



# **GAMES 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. Due to safety concerns and lack of good supervision, camouflage cannot be played on camp and has been removed from the timetable.
2. 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.
3. Sun cream is applied if you are able to do activities outside.
4. Check the grounds for debris and sharp objects before using the playing area.
5. 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"> <li>• Cones</li> <li>• Hoops</li> <li>• 1 purple softball</li> </ul>
SET UP AND SAFETY	<ul style="list-style-type: none"> <li>• Use cones to mark out a playing space</li> <li>• A 'safe zone' is marked cross both ends of the playing area</li> </ul>
WARM UP	<ul style="list-style-type: none"> <li>• Please choose an activity from the separate 'Warm ups' document</li> </ul>
SKILLS AND DRILLS	<ul style="list-style-type: none"> <li>• Throwing target practice</li> <li>• Hitting technique</li> </ul> <p>Examples:</p> <p><b>Hoop Challenge</b></p> <ul style="list-style-type: none"> <li>• In groups of 4, one player holds 2 hoops in the air and moves them in different directions/ paces</li> <li>• Other players must try to throw their ball through the moving hoop</li> <li>• Assign points for difficulty</li> </ul> <p><b>Batting Target Challenge</b></p> <ul style="list-style-type: none"> <li>• Set up targets (cones or markers) within the playing area</li> <li>• Assign point values to each target</li> <li>• players take turns hitting the ball to aim for these targets</li> <li>• They earn points based on where the ball lands</li> </ul>
HOW TO PLAY	<ul style="list-style-type: none"> <li>• Players are divided into two teams; one team starts as the batting team and the other as the fielding team</li> <li>• The bowler must underarm throw the ball to the first batter</li> <li>• The batter hits the ball with their hand and attempts to run to the safe zone without being hit with the ball</li> <li>• 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</li> <li>• A batter scores 1 point if they reach the 'safe zone' opposite and 2 points if they return to their batting 'safe zone'</li> </ul>
ROUNDS & ADAPTATIONS	<p><b>Easier</b></p> <ul style="list-style-type: none"> <li>• Bring safe zone closer</li> <li>• Fielding team must make three passes between them before trying to get batter out</li> </ul> <p><b>Harder</b></p> <ul style="list-style-type: none"> <li>• Make 'safe zone' further away</li> <li>• Allow fielders to run with the ball</li> </ul> <p><b>Adaptations:</b></p> <ul style="list-style-type: none"> <li>• 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</li> <li>• Bowlers roll the ball and the batting team kick the ball instead of hitting it with their hand</li> </ul>



## Dodgeball

EQUIPMENT	<ul style="list-style-type: none"><li>• Benches</li><li>• Soft Dodgeballs</li><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Place a middle line of cones or spots through the playing area.</li><li>• Set up two benches. One at the end of each teams zone.</li><li>• Place soft dodgeballs down the middle line. Suggested 5 -7 balls</li><li>• Divide the students into 2 equal teams.</li><li>• All players must start with one foot touching the bench</li></ul>
WARM UP	<ul style="list-style-type: none"><li>• Please choose an activity from the separate 'Warm ups' document</li></ul>
SKILLS AND DRILLS	<ul style="list-style-type: none"><li>• Throwing target practice</li><li>• Agility</li></ul> <p>Examples:</p> <p><b>Flinch</b></p> <ul style="list-style-type: none"><li>• All players stand in a circle and put both hands behind their back</li><li>• A leader stands in the middle and throws the ball randomly to each player</li><li>• If a player drops the ball, they must do an active forfeit</li><li>• If the leader in the middle pretend to throw the ball to someone and their arms go in front of their body, they also must do a forfeit</li></ul> <p><b>Obstacle Dodgeball</b></p> <ul style="list-style-type: none"><li>• Set up obstacles (e.g., cones, agility ladders) in the playing area</li><li>• Players must navigate through the obstacles while trying to avoid dodgeballs thrown by the opposing team</li><li>• If players are hit, points are deducted</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• Each team is aiming to get all the opposing team out by throwing soft dodgeballs at them below their hips</li><li>• Players must not cross the middle line unless they have been hit</li><li>• Players that have been hit must cross the middle line and stand in prison (opposing bench)</li><li>• To get freed from a bench, a teammate must throw a ball to them (without bouncing) and catch it</li><li>• A catch allows them to walk safely back to their zone</li></ul>



	<ul style="list-style-type: none"><li>• The team to get all the opposing players stood on their prison are the winners!</li></ul>
<b>ROUNDS &amp; ADAPTATIONS</b>	<p><b>Easier</b></p> <ul style="list-style-type: none"><li>• Move the benches closer to the middle.</li><li>• Allow balls to bounce once before catching</li></ul> <p><b>Harder</b></p> <ul style="list-style-type: none"><li>• Move the benches further away from the middle</li><li>• Introduce a throwing line further back for specific students.</li></ul> <p><b>Adaptations:</b></p> <ul style="list-style-type: none"><li>• Add in a target on the wall. If the target is hit by a team, they save the whole team.</li><li>• 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</li><li>• Players can be caught out by the opposing team</li></ul> <p><b>Army Dodgeball</b></p> <ul style="list-style-type: none"><li>• Players are given roles</li><li>• General – If the teams general is hit then that team loses</li><li>• Soldiers – multiple soldiers, if they are hit, they bob down and can be saved by the medic. They also protect the General</li><li>• Medic – the medic can save the soldiers by giving them a high five so they can rejoin the game. If the medic is hit, they are out</li></ul>



## Benchball

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li><li>• Ball</li><li>• Bibs</li><li>• 2 Benches</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• It should be non-contact</li><li>• Players cannot knock or grab the ball from other players</li><li>• Use a large open space</li></ul>
WARM UP	<ul style="list-style-type: none"><li>• Please choose an activity from the separate 'Warm ups' document</li></ul>
SKILLS AND DRILLS	<ul style="list-style-type: none"><li>• Throwing target practice</li><li>• Catching skills</li><li>• Movement around the court</li></ul> <p>Examples:</p> <p><b>Knockout Challenge</b></p> <ul style="list-style-type: none"><li>• Set up targets (e.g., cones or batons) on the benches</li><li>• Players take turns trying to knock down the targets with accurate throws</li><li>• Players must stay within their own half</li><li>• Assign point values to different targets</li><li>• which team can accumulate the most points?</li></ul> <p><b>Guardian Benchball</b></p> <ul style="list-style-type: none"><li>• Divide players into 2 teams, team 1- the attackers and team 2- guardians/ targets</li><li>• Team 1 must try to hit the 'target players' standing on the bench line with the balls</li><li>• Team must divide themselves into pairs and decide who is the guardian or target</li><li>• The guardians protect the targets from getting hit</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• Split players into two teams, giving one team bibs</li><li>• Use rock, paper, scissors to decide which team goes first</li><li>• One player from each team stands on the opposition's bench (or goal line)</li><li>• Both teams must pass the ball to their team player standing on the bench</li><li>• The ball must be caught on the bench to score</li><li>• Players who throw a caught ball, joins the bench</li><li>• First team to get all their player on the goal line wins!</li></ul>



## ROUNDS & ADAPTATIONS

### Easier

- Players can run with the ball whilst bouncing the ball
- Players can make 5 successful passes in a row in order to join their team mates on the bench

### Harder

- Ball must be passed to all team members / a specific number of times before scoring
- Place cones in a line along the middle of the playing area, players cannot cross the line and must make a longer pass to those on the bench.

### Adaptations:

#### Benchball

- Place the benches at the side of the playing area and use five balls
- One player stands on the bench that is on the opposing player's side
- The other players must pass the ball to their team mate on the bench
- The player on the bench must then attempt to throw the ball at the opposing team hitting them from the chest down
- If they are successful in hitting an opposing player, then their teammate who threw them the ball can join them on the bench





## Capture the Flag

EQUIPMENT	<ul style="list-style-type: none"><li>• Bibs</li><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Divide the group into two teams, one team in bibs</li><li>• Using the cones, mark a middle line in the playing area,</li><li>• Set up a jail area</li><li>• Determine a separate hiding spot for each flag on each side</li></ul>
WARM UP	<ul style="list-style-type: none"><li>• Please choose an activity from the separate 'Warm ups' document</li></ul>
SKILLS AND DRILLS	<ul style="list-style-type: none"><li>• Speed and agility</li><li>• Decision making</li></ul> <p>Examples:</p> <p><b>Bibs, Noughts and Crosses</b></p> <ul style="list-style-type: none"><li>• Using the cones, set up a 3 x 3 grid</li><li>• Split the group into two teams</li><li>• Each team is given 3 bibs of different colour</li><li>• One from each team runs out and places a bib in a grid then runs back to tag their next team mate</li><li>• Once all 3 bibs out then they keep going and move position of one of their bibs at a time</li><li>• First team with 3 in a row wins.</li></ul> <p><b>Dragons egg</b></p> <ul style="list-style-type: none"><li>• Players stand in a circle with one player in the middle, blindfolded and guarding 'the dragons egg' (i.e. a ball)</li><li>• Players standing around the circle must try to retrieve the egg without being caught</li><li>• If the dragon hears noise they must point in that direction</li><li>• If the dragon is pointing at a player attempting to get the egg, they must return back to the circle</li><li>• The dragon has 5 points to catch players attempting to gain the egg</li><li>• If players successfully get the egg, they become the dragon</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• 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</li><li>• When players are tagged on other team's side, they are brought to the enemy's jail</li><li>• To be freed from jail, a player must be high fived by a member of the same team</li></ul>



	<ul style="list-style-type: none"><li>• Players who are freed from jail must return to their own side before attempting to cross back into enemy territory</li><li>• players must stay back from the flag and jail by 5 meters</li><li>• Once a player steals the other team's flag and safely returns it across the middle line, that round is over</li></ul>
ROUNDS & ADAPTATIONS	<p><b>Easier</b></p> <ul style="list-style-type: none"><li>• Add more flags at various locations in the playing area</li><li>• Remove the jail, if players are tagged, they return to their side and start again</li></ul> <p><b>Harder</b></p> <ul style="list-style-type: none"><li>• Add 'safe zones' where players can run and stand in on the oppositions side and not get tagged</li><li>• Remove the middle line so players can be tagged anywhere in the playing area</li></ul>



## Lacrosse

EQUIPMENT	<ul style="list-style-type: none"><li>• Balls</li><li>• Lacrosse sticks</li><li>• Cones</li><li>• Bibs</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Non-contact – ensure that children don't hit each other's sticks with their own.</li><li>• Always keep two hands on the stick when playing</li></ul>
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none"><li>• Groundballs</li><li>• Catching</li><li>• Throwing</li><li>• Cradling</li></ul> <p>Examples</p> <p><b>Cone Challenge:</b></p> <ul style="list-style-type: none"><li>• Each player has one lacrosse stick and a tennis ball</li><li>• Place multiple cones around the playing area</li><li>• Within a set time limit, players must carry their ball in the head of their stick and roll the ball onto as many cones as possible</li><li>• Players must move to different cones each time</li></ul> <p><b>Hungry Hippos:</b></p> <ul style="list-style-type: none"><li>• Create a square in the centre of the playing area using cones</li><li>• Place a variety of balls that are different colours and sizes within the square</li><li>• Divide players into four teams</li><li>• One player at a time from each team must collect one ball, using their stick, and bring it back their base</li><li>• When all balls have been collected, teams count how many balls they have at their base</li><li>• The team with the most balls wins the round</li><li>• Progression:<ul style="list-style-type: none"><li>○ Assign different points to the variety of coloured and types of balls</li><li>○ Once all balls have been taken from the middle, players can steal balls from other teams' bases</li></ul></li></ul>



## HOW TO PLAY

- 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 the ball with the 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

- 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"><li>• 1 Frisbee</li><li>• Cones</li><li>• Bibs</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Use cones to mark out a playing space</li><li>• No contact allowed</li><li>• Encourage players to always look where they're going when</li></ul>
WARM UP	<ul style="list-style-type: none"><li>• Please choose an activity from the separate 'Warm ups' document</li></ul>
SKILLS AND DRILLS	<ul style="list-style-type: none"><li>• Variations of frisbee throwing practice</li><li>• Catching the frisbee</li><li>• Movement on the pitch</li></ul> <p>Examples</p> <p><b>Keep the Frisbee:</b></p> <ul style="list-style-type: none"><li>• Divide players into two teams</li><li>• Team 1 tries to keep possession of the frisbee while Team 2 tries to intercept passes.</li><li>• A point is rewarded to Team 2 each time the frisbee is intercepted</li><li>• Set a time limit, and rotate roles</li></ul> <p><b>Frisbee Target Challenge:</b></p> <ul style="list-style-type: none"><li>• Set up targets at various distances</li><li>• Players take turns trying to throw the frisbee into the targets</li><li>• Assign point values for successful throws</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• Create two teams and give one team bibs to wear</li><li>• Decide who starts with the Frisbee in their end zone by playing Rock, Paper, Scissors</li><li>• 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</li><li>• Players cannot run when holding the Frisbee</li><li>• When a goal is scored the conceding team begins with the Frisbee</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• The frisbee must be passed to all team members / a specific number of times before scoring</li></ul>



## Gaga Ball

EQUIPMENT	<ul style="list-style-type: none"><li>• 1x medium, soft ball</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Use cones/benches to create a circular playing area</li><li>• Players must always stay on their feet</li><li>• A gaga ball is not allowed to bounce</li></ul>
WARM UP	<ul style="list-style-type: none"><li>• Please choose an activity from the separate 'Warm ups' document</li></ul>
SKILLS AND DRILLS	<ul style="list-style-type: none"><li>• Target practice whilst striking the ball with an open hand</li><li>• Agility</li></ul> <p>Examples:</p> <p><b>Pass and Play</b></p> <ul style="list-style-type: none"><li>• Divide players into groups of 4</li><li>• Two players must try to keep possession of the ball for as long as possible while the other two try to hit of the ball out of the playing area</li></ul> <p><b>Wall ball</b></p> <ul style="list-style-type: none"><li>• In groups of 4, players must hit the ball of the wall</li><li>• The ball must bounce once before the receiving player can attempt to return it</li><li>• The receiving player must return the ball to the wall with their hand, before it bounces a second time</li><li>• The goal is to make it difficult for the other player to return the ball</li><li>• If the receiving player fails to return the ball to the wall before the second bounce, they lose a point, and the serving player scores a point.</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• Any player can roll or strike the gaga ball against another players' legs or feet</li><li>• Every player must place one hand behind their back whilst playing</li><li>• If a player is struck by a ball, they must go to the side of the area</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• If the leader shouts "Jailbreak", every player is allowed to return to the game</li></ul>



## Spikeball

EQUIPMENT	<ul style="list-style-type: none"> <li>• Hoops</li> <li>• X1 Volleyball or x1 tennis ball</li> <li>• Cones</li> </ul>
SET UP AND SAFETY	<ul style="list-style-type: none"> <li>• Use the cones to create a rectangular playing area</li> <li>• Place a hula hoop at each end of the playing area</li> <li>• Divide the players into two teams</li> </ul>
WARM UP	<ul style="list-style-type: none"> <li>• Please choose an activity from the separate 'Warm ups' document</li> </ul>
SKILLS AND DRILLS	<ul style="list-style-type: none"> <li>• Passing practice (particular focus on bounce passes)</li> <li>• Throwing accuracy</li> <li>• Dribbling</li> </ul> <p><b>Isolated Spikeball</b></p> <ul style="list-style-type: none"> <li>• Divide players into teams of two</li> <li>• Set up one hoop on the floor between two teams</li> <li>• Teams stand on opposite sides of the hoop</li> <li>• One team starts the game by serving the ball into the hoop</li> <li>• The opposing team has up to three touches to hit the ball back into the hoop with an open palm</li> <li>• When a team fails to return the ball with 3 touches or the ball hits the ground, the opposing team scores a point</li> <li>• First team to 15 points, wins!</li> </ul> <p><b>Spots</b></p> <ul style="list-style-type: none"> <li>• Place marker spots randomly within a playing area</li> <li>• Each player has a basketball</li> <li>• How many spots can the players accurately bounce on the spots within 1 minute?</li> <li>• Players must move to a new spot each attempt to bounce onto it</li> </ul>
HOW TO PLAY	<ul style="list-style-type: none"> <li>• Use the rules of basketball (see page 27)</li> <li>• To score: the ball must be bounced inside the hoop of the opposing team and caught by another member of your team</li> <li>• Once a goal is score, the game resets from the middle of the playing area</li> </ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> <li>• Exchange basketball rules with netball rules</li> </ul> <p>Easier</p> <ul style="list-style-type: none"> <li>• More players on each team</li> <li>• Create a larger area for player to bounce the ball using cones</li> </ul> <p>Harder</p> <ul style="list-style-type: none"> <li>• Decrease the size of the hoop/ use a marker spot</li> </ul>



## Skittleball

EQUIPMENT	<ul style="list-style-type: none"><li>• Hoops</li><li>• X1 Volleyball or x1 tennis ball</li><li>• Cones</li><li>• Cricket wicket</li><li>• X1 cricket stump</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Use the cones to create a rectangular playing area</li><li>• Place a hula hoop at each end of the playing area with a cricket base and one wicket in each hoop</li><li>• Create a larger circle around the hoop using cones</li><li>• Divide the players into two teams</li></ul>
WARM UP	<ul style="list-style-type: none"><li>• Please choose an activity from the separate 'Warm ups' document</li></ul>
SKILLS AND DRILLS	<ul style="list-style-type: none"><li>• Passing practice</li><li>• Throwing and catching</li><li>• Target practice</li></ul> <p><b>It's a knock out</b></p> <ul style="list-style-type: none"><li>• Divide the group into 2 teams</li><li>• Randomly place jenga blocks, facing upwards, in a playing area</li><li>• Each player takes turns throwing a tennis ball to knock down the jenga blocks</li><li>• The next player in line continues the relay until all blocks are knocked down</li><li>• The first team to successfully knock down all the blocks wins</li></ul> <p><b>Hit that spot</b></p> <ul style="list-style-type: none"><li>• Place marker spots at varied distances within the playing area</li><li>• Assign different point values to spots based on their positions or difficulty level</li><li>• Players take turns throwing the ball and accumulate points based on the spots their ball lands on</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• Use the rules of netball (see page 25)</li><li>• One goalkeeper can stand in the area between the hoop and the wider coned circle to protect the skittle</li><li>• No other players are allowed in this zone</li><li>• To score: teams must compete to knock down their opponents' skittle (wicket)</li><li>• A point is awarded to the opposition if the goalkeeper accidentally knocks over their own skittle</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• introduce a centre line and restrict certain players to half of the court</li><li>• Increase the number of balls: Introduce a second ball</li></ul>





## Softball

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones, softball bat, tennis ball, batting tee</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Group is split into two teams, fielders and batters</li><li>• The playing field made up of first, second, third base and home plate forming a diamond shape (approximately 12 to 18m between bases)</li><li>• A bowling square is set up within the centre of the diamond, in line with the home plate</li><li>• Remind batters must drop, not throw, the bat on the ground after hitting the ball</li><li>• Catchers and umpires must stand a safe distance behind home plate</li></ul>
WARM UP	<ul style="list-style-type: none"><li>• Please choose an activity from the separate 'Warm ups' document</li></ul>
SKILLS AND DRILLS	<ul style="list-style-type: none"><li>• Throwing and catching basics</li><li>• Fielding ground and fly balls</li><li>• Pitching</li><li>• Batting technique</li></ul> <p>Examples:</p> <p><b>Targets:</b></p> <ul style="list-style-type: none"><li>• Set up targets (e.g., hula hoops, cones) at different locations on the field</li><li>• Players take turns trying to throw the ball into the targets.</li><li>• Assign point values for accuracy</li></ul> <p><b>Catch and throw tag:</b></p> <ul style="list-style-type: none"><li>• Standing in a circle, one player starts holding a ball and another starts standing in the middle with a pool noodle</li><li>• The player with the ball must call the name of someone within the circle before throwing the ball to them</li><li>• The player standing in the middle must try to hit the feet of the player whose name was called, with the pool noodle, before they receive the ball</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• The batter stands on the home bases and the bowler stands in the bowling square to pitch</li><li>• The bowler pitches the ball to the batter using an underarm throw</li><li>• 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</li><li>• Batters can stay at any base but must not be overtaken by other runners</li></ul>



	<ul style="list-style-type: none"><li>• 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 out with the ball in hand</li><li>• The ball must be hit between the 1<sup>st</sup> and 3<sup>rd</sup> bases</li><li>• The sides switch when every player has batted once or when 3 players of the batting team have been called out</li><li>• The team with the most runs, wins!</li></ul>
ROUNDS & ADAPTATIONS	<p>Easier</p> <ul style="list-style-type: none"><li>• Move bases closer</li><li>• Increase the number</li><li>• A tee can be used instead of a bowler to allow players to have more success in hitting the ball</li><li>• Introduce a larger sized ball</li><li>• A bat with a bigger surface area can be introduced</li></ul> <p>Harder</p> <ul style="list-style-type: none"><li>• Move bases further apart</li></ul>



## Handball

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



## Athletics

EQUIPMENT	<ul style="list-style-type: none"> <li>• Batons</li> <li>• Skipping Ropes</li> <li>• Bean Bags</li> <li>• Frisbees</li> <li>• Measuring Tape</li> </ul>
SET UP AND SAFETY	<ul style="list-style-type: none"> <li>• Ensure playing area is clear of any obstacles</li> </ul>
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none"> <li>• Throwing technique and accuracy</li> <li>• Jumping technique</li> <li>• Agility and power</li> </ul> <p>Examples:</p> <p><b>Hurdle relay:</b></p> <ul style="list-style-type: none"> <li>• Set up a relay race where each team has a series of cones spaced evenly apart</li> <li>• Players take turns sprinting and hurdling the obstacles</li> <li>• The team that completes the relay first wins</li> </ul> <p><b>Javelin Target Throw:</b></p> <ul style="list-style-type: none"> <li>• Create a target area on the ground using cones</li> <li>• Players take turns throwing a 'javelin' to land as close to the target as possible</li> <li>• Assign point values for accuracy.</li> </ul>
HOW TO PLAY	<p><b>Track Events</b></p> <ul style="list-style-type: none"> <li>• Sprints (100, 200, 400)</li> <li>• Hurdles</li> <li>• Relays</li> <li>• Skipping race</li> </ul> <p><b>Jumping Events</b></p> <ul style="list-style-type: none"> <li>• Long Jump</li> <li>• Measured from the front edge of the take-off board to the heel of the player</li> <li>• Players will always be given a minimum of three jumps</li> </ul> <p><b>Throwing Events</b></p> <ul style="list-style-type: none"> <li>• Discus (frisbee)</li> <li>• Shot Put (bean bags)</li> <li>• Measured from the front edge of the throwing line to the first mark made in the ground by the object</li> <li>• Players will always be given a minimum of three attempts</li> </ul>
ROUNDS & ADAPTATIONS	<p>Lead a 'Mini Olympics'</p> <ul style="list-style-type: none"> <li>• Include both team and individual events</li> <li>• Compete against each other and keep score of timings and distance</li> <li>• Create a podium and award points for winners</li> </ul>



## Rounders

EQUIPMENT	<ul style="list-style-type: none"> <li>• Cones</li> <li>• bat</li> <li>• Ball</li> </ul>
SET UP AND SAFETY	<ul style="list-style-type: none"> <li>• Fielders must move out of the way of running players</li> <li>• The throwing team must stand in a line behind the hula hoop</li> <li>• Split the players into two teams, the batters and fielders</li> <li>• Use the cones as the rounders posts</li> </ul>
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none"> <li>• Throwing and catching basics</li> <li>• Fielding ground balls</li> <li>• Fielding fly balls</li> <li>• Bowling</li> <li>• Batting technique</li> </ul> <p>Examples:</p> <p><b>Base Race:</b></p> <ul style="list-style-type: none"> <li>• Set up a relay-style race where players take turns running around the bases</li> <li>• The team with the quickest cumulative time wins</li> </ul> <p><b>Catch and Dodge:</b></p> <ul style="list-style-type: none"> <li>• Two teams, one fielding and one batting</li> <li>• Set up a rounders pitch, the bowler will throw a volleyball to the batter</li> <li>• The 'batter' will hit the ball with an open hand and try to run around all 4 bases without being hit with the ball</li> <li>• Fielders must return the ball to the bowler for them to try and throw the ball to hit the runner</li> <li>• If hit by the ball, they leave the area and join the back of the queue</li> <li>• The runner can try to catch the ball to gain an extra point</li> </ul>
HOW TO PLAY	<ul style="list-style-type: none"> <li>• Players take it in turns to hit the ball, which is bowled towards them, with their bat</li> <li>• 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</li> <li>• 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</li> <li>• A batter is out if their ball is caught or the cone the batter is running to is stumped</li> <li>• Swap the teams once everyone has had a turn at batting</li> </ul>
ROUNDS & ADAPTATIONS	<p><i>Bean Bag Rounders</i></p> <ul style="list-style-type: none"> <li>• Equipment: cones, 3 beanbags</li> <li>• The throwing team take it in turns to throw bean bags</li> </ul>



- 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

#### *Kick Rounders*

- 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"> <li>• Badminton posts</li> <li>• Badminton nets</li> <li>• Volleyballs</li> </ul>
SET UP AND SAFETY	<ul style="list-style-type: none"> <li>• Ensure players walk around the net and not underneath it</li> </ul>
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none"> <li>• Serving technique</li> <li>• Hitting technique and accuracy</li> <li>• Movement</li> </ul> <p>Examples:</p> <p><b>Four Square:</b></p> <ul style="list-style-type: none"> <li>• Set up a square, divided into 4 sections using cones, with one player at each corner</li> <li>• Players pass the ball using forearm passes</li> <li>• If the ball lands in a players section, they must return it to land in another players' section</li> <li>• If a player mishandles the ball or sends it out of bounds, they gain a point</li> <li>• The player with the least amount of point, wins!</li> </ul> <p><b>Passing Pairs:</b></p> <ul style="list-style-type: none"> <li>• In pairs, players stand facing each other on either side of the net</li> <li>• Using either an overhead or forearm pass, how many successful passes can they can complete in a set time</li> </ul>
HOW TO PLAY	<ul style="list-style-type: none"> <li>• The ball must be served from anywhere behind the end line, either overarm or underarm, into the opposing team's side of the court</li> <li>• Teams are allowed a maximum of three touches on their side of the court before sending the ball back over the net</li> <li>• Players must not touch the ball twice in a row</li> <li>• The ball must be hit - not caught</li> <li>• Teams score points when the opponent fails to return the ball over the net or hits the ball out of bounds</li> <li>• Whichever team wins the point then goes on to serve</li> <li>• When a team wins the serve, the players rotate their position on court clockwise so that everyone gets a chance to serve</li> </ul>
ROUNDS & ADAPTATIONS	<p>Newcomb Ball</p> <ul style="list-style-type: none"> <li>• Players must throw the ball over the net so that the opposite team cannot catch it</li> <li>• All throws must travel up, before they go down - no "spikes."</li> <li>• Players cannot move whilst holding the ball</li> <li>• Teams must make two passes before throwing the ball over the net</li> <li>• If the ball lands on the floor, the player stood closest to it is out</li> </ul> <p>Easier</p> <ul style="list-style-type: none"> <li>• Lower the net</li> </ul>



## Hockey

EQUIPMENT	<ul style="list-style-type: none"> <li>• Hockey sticks</li> <li>• Pucks</li> <li>• Cones</li> <li>• Bibs</li> </ul>
SET UP AND SAFETY	<ul style="list-style-type: none"> <li>• Split the group into two teams and assign one team to wear bibs</li> <li>• Using the cones, create a 'D' around each goal</li> <li>• Allow teams one minute to discuss positions (defence, midfield and attack)</li> <li>• Ensure children keep the end of their sticks below their waist</li> </ul>
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none"> <li>• Correct technique (hands on stick, bent knees)</li> <li>• Passing and receiving</li> <li>• Dribbling</li> </ul> <p>Examples:</p> <p><b>Pirates:</b></p> <ul style="list-style-type: none"> <li>• Designate a "pirate" who tries to steal the ball from other players</li> <li>• Players must dribble their ball to avoid the pirate</li> <li>• The last player with their ball wins</li> <li>• If a player's ball is knocked out, they join the dribbling/ shooting practice station</li> </ul> <p><b>Kabaddi:</b></p> <ul style="list-style-type: none"> <li>• Divide players into 2 teams, set up a rectangular court with 2 halves</li> <li>• Team A starts with the ball and tries to keep possession for as long as possible</li> <li>• One player from Team B will enter the opposite half to try and win possession of the ball</li> <li>• If Team B gains possession, they must try to successfully pass the ball to their team member</li> <li>• If this is achieved, the same pattern is repeated (Team B keeps possession, 1 player from Team A becomes the defender)</li> <li>• Progression – add more defenders trying to gain possession</li> </ul>
HOW TO PLAY	<ul style="list-style-type: none"> <li>• Players must use their hockey stick to dribble and pass the puck to members of their team</li> <li>• To score, players must hit the puck into the goal whilst standing in the 'D'</li> <li>• If the puck hits a player's foot, the opposing team gains possession</li> </ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> <li>• The puck must be passed four times/ to each member of the team before scoring</li> <li>• Remove the 'D', players can score from anywhere on the pitch</li> </ul>





## Netball

EQUIPMENT	<ul style="list-style-type: none"> <li>• Netballs</li> <li>• Cones</li> <li>• Bibs</li> </ul>
SET UP AND SAFETY	<ul style="list-style-type: none"> <li>• If court is unavailable, use the cones to make a playing area</li> <li>• Split the group into two teams</li> <li>• Allow teams one minute to discuss positions (GK, GD, WD, C, WA, GA GS)</li> <li>• Explain which area each player must stay in</li> </ul>
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none"> <li>• Passing</li> <li>• Receiving</li> <li>• Shooting</li> <li>• Movement / agility</li> </ul> <p>Examples –</p> <p><b>Shooting Stars:</b></p> <ul style="list-style-type: none"> <li>• Set up multiple shooting positions around the goalpost</li> <li>• Players take turns shooting from these positions and earn points based on successful goals</li> <li>• Progression: Make it a competition, who can score the most points in a set time</li> </ul> <p><b>Passing Relays:</b></p> <ul style="list-style-type: none"> <li>• Divide players into 2 teams (Team A (TA) and Team B (TB) (teams should have no more than 4 players)</li> <li>• Teams to stand opposite each other</li> <li>• The first player in TB runs towards TA to receive a chest pass</li> <li>• TB will pass the ball to the next player in line and join the back of TA, TA player will join TB and repeat</li> </ul> <p>Progression:</p> <ul style="list-style-type: none"> <li>- bounce pass, overhead pass</li> <li>- four teams stood in a square, pass and receive the ball opposite</li> </ul>
HOW TO PLAY	<ul style="list-style-type: none"> <li>• 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</li> <li>• Players cannot hold the ball for more than three seconds.</li> <li>• Players cannot dribble or run when in possession of the ball</li> <li>• The ball must go through the net for a goal to be given</li> </ul>
ROUNDS & ADAPTATIONS	<p>Seven for success</p> <ul style="list-style-type: none"> <li>• Players can move anywhere within the court</li> <li>• Teams must pass the ball 7 times, without it being intercepted by the opposition, to score a point</li> <li>• The other team starts with the ball after a point is scored</li> </ul>



## Tennis

EQUIPMENT	<ul style="list-style-type: none"> <li>• Tennis rackets</li> <li>• Tennis balls</li> </ul>
SET UP AND SAFETY	<ul style="list-style-type: none"> <li>• Ensure players have enough space around them</li> <li>• Players must refrain from swinging their racket unnecessarily</li> </ul>
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none"> <li>• Serving</li> <li>• Accurate returning of the ball</li> <li>• Forehand and backhand</li> <li>• Positioning (body, hands, feet)</li> <li>• Movement and agility</li> </ul> <p>Examples –</p> <p><b>Rally Challenge</b></p> <ul style="list-style-type: none"> <li>• In pairs, how many times can they hit the ball back and fourth without it touching the floor?</li> <li>• Variation – one bounce pass can be made between hits</li> </ul> <p><b>Traffic Light Tennis:</b></p> <ul style="list-style-type: none"> <li>• Divide the court into three sections: red (baseline), yellow (midcourt), and green (net area)</li> <li>• Players must try to hit the ball into each section</li> <li>• Players earn points for successful placement in each section</li> </ul>
HOW TO PLAY	<ul style="list-style-type: none"> <li>• Singles -use the narrower sidelines, doubles – use the full court</li> <li>• If the ball lands on the lines, it is considered in and playable</li> </ul> <p>Serving: serve from behind the baseline.</p> <ul style="list-style-type: none"> <li>• The ball must land in the service box diagonal from the server and over the net.</li> <li>• You get two chances to get your serve in.</li> <li>• 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.</li> </ul> <p>A point is gained if:</p> <ul style="list-style-type: none"> <li>• Points system: Each game starts out at “love,” increasing to 15, then 30, then 40 for each point scored</li> <li>• a ball goes out of bounds</li> <li>• a player fails to return the ball within the court</li> <li>• If the ball bounces twice</li> <li>• The ball does not land in the service box twice in a row</li> <li>• The net is touched with a player’s body or racket</li> </ul>
ROUNDS & ADAPTATIONS	<p><b>Easier</b></p> <p><b>Balloon Tennis</b></p> <ul style="list-style-type: none"> <li>• Use shorthanded rackets / plastic rackets for younger players</li> <li>• Balloons are swapped for tennis balls</li> <li>• If balloons are unavailable – use foam balls</li> </ul>



## Basketball

EQUIPMENT	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Cones</li> <li>• Bibs</li> </ul>
SET UP AND SAFETY	<ul style="list-style-type: none"> <li>• If court is unavailable – use cones to set out a playing area</li> <li>• Split the group into two teams</li> <li>• When dribbling, ensure players are looking up</li> </ul>
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none"> <li>• Dribbling (speed, low, change of pace)</li> <li>• Passing (bounce and chest)</li> <li>• Catching</li> </ul> <p>Examples:</p> <p><b>Dribble knockout:</b></p> <ul style="list-style-type: none"> <li>• Set up a playing area and a dribbling/ shooting practice</li> <li>• Each player starts dribbling a ball around a playing area</li> <li>• Players must try to knock other players' balls out of the area while still bouncing and protecting their own</li> <li>• The last player remaining, wins!</li> <li>• If a player's ball is knocked out, they join the dribbling/ shooting practice station</li> </ul> <p><b>Spot Shooting Challenge:</b></p> <ul style="list-style-type: none"> <li>• Create a series of spots on the court, each with a designated point value based on the shot's difficulty</li> <li>• Players take turns shooting from these spots</li> <li>• Set a time limit, and the player with the most points at the end wins</li> </ul>
HOW TO PLAY	<ul style="list-style-type: none"> <li>• Players are not allowed to run with the ball</li> <li>• Players move the ball around the court using dribbling and passing techniques</li> <li>• Each player can take two taps before the ball hits the ground, a basket, a backboard or another player</li> <li>• Players must pass the ball to a teammate or shoot for goal after putting two hands on the ball (not including catching it)</li> <li>• 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</li> </ul>
ROUNDS & ADAPTATIONS	<p><b>Easier</b></p> <ul style="list-style-type: none"> <li>• Place a hula hoop around the net to lower the shooting height</li> <li>• If still too high – place hula hoop on the ground for players to bounce the ball into</li> </ul> <p><b>Harder</b></p> <ul style="list-style-type: none"> <li>• Players must make a certain amount of passes before scoring</li> <li>• Challenge players to perform a trick shot / varied dribbling techniques</li> </ul>



## Badminton

EQUIPMENT	<ul style="list-style-type: none"><li>• Badminton Rackets</li><li>• Shuttlecocks</li><li>• Badminton posts and nets</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Ensure that players walk around the nets – not under!</li></ul>
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none"><li>• Serving technique</li><li>• Hitting accuracy</li></ul> <p>Example:</p> <p><b>Around-the-World:</b></p> <ul style="list-style-type: none"><li>- Divide the group into 2 teams per court, lined up one behind the other</li><li>- The first player must hit the shuttlecock over the net</li><li>- When a player makes a successful hit over the net, they must run clockwise and join the back of the line on the opposite court</li><li>- If a player miss hits the shuttlecock, they gain a point</li><li>- The players with the least amount of points wins!</li></ul> <p><b>Target Practice:</b></p> <ul style="list-style-type: none"><li>- Place multiple targets around the playing area at a variety of distances, sizes and shapes</li><li>- Assign points to each target, players are in pairs</li><li>- Each player has 2-3 attempts to gain as many points as possible by using their racket to hit their shuttlecock to a target</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• 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</li><li>• A badminton match can be played by two opposing players (singles) or four opposing players (doubles)</li><li>• A shuttlecock can only be struck once by each side before it crosses the net</li></ul> <p>Serving:</p> <ul style="list-style-type: none"><li>• The player/pair winning a game serves first in the next game.</li><li>• For a serve to be valid, it must cross the court (diagonally)</li><li>• After a point is won, the players will move to the opposite serving stations for the next point.</li><li>• Must be hit underarm and below the server's waist height</li><li>• Second serves are not allowed</li></ul> <p>Points system:</p> <ul style="list-style-type: none"><li>• A match consists of the best of three games of 21 points</li></ul>



- 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

Faults:

- 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

- How many passes can you make during a rally?  
**Easier** - Lower the net



## Football

EQUIPMENT	<ul style="list-style-type: none"> <li>• Footballs</li> <li>• Cones</li> <li>• Bibs</li> </ul>
SET UP AND SAFETY	<ul style="list-style-type: none"> <li>• Use cones to mark out a playing area</li> </ul>
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none"> <li>• Ball control</li> <li>• Passing accuracy</li> <li>• Receiving</li> <li>• Shooting</li> <li>• Decision Making</li> </ul> <p>Examples:</p> <p><b>Dribbling relay:</b></p> <ul style="list-style-type: none"> <li>- Set up a series of cones in a straight line</li> <li>- Players take turns dribbling the ball through the cones as quickly as possible</li> <li>- Progression – add a competition, first team to complete the course wins</li> </ul> <p><b>1v1 Mini Game:</b></p> <ul style="list-style-type: none"> <li>- Divide players into pairs, using cones create a playing area for each pair</li> <li>- Each pair plays a 1v1, where one player tries to dribble past the other and over their 'goal line' to score a point</li> <li>- Rotate roles after each round</li> </ul>
HOW TO PLAY	<ul style="list-style-type: none"> <li>• 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.</li> <li>• A throw-in is awarded to a team if the opposition kicks the ball over the sidelines</li> <li>• Free kicks are awarded for fouls (kicking players, pushing, handball)</li> </ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> <li>• Ensure players are swapping positions throughout the game</li> <li>• Use age and ability appropriate sized footballs</li> <li>• Increase/ decrease playing area</li> <li>• Introduce multiple teams – small sided games</li> </ul> <p>Harder</p> <ul style="list-style-type: none"> <li>• Offside: A player is deemed offside if they are in front of the last defender when a teammate passes the ball through to them</li> </ul>



## Cricket

EQUIPMENT	<ul style="list-style-type: none"> <li>• Cricket Winballs</li> <li>• Tennis Balls</li> <li>• Kwik Cricket/ 'V' Bat</li> <li>• Kwik Cricket Cone</li> <li>• Base</li> <li>• Stumps</li> </ul>
SET UP AND SAFETY	<ul style="list-style-type: none"> <li>• Split the group into two teams – the batters and the fielders</li> <li>• Allow fielding teams time to decide on positions (wicketkeeper, bowler, positions on the pitch)</li> </ul>
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none"> <li>• Fielding techniques</li> <li>• Throwing accuracy</li> </ul> <p>Examples:</p> <p><b>Hit the Target:</b></p> <ul style="list-style-type: none"> <li>- Place a target (such as a cone or a marked area) on the playing area</li> <li>- Have players take turns as batsmen and bowlers</li> <li>- The bowler's goal is to bowl the ball and hit the target, while the batsman tries to defend it (by catching or you can use tennis rackets)</li> </ul> <p><b>Fielding Practice:</b></p> <ul style="list-style-type: none"> <li>- Organise players into groups of three.</li> <li>- Position Player 1 and Player 2 side by side, with Player 3 standing directly opposite them. All players face forward.</li> <li>- Player 1 (P1) initiates the challenge by rolling the ball away from Players 2 and 3</li> <li>- Player 2 (P2) swiftly retrieves the ball and throws it toward Player 3 (P3), who acts as the target</li> <li>- Rotate roles among the players after three attempts.</li> </ul>
HOW TO PLAY	<ul style="list-style-type: none"> <li>• Each team takes it in turns to bat, trying to score runs, while the opposing team fields</li> <li>• The bowler must bowl the ball overarm at the stumps, which are at either end of a 22-yard area called a wicket.</li> </ul> <p>A batter is declared out if:</p> <ul style="list-style-type: none"> <li>• The bowler knocks off the bails of the stumps</li> <li>• A fielder catches the ball directly off the bat and before it hits the ground</li> <li>• The ball would have hit the stumps if the batter had not obstructed</li> <li>• Runner does not make the batting crease before fielding team hits stumps with ball</li> </ul>



## ROUNDS & ADAPTATIONS

### Easier

- Bowl underarm
- Bowler stands closer to the batter
- Reduce the distance between the wickets

### Kwik Cricket

- 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"> <li>• Rugby Ball</li> <li>• Bibs</li> <li>• Cones</li> </ul>
SET UP AND SAFETY	<ul style="list-style-type: none"> <li>• Ensure players are tagged from below shoulders</li> <li>• Be creative with team names – e.g., teams represent different countries</li> </ul>
WARM UP	Please choose an activity from the separate 'Warm ups' document
SKILLS AND DRILLS	<ul style="list-style-type: none"> <li>• Agility and Speed</li> <li>• Passing accuracy</li> <li>• Spatial awareness</li> <li>• Catching technique</li> </ul> <p>Examples:</p> <p><b>Keep possession:</b></p> <ul style="list-style-type: none"> <li>- in a circle, one player starts in the centre with the ball.</li> <li>- Another player stands outside the circle tries to tag players that have possession of the ball</li> <li>- if tagged, they become the tagger</li> </ul> <p><b>Rugby Rush:</b></p> <ul style="list-style-type: none"> <li>- similar to 'shark attack', 1-2 players start as the taggers</li> <li>- Each player starts with a rugby ball and must try to run from one side of the playing area to the other without getting their tag taken</li> <li>- If a player's tag is taken, they become a tagger in the middle</li> </ul>
HOW TO PLAY	<ul style="list-style-type: none"> <li>• Tags are made by gently tapping between hips and shoulder of the ball carrier</li> <li>• Once tagged the player in possession must stop and pass the ball to a team-mate within three seconds</li> <li>• The ball must be passed to a player stood behind them</li> <li>• A free pass is used to start/ restart the game (i.e forward pass or ball out of play)</li> <li>• At a free pass, the opposing team must be 5 metres back.</li> <li>• A 'try' is scored by placing the ball with downward pressure on or behind the opponent's 'goal line'</li> </ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> <li>• Use bibs as 'tags' by each player tucking one into the left or right of their waistband</li> <li>• A tag is the removal of the bib by a defender</li> <li>• The defending player who makes the tag must hold the tag above their head</li> <li>• When the pass has been made the defender must give the tag back to the tackled player before rejoining the game</li> </ul>