



Sports session for primary school aged children (2 hours)

Session 2

Equipment needed

Sponge balls

Cones

Bibs

Kwik cricket set

Pop up goals

<u>Time</u>	<u>Game</u>	<u>Equipment</u>
1pm	Box relay	Cones, bibs
1.10pm	Over/under caterpillar	Sponge balls, bibs
1.20pm	Cowboys and Indians	Sponge balls, cones
1.40pm	Benchball	Sponge ball, cones bibs
2.20pm	Kwik cricket / crab football	Kwik cricket set / pop up goals, ball

Box Relay

- Set up a square, with 2 or 4 teams (of equal number) on a corner.
- They must run around the square, returning to high-five the next member of their team
- When a team is finished, they all sit down
- Progress to running backwards, side-stepping, cross-stepping, skipping etc

Over/under caterpillar

- 2 teams in single file lines, all behind a starting line
- The person at the front has a ball in their hand, and passes the ball over their head to the person behind, who passes it through their legs to the person behind
- When the ball reaches the back of the line, the last person runs to the front of the line, where they start again
- The winning team is the first to cross the finishing line

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

Benchball

- 2 teams, with a bench/line of chairs at each end of the court
- 1 member of each team stood on the bench at the opposite end
- Without running with the ball, players must get the ball to the player stood on the bench
- Once a player passes the ball to the player on the bench, they then join them on the bench
- The winning team is the first to get all their players on the bench

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