

Multi-skills

Whole class Activities

Jump square

Travel round a square, each side of square has a different jump (eg, kangaroo hops, hopscotch, jump the river - take off on one foot and land on two, zigzag two-footed jumps). Land softly and balanced ready to move again.

High, middle and low

In twos children stand facing each other (about a metre apart) throw a beanbag high, throw waist level, push along floor in sequence. Extend by using different sized balls and doing the activity on the move.

Muscles

A game where all the children are muscles in a body. One or two people are exercise - Everyone moves around the room. If you get touched by exercise you are now tired and must stand still. Other people who are oxygen and water can touch you to give energy so you can move around the room again.

Cars and Caravans

Children work in pairs, standing one behind the other. The person in front is the car, the person behind is the caravan. The car moves around the room, trying to lose the caravan. When Stop is shouted, the caravan should be able to touch their car on the shoulder.

Key game

Children sit in a circle. 1 child sits in the middle with their eyes closed and a bunch of keys behind their back. A child sitting in the circle has to pick the keys up, go back out through their space, run round the circle and sit back down before being tagged by the person in the middle. The person in the middle is allowed to move and try and tag the person 'stealing' the keys as soon as the keys jangle.

Line tag

This is a good game for a playground with lots of markings. 5 children are taggers. Children are only allowed to move along the lines in any direction avoiding the taggers. They are allowed to take one jump over a space to land on another line.

Reaction activities

Thought square

Grid of spot mats - or just a space if lots of children. Leader calls out forwards/backwards/right/left and children two-footed jump to next spot.

Try using opposites. Try using colours to signify direction. Try using another leader who can call "To me" and all must turn to face new leader and continue with game.

Bopp-it

Children in twos facing each other. 4 different coloured cones one near each foot of player A and player B holds other two cones. Player B says a colour and A has to touch that colour. Swap over. Extend by doing cross-over moves or giving a sequence of 3 colours for the other person to repeat.

Reaction ball (z ball)

1. Bouncing and catching by yourself
2. In twos standing opposite each other with a spot mat in between. Try and bounce the ball on the spot mat for the other person to catch.
3. Small groups surround a spot mat. Bounce ball on mat - all be ready to receive unpredictable bounce.

Beanbag reaction

1. In pairs. One drops a beanbag - other has hands on top of dropper or down by their side - has to catch before reaches the floor. Hold the beanbag lower to the floor to make it harder.
2. One holds 2 beanbags but drops only one - have to react to catch.

Ball reaction

One child facing away from partner. Drop ball - listen for bounce or for word "drop" - spin round and gather ball on first bounce.

Dance grid

Each child has a grid made up of 4 different coloured cones laid out in a mirror image opposite another set of cones. Children stand in the middle of their grid facing a child who is in the grid opposite. They must copy what the other child is doing.

Balance zone activities**BBC - Bench Balance Catch**

Children in twos facing each other on benches (upturned?) How many successful catches in a row? Use beanbags or balls to make it harder.

Cross the river

Cross an area in twos using 3 throw down lines/spots - work as a team, explore different ways of doing it, balance while moving, turning and stretching.

Counter balance

How far can you push an object away from you without tipping over?

Seated Balloon/Beachball Keepy-uppy

Teams sit in a tight circle - keep up balloon/beachball without getting to feet/falling over.

Reach Out

Lunge to pick up beanbags and place in matching colour hoops while maintaining balance.

Waiters

Hop across space or walk along a bench carrying a plastic plate - keep adding another item (e.g plastic food) to the plate until items fall off.

Jousting

Holding plates - can partners knock off with rolled up newspaper.

Hop o' war

In pairs facing each other hold on to rope while balancing on one leg. Pull on rope to try to pull opponent over the line.

Foot pass

Pass a football down the line using just your feet to squeeze and hold.

Seated football

Small-sided game. Teams sit in hoops and try to score goals using feet and legs.

Human skittles

Children on one leg in skittle formation. Someone rolls ball at them - they must avoid while retaining balance.

Pick up Cones

Make a circle of 6 cones. Stand on 1 leg in the middle of the cones and try and pick up the cones without putting the other foot down. Do not move the foot you are standing on. Make it harder by making the circle of cones larger.

Stork Balance

Everyone in the class stands on one leg, holding the other leg high in the air. The last person to put their foot down is the winner. Make it harder by closing your eyes. No hopping allowed!

Skipping activities

- Jump the river - jump over parallel ropes (make wider).
- Wiggly snakes and wavy seas - make patterns/travel/jump over.
- Rope shapes - ropes arranged into shapes jump in and out using different footwork patterns.
- Rope travel - balance on/slalom jump over ropes (make a trail).
- Free skipping.
- If enough adult support - use blue rope for skipping games.

Foot work/agility

Move through the spaces of the ladder using a cheek to cheek motion with the arms. Try starting with a different leg each time. Move though sideways, backwards, double steps (2 feet in each space). Put a quoit on your head and go through the ladder without dropping it. Add a series of spot mats at the end for children to do 2 footed jumps or a hurdle to jump over. The possibilities are endless!

Aiming skills

- Beanbag/Boccia noughts and crosses - aim at a 3x3grid.
- Beanbag/ball throws at different targets - hoops, containers, skittles etc. Extend by increasing distance, making smaller target or throwing over an obstacle.
- Co-operative blanket throws - work as a team on each corner to throw beanbag/ball from blanket to blanket.
- Throwing for distance at a series of marked zones.
- Throwing ball against wall from behind a line - partner collects rebound.