change4life sports clubs
adventure activity pack

introducing your activity pack

Change4Life Sports Clubs have been designed around a clear need to increase physical activity levels in less active children by developing a new type of sports club. We want to create an inspirational environment to engage less active young people, so over time they start to take part in school sport and carry on with lifelong physical activity.

Your deliverer's activity pack includes:

1. A set of 16 activity cards

You have 12 activity cards relating to a theme, and at the back of the pack, 4 activity cards to use for warm up activities.

Every card is designed with support from national governing bodies of sport to include skills and activities related to their Olympic and Paralympic sports.

They include:

- An image of the activity in action
- Clear instructions on how to play
- Equipment required – you'll find everything in your equipment pack
- Spirit of the Games icons
- Sporting connections – how the skills involved in the activities relate to specific sports
- Fun facts about Olympic and Paralympic sports to get children thinking!
- STEP – a framework for varying the activities so that children with different needs and abilities can be included
- 5 key abilities – the use of the multi ability model supports children to unlock and maximise their potential. The wider club activities on the reverse of the cards highlight these abilities and ties the children's activities to their 'Get Going' logbook

2. A guide to the contents of each card

So you can find your way around the activity cards quickly and easily, we've provided a guide to what's on the front and back of each card.

3. A sport skills matrix

The matrix indicates the range of sport specific skills used within each game and the sports they relate to. There are also some ideas for using the matrix within your planning and delivery.

How to use your activity pack

Use this pack in conjunction with your Change4Life Sports Club guide and the young person's 'Get Going' logbook. These activities will provide the foundation for a school based sports club that will retain the interest of the young people involved and prepare them for taking part in School Games opportunities and lifelong enjoyment of sport.

sports skills matrix - adventure

Activity Cards	Sports Referenced	Sports Skills identified by National Governing Bodies										
		Taking Risk / Risk assessment	Problem Solving	Environment and Climate	Negotiating Obstacles / Slalom	Agility / Changing pace	Transferring Weight	Task Orientation / Concentration	Seated Balance	Rhythm and Co-ordination	Journeying – Getting from A/B	Teamwork
Adventure Challenge	Orienteering		X	X	X	X		X			X	X
Slalom Relays	Canoeing / Cycling	X	X		X	X	X	X		X	X	X
Tackle the Obstacle	Canoeing	X	X	X	X	X	X	X		X	X	X
Survival	Orienteering	X	X		X	X	X	X			X	X
All for one, one for all	All Sports	X	X	X		X	X	X		X	X	X
Anchors Away	Sailing / Rowing			X		X	X	X	X	X		
Balance Pass	Rowing / Cycling	X				X	X	X	X	X		X
Compass Clues	Sailing / Orienteering	X	X	X	X	X	X	X			X	X
Land Water Action	Rowing / Cycling / Canoeing	X			X	X	X	X	X	X	X	X
Night Time Navigation	Sailing / Outdoor Education	X	X	X	X	X	X	X		X	X	X
Call Out	All Sports				X	X	X	X		X	X	X
Seated Team Score	Canoeing Cycling / Rowing / Sailing	X	X		X		X	X	X			X

You should use this matrix to:

1. Help you to plan your session either to focus on specific skills or to ensure children use a wide range of skills each session i.e. use all the activities that use problem solving.

2. Ask children before they play to identify the skills they think each activity will help to develop. After playing ask the children which skills they've experienced and compare them to their previous answer.

3. Highlight to the children the sports and National Governing Bodies of sports that are involved in each activity.

4. Draw attention to the parts of the body being used during the activities or those activities that will raise their pulse.

change4life sports clubs and the 'spirit of the games'

The Youth Sport Trust, working with young people, has developed a set of values to motivate and inspire children to take part in school sport.

These values have been designed to:

- Provide a set of sporting values and embed them in school sport
- Use sport as a tool to encourage children to develop their personal values
- Achieve excellent standards of sporting conduct in school sport

To help you use these values within your Change4Life Sports Club each activity has been designed to link to one of the 'Spirit of the Games' values and to the Chat Zone in the children's 'Get Going' logbook.

On the right of this page you will also find some words that children have used to describe the values and what they think they would have to achieve to be rewarded with their 'Spirit of the Games' stickers.

You could reward children:

- During the session when they display the values
- When they contribute positively to the Chat Zone discussion
- Through young leaders to help them encourage participation
- At other times of the school day when they are displaying the values

'Spirit of the Games' values

Teamwork

Working with my team, not being selfish

Letting everyone have a go, passing the ball and giving everyone a chance

Showing team spirit – encouraging my team mates and saying well done

Self Belief

Being brave, taking on new challenges

Being confident

Trying new sports or activities

Honesty

Always telling the truth

Never cheating

Admitting when I am wrong

Passion

Being positive and enjoying the game/activity

Trying my best

Keep trying if I don't get it right

Respect

Being polite, not shouting or losing my temper

Shaking hands with the other players and thanking them for the game

Listening to the coach/teacher

Determination

Never giving up on myself or my team

Always trying my best no matter what I am doing

Trying again if something goes wrong

Could the young leaders involved in the club be responsible for giving out 'Spirit of the Games' awards during the club session?

wider club activities

bumping balance

Skills	Example
Thinking me	Try and find out two interesting facts about your favourite famous sports person which we can share next week. (The club leader can then generate discussion about how these idols became successful.)
Social me	During this week, at home or at school, try to congratulate others when they do something well – remember how it makes you feel and how it seems to make them feel.
Healthy me	Next week, bring in your favourite piece of fruit to our club session. We can all share and hopefully try some new tastes.
Physical me	Choose an activity you have tried at the club and show your parents/family at home. See if they will join in! Tell us about it next week.
Creative me	For next week, bring along a piece of junk - cardboard, plastic or fabric that we could recycle and use for an activity, like a cardboard box to use as a target or obstacle, or a scarf for dancing.

space	task	equipment	people
Make the play space larger/smaller	Play on two feet, instead of one, and try to move your opponent from the spot Ask players to play on their knees Try playing as a mini competition	Use a variety of different shaped and sized balls Try using no equipment and asking the players to push their hands against the other players hands	Ask players to swap partners enjoy new challenges and try new techniques Pair up children of different heights and sizes

Warm up activity

bumping balance

Try to force your partner onto two feet using the ball

how to play

Divide the group into pairs or ask them to choose a partner.

Hand a large ball to each person (make sure the balls are all the same size).

In pairs, players stand on one leg opposite each other and push each other, ball against ball. You're trying to force opponent onto two feet. How good are your skills at making them lose balance? Try different techniques. Maybe a long slow push or short, sharp pushes work better? Or you could even try making them laugh!

When you've succeeded or not, try your skills against a different partner.

Safety: make sure there is enough space between each pair.

equipment

Large balls, e.g. basketballs that are soft and springy.

sporting connection

This activity helps improve focus, strength and stamina. These are skills used in adventure sports like cycling, canoeing and rowing where core balance is very important.

did you know?

Rebecca Romero is the first ever British woman to compete at the Olympics in two different sports – rowing and cycling. She's also only the second woman in summer Games history to win a medal in two different sports.

As part of the Change4Life Sports Club resources, a 'Get Going' logbook has been developed for each club member to use. Each logbook is clearly divided into sections for participants to complete, including:

A bit about the logbook

Your explanation of how to make the most of it.

A bit about me

This section is completed by club members during the first week of the club and after the first ten weeks or so. It will help you track changes in healthy behaviour and in the choices members make.

A bit about the 'Get Going' wristband

Here, you'll see why the 'Get Going' wristbands have been included and how club members can make the best use of them.

A bit about your week

This section helps club members keep a visual record of the amount of physical activity they're doing each week, so they can compare their week on week progress.

Their weekly record also includes a Chat Zone with questions to generate discussion led by you before, during or after the session to support knowledge, understanding and positive health choices. There's also a Spirit of The Games section with space for stickers awarded to children for demonstrating the Spirit of The Games values.

A bit about Olympic athletes

Here, exclusive interviews with Olympic athletes provide inspiration for club members from some great role models.

Get Set is the official London 2012 education programme for schools and colleges across the UK. It provides free learning resources for 3-19 year olds to find out more about the Games and explore the Olympic Values of excellence, friendship and respect, and the Paralympic Values of determination, inspiration, courage and equality. It also offers access to exciting prizes and opportunities through participation in competitions and partner programmes. There are over 20,000 schools and colleges registered with Get Set.

Change4Life Sports Clubs are a partner programme in the Healthy and Active Lifestyles strand of Get Set +.

The Get Set network is the London 2012 reward and recognition scheme for the active community of schools and colleges across the UK that are demonstrating a commitment to living the Olympic and Paralympic Values. Members of the network gain the right to use the London 2012 education logo, and are given priority access to the most exclusive prizes and opportunities. There are currently over 7,000 members of the Get Set network.

All schools and colleges that are delivering Change4Life Sports Clubs are eligible to receive even greater reward and recognition from London 2012 by joining the Get Set network.

Visit london2012.com/getset for more information.

get going

every day

a guide to the activity cards - front

seated team score

Work as a team to score those goals!

how to play

Mark out a play area with masking tape and divide it in two (like in football). Mark out a goal either end. Two teams of three to six play against each other.

Each player has a hoop. Place it flat on the floor and sit with your bottom inside it, legs outside it, feet flat on the floor – that's a seated balance. As a team you'll need to work out where to sit in your 'half'; in a line or spread out?

Players spin on their bottoms and maintain their balance to move the ball with their feet or legs towards the goal by passing it to another player. Players can intercept the ball between passes with their feet. Who'll score the most goals in ten minutes?

Safety: leave enough space between the hoops.

equipment

Hoops, large beach ball or Swiss ball or balloon ball (or similar).

sporting connection

This game needs you to have a seated balance position. So it's terrific for developing strong core muscles needed in sports like rowing, canoeing and cycling.

did you know?

The biggest muscle in the human body is the Gluteus Maximus – the muscle running through our bottoms. This is really important in Olympic sports such as cycling and rowing that require a lot of leg power.

There's a 'Spirit of the Games' value on each activity. Club members can be rewarded for showing the values using the stickers provided. There's space for stickers to be displayed in their 'Get Going' logbook.

The 'how to play' section describes how the activity is delivered.

Here's a list of the equipment you'll need.

Here's some fun adventure sporting facts to spark children's interest and create connections with the Olympic and Paralympic Games.

Each activity card has a visual of the activity taking place so you know, at a glance, what it involves.

Sporting connection describes the skills that are being developed and their links to the Olympic and Paralympic sports behind the activity.

wider club activities

action stations

Skills	Example
Thinking me	This week, can you talk to your family, watch the news or read the newspapers to find out some sports activities that have taken place during the week in the UK or abroad? Write down your favourite and we can share some facts about them next week. Let's see if we can come up with lots of different ones.
Social me	For next week's session can you find out all about our local newspapers? Bring in their address, email and phone number so we can write to them and see if we can get someone to include an article all about what we do.
Healthy me	For next week, all bring a water bottle to fill up and drink from during and after the session – any clean plastic bottle will be fine.
Physical me	During the week, make a note of the activity that makes your heart beat the fastest.
Creative me	Can you come up with a new name and logo for our new sports club? Let's choose a winner next week.

space

Make the play space larger

Make the play space smaller

Make sure players stay inside the agreed area

task

Start the game by travelling slowly

Speed it up as players get warmer

Travel in different ways, hopping, skipping, tiptoeing to alter speed

Introduce new instructions to keep the game fresh

equipment

Use a variety of different shaped and sized balls, beanbags, balloon balls and other items

people

Play in pairs

Play in smaller groups in a smaller space

Players can swap equipment with a different player

Warm up activity

action stations

Get running, throwing and having fun with objects

how to play

Each player has a piece of equipment, like a ball, beanbag, scarf or hat. Players travel around the space, walking, jogging or skipping until you shout the action everyone needs to do. Here they are – mix up the order and keep things moving. Then try it to music!

"Up, hot, up"	Players throw their beanbag/ball from hand to hand as if it's hot
"Action"	Players move again holding their equipment
"Round, hot"	Players pass their object around their waist from hand to hand or through their legs in a figure 8. Too easy? Try it while walking!
"Throw, hot, throw"	Players quickly throw their object up into the air and catch it
"Hot Swap"	Quick! Rush and swap your object with another player

Safety: make sure there's enough space.

equipment

Balls and beanbags in various sizes.

sporting connection

This activity is great for improving hand eye co-ordination, especially when you're moving. These are skills you'll need for sports where you're tackling obstacles on the move – such as canoeing and orienteering.

did you know?

In Olympic Canoe Slalom there are a number of red upstream games that have to be negotiated against the water flow.

a guide to the activity cards - back

wider club activities

Skills	Example
Thinking me	Try and find out two interesting facts about your favourite famous sports person which we can share next week. (The club leader can then generate discussion about how these idols became successful.)
Social me	During this week, at home or at school, try to congratulate others when they do something well – remember how it makes you feel and how it seems to make them feel.
Healthy me	Next week, bring in your favourite piece of fruit to our club session. We can all share and hopefully try some new tastes.
Physical me	Choose an activity you have tried at the club and show your parents/family at home. See if they will join in! Tell us about it next week.
Creative me	For next week, bring along a piece of junk - cardboard, plastic or fabric that we could recycle and use for an activity, like a cardboard box to use as a target or obstacle, or a scarf for dancing.

scaled team score

space	task	equipment	people
Make the channels narrower or wider Make the distance from the target shorter/longer Alter targets to make them higher/lower depending upon the skill you are practising	Throw in different ways, underarm, overarm, chest pass, sideways throw, or roll or kick the ball/ puck with foot Set personal goals	Vary the throwing equipment – use different sizes, shapes and weights Try using a bat Introduce barriers to create higher channels If throwing or kicking/pushing with the foot is not an option, players can use a ball-handling ramp	Play independently Play in pairs Play in teams Visually impaired players can have a caller positioned beyond the target who helps them judge where the target is and how close they're getting to it

The wider club activities tie in with the children's 'Get Going' logbook and help to identify additional activities that will help them develop the 5 key abilities, their physical activity knowledge and understanding of healthy lifestyles.

STEP is an activity-centered approach that helps you include everyone in the club. By varying the activities you can balance different needs and abilities to ensure everyone participates fully.

These tasks should be used to develop members' sense of belonging, give them ownership of the club's direction and provide them with challenges that relate to their personal development and learning.

adventure challenge

How quickly can your team track down the treasures on the list?

how to play

Write a list of intriguing 'treasures' to be found where you're playing. Then divide the players into two teams. Each team must race and explore the area to find everything on the list and pop it into a basket to be checked off the list. Who'll gather up all the treasures first?

Here are a few examples to get you thinking! Find something green, something hard, something that makes a noise, something to wear, something new, something to write with, something smooth, something teeny and something that smells nice... this will help you create a challenging and imaginative scavenger hunt! Points could be given for effort or originality.

Safety: create and explain clear physical boundaries, don't encourage any possibly dangerous items to be collected and explain to players about not breaking or removing items.

equipment

Wipe clean board, paper for lists, tray / bag / basket for collecting items.

sporting connection

This activity helps you develop problem solving skills associated with the sport of orienteering.

did you know?

Although orienteering isn't an Olympic sport it was already being played before the first modern Olympics in 1896. The word orienteering was used for the first time in 1886. It means 'to cross unknown terrain with a map and compass.'

wider club activities

not in my backyard

Skills	Example
Thinking me	Think about a new skill or game you have learnt today and try practicing it at home. Have you been able to get better or have you beat your score?
Social me	This week, we need some volunteers to discuss with the headteacher how we could share some of what we do during an assembly. (The club leader can help volunteers by arranging a meeting with the headteacher for the children and develop some questions with the volunteers that they could use at the meeting.)
Healthy me	For next week, let's think about what it is about our club that makes us each feel good and happy.
Physical me	At next week's club session, let's share some of the new activities you have tried during the week, at home, school or playing out.
Creative me	Could we design a healthy eating advert for the rest of the children in our school using the information on the Change4Life website?

space

Make the play space larger/smaller

Change the rope height so it's higher/lower

task

Play seated

Play standing on one leg

Roll equipment if not using a rope

equipment

Use a bench, rope or net as a barrier – vary it to mix things up

Use a variety of different shaped and sized balls and other 'rubbish' items

people

Make teams larger/smaller

Restrict players to using their non dominant hand throughout the game

Warm up activity

not in my backyard

Work as a team to clear out the rubbish

how to play

Mark out a safe play area and divide it into two 'backyards' with a rope or suitable barrier. On each side, place 10-20 beanbags, balls, koosh balls etc – this is the 'rubbish'. It's in your backyard and it's your task to clear it. before the other team clears theirs!

Divide the group into two, for a team either side of the play area. When you shout 'Clear!' each team starts to throw their 'rubbish' over the barrier to the other team's 'backyard'. Keep going or it will all pile up! The winning team is the team with the least rubbish in their backyard after two minutes.

Safety: ensure the area is big enough so players won't collide when throwing and that the 'rubbish' is not too big or heavy. Underarm throws only.

equipment

Marker cones, beanbags, small balls, koosh balls, chiffon scarves, throwing scarves.

sporting connection

This activity will help you develop hand eye co-ordination and quick reaction times. These are skills you'll need to become a fencing or archery champion and they are useful for sports such as rowing, orienteering, cycling and canoeing.

did you know?

To be an Olympic or Paralympic athlete takes dedication and a commitment to train all week, every week like Olympic rower Katherine Grainger. She trains two to three times a day; six days to seven days a week to get in top physical condition.

wider club activities

adventure challenge

Skills	Example
Thinking me	We need some new members to join our club! Can we come up with some ideas that we can use to boost our membership?
Social me	Let's take 10 minutes to chat about how we can share with the rest of the school what we do at our club and maybe we could do a school assembly.
Healthy me	Try to eat healthy snacks this week, make a note in your logbook and we'll look at them next week and hopefully see lots of healthy tasty snacks being chosen.
Physical me	During this week, complete your logbook and see if you can increase the amount of activity you do compared to last week.
Creative me	During this week, use the blank sheet in your logbook to help you to create a new game – be creative, but be safe!

space

To make the game more active increase the boundary of play

Reduce the size of the boundary for less movement

Suggest items that encourage scavenging low on the ground (in grass, under benches) and higher up (from shelves or trees)

For players who use mobility aids, like wheelchairs, include items that can be reached from an accessible path

task

Make the scavenge list specific (a leaf, a twig) or ...

Make the scavenge list creative to encourage thought (see suggestions overleaf in 'How to play')

Encourage competition between teams

equipment

Club leader may need to list smaller or larger objects depending upon environment

Some items can be clearly visible if you ask players to select the correct one, e.g. 'find something red'

people

Play independently

Play in small teams with each team member having specific items to find

Play as a whole group

Play with a partner, e.g. a visually impaired player can team up with a sighted buddy

slalom relays

Go through twists and turns as quickly as you can

how to play

Divide the group into teams, then it's time to get relay racing!

Relay 1 – place around 1-5 poles and bases in a line in front of each team. On 'go', the first team member runs, weaves and navigates their way in and out of each pole to the far end and back. They tag the next player who does the same until the last member of each team crosses the line.

Relay 2 - let's make it harder! Each player must side step while weaving around the poles, so they'll need to look sideways in the direction they're travelling. If a beanbag is balanced on their head too, it will slow the player down and make sure they have a good head position.

Safety: ensure poles and players are safely spaced out, and far apart enough for any players using wheelchairs or walking aids.

equipment

Flat markers and poles or cones, hoops, blindfolds, caterpillar movement mat and balls or other equipment to use as the relay item.

sporting connection

This activity helps you go round obstacles easily and transfer weight from side to side, skills that are used in cycling and canoeing.

did you know?

Canoeing competitors navigate a sequence of 25 'coloured gates' in twists and turns down a 300m Olympic course. There are time penalties for any gates they hit.

wider club activities

Skills	Example
Thinking me	We need some new members to join our club! Can we come up with some ideas that we can use to boost our membership?
Social me	Let's take 10 minutes to chat about how we can share with the rest of the school what we do at our club and maybe we could do a school assembly.
Healthy me	Try to eat healthy snacks this week, make a note in your logbook and we'll look at them next week and hopefully see lots of healthy tasty snacks being chosen.
Physical me	During this week, complete your logbook and see if you can increase the amount of activity you do compared to last week.
Creative me	During this week, use the blank sheet in your logbook to help you to create a new game – be creative, but be safe!

journey around the body

space

Space out the cards to encourage more movement between activities

Make the space smaller so there is less distance between the cards

task

Change the activities to provide variety

Make the activities harder by increasing the time spent on each one

equipment

Make players carry equipment during the activity

Ask players to use equipment during the activity, e.g. bounce a ball or catch a beanbag

people

Play in pairs

Play in small groups

Play as a whole group

Create competitions for individuals or teams

Warm up activity

journey round the body

Get your heart pumping and muscles moving

how to play

Mark out a safe play area. Then stick six cards numbered 1-6, in different places around the area. Write an activity on each that targets a different part of the body. How about 'lungs' – jump ten times and shout as you count? Or 'muscles' – do five star jumps?

Divide the group between the numbered areas. Then everyone has to find their pulse (at the wrist or neck) and count it for ten seconds. Write down your number or make sure you remember it. Then jog, or hop or jump round the circuit with a partner and do the activity at each spot. After each activity take your pulse again for ten seconds – watch how it rises!

Safety: make sure there is enough space between the areas for everyone to do the activity.

equipment

Cones, skipping ropes, balls or other equipment, depending on the activities you choose.

sporting connection

This activity helps you warm up, get your muscles moving and your heart pumping.

That's the ideal way to start training for just about any Olympic or Paralympic sport from cycling to rowing.

did you know?

The oldest Olympic rowing champion is Great Britain's Guy Nickalls, who was 41 when he won gold at London 1908.

slalom relays

wider club activities

Skills	Example
Thinking me	Think about a new skill or game you have learnt today and try practicing it at home. Have you been able to get better or have you beat your score?
Social me	This week, we need some volunteers to discuss with the headteacher how we could share some of what we do during an assembly. (The club leader can help volunteers by arranging a meeting with the headteacher for the children and develop some questions with the volunteers that they could use at the meeting.)
Healthy me	For next week, let's think about what it is about our club that makes us each feel good and happy.
Physical me	At next week's club session, let's share some of the new activities you have tried during the week, at home, school or playing out.
Creative me	Could we design a healthy eating advert for the rest of the children in our school using the information on the Change4Life website?

space

Space markers and players closer together or further apart

Add extra markers or take some away to make the slalom course longer or shorter

In relay 2, ask players to pass the ball over their heads or between their legs to use different levels

Widen the cones for the slalom to create a bigger zigzag

The distance covered can be different for some players, e.g. provide a different start or finish line

task

Move in different ways, hopping, skipping, jumping, tiptoeing or using the caterpillar mat (use large or small movements)

Use equipment to vary the activity, balance balls on palms, beanbags on shoulders etc.

Carry a ball and throw and catch while travelling or dribble a ball weaving in and out of the markers (some players can travel holding the ball and stop at each marker to toss and catch it)

Pass the ball down to the left hand and then to up to the right and down again to create a continuous figure 8. This will encourage sideways head movements.

equipment

Use slalom poles in the ground to weave in and out of - taller poles can be seen more easily by wheelchair users

Vary the equipment players must carry or dribble with

people

Play as a team against other teams

Play in pairs, time the runs and encourage players to try and beat their previous best

Try to balance abilities across teams

tackle the obstacle

Build and tackle your very own obstacle course

how to play

Tell players their task is to create an obstacle course to have a go at!

You can create it outside or inside using equipment that's already there (like benches) or added by you. Players discuss how each of the obstacles could be navigated, trying to include lots of variety of movement. What will you be travelling over, under, through or with?

Be as imaginative as you like. Pieces of paper can become stepping stones over a crocodile-infested lake! A row of hoops on their side could be a spooky tunnel. All set? Then it's time to have a go.

Safety: make sure obstacles are safe and sturdy and players aren't using them in a dangerous way.

equipment

Benches, chairs, newspaper or markers as stepping stones, hoops as sinking mud, ropes, etc.

sporting connection

Sporting Connection

This is great for developing the skills of negotiating obstacles and travelling from A to B. These are skill used in the sports of canoeing and sailing.

did you know?

The two main obstacles in the Olympic and Paralympic sailing events, apart from the buoys that mark the course, are the wind and the waves. Overcoming these requires skill and nerve.

wider club activities

seated team score

Skills	Example
Thinking me	Try and find out two interesting facts about your favourite famous sports person which we can share next week. (The club leader can then generate discussion about how these idols became successful.)
Social me	During this week, at home or at school, try to congratulate others when they do something well – remember how it makes you feel and how it seems to make them feel.
Healthy me	Next week, bring in your favourite piece of fruit to our club session. We can all share and hopefully try some new tastes.
Physical me	Choose an activity you have tried at the club and show your parents/family at home. See if they will join in! Tell us about it next week.
Creative me	For next week, bring along a piece of junk - cardboard, plastic or fabric that we could recycle and use for an activity, like a cardboard box to use as a target or obstacle, or a scarf for dancing.

space

Make space between players bigger/smaller

Change the shape of the play space

task task

Play standing and passing with hands

Play standing on one leg

Play kneeling using your arms

Play sitting on Swiss balls or on space hoppers

Use a rolling action rather than kicking or throwing the ball with feet

Players can also sit in a chair to play; for example, players who have balance issues or wheelchair users who prefer to stay in their chairs

equipment

Use a smaller or larger ball

Introduce more than one ball

Use balls of different shapes to produce unpredictable rolls

people

Play in pairs

Play in smaller/ larger teams

Play three or four teams at once by placing goals at each of the four sides of the play area

seated team score

Work as a team to score those goals!

how to play

Mark out a play area with masking tape and divide it in two (like in football). Mark out a goal either end. Two teams of three to six play against each other.

Each player has a hoop. Place it flat on the floor and sit with your bottom inside it, legs outside it, feet flat on the floor – that's a seated balance. As a team you'll need to work out where to sit in your 'half'; in a line or spread out?

Players spin on their bottoms and maintain their balance to move the ball with their feet or legs towards the goal by passing it to another player. Players can intercept the ball between passes with their feet. Who'll score the most goals in ten minutes?

Safety: leave enough space between the hoops.

equipment

Hoops, large beach ball or Swiss ball or balloon ball (or similar).

sporting connection

This game needs you to have a seated balance position. So it's terrific for developing strong core muscles needed in sports like rowing, canoeing and cycling.

did you know?

The biggest muscle in the human body is the Gluteus Maximus – the muscle running through our bottoms. This is really important in Olympic sports such as cycling and rowing that require a lot of leg power.

wider club activities

tackle the obstacle

Skills	Example
Thinking me	This week, can you talk to your family, watch the news or read the newspapers to find out some sports activities that have taken place during the week in the UK or abroad? Write down your favourite and we can share some facts about them next week. Let's see if we can come up with lots of different ones.
Social me	For next week's session can you find out all about our local newspapers? Bring in their address, email and phone number so we can write to them and see if we can get someone to include an article all about what we do.
Healthy me	For next week, all bring a water bottle to fill up and drink from during and after the session – any clean plastic bottle will be fine.
Physical me	During the week, make a note of the activity that makes your heart beat the fastest.
Creative me	Can you come up with a new name and logo for our new sports club? Let's choose a winner next week.

space

Make the course smaller/bigger/shorter/longer

Set the course out in a long line

Set the course out in and around natural surroundings (i.e. round trees, bushes, benches)

Provide alternative routes to include players with all abilities

task

Create more challenging/less challenging courses

Provide alternatives for each obstacle to enable all to participate

Time each circuit for players to set then try and beat their personal best

Develop a points system for each obstacle – players set and try to beat their best points score

Participate in pairs holding hands around the course

equipment

Try different equipment to encourage different types of movement, e.g. use ropes to help some players pull themselves up slopes

If outdoors, use natural slopes and dips in the ground

people

Play independently

Play as a team

Play in pairs

Use other players as obstacles

all for one, one for all

Let's do some great team challenges

how to play

You'll all need to work as a team for these!

Get in a line – everyone stands on the caterpillar mat in a line, all facing the same way. Can you arrange yourselves in A-Z first name order, without stepping on the floor? It'll take communication and teamwork.

Hoop-in-hand – everyone stands in a circle holding hands. Two players hold a hoop between them and pass it right around the circle. The whole group must work together to succeed!

Tangle – Six to ten players stand in a small circle. All put your left hand in and hold onto someone else's hand, then do the same with your right hand. Can you transfer your weight while untangling yourselves to form a nice big circle while still holding hands? You'll need to communicate and take turns to move.

equipment

Get in a line – rope, caterpillar mat, Hoop-in-hand – hoops.

sporting connection

did you know?

When you work together in these activities it helps develop teamwork, communication and problem solving skills. They're associated with lots of team sports including sailing, rowing and cycling.

In 2008 Team GB had its most successful Olympic and Paralympics Games in cycling with 14 and 20 gold medals respectively (so teamwork works!)

wider club activities

call out

Skills	Example
Thinking me	This week, can you talk to your family, watch the news or read the newspapers to find out some sports activities that have taken place during the week in the UK or abroad? Write down your favourite and we can share some facts about them next week. Let's see if we can come up with lots of different ones.
Social me	For next week's session can you find out all about our local newspapers? Bring in their address, email and phone number so we can write to them and see if we can get someone to include an article all about what we do.
Healthy me	For next week, all bring a water bottle to fill up and drink from during and after the session – any clean plastic bottle will be fine.
Physical me	During the week, make a note of the activity that makes your heart beat the fastest.
Creative me	Can you come up with a new name and logo for our new sports club? Let's choose a winner next week.

space

Make the play space larger/smaller

Reduce/increase the distance to the finish line; this distance can be different if partners have different abilities

task

Change the team names, e.g. to 'chalk' and 'cheese'

Add obstacles in the way of the finishing line

Try it in pairs with legs tied together

equipment

Players can carry equipment while travelling, such as beanbags, and balls

Include hoops to jump through on the way to the finishing line

people

Swap partners around, for more variety

Try the races in groups of two or three joined together

call out

Listen carefully to the 'calls' and react quickly

how to play

Ask players to form two lines, one line facing one direction, the other team facing in the other direction.

Each player in the team stands back to back with their partner from the other team, stepping forwards with their right foot, left heels must stay touching.

Name one team 'rats' and the other team 'rabbits'. Then call out either "rats" or "rabbits". Whichever team is called runs away – fast! Their partner from the opposite team tries to catch them by quickly turning to tag them on the shoulder. Players need to listen very carefully in order to react correctly! Return to the centre and play again.

Safety: ensure there is sufficient space for the game to be played safely.

equipment

A loud voice!

sporting connection

Being able to listen to instruction from a coach or mentor is very important in Olympic and Paralympic sports. The ultimate instruction sport is rowing where a Cox in the boat during competition gives orders from "Go" to "Hold it up" (stop quickly).

did you know?

The youngest Olympic champion is thought to be an anonymous French boy, who coxed for a Dutch pair at the Paris 1900 Games in rowing. The boy, aged no more than 12, took part in the victory ceremony but then disappeared.

all for one, one for all

wider club activities

Skills	Example
Thinking me	Try and find out two interesting facts about your favourite famous sports person which we can share next week. (The club leader can then generate discussion about how these idols became successful.)
Social me	During this week, at home or at school, try to congratulate others when they do something well – remember how it makes you feel and how it seems to make them feel.
Healthy me	Next week, bring in your favourite piece of fruit to our club session. We can all share and hopefully try some new tastes.
Physical me	Choose an activity you have tried at the club and show your parents/family at home. See if they will join in! Tell us about it next week.
Creative me	For next week, bring along a piece of junk - cardboard, plastic or fabric that we could recycle and use for an activity, like a cardboard box to use as a target or obstacle, or a scarf for dancing.

space

Set a minimum space between crossing spots (newspaper sheets) in Get in a line.

Play Hoop-in-hand seated or allow some players to stand

task

Time some of the activities to create competition

Play against other teams in a race

Encourage players to create their own team building challenges

equipment

Replace the hoop in Hoop-in-hand with different equipment, e.g. pass a skipping rope or quoit around the circle

Change equipment for crossing the swamp or make the crossing spots (newspaper sheets) larger or smaller

people

Vary the size of teams

Mix teams up to introduce new challenges when communicating with new players

anchors away

Pull the anchor to see how strong and quick you are!

how to play

Mark out a safe play area. Players stand in a line with one foot forwards and one backwards in a lunge position, back foot turned outwards at 90 degrees. Give everybody a long piece of rope or string (15 metres or more!) with a beanbag 'anchor' tied to one end. Position each rope so it's laid out full length. Everyone races to reach out and pull the rope towards them, hand over hand.

Now let's mix it up. Change the way players stand when you give the command: "Left foot forward" or "Right foot forward", "Stand sideways to the left" or "Sideways to the right". These will make the pulling action slightly different and change players head positions.

Safety: make sure other children don't run across the play area and get tangled in the rope.

equipment

Long ropes, string, beanbags or similar to make the anchors, stop watch, buckets.

sporting connection

Anchors Away helps to develop agility, co-ordination and rhythm, which are skills necessary in the sports of sailing, rowing and canoeing.

did you know?

Team GB has topped the medal table for sailing in the last three Olympic Games. Ben Ainsley is our most successful individual sailing competitor.

wider club activities

Skills	Example
Thinking me	Think about a new skill or game you have learnt today and try practicing it at home. Have you been able to get better or have you beat your score?
Social me	This week, we need some volunteers to discuss with the headteacher how we could share some of what we do during an assembly. (The club leader can help volunteers by arranging a meeting with the headteacher for the children and develop some questions with the volunteers that they could use at the meeting.)
Healthy me	For next week, let's think about what it is about our club that makes us each feel good and happy.
Physical me	At next week's club session, let's share some of the new activities you have tried during the week, at home, school or playing out.
Creative me	Could we design a healthy eating advert for the rest of the children in our school using the information on the Change4Life website?

survival

space	task	equipment	people
Create larger/smaller spaces between crates Make the spider's web gaps bigger/smaller	Cross the swamp in different directions and at different speeds Communicate with team mates without speaking Create a spider's web horizontally just above the floor and step through or climb through Provide alternatives for all abilities; for example, a guide rope/string trail that can be used by vision impaired players	Use rope instead of elastic Carry beanbags while moving Transfer people and items across the swamp	Play in pairs Play in small groups Play in bigger groups, taking on different roles, like instruction giver or team leader

survival

Cross the swamp and dodge the spider's web

how to play

Here are two fun challenges for the whole group:

Survival 1 – using crates or sheets of paper, start at one side of the imaginary swamp and work out how to cross it without falling in. You'll need to explore options and make decisions together! Players can cross in height order, birthday order or even foot size.

Survival 2 – attach string around trees and benches (if you're outdoors) or chairs and tables (if indoors). You're trying to create a 'spider's web' for the group to cross without touching the rope – just like Mission Impossible! Help each other overcome the challenges. Find your own way or go for 'follow my leader'!

Safety: ensure the crates are sturdy and the elastics are attached safely and are not too high.

equipment

Crates, ropes, flat markers, large hoops, elastics, blindfolds.

sporting connection

This activity is great for developing the teamwork and communication skills essential for many sports, including rowing and cycling.

did you know?

The GB Cycling team have recognised that in some cases Olympic cyclists are just as successful when they solve problems themselves rather than asking a coach for help.

wider club activities

Skills	Example
Thinking me	We need some new members to join our club! Can we come up with some ideas that we can use to boost our membership?
Social me	Let's take 10 minutes to chat about how we can share with the rest of the school what we do at our club and maybe we could do a school assembly.
Healthy me	Try to eat healthy snacks this week, make a note in your logbook and we'll look at them next week and hopefully see lots of healthy tasty snacks being chosen.
Physical me	During this week, complete your logbook and see if you can increase the amount of activity you do compared to last week.
Creative me	During this week, use the blank sheet in your logbook to help you to create a new game – be creative, but be safe!

anchors away

space

Make the string or rope length shorter/longer

Create channels for pulling the anchor

Make the ropes longer

task

Attempt to pull the anchor in fewer pulls each time to encourage larger pull actions

Once the anchor is caught, the player has to race back and pull out the rope/string full length so the anchor is back at the start point

Play in pairs where one player pulls the anchor in and the other tries to catch it by placing a bucket over it before player one has finished

Players time themselves and try to beat their previous time

Seated players can change position or lead with alternate hands instead of 'lunging'

equipment

Change anchors for bigger/smaller equipment

Change anchors for different weights of equipment (but make sure they're not too heavy for players to pull in)

people

Play individually

Play in pairs

Play in teams

Use other players or equipment to form tunnels

balance pass

Will you all wobble or win in our space hopper challenge?

how to play

Play in a circle to encourage awareness of players to your left and right. To play, first, let's break out the space hoppers! Each player sits on a space hopper in a circle, maintaining a good balance. A pile of balls or beanbags is placed on the ground next to the first player, who reaches and picks up a ball and passes it to the next player. They pass it along and so on until it gets to the final player in the circle.

The first player can pick up the second ball once they have passed the first on so everyone keeps on moving. This needs a left to right passing action, with your head position moving left to right as the passes are made. Then try changing direction and playing from right to left.

Safety: practice sitting on the hoppers without holding on before the activity starts. Check that the hoppers are blown up enough so they are nice and bouncy.

equipment

Space hoppers, variety of balls, Swiss balls, blindfolds.

sporting connection

Sporting Connection 2Ac

did you know?

This is a great activity for developing core strength in the seated balance position. And you'll need that core strength for the Olympic sports of cycling, canoeing and rowing.

It takes 300 muscles just to stand still! Balance is so important in many adventure sports, not least Olympic sports such as canoeing, cycling, rowing and sailing.

wider club activities

night time navigation

Skills	Example
Thinking me	We need some new members to join our club! Can we come up with some ideas that we can use to boost our membership?
Social me	Let's take 10 minutes to chat about how we can share with the rest of the school what we do at our club and maybe we could do a school assembly.
Healthy me	Try to eat healthy snacks this week, make a note in your logbook and we'll look at them next week and hopefully see lots of healthy tasty snacks being chosen.
Physical me	During this week, complete your logbook and see if you can increase the amount of activity you do compared to last week.
Creative me	During this week, use the blank sheet in your logbook to help you to create a new game – be creative, but be safe!

space

Make the route longer/shorter

Make the string go up high and down low so players use a variety of levels

Space obstacles wider apart/closer together

task

Ask players to travel in variety of ways, crawling, tiptoeing etc

Plan the route in variety of directions circular, zigzag, loop the loop

Once a player reaches the end of the route, ask them to reverse and go back so they negotiate other players who are still going forwards

Time journeys and encourage players to beat their previous best score

equipment

Use textured ropes and string

Add drum/tambourine at various points on the route that players must bang, this will help them be aware of where other players are along the route

Make players carry equipment around the route

Use different thicknesses of rope/string, where only one of these thicknesses leads to the finish

people

Play independently

Play in pairs, working together around the route

Work as a team, timing each player and adding times together for the final score

night time navigation

Can you follow the route in the dark?

how to play

Use string or rope to weave a route through the play area – indoors or outdoors is fine. You can play this game at night (lights off!) or in the day. Each player has blindfolds to make sure they're in complete darkness.

First, take the string and weave a route around trees, through tunnels made of hoops, over benches, on the ground, over chairs... be as imaginative as you can. Then lead players to the start and place their hands on the string or rope. Make sure they're facing the right direction.

Players must pass one hand over the other to keep contact with the string or rope at all times. How quietly and carefully can you navigate your way to the finish?

Safety: make sure the route passes in and around safe, secure obstacles.

equipment

Rope or string, blindfolds, tunnels, marker cones and benches can be used along with any equipment found in the play area.

sporting connection

This game helps you learn the importance of taking risks, negotiating obstacles and transferring your weight from side to side. All these skills are associated with the sports of sailing, orienteering and canoeing.

did you know?

In Olympic Canoe Slalom red gates must be negotiated upstream, while green gates must be negotiated downstream.

wider club activities

balance pass

Skills	Example
Thinking me	Think about a new skill or game you have learnt today and try practicing it at home. Have you been able to get better or have you beat your score?
Social me	This week, we need some volunteers to discuss with the headteacher how we could share some of what we do during an assembly. (The club leader can help volunteers by arranging a meeting with the headteacher for the children and develop some questions with the volunteers that they could use at the meeting.)
Healthy me	For next week, let's think about what it is about our club that makes us each feel good and happy.
Physical me	At next week's club session, let's share some of the new activities you have tried during the week, at home, school or playing out.
Creative me	Could we design a healthy eating advert for the rest of the children in our school using the information on the Change4Life website?

space

Make the space between players larger/smaller to extend or decrease reach

Encourage players to throw beanbags to the next player high in the air

task

Race against another team

Balance the beanbag on a bat and then tip it onto next player's bat and so on

Play while seated on space hoppers in a circle. Every time the leader calls to change direction, players need to respond accordingly

Develop new games with space hoppers and blindfolds

Each player must balance the beanbag on a part of their body for three seconds before passing it on

equipment

Use equipment that's bigger/smaller than small balls

Use equipment that's heavier/lighter than beanbags

people

Play in teams of various sizes

Play in pairs to generate continuous activity

compass clues

Follow clues to find the treasure, like a pirate. Arrr!

how to play

This is a great challenge for outdoors but you can play it indoors.

Create a trail of clues for teams to navigate towards using a compass. Select a start point and provide a list of moves. For example, take four steps north, turn to face east, take seven giant strides, walk behind the tree...

Along the way, teams solve the clues set. So the instructions might be: take four steps north, turn to face east, take seven giant strides (write down what's next to you), walk behind the biggest tree (what type of tree is it?)... the first team back to their 'base' is the winner. You'll need to negotiate roles and tasks in your team to succeed!

Safety: ensure the route takes players to safe places without hazards or unknown people.

equipment

Compasses, individual wipe clean boards, paper and pens, pedometers, string.

sporting connection

This game helps you develop great problem solving skills and the ability to change pace and journey from A to B. These are crucial in the sports of sailing and orienteering. And if you ever get lost in a forest, they could come in handy too!

did you know?

At London 2012, the 10 different sailing events will feature a variety of craft, from dingies and keelboats to windsurfing boards.

wider club activities

land, water, action

Skills	Example
Thinking me	Try and find out two interesting facts about your favourite famous sports person which we can share next week. (The club leader can then generate discussion about how these idols became successful.)
Social me	During this week, at home or at school, try to congratulate others when they do something well – remember how it makes you feel and how it seems to make them feel.
Healthy me	Next week, bring in your favourite piece of fruit to our club session. We can all share and hopefully try some new tastes.
Physical me	Choose an activity you have tried at the club and show your parents/family at home. See if they will join in! Tell us about it next week.
Creative me	For next week, bring along a piece of junk - cardboard, plastic or fabric that we could recycle and use for an activity, like a cardboard box to use as a target or obstacle, or a scarf for dancing.

space

In both challenges, make the distance between players smaller/larger

In challenge 1, use the space above or below to pass the ball

task

In challenge 1, roll the ball rather than pass it

Try both challenges one handed

In challenge 2, try starting on one foot

Try sitting on a Swiss ball/space hopper (If sitting on a space hopper isn't an option, these players can bounce the hopper instead)

Use blindfolds to create darkness

equipment

In challenge 1, use larger/smaller balls

Some players may find it easier to sit down onto a chair (this could be one partner in pair, it doesn't need to be both)

people

Mix pairs up for each challenge, even if they're still in a team, to add variety

Do challenge 2 in groups of more than 2 people

land, water, action

Balance and speed is what you need

how to play

These can be set up as a mini circuit with each team working at a different challenge.

Challenge 1 – each pair sits opposite each other on the floor an arm's distance away from the wall in seated straight posture.

Player one passes a ball to their partner who rotates and touches the ball against the wall and passes it back. Player two rotates and touches the wall. Let's race to see who'll be first to twenty passes!

Challenge 2 – each pair stands opposite each other. You need to hold hands and sit on your bottom in a seated balance, knees bent, feet flat. Now, try leaning backwards, then forwards, then stand up without wobbling or letting go. And again! You'll get extra points for strong balances and good use of core muscles.

Safety: make sure there is enough space between pairs.

equipment

Space hoppers, benches, Swiss balls, coloured poles, small balls, flat markers.

sporting connection

These challenges are great for helping you develop a range of skills, including core stability in a seated balance and transferring your weight from side to side. These are skills you'll find in the Olympic sports of canoeing, rowing and cycling.

did you know?

The most successful Olympic sailor is Denmark's Paul Elvstrom. He won the first of his four gold medals in consecutive Games from 1948, and was still competing in 1988 at the age of 60.

wider club activities

Skills	Example
Thinking me	This week, can you talk to your family, watch the news or read the newspapers to find out some sports activities that have taken place during the week in the UK or abroad? Write down your favourite and we can share some facts about them next week. Let's see if we can come up with lots of different ones.
Social me	For next week's session can you find out all about our local newspapers? Bring in their address, email and phone number so we can write to them and see if we can get someone to include an article all about what we do.
Healthy me	For next week, all bring a water bottle to fill up and drink from during and after the session – any clean plastic bottle will be fine.
Physical me	During the week, make a note of the activity that makes your heart beat the fastest.
Creative me	Can you come up with a new name and logo for our new sports club? Let's choose a winner next week.

compass clues

space

Use a larger/smaller play space
Place clues closer/further apart

task

Players can start at different points of the trail if it is a circular trail
Time the trail and race teams against each other
Use pedometers to see who takes the most steps en route
Players create new trails for each other
For some players, it may be easier to use colours in the instructions instead of compass points (eg. take four steps to the red wall)

equipment

Create trails using string and ask blindfolded players to follow the string and feel for clues
Make clues easier/harder
Use compasses or just landmarks

people

Play independently
Play in pairs
Play as a team