

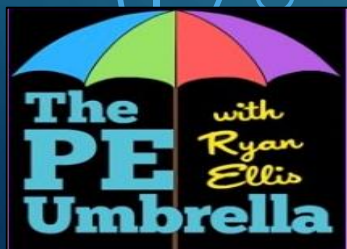


VIRTUAL SCHOOL GAMES INTRA SCHOOL FESTIVAL PROGRAMME

MULTI SKILL EYFS & KS1

@TRAFFORDSSP

#TRAFFORDVIRTUALSCHOOLGAMES



EYFS



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1. Beanbag Throw



Children stand on the throwing spot and get 3 beanbags to throw into the hoops. Score their points for them and high five them after their go. Allow them to collect their beanbags and pass them to the next player.

Easier:

- Allow them to stand closer

Harder:

- Can they get one in each hoop?
- Use their other hand



EYFS



2. Speed Bounce



Children jump back and forth over the centre of the speed bounce mat. Once they have completed 10 jumps, they tag in a team mate by high fiving them. One point is scored for every 10 bounces.

Easier:

- Children can step over instead of jump.

Harder:



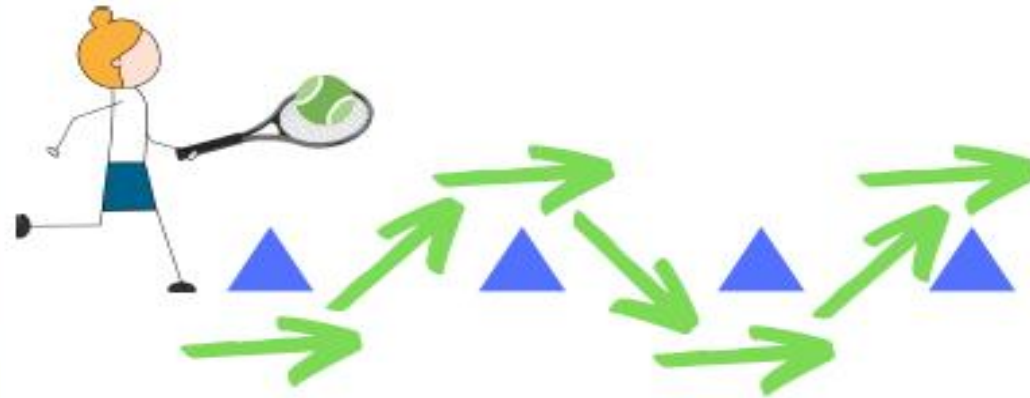
EYFS



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3. Tennis Racket Balance



Children must balance a ball or beanbag on their tennis racket and walk/run in and out of the cones. Once they get to the end, they run straight back and pass the racket to the next player! 1 Point for each player that returns back.

Easier:

- Use a beanbag and walk

Harder:

- Use a tennis ball
- Use their other hand
- Try jogging/running



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4. Running Relay



Children sprint as fast as they can around the cone and back to their team, passing the baton as they do so. A point is scored for each complete lap of the cone.

Easier:

Harder:



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5. Object Transfer



Children work in pairs to transfer a variety of objects into a hoop. They must place the object between them (belly to belly, back to back, shoulder to shoulder) and walk it across. Once completed, they should high five and return to the start. Score 1 point for every object transferred.

Easier:

- Allow them to use their hands to support

Harder:

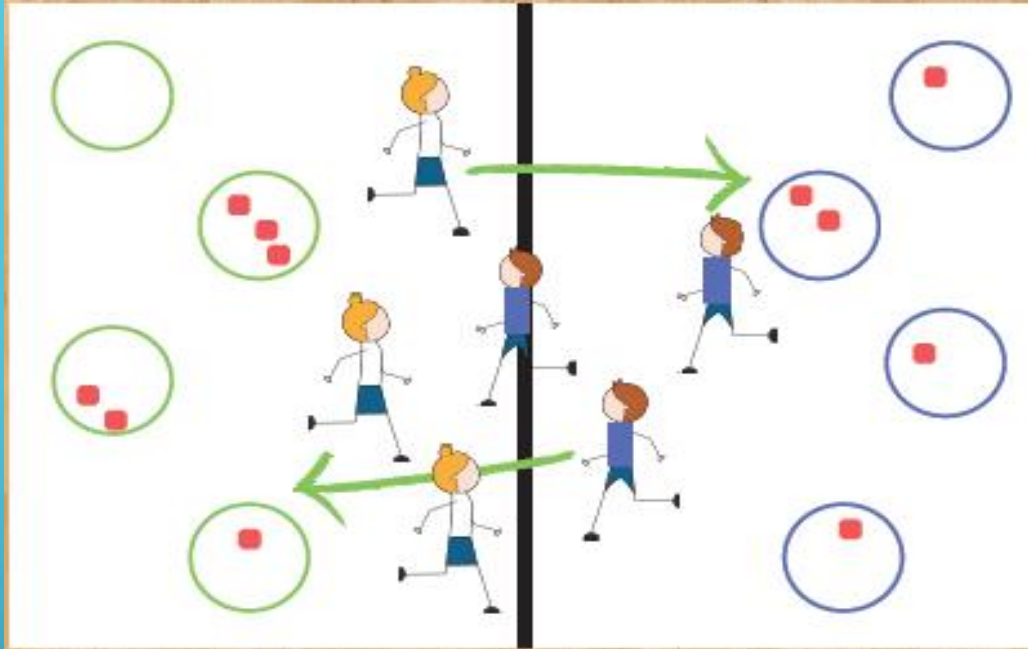
- Can they try head to head or hip to hip?



EYFS



6. Fill your room

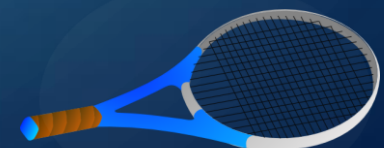


Children are split into 2 small teams (4v4 or 4v3). Each team races to steal beanbags from the other teams hoops and place them back into their own hoops. Only one beanbag may be taken at a time. Beanbags must be placed into hoops and not thrown. The team with the most beanbags at the end wins.

Easier:

Harder:

- Children could balance beanbags on their head after collecting them



KS1



BEAN BAG CATCH

TRY THE BEAN BAG CATCH CHALLENGE!

2 hands to 2 hands

GENTLY THROW THE BEANBAG IN THE AIR. CATCH IT IN 2 HANDS.

CHALLENGE: CLAP YOUR HANDS BEFORE CATCHING!

CAN YOU TOUCH THE FLOOR BEFORE CATCHING?



1 hand to 1 hand

GENTLY THROW THE BEANBAG IN THE AIR WITH ONE HAND AND CATCH IT WITH THE OTHER.

CHALLENGE: HOW CLOSE TO THE FLOOR CAN YOU CATCH YOUR BEANBAG?

TOO HARD? TRY DOING THESE TASKS USING A BIB INSTEAD!

TOO EASY? TRY USING A TENNIS BALL!



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BOUNCE CATCH

TRY THE BOUNCE CATCH CHALLENGE!

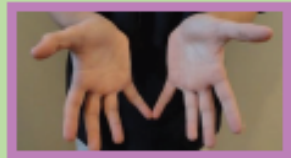
bounce to 2 hands

GENTLY BOUNCE THE TENNIS BALL ON THE FLOOR. CATCH IT IN TWO HANDS. HOW MANY CATCHES CAN YOU MAKE?

CHALLENGE: CAN YOU BOUNCE THE BALL AND CATCH IT IN ONE HAND?



bounce, hit, catch



GENTLY BOUNCE THE TENNIS BALL AGAINST THE FLOOR. HIT THE BALL WITH THE PALM OF YOUR HAND BEFORE CATCHING.

CHALLENGE: CAN YOU HIT THE BALL WITH BOTH HANDS BEFORE CATCHING?

TOO HARD? TRY USING A BIGGER BALL.

TOO EASY? HIT THE BALL WITH A DIFFERENT BODY PART AFTER THE BOUNCE (FOOT, KNEE, SHOULDER ETC)



KS1



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BALANCE TO SHOOT

THIS WILL CHALLENGE YOUR BALANCE, CO-ORDINATION AND ACCURACY!

RIGHT FOOT SHOOT!

BALANCE A BEANBAG ON YOUR FOOT. GENTLY FLICK YOUR FOOT AND TRY TO LAND THE BEANBAG IN A HOOP. REPEAT FOR ALL HOOPS. HOW MANY CAN YOU GET IN?

CHALLENGE: TRY USING YOUR LEFT FOOT TOO!



TOO HARD? TRY USING YOUR HANDS TO THROW THE BEANBAG.

TOO EASY? TRY BALANCING THE BEANBAG ON YOUR HEEL AND FLICKING IT BACKWARDS.



KS1

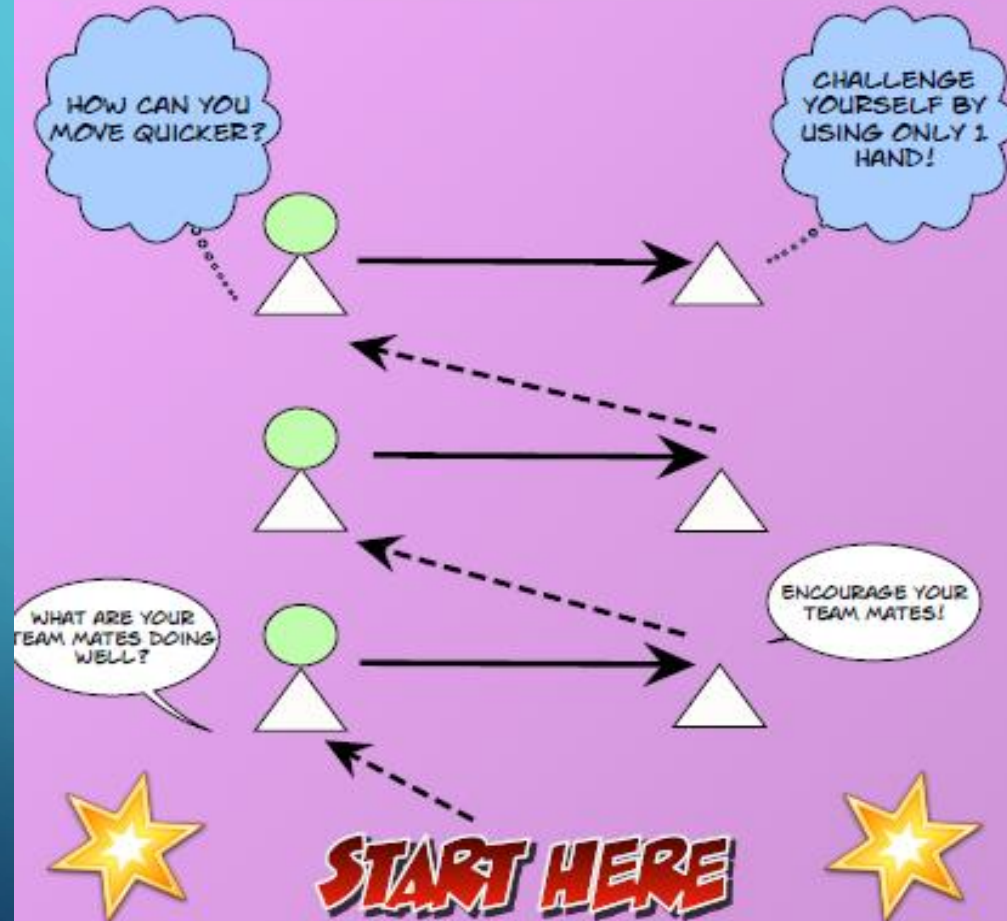


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AGILITY TENNIS BALL TRANSFER

TRANSFER THE TENNIS BALLS FROM ONE CONE TO THE OTHER AS FAST AS YOU CAN!
GO GO GO!



KS1



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CO-ORDINATION OBJECT CONTROL

USE THE TENNIS RACKET OR HOCKEY STICK
TO CONTROL YOUR BEANBAG AROUND THE
SPACE.

PUSH THE
BEANBAG
RATHER THAN
HIT IT.



HOW CAN YOU
CHANGE
DIRECTION?



NAME SPELL: CAN YOU VISIT
CONES TO SPELL OUT YOUR
NAME?

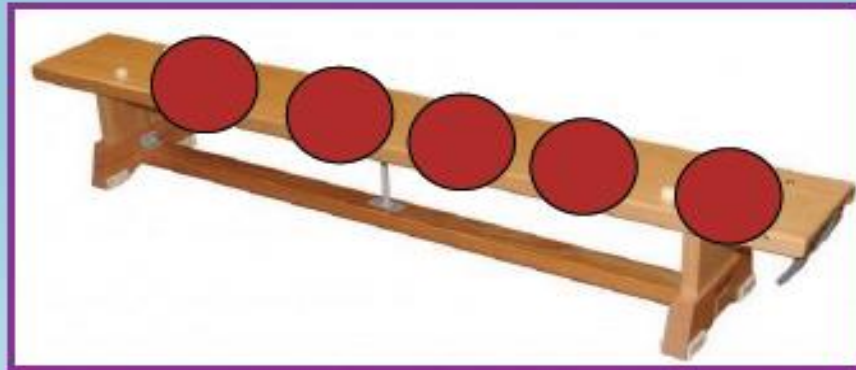
SPORT SPELL: CAN YOU VISIT
CONES TO SPELL OUT YOUR



KS1



BENCH BUNNY HOPS

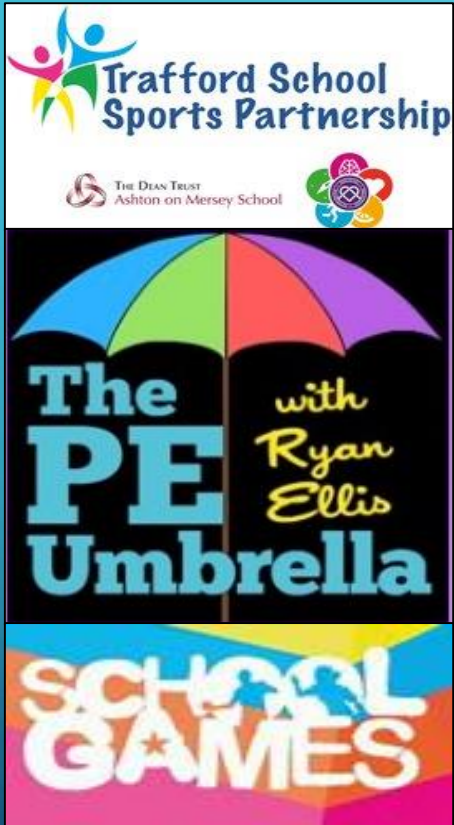


PLACE YOUR HANDS ON A RED SPOT. TRY TO BOUNCE YOUR LEGS FROM SIDE TO SIDE OVER THE BENCH, MOVING YOUR HANDS UP THE SPOTS AS YOU GO!

**CAN YOU DO THEM BACKWARDS?
CAN YOU DO THEM ON 1 LEG?
CAN YOU ONLY USE 1 ARM?
CAN YOU USE 1 ARM AND 1 LEG?**

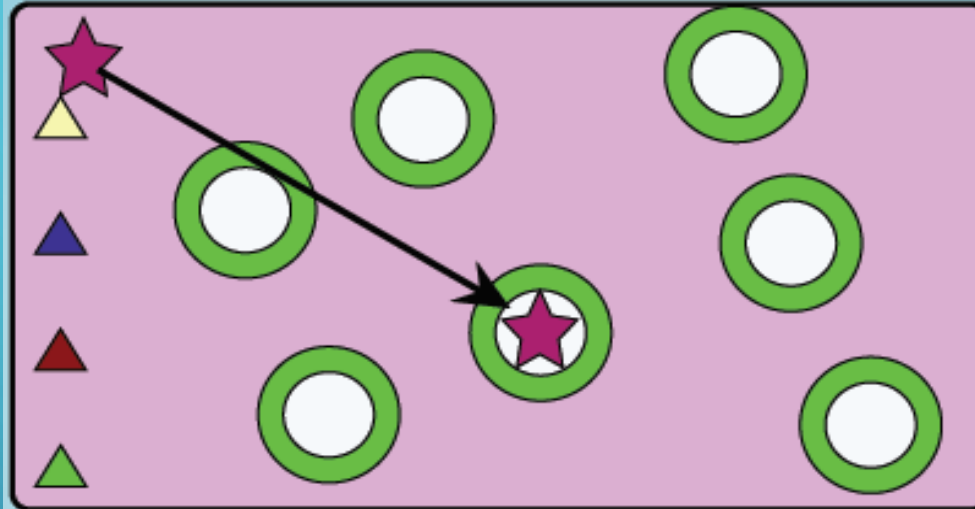


KS1



TOUCHDOWN


IN THIS GAME, CHILDREN WILL WORK ON THEIR THROWING & CATCHING WITH A PARTNER TO SCORE AS MANY POINTS AS POSSIBLE. HOOPS ARE SCATTERED IN THE AREA FILLED WITH BEANBAGS AND OTHER OBJECTS THAT ARE WORTH POINTS. ONE PLAYER MUST RUN AND STAND IN A HOOP, THEIR PARTNER THROWS THEM A BALL AND IF CAUGHT, THEY MAY RETURN AN OBJECT FROM THE HOOP BACK TO THEIR CONE. IF NO CATCH IS MADE, THEY RETURN EMPTY HANDED AND SWAP POSITIONS.




TRY THROWING UNDER ARM AND OVER ARM!
CAN YOU MAKE A 1 HANDED CATCH?




KS1




Trafford School
Sports Partnership



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Ashton on Mersey School



The PE Umbrella
with Ryan Ellis



SCHOOL GAMES

★ TENNIS SKILLS ★

CHOOSE...



OR



USING THE CHOSEN OBJECT, TRY SOME OF THE FOLLOWING CHALLENGES!



RACKET BALANCE

PLACE THE OBJECT ON THE STRINGS OF THE RACKET. CAN YOU WALK AROUND THE SPACE AND KEEP THE OBJECT BALANCED? CAN YOU BALANCE HIGH AND LOW?

KEEPY LIPPY

CAN YOU HIT THE OBJECT INTO THE AIR WITHOUT IT HITTING THE FLOOR? HOW MANY CAN YOU DO? CAN YOU HIT WITH ALTERNATE SIDES OF YOUR RACKET?

THROW YOUR OBJECT INTO THE AIR WITH YOUR HAND. CAN YOU CATCH IT ON YOUR RACKET STRINGS?

THROW TO BALANCE

PARTNER SWAP

STAND FACING A PARTNER WITH YOUR OBJECT ON YOUR RACKET. ON THE COUNT OF 3 CAN YOU SWAP OBJECTS BY THROWING TO EACH OTHER?



KS1

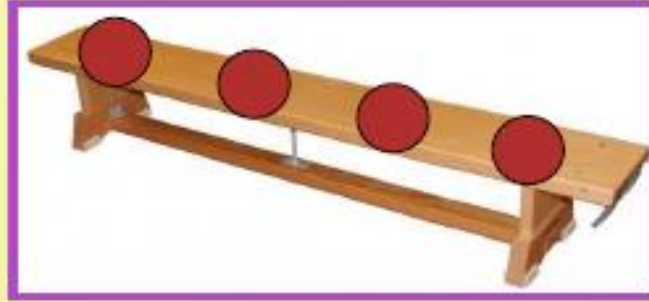


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PIN POINT THROW

TEST YOUR THROWING SKILLS TO SEE JUST HOW ACCURATE YOU ARE. DIRECTION AND WEIGHT OF THROW ARE VERY IMPORTANT!



POSITION A CONE AT THE END OF THE BENCH WITH 4 BEANBAGS. ONE AT A TIME, CHILDREN TRY TO LAND A BEAN BAG ON A SPOT BY THROWING UNDER ARM.

PROGRESSION:

- HAVE CHILDREN STAND SIDWAYS ON TO THE BENCH GIVING THEM A SMALLER SURFACE AREA TO LAND THE BEANBAG ON.
- CHILDREN STAND ON ONE LEG AS THEY THROW.
- TRY USING BOTH ARMS. WHICH IS BETTER?

★ = WHERE TO STAND

