



Dorset School Games Primary Multi-Skills Festival



**UNITED BY
BIRMINGHAM
2022**

Primary Multi-Skills Festival

Introduction:

- The multi-skills festival helps build and develop children's movement, focussing on the development of locomotion, object control and stability.
- The pack is teacher-led and can be used in lessons, with small groups of children or as an extra-curricular activity.
- Children work in pairs and score for each other using the scoresheet provided
- Bronze Ambassadors can be used to help set the festival up or to explain and demonstrate each of the skill stations
- Taking part in the activity is the most important thing, suggested adaptations are available (slide 9), alternatively please use your own adaptations

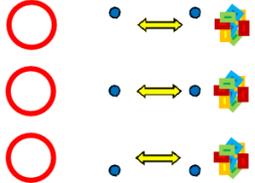
Organisation and Suggested Timings:

- PE lesson (45 mins): Split the class/bubble into 5 groups, ideally with even numbers to allow the children to work in pairs
- Set up the 5 stations with each station having 3 lines of equipment
- Approximate timings:
 - 5 min warm-up
 - 8 minutes per station (2 mins explanation & demonstration, 1 minute practice, 3 mins activity, 1 minute to move stations & record scores)

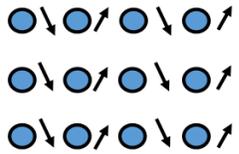


Suggested floor plan and layout

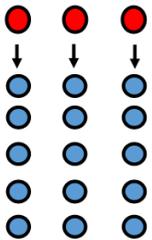
Station 1
Target Throw



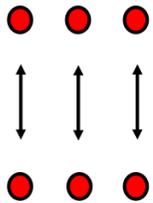
Station 2
Bean Bag Balance



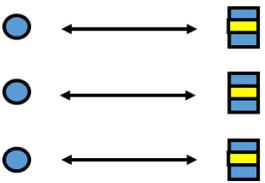
Station 5
Skittles - Target Roll



Station 4
Bat & Ball Balance



Station 3
Speed bounce & Sprint



Station One: Target Throw



Equipment:

- Hoops
- Floor Spots
- Beanbags

Rules:

- Children pick up one beanbag and run to the floor station.
- Aim and throw the beanbag with an underarm throw into the hoop.
- Run back and pick up another beanbag. Continue until the time runs out.

Teaching Points:

- Opposite foot in the front to the throwing arm
- Underarm throw
- Eyes on the target
- Hand should follow through to the target

Scoring:

- Each successful throw where the beanbag lands and remains in the hoop is awarded one point

Station Two: BeanBag Balance



Equipment:

- Cones
- BeanBags

Rules:

- Children balance a beanbag on their head without dropping it whilst travelling in and out of the cones
- If the beanbag falls off during a lap they must run back to the start of that lap and continue

Teaching Points:

- Focus forwards
- Keep chin up
- Arms out to balance
- Controlled strides

Scoring:

- Each completed lap scores one point

Station Three: Speed Bounce & Sprint



Equipment:

- Bounce mats or floor sports to jump over
- Floor spots or cones to run around

Rules:

- Children complete 5 speed bounces, sprint and touch the floor spot at the end, and then travel back to the start.
- Children attempt to complete as many laps as possible in the time.

Teaching Points:

- Slow bounces to start with
- Arms out to balance on the speed bounce
- One foot on the spot to turn and change direction

Scoring:

- Each completed lap scores 1 point

Station Four: Bat & Ball Balance



Equipment

- Mini racquets
- Tennis balls or soft balls

Rules

- Children balance a small soft ball on a mini racquet and travel in and out of the cones without dropping the ball
- If the ball falls off during a lap they must run back to the start of that lap and continue

Teaching Points

- Keep eyes on the tennis ball
- Keep racquet close to the body
- Slow controlled strides

Scoring

- Each completed lap scores one point

Station Five: Skittles Target Roll



Equipment:

- Cones
- Floor spots
- Tennis balls or soft balls

Rules:

- 5 cones are positioned in a line in front of the children
- Whilst keeping one foot of the floor spot they roll a ball at the first cone
- If they hit the cone, that cone is removed
- They then try to hit the next cone which once struck is removed and so on until all cones are removed

Teaching Points:

- Use underarm roll
- Bend knees
- Opposite foot forward to bowling arm
- Keep your eyes on the target

Scoring:

- 2 points for each cone hit
- 10 points maximum

Inclusion Adaptations

Taking part in the activity and having fun is the most important thing. Use the suggestions below to adapt, or come up with your own:

Station One: Target Throw

Space	Alter the distance run or let those who can't remain at the spot
Task	Consider using a ramp or other method such as a kick
Equipment	Find what works best to propel, a ball, a balloon etc. Make the scoring zone bigger
People	Can someone guide or hand the object to participants

Station Three: Speed Bounce & Sprint

Space	Instead of sprinting use a target to knock over or alter the distance needed to travel
Task	Use kicks or foot taps on a target
Equipment	Use lines on the floor to step over into different zones instead of jumping
People	Others can help by counting and guiding

Station Two: Bean Bag Balance

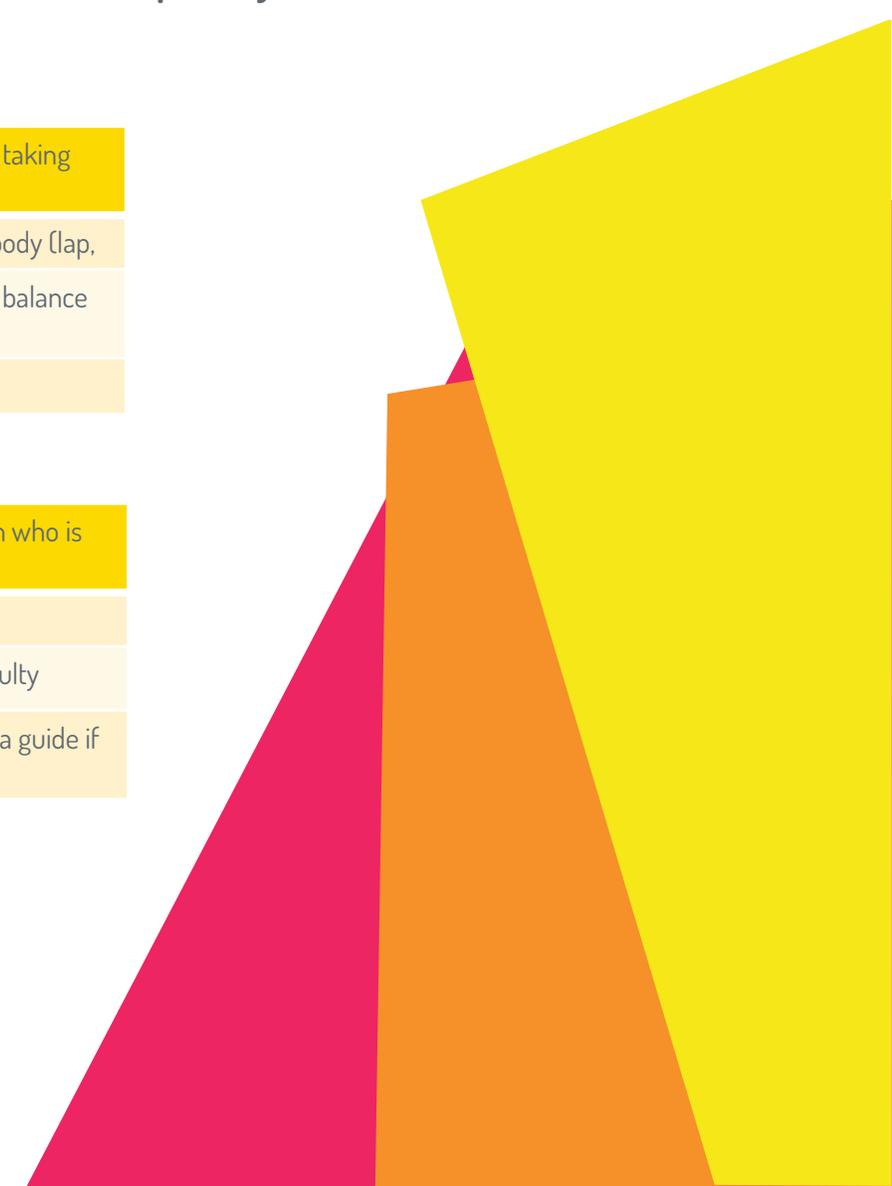
Space	Alter the distance travelled depending on who is taking part
Task	Balance the bean bag on a different part of the body (lap,
Equipment	Change the beanbag for a larger object easier to balance
People	Use a guide participants can follow

Station Four: Bat & Ball Balance

Space	Alter the distance needed to travel depending on who is taking part
Task	Use a carry instead of a balance
Equipment	Bigger racket and balls/bean bag to adjust difficulty
People	Ask participants which method they prefer. Use a guide if needed

Station Five: Skittles Target Roll

Space	Move the skittles closer
Task	Use scoring zones which can be bigger/smaller, different ways to propel like a seated kick or push off wheelchair tray
Equipment	Use a ramp and/or bigger ball
People	Support each other, stand by the skittle and clap hands to air visual/perceptually impaired participants



Multi-Skills Festival Scoresheet

Station	Tally	Totals
1 Target throw		
2 Bean bag balance		
3 Speed Bounce and Sprint		
4 Bat and Ball Balance		
5 Skittles - Target Roll		
Total Score		

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