

# ABC's

**Topic:**

Roll the Dice (improves co-ordination, agility, awareness and recognising numbers)

**Starter Activity:**

Ask the children questions about the dice – different numbers. Roll the dice and if its number 1 – children move forward, 2- children move backwards, 3 – sideways, 4 jumping, 5 hopping and 6 skipping but get the children to maybe come up with their own ideas.

**Skill:**

Using the spots with numbers on 1-6, roll the dice and what every number comes on the dice the children have to run to. The children have to recognise which number is on the dice and relate it to the number on the floor. Have the children in 2's and have little races to see which child gets to the number first. Add an extra child so they are racing in 3's.

**Game:**

Scatter loads of spots on the floor and let the children take it in turns going one at a time. They will have to roll the dice and whatever number appears that's how many steps on to different spots they have to take. They must try and get from one side of the room to the other but must reach the other side by finishing with the exact number at the end.

**Objective:**

Children will improve their co-ordination and agility skills as they will be rolling the dice and also relating the number to different ways of moving either by the coach saying how they move or thinking of their own ideas. It will also help develop their numbers and relating to different numbers. The children will have to recognise the number on the dice and match it up with the number on the spot.

# ABC's

**Topic:**

SAQ (Speed, Agility and Quickness)

**Starter Activity:**

Set up a few ladders around the area and ask to the children to travel around going forwards through the ladder. Add a few spots on the floor that if the children step on they must change direction. Also start to ask the children different ways in which they can travel through the ladders.

**Skill:**

Add hurdles and cones to the area. The hurdles are there for the children to either jump over, keeping their feet together, or step over with 1 foot. For the children who are really good, see if they can hop over the hurdle. The cones (big and small) are there for the children to travel in and out of. To keep changing direction moving in and out. Also they can be used for children to run around in a circle.

**Game:**

Adventure course/mini relays – children can be split into teams or complete it individually. Set a mini course up that the children have to travel through – for example (through the ladder, over the hurdle, in and out the cones, through another ladder, around a cone, over a hurdle). Have cones/beanbags at the end that children must collect. How many can they collect in a minute.

**Objective:**

Children will improve their ABC's as this session will test their movement skills as they must travel at different speeds and continue to move in a different directions. Other movements such as hopping and jumping will get better as they are being challenged by either a ladder or a hurdle. Finally the children's awareness will develop through the adventure course as they must find a way of completing it as quick as they can.

# ABC's

**Topic:**

Toddle a day (Improving child's co-ordination)

**Starter Activity:**

Children moving around the course, 6 different stations. Stepping stones (spots) which the children have to step through. Hurdles where the children had to jump over (different sizes) to challenge their jumping/stepping. A ladder in which the children have to run through with 1 or 2 foot in each space.

**Skill:**

Add a tunnel in which the children have to crawl through. Also having a cones (big or small) in which the children have to run in and out of. Finally you could add a beanbag at the end in which you have to get the children to balance it on their head and walk a certain distance.

**Game:**

Challenge the children by making them move through the course in different ways or setting certain challenges as they go along the course. For example you can only go through the stepping stones on 1 leg which will encourage the children to hop.

**Objective:**

The children will develop their co-ordination whilst travelling through the course. By setting different challenges to the children it will improve their ability. You can also time the children which will mean they need to go faster so it will encourage them to up their speed.

## **Topic:**

Beans on toast (improving agility, balance and co-ordination)

## **Starter Activity:**

Children will move around in different ways and in different directions. They will attempt to practice 3 different shapes as they attempt to improve their balancing skills. The first shape they will make is beans (curl up in a small ball) followed by toast (making a star shape whilst lying on their back). The final shape will be sausage (lying on their belly's with their arms and legs stretched out straight).

## **Skill:**

The children will learn 3 further shapes – Bacon, Mushrooms and Spaghetti. Bacon (sat on their bottoms with their legs straight and they must attempt to touch their toes). This shape will be followed by mushrooms (stood on 1 leg) and spaghetti (moving their arms and legs). Bring back the other 3 shapes they learnt in the warm up and see if the children can perform all 6 shapes.

## **Game:**

Children will move around the area and listen in to the coach shouting the different names (beans, toast, bacon, sausage, mushrooms and spaghetti) and perform the correct shape. If the child gets it wrong then they are out. Challenge the children who are doing really well by calling out 2 shapes so they must perform toast first followed by beans for example.

## **Objective:**

Children will develop their balancing skills as they will have to attempt using different parts of their body to hold the shape. They will also improve their agility as they have to travel around the area in different ways and directions avoiding other people. Ask the children to think of their own ideas on how to travel and this will help with their creativity skills as they are having to think for themselves. For the ones who are doing really well at this could they help anyone who is struggling, this way then it will

# ABC's

**Topic:**

Numbers and letters (Improving understanding and creativity)

**Starter Activity:**

Using the spots with numbers and letters on children have to touch the letters in which the coach shouts out. They must react to the number or letter, find it and get there as quick as they can.

**Skill:**

Having a race against a partner they must see who is the first person to complete a word. They will have a set of coloured cones and they must place it on the letters/numbers and the first person to finish is the winner. Have 2 people racing, 3 people and 4 people racing to make it harder.

**Game:**

In groups of 2 – working together children will have a relay and complete the word between them. They must work together and communicate to complete the word. Similar game to scrabble children must create words using letters that are left.

**Objective:**

Improve the children's understanding and awareness of letters and numbers by using physical challenges. Children will develop their teamwork skills by working with other people and helping the other children to complete different words. By completing the different challenges it will create new ideas to help their creativity skills.

Topic: Number Rolling (improving knowledge of shapes their body can make by balancing)

**Starter Activity:**

By rolling the dice – 1-6 the children must perform different balances using them points. 1 point would be stand on 1 leg. 2 points is 2 legs or 1 hand and 1 leg etc. Encourage the children to try and attempt different balances and use different parts of their body when balancing so they improve.

**Skill:**

Split the children into 4 lines and place 20 cones out in front of them. The children will take it in turns to roll the dice. If they roll a 4 they move up the ladder/cones by 4 places and when they reach that cone they have to perform a 4 point balance. It's the first person to reach the top (number 20) but they must roll the exact number at the end. For example if they are on 16 they need a 4 to finish.

**Game:**

You only have 5 cones to get to the top this time and you can only move forward if you manage to roll a 1 or a 6. If they roll any other number then whilst they wait for their turn again they have to stand and wait using a balance with the points on the number of dice they rolled. For example if they roll a 4 a have to stand still and wait but must have 2 feet and 2 hands on the floor – or create their own balance.

**Objective:**

To improve the children's understanding of different balances and using different parts of their body when attempt to balance. They will start to recognise the number of points they must use when attempting to hold a shape. It will further develop their co-ordination as they have to roll the dice and count how many places they must move to try to get to the top and finish.

# ABC's

**Topic:**

Lilly pad Leap (Improving jumping, landing and balancing whilst moving)

**Starter Activity:**

There are a number of flat markers (spots) on the floor and the children have to move around the area placing different parts of their body on the spots. To develop the session further see if the children can place 2 parts of their body on the spot – for example knee and hands, 3 parts of their body – hands, knee and feet.

**Skill:**

Children will pretend to be frogs and have to jump from one spot to another spot but aren't allowed to touch the floor – the floor is the water and they have to jump from one lily pad to another. If a child touches the floor they have to do 5 star jumps at the side. To challenge the kids make the gaps between the spots bigger and give them a bib or spot each which they have to throw down to step on to reach the spots that are further away. The children must remember to pick their spot or bib up though before they become stuck.

**Game:**

Races – Spread a few cones out in the area and children will be in 2 teams and they must jump from one side to the other to pick up a cone. They can only pick one cone up before attempting to get back to their team, helping the next person so they can set off. Team with the most cones at the end is the winner but any child who steps on the floor when trying to get from one side to the other has to start again.

**Objective:**

Children will improve their co-ordination by travelling around and jumping onto the flat markers. This will further develop their spatial awareness, balance and landing skills as they will be moving around with other people so they will have to stick their landing when jumping on the spots. Finally it will create scenarios where the children will have to choose different ways to travel without stepping on the floor as they collect the cones in the team races.(stepping, jumping, hopping).

# ABC's

## **Topic:**

Hide and seek (Developing movement and creativity)

## **Starter Activity:**

Set the area up with a lot of cones and get the children to close their eyes and hide a small ball (table tennis ball) underneath the cones. Once hidden, get the children to look for the ball and see which child finds it first. Try this with 2 balls and finally with 3.

## **Skill:**

As well as using table tennis balls, hide other equipment underneath the cones, for example tennis balls, bean bags, bibs, skipping ropes. Children will have to find the equipment and points can be awarded for finding the equipment. The easier it is to find the equipment hidden, 1 point through to the hardest 5 points and see which child receives the most points from finding the equipment.

## **Game:**

The children are in teams of 4 and each group will be in the corner. They have a big cone each and that is their basket. They have to find some equipment place it in the basket and then run back to their team to swap with the next person. Once all the equipment has gone the team with the most pieces wins.

## **Objective:**

Children will develop their agility skills by changing direction to find the equipment. They will also improve their co ordination skills as they must try to pick up cones to find the equipment and place it in their basket. Working together as a team will improve teamwork and communication skills as they must help and encourage one another.



# ABC's

**Topic:**

Bin-men (improving knowledge of shapes, colours, different ways of movement)

**Starter Activity:**

There are 3 shapes in different colours; a blue circle, a red triangle and a yellow square. Children will start in the circle and moving around within the area they must dodge each and avoid contact. They will travel around in different ways and on the whistle they will travel to the next shape. The children will keep travelling changing their speed and direction.

**Skill:**

The 3 coloured shapes will be made smaller and a white rectangle will be added. Each player is given a football and is told to dribble around using different parts of the foot. If a coloured shape is called out then the child must dribble to that shape and put their foot on the ball. Keeping the ball close and taking small touches is essential so they will keep control of it and not dribble in to anyone. Players who are finding it easy will be asked to go quicker or start to add turns and change their direction quicker.

**Game:**

Different coloured cones are scattered around and the children have to dribble around collecting as many cones as they can. They have to dribble over to a cone, control their ball by putting their foot on it, pick up the cone and take it to the right coloured shape. Pretending there bin-men and tidying up they get one point every piece of rubbish (cone) they collect and place in the correct shape (bin). Winner is the one who has collected the most.

**Objective:**

The objective is to improve their agility, balance and co-ordination (ABC) both with and without a football. Changing their direction and travelling around in different speeds whilst recognising where the different colours and shapes are. Finally the children will gain further knowledge and understanding of different colours and shapes in the bin-men game where they have to collect the cones which are the rubbish and placing them in the right coloured shapes which are the bins.

**Topic:**

**Dodgeball** (improves co-ordination and speed)

**Starter Activity:**

Give a ball to one child and that child is on. The child must tag somebody else with the ball in order to get a point. They have 1 minute to tag as many people as they can to get as many points as they can. After a minute, change the person who is on. Children need to be quick when trying to tag other and the people who aren't on need to avoid being tagged.

**Skill:**

Start with one child being on and whoever gets tagged then becomes the person who is on. So the catcher will be swapping a lot during this part and the children need to concentrate and recognise who is on and keep moving in different directions. Whoever is on after the time limit has to do 10 star jumps or something like that. Change the rules to keep it flowing for the children, only the catcher can move forwards everyone else has to move backwards etc.

**Game:**

Choose a child to be the first catcher and give them a ball. If they tag/tag somebody with their ball then that person is out. The winner is the one person who is left. Challenge the children and make it hard for the ones who aren't on by adding 2 catchers or maybe even 3.

**Objective:**

The children will develop their agility throughout this session as they will be consistently moving all the time. Whether they are chasing everyone else or are being chased they need to be moving around in different directions and increasing/decreasing their speed when necessary. Furthermore their ball control and skills will improve as they will need to keep hold of the ball and not drop it also they will have to tag/tag other children with their ball.

# ABC's

**Topic:**

King of the Castle (Improving numbers and creativity)

**Starter Activity:**

Children have to make little gates with 2 cones big enough so that they can travel through it. Each coloured gate will stand for a different way of moving, so for example if they say a red gate they will have to go backwards through it, a yellow gate is sideways, blue is backwards. Remembering what movement to do at each coloured gate, the children will travel around the area in different directions.

**Skill:**

Each gate they travel through they will get 1 point for it and the children must add up their points and see how many they can go through in a minute. If they go through a gate in the incorrect way then they will lose a point. To make it harder for them they will be given a ball each. They have to go through the gate keeping control of their football. Dribble it through and stand to develop turning with the ball.

**Game:**

Making a castle with the gates, the children have to escape. On each gate there will now be a guard trying to stop them from escaping. The guard can only move side to side up and down their line. The guards have to tag them before they escape. If a child manages to escape and get back into the castle then they will get 2 points but if they are caught then they will lose a point. See which child gets the most points and they will be the winner.

**Objective:**

The children will have to recognise what colour is related to a different way of moving. If somebody is unsure, then others can help them out. It will improve creativity as they could come up with different ideas to escape the castle for example jumping, twisting and hopping. It will be improving co-ordination and control of the football to keep it close and be able to dribble through a gate. If they find that easy then you can make the gates smaller and start to introduce turning through the gates.

# ABC's

**Topic:**

Planets (improving dodging and teamwork)

**Starter Activity:**

Every child is asked to go and stand next to a cone. This will be their planet they need to remember where it is. Going through the different ways of moving such as: forwards, backwards, sideways, jumping and hopping, the children have to listen in when to go back to their planet. They might be asked to go to somebody else's planet so they would communicate with a friend and swap positions.

**Skill:**

The planets will turn into flying saucers (bibs) and I will be throwing them for the children to dodge. If it comes at their feet they will have to dodge it by jumping, at their body they'll have to move to the side and at their head then they will duck down. Children can take it in turns throwing the flying saucers to develop and improve their throwing ability.

**Game:**

If a child gets hit with the flying saucer then they will have to stand like a shooting star and are stuck in a space. They will have to ask a friend to free them and they will do so by crawling through their legs or under their arms.

**Objective:**

Children will develop understanding of awareness and concentration so they don't get hit by the flying saucer. They'll have to dodge the objects that are being thrown at them and make decisions with on their own or with friends. Furthermore it will improve communication and teamwork when they are stuck and need to ask for help in situations they might not be used to.

## **Topic:**

Puddles (Improving jumping, landing and balancing whilst moving)

## **Starter Activity:**

Children are given flat markers (different colours and shapes) to scatter around an area. These are their puddles and they start splashing with one foot; jumping and landing on one leg, 2 feet and then jumping and landing with 2 feet and running on the spot. Children are set little tasks on being able to jump sideways or jump backwards.

## **Skill:**

The children are given a tennis ball/football and given a demonstration on how to splash the ball in the puddle. The children will copy and it will be bouncing their ball on a puddle and trying to catch it again. They can try with one hand if finding 2 hands easy to challenge themselves. Once being able to bounce and catch standing still they will start to move around and complete the same activity.

## **Game:**

2 people will become puddle monsters and they have to catch as many people as they can. If they tag somebody else they will join them and become a monster too. The last person, who manages to escape from everyone else, will be the winner. To challenge their throwing ability and accuracy instead of tagging somebody else they will have to throw a bib at them and if they're successful and hit them they become a monster. The puddles could become a safety zone and if you stand on a puddle you can't be hit but only have a 3 second limit.

## **Objective:**

Children will improve their co-ordination by travelling around and jumping onto the flat markers (puddles) with both 1 and 2 feet. Each child will improve their technique of throwing and will start to aim and throw accurately. Finally the flat markers (puddles) will help their balance as they will have to land and hold a position as well as dodging the bibs in the game at the end.

# ABC's

## **Topic:**

Points (Developing different balances)

## **Starter Activity:**

8 cones of different colours; red, yellow, white, blue and green are scattered around in an area. The children must move around looking out for where all the different cones are and not touching them until being told to do so. When a colour is shouted out, the children must find that colour; perform a balance at that cone starting with a balance on one leg. They will build it up to one hand and one leg, 2 hands 1 leg finishing off with 2 legs and 2 hands.

## **Skill:**

Each time they put a body part on the floor it will count as 1 point so for example; 2 hands and 1 leg equals 3 points. Each colour will represent a number of points they must perform when it is shouted out. Red=1, Yellow=2, White=3, Blue=4 and Green=5. The children will have to use their imagination and to come up with their own balances in a creative way using different body parts. They can use any body part for example; head, elbow, knee, foot etc.

## **Game:**

The children will have to balance different objects on different parts of their body and see how long they can balance it on their body. To challenge the children they have to balance more than one piece of equipment on their body for example – balancing a cone on their head whilst balancing a beanbag on their knee.

## **Objective:**

The children will improve awareness and develop their balancing skills, being able to hold a position they have performed for an amount of time using different body parts. It will challenge their agility, balance and co-ordination (ABC) as they have to perform different balances whilst remember instructions and moving around in different directions.

## **Topic:**

Dodge (Improving awareness, ranges of movement, balancing and dodging skills)

## **Starter Activity:**

Children will move around in different areas and have to avoid the different spots and cones on the floor. If a child touches a spot or cone on the floor they are out. Encourage the children to move in different ways (forwards, backwards, sideways, jumping etc)

## **Skill:**

As well as keeping the cones and spots on the floor, the coach will have a handful of bibs which he will throw up in the air and the children must dodge the bibs. This will encourage the children to keep their head up as they move and look out for the objects in which they need to dodge. If they get hit they have to stand on one leg with their hand up and can only be freed by somebody high fiving them.

## **Game:**

Start with one child being on and that child has a bib, if they manage to throw the bib at somebody and they don't dodge it they are also on and it builds up until there is one person left and that child is the winner. Encourage the children to keep moving away in different directions from the child/children who are on.

## **Objective:**

Children will develop their movement skills whilst changing direction and having to dodge being caught. They will improve their balancing as if the child gets caught they must stand on one leg and wait for somebody else to free them. Finally the children will start to improve their awareness as they must keep looking up and moving into spaces as well as dodging things on the floor.

# ABC's

**Topic:**

Party games (Improving awareness, ranges of movement, balancing and dodging skills)

**Starter Activity:**

Children will move around the area and when the coach shouts freeze, children must freeze. He could also shout out other demands for example ice and they must stand on 1 leg. Anyone who moves is out.

**Skill:**

Spread the spots around the room and when you ask the children to freeze they must find a spot and sit on it. After every round take one spot away and anyone who cant find a spot is out. Another game using the spots would be the children have to stand on a coloured spot and the coach shouts out a colour, any child stood on that coloured spot is out. Challenge the children by getting them to travel in a few different ways.

**Game:**

The final game to finish would be the corners. Have either colours or names in each corner and when the coach shouts find a corner he/she will close their eyes and shout out a corner. Any child stood in that corner is out.

**Objective:**

It is fun for the kids and whilst having fun the children are also continuing to improve their agility as they must move around the area. They will be improving their balancing skills as when the coach shouts freeze all children must stop. Finally their movement skills will develop further because the coach can get the children to travel in a few different ways.