

Animal Balance

Description

Organise a race with different animals...which is the fastest animal?

Be a Rabbit - half leg bend to spring forward hands as ears

Be a Frog - crouching on all fours to spring into the air

Be a Kangaroo – on all fours, bottom down with paws in front

Be a Chicken - deep leg bend walk holding the ankles

Be a Duck - half leg bend hands on hips with waddle

Be a Mouse - body as small as possible on all fours

Be a Bear - hands and feet on floor, with straight legs

Be a Seal - Lying on tummy push up the upper body, drag pull along the floor

Be a Monkey - arms move in walking action, legs slightly spring

Be a Crocodile - on forearms and toes flat holding body off the ground move along floor with tummy raised off the floor

Be a Crab – On all fours, facing up and can move forwards, backwards, sideways

Main Skill

Dynamic Balance and Coordination

Equipment

No equipment required

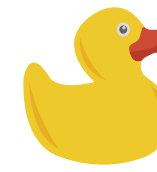
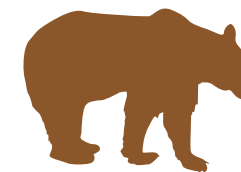
TIPS FOR SUCCESS

Demonstrations for the harder animals are imperative
Include movements for all the animals to improve warm up and see development

Children should keep body tight for these exercises and only hold them as long as is comfortable

When jumping crouch down and spring up quickly, returning to your crouched position

Ask children for ideas of other animals they can make and how they can move



Throw/ kick and fetch

Description

Each child has a ball

Bounce the ball and catch with two hands

Throw the ball in the air and catch with two hands

Clap when the ball is in the air and then catch with two hands. How many claps can you do and still catch the ball successfully with two hands?

Count number you can do and try to beat it

TIPS FOR SUCCESS

Watch ball
Bring ball into to chest each time

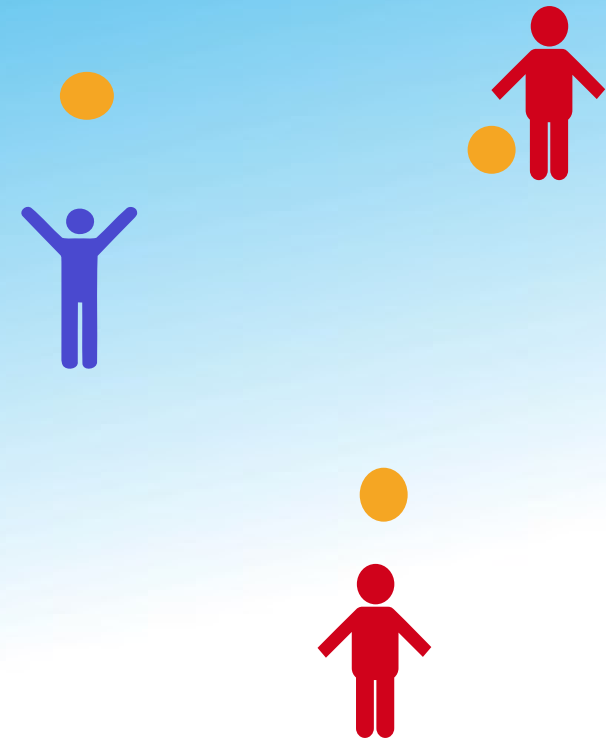
VARIATIONS

Use one hand, use weaker hand, different types/
sizes of ball

Main Skill
Coordination

Equipment

A variety of balls



Mirrors

Description

Children work in twos. One is the lead and the other the mirror:

The lead makes different shapes: pike, straddle, stork, etc.

The lead moves in different ways (like follow the leader but stationary)

VARIATIONS

Swap leads, change to dynamic movements

Equipment

No equipment required



Main Skill

Balance and Coordination

Wall Throw

Description

Children have a tennis ball each or between two and bounce it off the wall in different ways trying to catch the rebound

Count the number that you can do and then try and beat your score

VARIATIONS

Use different sizes, types of balls

Use different throws, overhand, underhand, bounce, throw higher, lower, spin round before catching, stand closer or further away one bounce before catching to make it easier

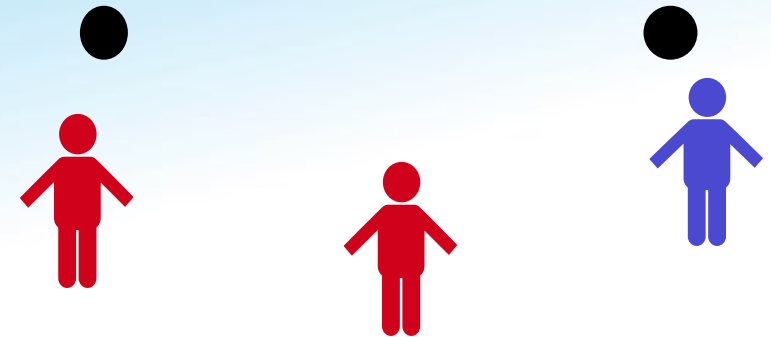
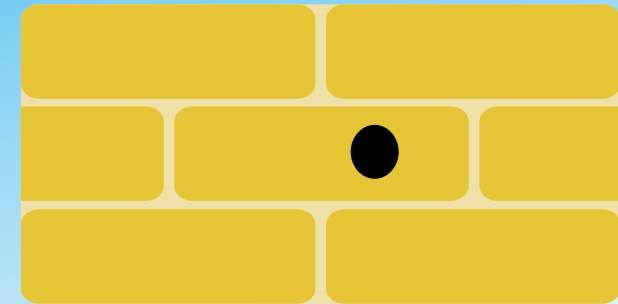
Add a racquet

Main Skill

Coordination

Equipment

A variety of balls, raquets



Compass

Description

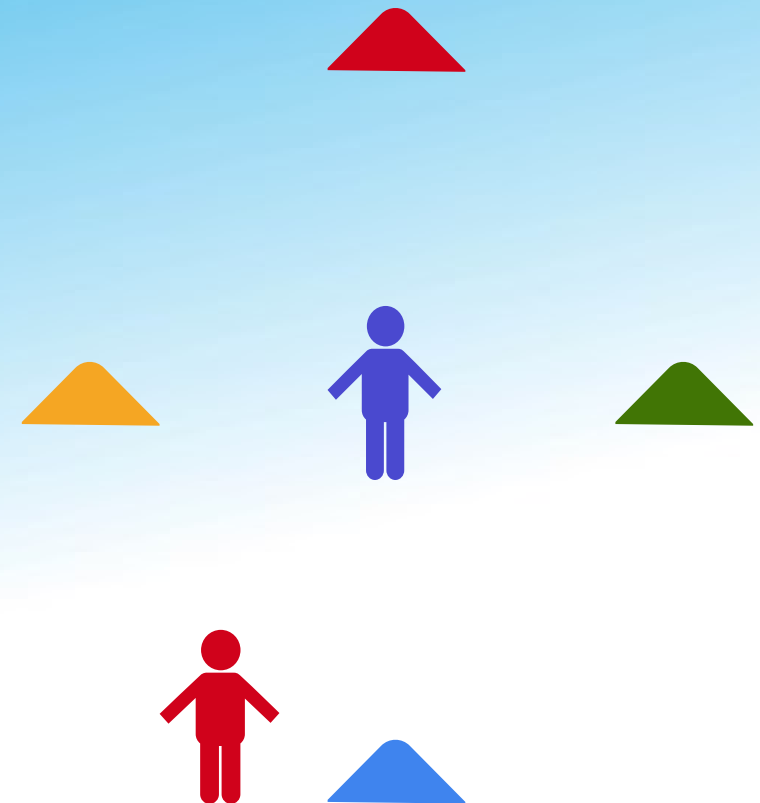
In pairs, children make a small diamond with 4 different colour cones. One child stands in the middle of the diamond while the other calls North, South, etc or colours.

If we want to compromise balance more and work on counterbalances, have the child stand on one leg. The child calling the actions can also call a sequence instead of just one.

Time yourself and try and beat your time.

Equipment

Cones or coloured paper/ signs etc



Main Skill

Balance

Beat the goalie

Description

In twos or threes, children make a goal with two cones and throw a set number of times trying to score goals

ADAPTATIONS

Make the goal smaller/ bigger

Move closer/ further away

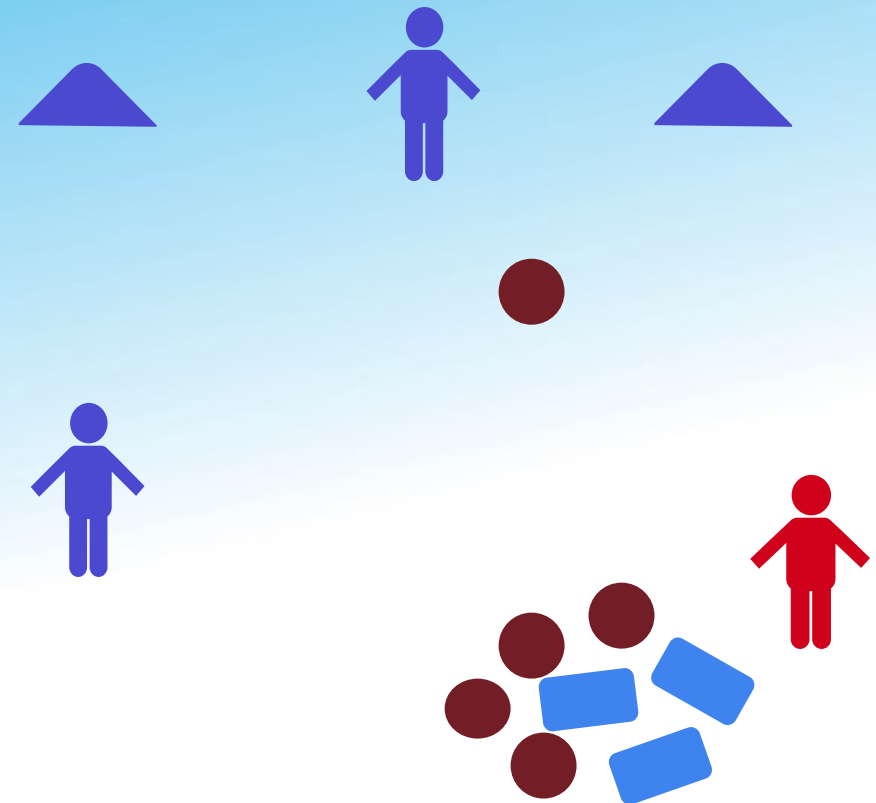
Add/ remove goalie

Add up your score

Main Skill
Coordination

Equipment

Cones, balls, bean bags to throw



Top Gear

Description

Children move around the playing area weaving in and out of each other.

We assign a movement type to each 'gear' so when we call that gear they have to replicate that action.

Some examples:

A) 1 = walking; 2 = jogging; 3 = jog backwards;
4 = quick walk; 5 = sprint

B) 1 = walk; 2 = one foot hop; 3 = bunny hop;
4 = sidestep; 5 = long strides

Equipment

No equipment required



Main Skill

Agility

Simon Says

Description

Coach (or a child) gives out instructions as in the Simon says game.

This can be developed to focus on a specific skill.

Equipment

No equipment required



Main Skill

Balance and Coordination

Mine sweeper

Description

Put lots of cones, and hoops on the floor. You can use anything you have - even paper with symbols on it.

These are the mines

Children have to jump over the mines

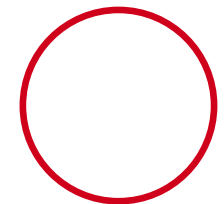
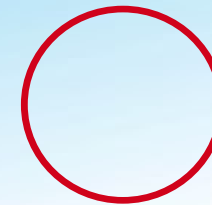
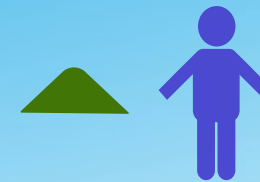
Choose a different way of jumping or landing for different types of mines

Main Skill

Balance and Agility

Equipment

Cones or anything you can safely jump over



Football Cricket

Description

Set up 2 targets 5 metres apart to act as wickets

One child is batting (kicking) and the other child is fielding.

The ball is kicked by the batter.

The kicker starts running between the wickets to score runs.

The other child has to run to the ball dribble the ball (no child is allowed to touch the ball with their hands) all the way back to the top wicket.

The kicker has to make sure he/she is home before the fielder gets back or he/she will be out.

VARIATIONS Condition the way the ball can be kicked, i.e. weak hand/ foot. Change movement - sideways, hopping, skipping

Main Skill

Coordination and Agility

Equipment

Cones or a target, ball

