

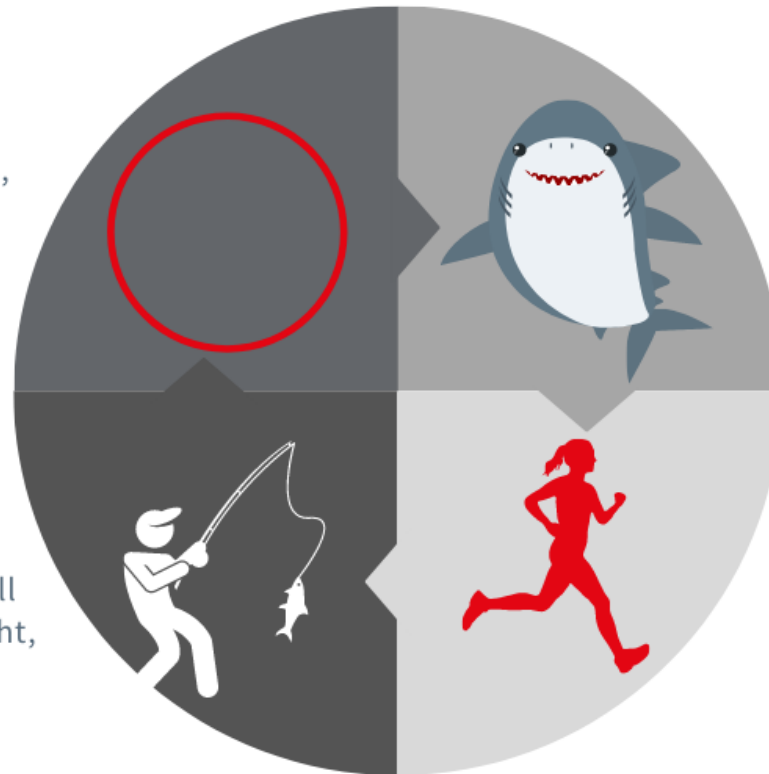
Shark Attack

Warm - up (P1-P3)

Hoops

Step 1

Lay several hoops around the gym hall, playground or field.



Step 2

Pick one child to be the 'shark', the rest are 'fish'.

Step 4

Keep playing until all fish have been caught, removing hoops gradually to make it harder.

Step 3

Fish start by running. You shout 'Shark Attack' and the shark must catch the fish. Fish cannot be caught inside a hoop. Caught fish sit at the side.

Tails

Warm - up (P1-P3)

Tails
(Velcro or
Plastic Bands)

Step 1

Give each child a 'tail', either a velcro one or one that can be tucked into their waistband.



Step 2

Ask children to run around the space you have marked out, watching out for each other.

Step 3

When you give the signal (clap hands, blow whistle) they have to try to steal each other's tails. Tucking stolen tails into their waistband.

Step 4

Winner is the person at the end with the most tails.

Banana Tig

Warm-up (P1-P3)



Step 1

Begin with running: encourage children to be careful of each other and look up.



Step 2

One person is the 'catcher' and the rest of the group are 'bananas'.

Step 4

To be 'freed', another banana must 'peel' them, by bringing their arms down by their sides.

Step 3

When a child is caught by the catcher who tigs them, they must put their arms up above their head like a banana.

Knockout Dodgeball

Warm - up (P1-P3)

Soft Ball

Step 1

Children are lined up at one end of the hall, playground, field.



Step 2

One child, the 'catcher' has the ball in the middle of the area specified.

Step 4

Any child who is hit, must sit out. Play continues until one person left.

Step 3

When the catcher shouts 'GO' all children must run from one side of the hall to the other, without getting hit (from the waist down).

Animal Jumps

Warm-up (P1-P3)

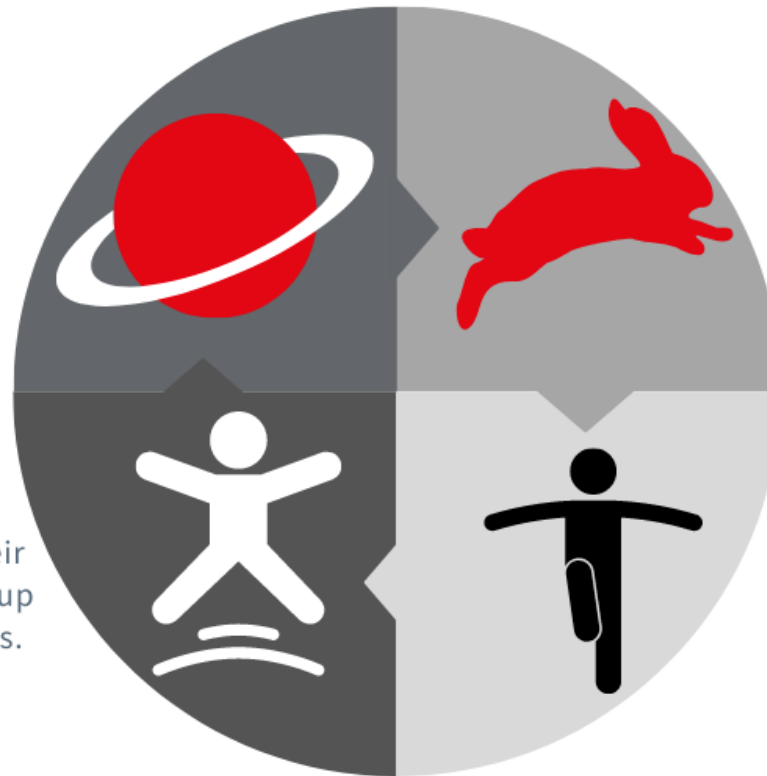


Step 1

Spread group out across the space available

Step 4

Ask children to keep their feet together and jump up and down for 10 seconds. Then side to side for 10 seconds.



Step 2

Decide on the jumping animal you are going to use, e.g. bunny, kangaroo, frog etc.

Step 3

Next touch your toes and reach up to the sky for a count of 10. balance on one foot for a count of 10.

Banana Tig

Warm-up



Hearing impairment

Use diagrams or written explanations.
Use of demonstration.
Use Visual cues i.e. coloured flags/bibs for each action & start/finish

Visual Impairment

Have a buddy or member of staff to run along side participant.
Clear use of instruction



Physical Disability

Larger space to allow for direction changes
Encourage other participants to move in ways to slow down the pace, i.e. Hop, Skip, Jump

Learning disability

Short simple instructions,
use of demonstrations.