



## Activity dice

### Objective

Allocate each child a cone to stand by

One leader rolls the dice

Whichever number it lands on represents an activity the children must complete:

1. Balance on one leg for 10 seconds
2. Find a partner and both jump as high as you can 10 times
3. Run on the spot for 30 seconds
4. Balance on 4 body parts without moving for 5 seconds
5. High-five all the other children, then return to your cone
6. Perform 6 star jumps

### Equipment

Dice  
Cones

### Skill

Balance  
Agility  
Fitness



## Agility run

### Objective

Run through the ladder and back over the hurdles as fast as possible

Leaders will demonstrate different footwork patterns through the ladder

### Equipment

Stopwatch  
Cones  
Ladder  
Hurdles

### Skill

Agility  
Coordination  
Power  
Speed

# Activity dice

## Coaching Points

- Encourage the children to always try their best with each of the challenges

## Adapted

- Reduce the number or length of time children must complete each challenge for
- Change some of the activities if children find them too difficult

## Challenge

- Increase the difficulty or duration of each challenge

## Social

- Are you able to take turns and play fairly when needed?
- Can you share and reflect with a partner about what you may need to improve on in this game?

## Scoring

- No scoring. Just play for fun and fitness.

**SPORTS  
LEADERS**

**REFSPECT**  
DON'T X THE LINE

Determination • Honesty • Passion • Respect • Self Belief • Teamwork

# Agility run

## Coaching Points

- High knees
- Run on the balls of your feet
- Keep your head up and straight in front of you while running

## Adapted

- Use simple footwork patterns
- Use cones instead of the agility ladder

## Challenge

- Create more complicated movement patterns through the ladder
- Set the children a time limit, in which they must complete the agility run
- Add a line of cones for children to slalom through

## Social

- Do you understand that not winning may make you feel different emotions?
- Can you work in a team to encourage and motivate those around you?

## Scoring

- 1 point awarded for each completed run
- Add up each completed run for a total score
- The fastest time sets the record

**SPORTS  
LEADERS**

**REFSPECT**  
DON'T X THE LINE

Determination • Honesty • Passion • Respect • Self Belief • Teamwork



## Balance beam

### Objective

Try and balance on the beam for as long as possible using one foot

Maximum 30 seconds

*Safety: Place balance beam onto a gym mat to avoid slipping*

### Equipment

Balance beams or mark a line with tape  
Stopwatches

### Skill

Strength  
Concentration  
Focus  
Balance



## Balance bean bag

### Objective

Balance a bean bag on any part of the body without dropping it whilst weaving in and out of the cones

### Equipment

Cones  
Bean bags

### Skill

Balance  
Spatial awareness  
Coordination  
Agility

# Balance beam

## Coaching Points

- Use arms to balance
- Focus on one area
- Use dominant foot to balance on
- Tense your muscles

## Adapted

- Balance two feet on a marked line on the floor

## Challenge

- Balance on opposite foot
- Balance with your eyes closed
- Hold a ball above your head while you are travelling along the beam

## Social

- How do you feel when you fall off the beam and have to start again?
- What is self-belief? Can you show self-belief during this activity?

## Scoring

Number of seconds child balanced for  
Max 30 secs

**SPORTS  
LEADERS**

**REFSPECT**  
DON'T X THE LINE

Determination • Honesty • Passion • Respect • Self Belief • Teamwork

# Balance bean bag

## Coaching Points

- Focus forwards, keeping head up
- Straight arms
- Use arms for balance
- Small steps

## Adapted

- Balance the bean bag on any part of the body, on the spot, without walking
- Walk in just a straight line
- Hold the bean bag on your head

## Challenge

- Decrease the distance between the cones
- Speed up
- Use a Tennis racket and ball to balance whilst travelling

## Social

- What are the rules of this activity?
- Can you follow the rules and show honesty while playing?

## Scoring

1 point for each completed run with no drops  
*Add up total scores*

**SPORTS  
LEADERS**

**REFSPECT**  
DON'T X THE LINE

Determination • Honesty • Passion • Respect • Self Belief • Teamwork



## Bean bag bocchia

### Objective

Split the group into two teams

Team members should have bean bags of the same colour. A cone is used for the target

Teams take turns throwing their bean bags towards the target, until all children have thrown their bean bags

Children can knock the target or other bean bags with their throws

When all the bean bags have been thrown, the team whose bean bag is closest to the target cone wins the round

### Equipment

Bean bags  
Cones  
Line markers

### Skill

Accuracy  
Decision Making  
Throwing



## Beat the clock

### Objective

Place between 6-10 tennis balls in a hula hoop next to your start line

Place a hula hoop at the other end of the playing area

Carrying only one object at a time, children sprint to the hula hoop and then back to the start line

Use the stopwatch to time how long each child takes to move all the tennis balls

### Equipment

Stopwatch  
Hula hoops  
Tennis balls

### Skill

Agility  
Speed  
Stamina

# Bean bag boccia

## Coaching Points

- Opposite foot to throwing arm forward
- Underarm throw
- Swing back and then follow through
- Fingers should finish pointing at the target

## Adapted

- Use a larger target (hula hoop) and award points for the bean bag being close to the hoop, on the hoop or in the hoop
- Change the object being thrown (children may prefer to roll a ball at the target or use a ramp)
- Decrease the throwing distance
- Allow children to kick or strike a ball towards the target

## Challenge

- Children must use their non dominant hand to perform an underarm throw
- Increase the throwing distance

## Social

- Can you be sensible and take turns with your teammates/other teams?
- Can you be kind when giving other children ideas and feedback?

## Scoring

- After all the bean bags are thrown, the team whose bean bag is closest to target cone, score a point

**SPORTS  
LEADERS**

**REFSPECT**  
DON'T X THE LINE

Determination • Honesty • Passion • Respect • Self Belief • Teamwork

# Beat the clock

## Coaching Points

- Bend your knees when picking up or placing objects
- Keep your head up and look where you are going
- Only collect one piece of equipment at a time

## Adapted

- Allow children to complete the challenge without being timed
- Decrease distance between the start line and the hoop

## Challenge

- Increase the distance between the start line and the hula hoop
- Add a set of cones to slalom or an obstacle to jump over
- Use cones instead of a hula hoop. Children must place the ball on top of a cone instead of into a hula hoop

## Social

- Are you able to give feedback to other children that are playing the game?
- It will take time to build up your stamina and fitness for this challenge. Can you keep trying even if you find it difficult?

## Scoring

- The child who moves all of the tennis balls in the fastest time, wins

## Variation

- Play several games and add up the total score for each round
- Children see how many objects they can place in a set time limit (e.g. 30 seconds)

**SPORTS  
LEADERS**

**REFSPECT**  
DON'T X THE LINE

Determination • Honesty • Passion • Respect • Self Belief • Teamwork



## Blindfold trust

### Objective

Children work in pairs with one child as the leader and the other child as the follower (wearing a blindfold)

Starting on one side, the leader must direct the follower through to the other side without the follower touching any of the obstacles on the ground

If the follower makes contact with any of the obstacles, they must return to the start of the course

Children can switch roles after a set time or when the follower makes it through to the other side

### Equipment

Blindfolds (or hands over eyes)  
Obstacles (cones/hula hoops/bean bags)

### Skill

Communication  
Decision making  
Teamwork  
Trust



## Bowling

### Objective

Using 3 balls, try to knock over as many skittles as possible

### Equipment

3 balls, 1 set of skittles (tennis balls on cones)

### Skill

Accuracy  
Power  
Rolling  
Throwing

# Blindfold trust

## Coaching Points

- Give clear instructions
- Be positive and encourage each other
- Work as a team

## Adapted

- Place fewer obstacles on the floor
- Increase the size of the rectangle
- The follower does not have to return to the start of the course if they touch an object. (They get 3 lives instead before they must return)
- The leader can hold the arm or hand of the follower for reassurance.

## Challenge

- Place more obstacles on the floor
- Decrease the size of the rectangle
- The instructor can only use nonverbal or non-physical communication. Or even talk in code

## Social

- How does it feel to place trust in your partner?
- What can you do to help your partner trust you?

## Scoring

- Award each pair one point for making it through the rectangle without touching any obstacles

## Variation

- Pairs can race to be first to make it through the maze without touching an obstacle. One point is awarded to the first team to get through

**SPORTS  
LEADERS**

**RESPECT**  
DON'T X THE LINE

Determination • Honesty • Passion • Respect • Self Belief • Teamwork

# Bowling

## Coaching Points

- Opposite foot to throwing arm forward
- Knees bent and keep low
- Roll the ball along the ground
- Swing back and then follow through
- Fingers should finish pointing at the target

## Adapted

- Increase the number of skittles
- Decrease the throwing distance
- Use a slightly larger ball
- Allow children to kick or strike the ball towards the skittles

## Challenge

- Use a slightly smaller ball
- Increase the throwing distance
- Throw with your non dominant arm

## Social

- Are you able to take turns with your teammates?
- Can you interact with other children in a kind way?

## Scoring

- 1 point scored for each skittle knocked down
- Score is the total amount of skittles knocked over after all 3 throws

**SPORTS  
LEADERS**

**RESPECT**  
DON'T X THE LINE

Determination • Honesty • Passion • Respect • Self Belief • Teamwork





## Break

### Objective

This station gives the pupils a break and challenges them to develop communication and team work skills

Arrange yourselves in alphabetical order without speaking

Arrange yourselves in age order without speaking

Month / day order

### Equipment

Prepared tasks for pupils

### Skill

Communication  
Teamwork



## Cone stack

### Objective

Each team has 5 cones placed in a line in front of their line marker. Each cone is placed further away from the last one. Leave roughly a one metre gap between cones

One child from each team takes a turn rolling a ball to hit their cones

If a cone is hit, it must be stacked on top of the next cone that is further away

If unsuccessful, children must collect their ball and bring it back to the next person on their team

### Equipment

Cones  
Line markers  
Tennis balls

### Skill

Accuracy  
Rolling  
Teamwork  
Speed

# Break

## Coaching Points

- Ask pupils questions on how they can communicate without speaking to complete tasks
- *Please give pupils hints if they are struggling*
- *Avoid personal characteristics that may cause others to feel upset (e.g. height order)*

## Social

- Are you a good teammate?
- What sort of things can you do, that will make you a good teammate?
- What is good communication?

## Adapted

- Ask the group easier questions
- Allow one or more of them to speak

## Challenge

- Ask the group harder questions

## Scoring

1 point awarded for each completed task  
*Add up total score*

**SPORTS  
LEADERS**

**REFSPECT**  
DON'T X THE LINE

Determination • Honesty • Passion • Respect • Self Belief • Teamwork

# Cone stack

## Coaching Points

- Opposite foot to throwing arm forward
- Stay low to the ground
- Keep the ball on the ground
- Swing back and follow through
- Fingers should finish pointing at the target

## Easier

- Use a slightly larger ball or larger cones.
- Children can kick/strike a ball towards the cones
- Decrease distance between the line markers and the cones

## Harder

- Increase the distance between the line markers and the cones
- Ask children to roll the ball with their non dominant hand

## Social

- What is empathy?
- How can you encourage others when they are finding things challenging?

## Scoring

- The first team to stack all their cones **AND** then hit the last stack of cones win the game
- Play several games and add up the total score for each round. For every cone the team can hit, they score 1 point

**SPORTS  
LEADERS**

**REFSPECT**  
DON'T X THE LINE

Determination • Honesty • Passion • Respect • Self Belief • Teamwork



## Dishes and domes

### Objective

Split children into 2 teams.  
Each team stands behind a line of cones or a starting marker

Inform team A:

Turn all of the cones so they look like dishes

Inform team B:

Turn all of the cones so they look like domes

Once the children have turned one cone, they leave it on the floor and return to their team so the next child can go

Give the children a time limit (e.g. 2 minutes).

After time is up, children return to their original line and count how many cones are dishes and how many are domes

The team with the most cones facing the way they were aiming for, is the winner

### Equipment

Cones  
stopwatch

### Skill

Agility  
Decision Making  
Fitness  
Speed  
Teamwork



## Flip the hoop

### Objective

Each team lines up with a bean bag, a hoop in front of them to aim at and a cone at the far end

Children take turns in their teams throwing the bean bag at the hoop. If the beanbag lands in the hoop OR on the hoop, that counts as a successful throw

If successful, they get to flip the hoop over, so that it moves further away from the throwing line

If unsuccessful, the hoop stays where it is

The next person then has their turn

The first team to flip their hoop over the cone at the end, wins the game

### Equipment

Bean bags  
Cones  
Hula Hoops  
Line Markers

### Skill

Accuracy  
Communication  
Teamwork  
Throwing

# Dishes and domes

## Coaching Points

- Bend your knees when turning the cones over
- Keep your head up to see where you are going
- Only move one cone at a time

## Adapted

- Decrease the distance between the cones and the start line
- Pupils do not have to run back to the start line after each cone they turn over
- Use a table to play the game with wheelchair users

## Challenge

- Increase the distance between the cones and the start line
- Turn cones with non-dominant hand

## Social

- Are you able to take turns, play fairly and be honest?
- Can you share equipment and move freely with other children?

## Scoring

- The winning team members receive 1 point for each game they win
- Add up the total score for all the games

## Variation

- Count the number of cones scored in each round and add them together

**SPORTS  
LEADERS**

**REFSPECT**  
DON'T X THE LINE

Determination • Honesty • Passion • Respect • Self Belief • Teamwork

# Flip the hoop

## Coaching Points

- Opposite foot to throwing arm forward
- Underarm throw
- Swing back and follow through
- Fingers should finish pointing at the target

## Adapted

- Use a larger hula hoop
- Change the object. Children may prefer to roll a ball to try and touch the hoop
- Allow the hoop to be flipped if the beanbag is close to the hoop
- Children can kick a small ball towards the target instead of throwing a bean bag

## Challenge

- Children must use their non dominant hand to throw the beanbag
- If they miss the hoop, they must flip the hoop back towards them

## Social

- Do you understand that competitive situations might make you feel different emotions? Can you talk to a partner about this?
- Are you able to take turns and support your teammates when needed?

## Scoring

- The first team to flip their hoop over the cone at the end wins the game

**SPORTS  
LEADERS**

**REFSPECT**  
DON'T X THE LINE

Determination • Honesty • Passion • Respect • Self Belief • Teamwork



## Grandma's footsteps

### Objective

One leader takes on the role of "Grandma"

All the other children line up at the start line, which is at the other end of the playing area. They each have their own cone in line with Grandma to target

Grandma turns their back to the children while they advance towards their cone. When Grandma turns around to face the children, anyone who is caught moving returns to the starting line

This is repeated until a winner is found. The winner is the first person to reach their cone

They can either decide to be Grandma themselves or choose someone else to be Grandma

**Equipment**  
Cones

**Skill**  
Balance  
Decision Making  
Focus



## Hats

### Objective

Pair children up into roughly equal ability

Give each pair a cone with each child placed 1 metre either side of the cone. (Check to make sure they are not close enough to bump heads)

Give the children an instruction e.g. star jumps, high knees, touch your head, touch your toes

On the leader's command (**HATS**), the children see who is fastest to pick up the cone

After saying "**HATS**", count down "3-2-1." Tell the children that 1 means the cone should be back on the floor and everyone should be ready to play the next round

**Equipment**  
Cones

**Skill**  
Reaction Time  
Speed  
Focus  
Object Control  
Coordination

# Grandma's footsteps

## Coaching Points

- Move slowly so you can stop if Grandma turns around

## Adapted

- Children can have 3 lives before they must return to the start line
- Children can take one big step back from where they were spotted moving instead of going back to the start line

## Challenge

- Children must complete a physical challenge once they return to the start line (e.g. 10 star jumps)
- Children must complete a skill challenge once they return to the start line (e.g. throw and catch a ball 3 times)

## Social

- Can you reflect on the emotions you may feel if asked to return to the start line?
- Can you share the equipment and space with others?

## Scoring

- The first person to reach their target cone is the winner

**SPORTS  
LEADERS**

**REFSPECT**  
DON'T X THE LINE

Determination • Honesty • Passion • Respect • Self Belief • Teamwork

# Hats

## Coaching Points

- Concentrate and listen closely
- Stay on your toes
- Reset your body and be ready to pick up the cone after each instruction

## Adapted

- Play the game in small groups where each child has their own cone
- Use colour cards for hearing impaired
- Adapt the speed and intensity of the instructions depending on the ability of the children

## Challenge

- If a child wins, ask them to take a small step back from their cone
- Go faster with the instructions
- Ask the children to perform the physical challenges for longer periods

## Social

- Can you work in pairs considerately and effectively?
- Can you understand and reflect on the emotions you may feel if you cannot pick up the cone first?
- Perseverance is when you keep trying when things are difficult – can you keep trying?

## Scoring

- Allow the pairs to decide for themselves if they would like to keep score or play for fun

**SPORTS  
LEADERS**

**REFSPECT**  
DON'T X THE LINE

Determination • Honesty • Passion • Respect • Self Belief • Teamwork



## Speed bounce

### Objective

Achieve as many jumps as possible in 20 seconds

*Time can vary to suit ability of whole group*

### Equipment

Stopwatch  
Speed Bounce mat or line markers/  
cones

### Skill

Agility  
Coordination  
Power  
Speed



## Treasure chest

### Objective

Mark out four different coloured squares in the corners and a hoop or box in the centre filled with lots of "treasure" (balls or bibs or bean bags)

Split children into 4 teams and assign each team a square

One at a time, children travel towards the treasure chest in the middle. They must collect one piece of equipment and return it to their square. Once they return, the next person can go

Children continue until all the treasure has been collected

The way children collect the treasure can be altered. Examples include using feet only, hands only, Tennis racquets only

### Equipment

Cones  
Hula hoop  
Bean bags/  
bibs/balls

### Skill

Decision making  
Speed  
Teamwork

# Speed bounce

## Coaching Points

- Jump side to side over the hurdle with two feet together
- Stand sideways to the hurdle
- Bend your knees and use your arms to jump

## Adapted

- Step over the speed bounce mat or line
- Guide pupils over the line. Wheelchair wheels must cross the line fully to count as a point

## Challenge

- Use one foot only
- Use a taller hurdle

## Social

- Ask a team mate for feedback on how you are performing the speed bounce
- Why is it important that you give someone feedback in a kind and fair way?

## Scoring

- Total number of jumps
- Based on best score only
- Leaders must time 20 seconds and count the number of jumps completed

**SPORTS  
LEADERS**

**REFSPECT**  
DON'T X THE LINE

Determination • Honesty • Passion • Respect • Self Belief • Teamwork

# Treasure chest

## Coaching Points

- Bend your knees when picking up treasure
- Keep your head up and look where you are going
- Make sure only one child per team goes at a time
- Only collect one piece of equipment at a time

## Adapted

- Allow children to collect more than one piece of treasure
- Children can travel to the treasure chest in any way they choose (hopping/skipping/jumping/walking/running)
- Decrease distance between the squares and treasure chest

## Challenge

- Increase the distance between the squares and the treasure chest
- Add a set of cones for children to slalom through or a hurdle to jump over

## Social

- Can you follow the rules of the game and respect the leader's decisions?
- Can you work in a team to encourage and motivate those around you?

## Scoring

- When all the treasure has been collected, the team with the highest number of items wins the game
- Play several games and add up the total score for each round

**SPORTS  
LEADERS**

**REFSPECT**  
DON'T X THE LINE

Determination • Honesty • Passion • Respect • Self Belief • Teamwork





## Target throw

### Objective

Throw 3 bean bags at the various targets set out

Set out targets as easy, medium and hard

### Equipment

Bean bags  
3 hoops

### Skill

Accuracy  
Power  
Throwing



## Target throw

### Objective

Throw 3 bean bags at the various targets set out

Set out targets as easy, medium and hard

### Equipment

3 x bean bags  
3 hoops

### Skill

Accuracy  
Power  
Throwing

# Target throw

## Coaching Points

- Opposite foot in front
- Underarm throw
- Fingers should finish pointing at the target
- Adapt power to throw the correct distance

## Adapted

- Change the object being thrown
- Throwers can hold onto a leader or an adult for support if needed.
- Use a ramp and a ball
- Decrease the throwing distance

## Challenge

- Increase the throwing distance
- Smaller target surface (e.g. floor spots)
- Use a ball instead of a bean bag

## Social

- How can you create a fun and positive environment for those playing the game with you?

## Scoring

- Easy = 1 point
- Medium = 2 points
- Hard = 3 points
- Add up total for all 3 throws*

**SPORTS  
LEADERS**

**REFSPECT**  
DON'T X THE LINE

Determination • Honesty • Passion • Respect • Self Belief • Teamwork

# Target throw

## Coaching Points

- Opposite foot in front
- Underarm throw
- Fingers should finish pointing at the target

## Easier

- Decrease the throwing distance
- Larger target surface

## Harder

- Increase the throwing distance
- Smaller target surface
- Use ball instead of beanbag

## Inclusive

- Change the object being thrown
- Support pupil when throwing
- Use a ramp and ball

## Scoring

- Easy = 1 point
- Medium = 2 points
- Hard = 3 points
- Add up total for all 3 throws*

**SPORTS  
LEADERS**

**REFSPECT**  
DON'T X THE LINE

Determination • Honesty • Passion • Respect • Self Belief • Teamwork