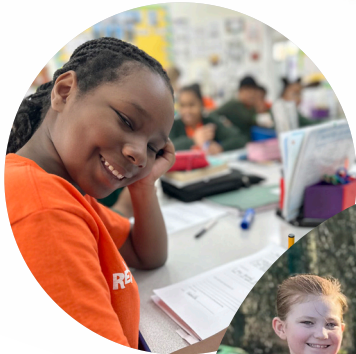


MULTI-SKILLS ACTIVITY CARDS

“The opportunity to take on a leadership responsibility really brought out a nurturing side in some children that find it a challenge to self-regulate or struggle socially. The younger children were all really excited to play the games”

(Assistant Headteacher and Inclusion Lead – Abbotsbury Primary)



The Merton School Sport Partnership's Year 5 & 6 Sports Leaders programme, seeks to ensure that our young people have the best opportunity to develop and grow as young leaders. Inspiring an even younger generation to enjoy taking part in sport and physical activity.

MULTI-SKILLS

Bean bag boccia

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

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 closer 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 feedback?

Scoring

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

MULTI-SKILLS

Flip the hoop

Objective

Each team lines up with a bean bag, a hoop in front of them to aim at and cones at the far end. Children take turns in their teams throwing the bean bag at the hoop. If the bean bag lands in the hoop OR on the hoop, it counts as a successful throw.

Equipment

Bean bags
Cones
Hula Hoops
Line Markers

MULTI-SKILLS

Activity dice

Objective

Allocate each child a cone to start by. One leader rolls the dice. Whichever number it lands on represents an activity the children must complete each challenge for.

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 30 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

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.

Initial Year 5 Sport Leaders Training with MSSP

Students from Year 5 (or 6 if preferred) will learn how to deliver a Multi Skills festival for Key Stage 1 and Lower Key Stage 2 pupils within their school. The 1-hour introductory or full day workshop will be delivered to all Year 5 (or 6) pupils by one of our MSSP team (with support from the class teacher).

Following the training, leaders should be confident to deliver a Key Stage 1 or Key Stage 2 Multi Skills Festival with their teacher's support.

Schools will then take the leaders through our six-lesson leadership unit (with the MSSP Scheme of Work) where the students will learn the principles of how to be a good leader; health and safety; setting up multi skills activities; managing a group of children; encouraging participation and a range of playground games.

Once the Sports Leaders have completed the training, they may then be appointed by the school PE Coordinator to deliver lunchtime activities to the Key Stage 1 pupils (with support from the school staff).

This pack contains Multi Skill Activity Cards which the leaders can use to engage children in Key Stage 1 or Lower Key Stage 2 to take part in fun physical activities.

List of Activities

- Activity Dice
- Agility Run
- Balance Beam
- Balance Bean Bag
- Bean Bag Boccia
- Beat The Clock
- Blindfold Trust
- Bowling
- Break
- Cone Stack
- Dishes & Domes
- Flip The Hoop
- Grandma's Footsteps
- Hats
- Speed Bounce
- Treasure Chest
- Target Throw

Equipment

- Agility Ladder (cones can be used instead)
- Bean Bags
- Blindfolds
- Cones
- Dodgeballs
- Hula Hoops
- Line Markers
- Relay Batons
- Stopwatches
- Tennis Balls

MULTI-SKILLS

Dishes and domes

Objective
Split children into 2 teams. Each team stands behind lines of cones or a starting marker. Inform team A. Turn all of the cones so they look like dishes. Inform team B. Choose the children behind the cones, 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 facing for, is the winner.

Equipment
Cones
stopwatch

Skill
Agility
Decision Making
Fitness
Speed
Teamwork

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

Teamwork
• Can you share equipment and move freely with other children?

Scoring
• The team with the most cones facing the way they were facing for, is the winner.

Challenge
• Increase the difficulty or duration of each challenge

Adapted
• Reduce the number or length of time children must complete each challenge for

Coaching Points
• Opposite foot to throwing arm forward

Underarm throw
• Swing back and then follow through

Fingers should finish pointing at the target

Decrease the throwing distance
• Allow children to kick or strike a ball towards the target

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

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

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

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