



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



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



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?

Scoring

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

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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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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



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)*

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

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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



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 considerably 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



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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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



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?

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

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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?

Scoring

- The team to place three objects in a row either vertically, horizontally, or diagonally first, win the game

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