<ul style="list-style-type: none">• Netballs• Cones• Bibs
SET UP AND SAFETY	<ul style="list-style-type: none">• If court is unavailable, use the cones to make a playing area• Split the group into two teams• Allow teams one minute to discuss positions (GK, GD, WD, C, WA, GA GS)• Explain which area each player must stay in
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none">• Passing• Receiving• Shooting• Movement / agility
HOW TO PLAY	<ul style="list-style-type: none">• If a player moves into a position on the court that they shouldn't be in, they will be deemed to be offside and the opposition gains possession• Players cannot hold the ball for more than three seconds.• Players cannot dribble or run when in possession of the ball• The ball must go through the net for a goal to be given
ROUNDS & ADAPTATIONS	<p>Seven for success</p> <ul style="list-style-type: none">• Players can move anywhere within the court• Teams must pass the ball 7 times, without it being intercepted by the opposition, to score a point• The other team starts with the ball after a point is scored



Tennis

EQUIPMENT	<ul style="list-style-type: none"> • Tennis rackets • Tennis balls
SET UP AND SAFETY	<ul style="list-style-type: none"> • Ensure players have enough space around them • Players must refrain from swinging their racket unnecessarily
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none"> • Serving • Accurate returning of the ball • Forehand and backhand • Positioning (body, hands, feet) • Movement and agility
HOW TO PLAY	<ul style="list-style-type: none"> • Singles -use the narrower sidelines, doubles – use the full court • If the ball lands on the lines, it is considered in and playable <p>Serving: serve from behind the baseline.</p> <ul style="list-style-type: none"> • The ball must land in the service box diagonal from the server and over the net. • You get two chances to get your serve in. • If you serve and the ball grazes the net and still falls in the serve box it is called a "let." – can serve one more time. <p>A point is gained if:</p> <ul style="list-style-type: none"> • Points system: Each game starts out at "love," increasing to 15, then 30, then 40 for each point scored • a ball goes out of bounds • a player fails to return the ball within the court • If the ball bounces twice • The ball does not land in the service box twice in a row • The net is touched with a player's body or racket
ROUNDS & ADAPTATIONS	<p>Easier</p> <p>Balloon Tennis</p> <ul style="list-style-type: none"> • Use shorthanded rackets / plastic rackets for younger players • Balloons are swapped for tennis balls • If balloons are unavailable – use foam balls

Basketball



EQUIPMENT	<ul style="list-style-type: none"> • Basketballs • Cones • Bibs
SET UP AND SAFETY	<ul style="list-style-type: none"> • If court is unavailable – use cones to set out a playing area • Split the group into two teams • When dribbling, ensure players are looking up
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none"> • Dribbling (speed, low, change of pace) • Passing (bounce and chest) • Catching
HOW TO PLAY	<ul style="list-style-type: none"> • Players are not allowed to run with the ball • Players move the ball around the court using dribbling and passing techniques • Each player can take two taps before the ball hits the ground, a basket, a backboard or another player • Players must pass the ball to a teammate or shoot for goal after putting two hands on the ball (not including catching it) • Winning possession of the ball in your own half means you must travel over the half way line within 10 seconds to avoid a foul
ROUNDS & ADAPTATIONS	<p>Easier</p> <ul style="list-style-type: none"> • Place a hula hoop around the net to lower the shooting height • If still too high – place hula hoop on the ground for players to bounce the ball into <p>Harder</p> <ul style="list-style-type: none"> • Players must make a certain amount of passes before scoring • Challenge players to perform a trick shot / varied dribbling techniques



Badminton

EQUIPMENT	<ul style="list-style-type: none"> • Badminton Rackets • Shuttlecocks • Badminton posts and nets
SET UP AND SAFETY	<ul style="list-style-type: none"> • Ensure that players walk around the nets – not under!
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none"> • Serving technique • Hitting accuracy
HOW TO PLAY	<ul style="list-style-type: none"> • Rock, paper, scissors to start the game - winner will decide to either serve or receive first OR choose which side of the court they wish to be on • A badminton match can be played by two opposing players (singles) or four opposing players (doubles) • A shuttlecock can only be struck once by each side before it crosses the net <p>Serving:</p> <ul style="list-style-type: none"> • The player/pair winning a game serves first in the next game. • For a serve to be valid, it must cross the court (diagonally) • After a point is won, the players will move to the opposite serving stations for the next point. • Must be hit underarm and below the server's waist height • Second serves are not allowed <p>Points system:</p> <ul style="list-style-type: none"> • A match consists of the best of three games of 21 points • If the game is tied at 20-all, players are required to win by two clear points • A point is scored when the shuttlecock lands inside the opponent's court, a returned shuttlecock hits the net or lands outside of the court or when their opponent commits a fault <p>Faults:</p> <ul style="list-style-type: none"> • Failing to hit the shuttlecock over the net • Shuttlecocks that hit the ceiling • A player touches the net with any part of their body or racket • The shuttlecock is hit twice
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> • How many passes can you make during a rally? <p>Easier</p> <ul style="list-style-type: none"> • Lower the net



Football

EQUIPMENT	<ul style="list-style-type: none">• Footballs• Cones• Bibs
SET UP AND SAFETY	<ul style="list-style-type: none">• Use cones to mark out a playing area
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none">• Ball control• Passing accuracy• Receiving• Shooting• Decision Making
HOW TO PLAY	<ul style="list-style-type: none">• A corner kick is awarded to a team if the opposition kicks the ball over the goal line and either side of the goal posts.• A throw-in is awarded to a team if the opposition kicks the ball over the sidelines• Free kicks are awarded for fouls (kicking players, pushing, handball)
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Ensure players are swapping positions throughout the game• Use age and ability appropriate sized footballs• Increase/ decrease playing area• Introduce multiple teams – small sided games <p>Harder</p> <ul style="list-style-type: none">• Offside: A player is deemed offside if they are in front of the last defender when a teammate passes the ball through to them



Cricket

EQUIPMENT	<ul style="list-style-type: none"> Cricket Winballs Tennis Balls Kwik Cricket/ 'V' Bat Kwik Cricket Cone Base Stumps
SET UP AND SAFETY	<ul style="list-style-type: none"> Split the group into two teams – the batters and the fielders Allow fielding teams time to decide on positions (wicketkeeper, bowler, positions on the pitch)
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none"> Fielding techniques Throwing accuracy
HOW TO PLAY	<ul style="list-style-type: none"> Each team takes it in turns to bat, trying to score runs, while the opposing team fields The bowler must bowl the ball overarm at the stumps, which are at either end of a 22-yard area called a wicket. <p>A batter is declared out if:</p> <ul style="list-style-type: none"> The bowler knocks off the bails of the stumps A fielder catches the ball directly off the bat and before it hits the ground The ball would have hit the stumps if the batter had not obstructed Runner does not make the batting crease before fielding team hits stumps with ball
ROUNDS & ADAPTATIONS	<p>Easier</p> <ul style="list-style-type: none"> Bowl underarm Bowler stands closer to the batter Reduce the distance between the wickets <p>Kwik Cricket</p> <ul style="list-style-type: none"> Place a cone 10m away from either side of the wicket The bowler should bowl underarm towards the batter The batter should try to hit the ball with their bat One point is scored by running to either cone and back to the wicket Players can keep running back and forth as many times as they deem safe to not be stumped out Fielders should try to catch or run to and retrieve the ball Batters will have 5 bats each before their turn is over Bowlers should also rotate with the batters When all batters have batted, teams swap over

Tag Rugby



EQUIPMENT	<ul style="list-style-type: none">• Rugby Ball• Bibs• Cones
SET UP AND SAFETY	<ul style="list-style-type: none">• Ensure players are tagged from below shoulders
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none">• Agility and Speed• Passing accuracy• Spatial awareness• Catching technique
HOW TO PLAY	<ul style="list-style-type: none">• Tags are made by gently tapping a hand on the ball carrier• Once tagged the player in possession must stop and pass the ball to a team-mate within three seconds• The ball must be passed to a player stood behind them• A free pass is used to start/ restart the game (i.e forward pass or ball out of play)• At a free pass, the opposing team must be 5 metres back.• A 'try' is scored by placing the ball with downward pressure on or behind the opponent's 'goal line'
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Use bibs as 'tags' by each player tucking one into the left or right of their waistband• A tag is the removal of the bib by a defender• The defending player who makes the tag must hold the tag above their head• When the pass has been made the defender must give the tag back to the tackled player before rejoining the game