

# Zig Zag Relays

## Description

Groups of 3 cones laid on diagonal lines.

Keep the balloon in the air by tapping it all the way to the first cone on a diagonal – circle the cone. Keep going to the second cone and then the third.

Time yourself and try to beat your time.

**TIPS FOR SUCCESS** Small taps to keep control. Keep your head up.

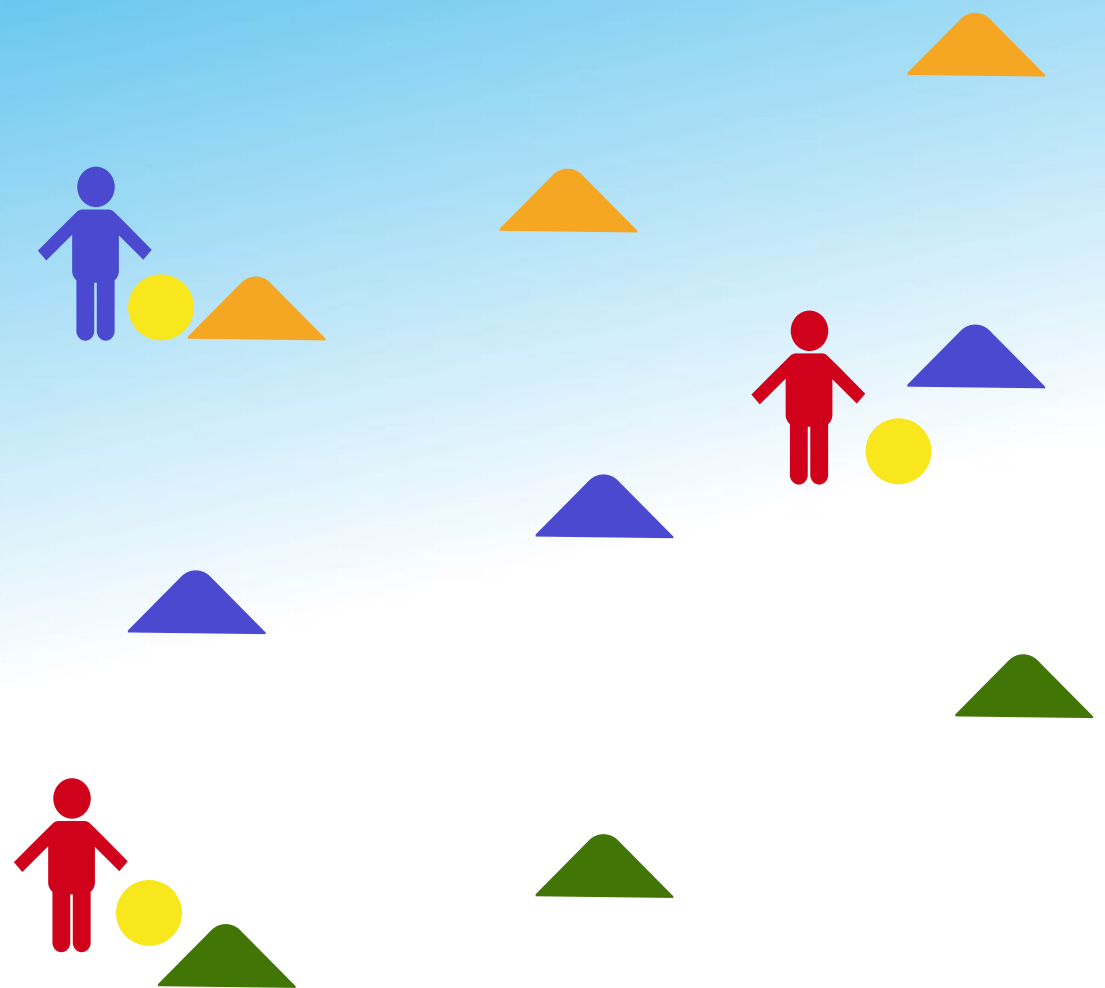
**VARIATIONS** Can make different tasks at each cone for pupils to do e.g. moving the balloon around the centre of the body without dropping it, moving the balloon through their legs without dropping it.

## Main Skill

**Balance, Coordination and Agility**

## Equipment

A selection of balloons and cones



# Exercise Squares

## Description

Choose a leader to go into the middle and perform an exercise. Others copy the leader.

After 20-30 seconds swap leaders.

While the leader is swapping the others should jog on the spot.

Play some upbeat music during this exercise

## Equipment

none



## Main Skill

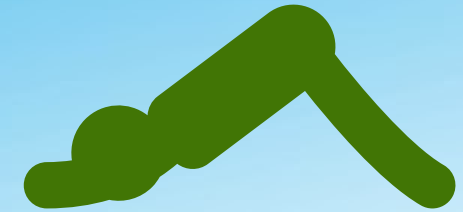
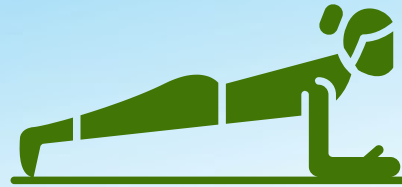
**Balance, Coordination**

# Body Parts Game

## Description

Move around space, someone calls out different body parts and children create a balance with only those body parts touching the ground.

Add timings to the balance to see how long you can hold it



none



**Main Skill**  
**Balance**

# Musical Balance

## Description

Like musical statues, when music stops pupils create and hold a balance.

Add timings to the balance to see how long you can hold it

## Equipment

music



## Main Skill

**Balance, Coordination**

# Beep Beep

## Description

Play song 'beep beep' - the little nash rambler by playmates (on you tube and itunes)

Children move in time with the music (starting very slow to fast)

Focus on trying to keep going for the full song/ stamina/ rhythm and timing.

## Equipment

music



## Main Skill

**Balance, Coordination**

# Dribble and Shoot

## Description

3 hoops are spaced out at the end of the area (left, right & centre) these are the scoring zones.

Leading to these hoops are 3 cones.

The child stationed at the start of each line of cones. Each have a ball.

Players 'dribble' the ball as much as possible in and out the cones. At the last cone they have a shot of shooting the ball into the hoops to score as many points as possible. They then take the ball back to the start.

Try from each distance and count your score.

TIPS FOR SUCCESS Encourage as much dribbling of the ball as possible whilst remaining in control. When shooting stop and aim carefully.

## Main Skill

**Balance, Coordination and Agility**

## Equipment

skittles, cones, football



# Red, Amber, Green

## Description

Get the children into a space. On the coaches command, they will move about the room:

Green – walk/run/hop/slow motion run

Amber – jog on the spot

Red – freeze/stop in a “ready position”

Mix up the commands to suit the group

### TIPS FOR SUCCESS

Children should stay in a space with no touching.

Children should be aware of others, don't move too fast.

Ready position is feet shoulder width apart, knees very slightly bent, hands touching together in front about waist height and elbows bent

Encourage changes of direction, try not to have everyone going round together in a big circle, demonstrating as necessary

## Main Skill

**Balance and Agility**

## Equipment

No equipment required



# Warm Up Dance

## Description

Using slow music in the background, encourage the children to stand like ballerinas. Standing on one foot, stretch the other out in front and touch the toes to the front, with alternating legs, this can progress to side and back touches, gradually encouraging them to lift their foot higher. Move up the body to knees, getting children to bend their knees slightly, as in a plie (plee-ay) from ballet, and progress this into a full plie by bending the knees fully, moving to a crouch position and back up to standing. Move to the upper body, and get the children to “make a basket” with their hands in front of their tummy. Reach down to the floor, trying to keep the legs straight and hands linked, and reach back up to the sky.

### TIPS FOR SUCCESS

Ballerina stance is with heels together and toes pointing out in opposite directions. Encourage children to keep their head up and back straight, like a ballerina!

All warm up moves can be repeated as many times as necessary, but should be slow and controlled.

Encourage children to try and keep their legs straight.

Prevent the children from bouncing into the stretch or going too far so that it hurts.

## Main Skill

**Balance**

## Equipment

No equipment required





# Travelling

## Description

Revise running on tip toes, skipping and galloping and encourage the children to practice these movements in the space with light feet and no noise.

Creativity;

In a group, discuss other movements that dancers may do on stage e.g. spin, jump, leap. Lie equipment in the space that corresponds to that movement i.e. hoop to spin in, a spot to jump onto and a mini hurdle to leap over. When the music is off, encourage children to travel in the space. When the music comes on, the children should approach a piece of equipment and do the corresponding movement.

### TIPS FOR SUCCESS

These movements should be practiced slowly, quietly and gracefully

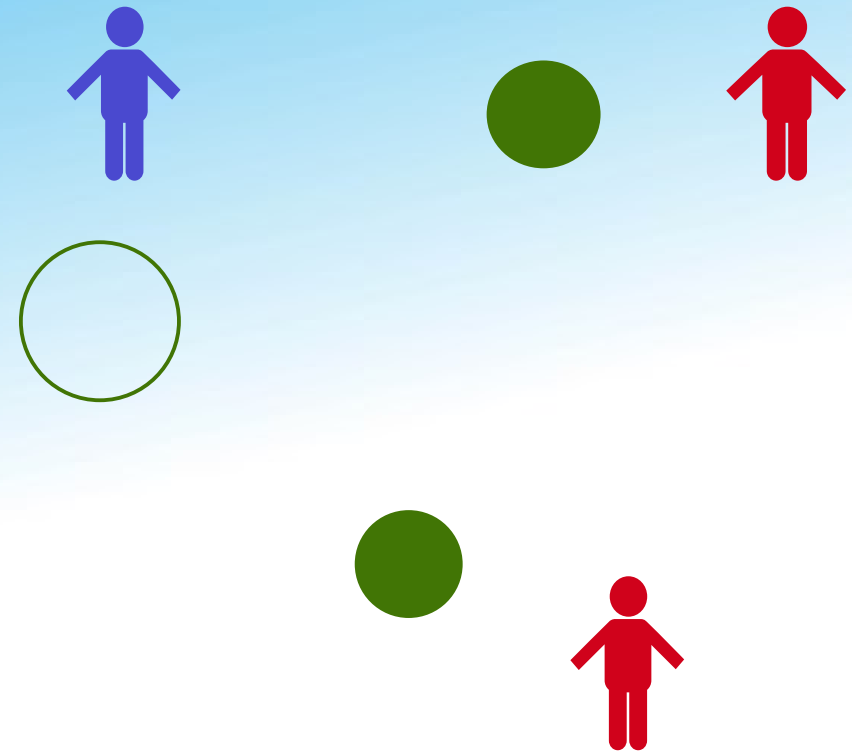
Encourage the children to dance as quietly and gracefully as they can, making little noise.

## Main Skill

**Balance and Coordination**

## Equipment

Hoops, spots and hurdles



# Rory says

## Description

Set up 4 areas in the space that you have. You can mark these out with cones or similar or just use the furniture in your house or items in the garden etc.

Blue cones - river

Red cones - out of bounds

Yellow cones - Bunker

Green cones - Putting Green

When coach (or child) shouts the commands starting with 'Rory says' the children run to the space. If the coach does not say Rory says they shouldn't run to the space

VARIATIONS Use additional command - Fore, lost ball and make up something the child should do if these commands are shouted Use a different sport Get the children to choose who says, i.e. ask them if they know a famous golfer

## Main Skill

**Coordination, Agility/ Speed**

## Equipment

Cones

