



School Sports Week Activity Resources



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INTRODUCTION

With School Sports Week being celebrated across the country in June, we felt it would be great to support teachers with some ready-to-go activity resources.

This resource pack includes five activities to be utilised throughout the week in order to provide engaging sports week activities without the need to plan anything new.

We have created some low resource quick, fun and impactful activities that deliverers can utilise indoors or outside. We have also linked with a few National Governing Bodies to support with the content of these resources. (Table Tennis England, England Handball and British Dodgeball) in addition to the NGB involvement we have also created some Premier Education content (Multi Skills and Dance.)

IN PARTNERSHIP WITH



HANDBALL ACTIVITY

Clean The Zone



Equipment:

- Bibs
- Cones, hoops, barriers

Set-up and risk assessment:

- Ensure there is appropriate space for all participants to avoid collisions
- Check surface for anything which could cause slips and trips
- Ensure appropriate footwear and clothing is worn
- Safety zone clearly marked

Aim:

- Ball handling
- Shooting
- Catching
- Gripping the ball
- Learn the importance of strategy and scoring in a team game

Starting activity:

Warm Up

- Split the group into half, half surfers, half sharks
- Surfers must line up at one end of the sports hall, while the sharks sit down in the middle of the hall
- The surfers must get from one end of the hall to the other bouncing the handball, while...
- ...the sharks, sliding on their bottom, must steal the ball
- If a shark touches a surfers ball, the surfer becomes a shark!
- The last surfer surfing wins!

Ways to differentiate:

- Change space
- Change the number of sharks/surfers
- Use different sized balls

Main activity:

Clean The Zone

- In order to develop shooting as a skill it is important to focus upon accurate shooting
- The aim is to 'shoot' with the balls at the objects in the 'middle ground', moving them closer to the other team by hitting them accurately with the ball
- The team with the least objects in their home territory after a set amount of time wins

Ways to differentiate:

- Change the object in the middle(bigger/smaller cone, ball,..)
- Change the playing area
- Use different size balls
- Define which hand to use
- Limit the number of steps
- Change the task: using hoops instead of cones, the goal would be to target the centre of the hoop
- Limit the amount of targets each player can try to hit

DODGEBALL ACTIVITY

Supercatch

Equipment:

- British Dodgeball U11 size 1 balls

Risk assessment considerations:

- Ensure there is appropriate space for all participants to avoid collisions
- Check surface for anything which could cause slips and trips
- Ensure appropriate footwear and clothing is worn

Skill overview:

- Catching can turn the tide in games as performing this skill successfully means a previously-eliminated teammate can return to play in addition to eliminating the thrower

Coaching points:

Catch types

- Tunnel: Form a tunnel with your body
- Snatch: Hand-only catch
- Parry: Knock ball into air for easy catch
- Low: Bring body low to ground

Catching technique

- Adopt the ready position
- Watch the ball all the way as it travels towards you
- Use all of your body to cushion the ball
- Always consider the risk of dropping the ball – is each catch worth attempting?

Main activity:

Supercatch

- Eliminated players stand behind their team's back line. If they make a catch, they can come back in
- A catch on court is classed as a supercatch. After a supercatch, all of a team's eliminated players can come back in

Ways to differentiate:

- Only catches below the waist count
- One handed catching
- Coach can throw slower balls to individuals for catches
- Cannot be eliminated if hit whilst attempting a catch

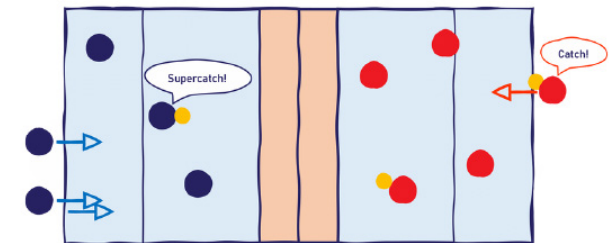


TABLE TENNIS ACTIVITY

Last Person Standing



Equipment:

- Bat and ball for each player

Risk assessment considerations:

- Ensure there is appropriate space for all participants to avoid collisions
- Check surface for anything which could cause slips and trips

Objective:

- Learning to control the ball on the bat surface

Starting activity:

TT Shutdown

- Split the group into two teams, with teams at either ends of the playing hall or area, in a line side-by-side
- On the whistle, both teams move (can be hopping/sidestepping etc) towards each other until they meet their opponent
- They play a round of Rock, Paper and Scissors using Backhand, Forehand or Ready Position, until someone wins, with the winner scoring a point for their team
- Each team then advance to the opposite side of the playing hall /area and repeat.
- One team can rotate one place left or right to ensure they play against a different member of the opposing team each round

Main activity:

Last Person Standing

- Players to practice balancing the ball on the bat surface
- After they have practised, it can be introduced as a competition
- When the ball drops to the floor, they are out and must sit down
- Last person standing is the winner

Ways to differentiate:

- Try with a larger ball or balloon
- Add difficulty such as stand on one leg, sit down, pat head with free hand, turn in a circle
- Work in 2's, 3's or 4's balancing the ball and passing to each other's bats

MULTI SKILLS ACTIVITY

Sending Through Gates

Equipment:

- Cones
- Tennis balls
- Bean bags

Risk assessment considerations:

- Ensure there is appropriate space for all participants to avoid collisions
- Check surface for anything which could cause slips and trips
- Ensure appropriate footwear and clothing is worn

Set-up of area:

- Ensure plenty of space around working area for player safety
- Ensure players are paired with children of similar size / ability
- Create a safe zone for children

Starting activity:

Game Time

- Set up an area and lay out as many different colour gates as you can. (Gate is two cones, 1 metre apart)
- Each child finds a place inside the marked area and when the activity professional/teacher shouts 'GO', children must get through as many gates as possible (60 second time limit)
- The children must keep count of their score
- To start another round, repeat and change the way of moving. This could be backwards, sideways, jumping, hopping and/or skipping

Ways to differentiate:

- Work in pairs for a combined score
- Colour the gates with different colours being worth different points

Main activity:

Sending Through Gates

- Within the same gates set out, split the class into pairs. Each pair has a gate between them and a tennis ball and a bean bag
- Challenge the pair to practice their rolling/bounce by throwing the tennis ball and underarm throwing the bean bag, experiment with the distances
- Once they have achieved this, try and get the pairs to combine both the bean bag and tennis ball. Can they roll and underarm whilst catching both. Set sequence challenges to the pair

Ways to differentiate:

- Competition
- Targets
- Make the gate smaller
- Extend distance
- 2v2 pairs

DANCE ACTIVITY

Dance Charades

Equipment:

- Music player
- Dance genres or popular themes written on strips of paper
- A 'hat' or box

Risk assessment considerations:

- Ensure there is appropriate space for all participants to avoid collisions
- Check surface for anything which could cause slips and trips
- Ensure appropriate footwear is worn

Set-up of area:

- Safety zone clearly marked

Starting activity:

Dance Warm Up

- The activity professional/teacher stands at the front, ensuring all children are in a safe space, then leads a warm up to pop music
- Beginning with cardiovascular activity (increasing heart rate), then progressions (head to toe) and finishing with stretches
- Keep the warm up moves age and ability appropriate, make sure they feed into the theme of the main session

Ways to differentiate:

- Set a range of actions so that children of varying abilities can be challenged appropriately
- Children perform stretches on the floor
- Type of music: slower tempo for easier actions, increase for higher intensity
- After the demonstration, children can take turns to lead the different sections

Main activity:

Dance Charades!

- The children split into teams and shuffle a selection of dance genres in a hat or box. Each team picks one out in turn. One member of the group must then stand up and perform dance moves from the genre without speaking
- The other groups have to guess the genre
- Points are given for correct answers: Street; Jazz; Contemporary; Ballet; Country or other correct answers

Ways to differentiate:

- Pictures or music to represent the genre rather than written down
- Perform to one other small group rather than the whole group.
- Split children in equal teams and ability groups
- Characters, TV shows or films used as themes



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