



## Activity dice

### How to play

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 4 other children, then return to your cone
6. Perform 6 star jumps

### Equipment

Dice  
Cones

### Skill

Balance  
Agility  
Fitness

# MULTI-SKILLS



## Agility run

### How to play

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

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# 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

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## Balance beam

### How to play

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

### How to play

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

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# 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*

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## Bean bag boccia

### How to play

Split the children into two teams and line them up behind their team cone

Each team has 3 bean bags. By taking it in turns, teams will throw their bean bags towards the target cone

Children can knock the target cone 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!

### Equipment

Bean bags  
Cones  
Line markers

### Skill

Accuracy  
Decision Making  
Throwing

# MULTI-SKILLS



## Beat the clock

### How to play

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?

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# 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)

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## Blindfold trust

### How to play

Children work in pairs. One is the leader and the other is wearing a blindfold

The leader must guide their partner through the maze without touching any of the obstacles

Take turns being the leader

### Equipment

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

### Skill

Communication  
Decision making  
Teamwork  
Trust



## Bowling

### How to play

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

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# 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

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# MULTI-SKILLS



## Break

### How to play

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

# MULTI-SKILLS



## Cone Stack

### How to play

Each team has 5 cones placed in a line

One child from each team takes a turn rolling a ball to hit their cones (closest cone first)

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

If you don't hit a cone, collect your ball and run back to your team

The first team to have all cones stacked, win the game

### 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)*

## Adapted

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

## Challenge

- Ask the group harder questions

## Social

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

## Scoring

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

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# 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

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## Dishes and domes

### How to play

Spread 15-20 cones at one end of the area, a mixture of face up and face down (dishes & domes)

Split the children into 2 teams behind line markers (team dishes vs team domes)

Taking turns, children run to turn over a cone for their team

The team with the most dishes or domes at the end of the time limit wins!

### Equipment

Cones  
Stopwatch  
Line Markers

### Skill

Agility  
Decision Making  
Fitness  
Speed  
Teamwork



## Flip the hoop

### How to play

Each team lines up with a bean bag, a hoop 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, you get to flip your hoop forwards once, closer to the target cone!

The team whose hoop reaches the target cone at the end first, 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

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# 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

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## Grandma's footsteps

### How to play

All children line up at the start line. 'Grandma' stands at the finish line in a hoop

Grandma turns their back to children while they advance

Anyone caught moving when grandma turns around must return to the start line!

The first person to reach Grandma is the winner

### Equipment

Cones  
Hula Hoop

### Skill

Balance  
Decision Making  
Focus

# MULTI-SKILLS



## Hats

### How to play

Children work in pairs

Place a cone in between them (check they are not close enough to bump heads!)

Give the children instructions e.g (touch your head, touch your toes, run on the 'spot')

On the leader's command ('HATS'), the children see who is fastest to pick up the cone and put it on their head

### 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

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# 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

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## Speed bounce

### How to play

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

# MULTI-SKILLS



## Target throw

### How to play

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

# 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

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# 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

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# MULTI-SKILLS



## Treasure chest

### How to play

Split the group into 2 or 4 teams and assign them a corner

One at a time, children run into the middle and collect a piece of 'treasure'

When all the treasure has been collected, the team with the most treasure wins!

### Equipment

Cones  
Hula hoop  
Bean bags/  
bibs/balls

### Skill

Decision making  
Speed  
Teamwork

# MULTI-SKILLS



## Tic Tac Toe

### How to play

A Tic Tac Toe grid is made with 9 hula hoops

Two teams line up with their team colour bibs or cones (x3) by the starting marker

Player one from each team will race to the hoops and place their bib down, then return and 'high 5' their teammate

Taking it in turns, the team who achieve three in a row either vertically, horizontally, or diagonally wins!

Once all bibs/cones are down, players can move one bib/cone per turn until a team achieves three in a row

### Equipment

9 hoops  
Line markers  
Blue bibs or cones (x3)  
Red bibs or cones (x3)

### Skill

Speed  
Decision making  
Focus  
Accuracy

# 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
- Ask the children to collect the equipment in different ways (feet only or using a tennis racquet)

## 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?

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# Tic Tac Toe

## Coaching Points

- Place the bib accurately within the hula hoop
- Keep your head up and straight in front of you while running to and from the hula hoops

## Adapted

- Decrease the distance between the starting point and the hula hoops to make the game slightly easier

## Challenge

- Increase the distance between the starting point and the hula hoops
- Change the object from bibs/cones to bean bags and introduce throwing the object into the hula hoops

## Social

- Are you able to take turns with your teammates?
- Can you interact with other children in a kind way?
- Can you work together to achieve the end goal?

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