

SPEED BOUNCE

Equipment – none required – use a line on the playground (bean bags or throw down lines/feet).

- Pupils to jump two-footed over centre divide as many times as possible in 20 seconds.
- One point is scored for every jump.



BEAN BAG THROW

Equipment – Bean bags, targets (e.g. hoops)

- Set up hoops at different distances away from start line –there are 5 hoops for this activity
- Pupil stands behind line and throws bean bags towards target.
- 1 point is scored for the bean bag landing inside the nearest hoop with 5 points for the furthest away.



STANDING LONG JUMP

Equipment – Long Jump mat or anything to measure distance jumped (e.g. a tape measure/metre rule)

- Pupils stand with toes behind the start line (2 feet together) and jump as far as they can.
- Sports leaders read off the score (to back of heel or hand if they fall back) note the distance. One point is scored for every 5cm jumped (e.g. if 1m is jumped then the score is 10).



FOOTBALL DRIBBLE

Equipment – size 3 football & 5 cones.

- Cones are placed at 2m intervals.
- Using either foot or just one students dribble their way through the cones.
- Count how many cones they achieve dribble around in 30 seconds, one point per cone.



WALL CATCH

Equipment - use a wall space and any ball that children are comfortable.

- Throw the ball against a wall and complete as many catches as possible in 30 seconds.
- Two points are scored for every successful catch.



SHUTTLE RUN

Equipment - use two cones – preferably “witches hat” type cones.

- Two cones are placed 5m apart. Run between the cones touching the cone every time you reach it, turn around and run towards the other cone.
- Two points are scored for every cone touched.



HOOP TRICKS

Equipment – hula hoops.

- Children step through the hoop as many times as they can in 30 seconds.
- Two points are scored every time they step through the hoop.



BEAN BAG SHUTTLE RUN

Equipment – Bean bags and cones.

- Cones are placed 5m apart. On one end there are a number of bean bags placed.
- Children start on the side where there are no bean bags. On the whistle collecting one bean bag at a time try to bring back as many bean bags as you can! Two points for every bean bag collected.

