



Sports session for primary school aged children (2 hours)

Session 1

Equipment needed

Sponge balls

Cones

Bibs

Kwik cricket set

<u>Time</u>	<u>Game</u>	<u>Equipment</u>
1pm	The Blob	Cones
1.20pm	Raid the Nest	5 sponge balls, cones, bibs
1.40pm	Cowboys and Indians	Sponge balls, cones
2pm	Human Os and Xs	Cones
2.20pm	Kwik cricket / benchball	Kwik cricket set / ball

The Blob

- The whole group are in a coned area. 2 leaders hold hands and try to tag others. They must stay holding hands throughout.
- When someone is tagged they must join The Blob.
- The winner is the last person standing
- Progressions: make 2 Blobs; decrease space

Raid the Nest

- 3 teams line up behind 3 squares, each an equal distance from a central pile of 5 balls
- When whistle blows, teams try and accumulate (1 ball at a time) 3 balls in their box to win.
- 1 player runs at a time – when they return a ball to the box the next player in the team swaps with them.
- Balls must be placed down in squares, not thrown
- Players are allowed to steal balls from other teams' nest to win.
- Encourage teams to encourage and instruct their players
- Also possible with 4 teams (6 balls), 5 teams (7 balls) and 6 teams (8 balls)

Cowboys & Indians

- 2 teams. 1 team lines up on opposite sides of an area with a sponge ball each (Cowboys).
- Indians try and run across the square without being hit with the ball by the Cowboys.
- Once an Indian is hit with the ball s/he is out and sits by the side. Indians receive a point for every time they manage to cross the square before everyone has been hit.

- Once everyone has been hit they swap

Human Noughts and Crosses

- 2 equal teams of 5-10 children line up either side of a grid of 9 cones
- Each team is given bibs and a corresponding number (ie 1 - 10)
- When a number is called that child from each team take their places on the grid
- The first team to get 3 in a row (horizontal, vertical or diagonal) wins
- Progression: shout 2 numbers; if called and already on the grid you must run back, touch the wall and rejoin at a different point

Kwik cricket

- Each child given a number
- Usual cricket set up except:
 - 1 set of stumps, 1 batter
 - Batter must run (to set point or nearest wall) and back to score a point
 - If the ball is hit, batter must run
 - Child 1 bats, child 2 bowls, child 3 keeps wicket, 4 onwards field. Change every 10 balls (2 bats, 3 bowls, 4 keeps wicket, etc)
 - 5 points if bowler gets someone out, or if a fielder catches / runs someone out
 - Minus 5 points if batter gets out
- Each player keeps their own score, highest when everyone has done everything wins
- Remember bowler must keep arm straight (overarm or under), no throwing