



Sports session for primary school aged children (2 hours)

Session 3

Equipment needed

Sponge balls

Cones

Bibs

Kwik cricket set

<u>Time</u>	<u>Game</u>	<u>Equipment</u>
1pm	Indie 500	Cones, bibs
1.20pm	Human Os & Xs	Cones, bibs
1.40pm	Raid the Nest	Sponge balls, cones, bibs
2pm	Dodgeball	Sponge balls, cones, bibs
2.20pm	Kwik cricket / benchball	Kwik cricket set / ball

Indie 500

- Minimum 12 players – best with 20+.
- Use a coned circle, with equally spaced cone gates outside the circle (one for each team)
- Children are in equal numbered teams (4 is ideal, but can work with 3-6), in height order (smallest first)
- On the coaches whistle the first runner for each team has to run clockwise around the circle
- When overtaken (not just tagged) the runner must drop out into the middle of the circle (have a leader there to supervise), and their next team mate joins the race.
- The winning team is the last one still running

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

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)

Dodgeball

- 2 teams in half a court, with 5 or 6 sponge balls in the middle
- On the whistle both teams can claim the balls
- The aim is to eliminate all opposition players by hitting them with the sponge balls
- When hit a player must sit out
- If a ball is caught, the thrower is out and the catcher can bring 1 eliminated team mate back in to the game
- Only direct hits count, not off the wall or floor

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