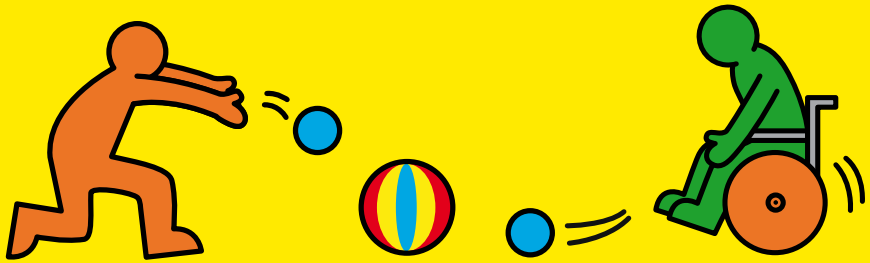
change4life sports clubs target activity pack

introducing your activity pack



Change4Life Sports Clubs have been designed around a clear need to increase physical activity levels in less active children by developing of a new type of sports club. We want to create an inspirational environment to engage young people, so over time less active young people start to take part in school sport and carry on with lifelong physical activity.

Your deliverer's activity pack includes;

1. A set of 12 activity cards

Every card is designed with support from national governing bodies of sport to include skills and activities related to their Olympic and Paralympic sports. They include:

- An image of the game in action
- Clear instructions on how to play
- Equipment required - you'll find everything in your equipment pack
- Spirit of the Games icons
- Sporting connections – how the skills involved in the games relate to specific sports
- Fun facts about Olympic and Paralympic sports to get children thinking!
- STEP – a framework for varying the activities so that children with different needs and abilities can be included
- 5 key abilities – the use of the multi ability model supports children to unlock and maximise their potential

2. A guide to the contents of each card

So you can find your way around the activity cards quickly and easily, we've provided a guide to what's on the front and back of each card.

3. A physical skills matrix

The matrix indicates the range of physical skills used within each game and the sports they relate to. There are also some ideas for using the matrix within your planning and delivery.

How to use your activity pack

Use this pack in conjunction with your Change4Life Sports Club guide and the young person's 'Get Going' logbook. Then these activities will provide the foundation for a school based sports club that will retain the interest of the young people involved and prepare them for taking part in School Games opportunities and lifelong enjoyment of sport.

change4life sports clubs and the 'spirit of the games'

The Youth Sport Trust, working with young people, has developed a set of values to motivate and inspire children to take part in school sport.

These values have been designed to:

- Provide a set of sporting values and embed them in school sport
- Use sport as a tool to encourage children to develop their personal values
- Achieve excellent standards of sporting conduct in school sport

To help you use these values within your Change4Life Sports Club each activity has been designed to link to one of the 'Spirit of the Games' values and to the Chat Zone in the children's 'Get Going' logbook.

On the right of this page you will also find some words that children have used to describe the values and what they think they would have to achieve to be rewarded with their 'Spirit of the Games' stickers.

You could reward children:

- During the session when they display the values
- When they contribute positively to the Chat Zone discussion
- Through young leaders to help them encourage participation
- At other times of the school day when they are displaying the values

'Spirit of the Games' values

Teamwork

Working with my team, not being selfish

Letting everyone have a go, passing the ball and giving everyone a chance

Showing team spirit – encouraging my team mates and saying well done

Self Belief

Being brave, taking on new challenges

Being confident

Trying new sports or activities

Honesty

Always telling the truth

Never cheating

Admitting when I am wrong

Passion

Being positive and enjoying the game/activity

Trying my best

Keep trying if I don't get it right

Respect

Being polite, not shouting or losing my temper

Shaking hands with the other players and thanking them for the game

Listening to the coach/teacher

Determination

Never giving up on myself or my team

Always trying my best no matter what I am doing

Trying again if something goes wrong

Could the young leaders involved in the club be responsible for giving out 'Spirit of the Games' awards during the club session?

As part of the Change4Life Sports Club resources, a 'Get Going' logbook has been developed for each club member to use. Each logbook is clearly divided into sections for participants to complete, including:

A bit about the logbook

Your explanation of how to make the most of it.

A bit about me

This section is completed by club members during the first week of the club and after the first six weeks or so. It will help you track changes in healthy behaviour and in the choices members make

A bit about the 'Get Going' wristband

Here, you'll see why the 'Get Going' wristbands have been included and how club members can make the best use of them.

A bit about your week

This section helps club members keep a visual record of the amount of physical activity they're doing each week, so they can compare their week on week progress.

Their weekly record also includes a Chat Zone with questions to generate discussion led by you before, during or after the session to support knowledge, understanding and positive health choices. There's also a Spirit of The Games section with space for stickers awarded to children for demonstrating the Spirit of The Games values.

A bit about Olympic athletes

Here, exclusive interviews with Olympic athletes provide inspiration for club members from some great role models.

a guide to the activity cards - front

throwmania

How good are you at hitting targets at in a limited space?

how to play

This is a great game for practising controlled throwing in limited space. First create channels of varying widths with marker cones or chalk lines. Then select a variety of objects for throwing, like throwalls, throwing scarves and bell balls. Within the channels, set up a range of targets to aim objects at. Here are some ideas:

Target 1 – a series of hoops in the shape of the Olympic rings to roll balls into

Target 2 – buckets to throw into

Target 3 – place a large ball in the channel to aim at

Target 4 – draw a target on the floor in chalk

Move the targets, or players, further away for an even bigger challenge!

Safety: make sure there's enough space between channels and the area behind the targets is free of people.

equipment

Hoops, ropes, throwall, throwing scarves, Frisbee, bell balls, goalball, balloon ball, koosch ball

sporting connection

Aiming, shooting and reaching targets in a limited space are all part of golf, bowling or fencing. Throwmania helps these skills by creating boundaries within which the activities must be played in.

did you know?

Over 1 billion people around the world watched the 2008 Beijing opening ceremony which included 1500 performers and lasted 4 hours.

There's a 'Spirit of the Games' value on each activity. Club members can be rewarded for showing the values using the stickers provided. There's space for stickers to be displayed in their 'Get Going' logbook.

The 'how to play' section describes how the activity is delivered.

Here's a list of the equipment you'll need.

Here's fun sporting facts to spark children's interest and create connections with the Olympic and Paralympic Games.

Each activity card has a visual of the activity taking place so you know, at a glance, what it involves.

Sporting connections describes the skills that are being developed and their links to the Olympic and Paralympic sports behind the activity.

a guide to the activity cards - back

chart

Skills	Example
Thinking me	We need some new members to join our club! Can we come up with some ideas that we can use to boost our membership?
Social me	Let's take 10 minutes to chat about how we can share with the rest of the school what we do at our club.
Healthy me	Try to eat healthy snacks this week, make a note in your logbook and we'll look at them next week and hopefully see lots of healthy tasty snacks being chosen.
Physical me	During this week, complete your logbook and see if you can increase the amount of activity you do compared to last week.
Creative me	During this week, use the blank sheet in your logbook to help you to create a new game – be creative, but be safe!

space

Make the channels narrower or wider

Make the distance from the target shorter/longer

Alter targets to make them higher/lower depending upon skill you are practising

task

Throw in different ways, underarm, over arm, chest pass, sideways throw, or roll or kick the ball/push with foot

Set personal goals

equipment

Vary the throwing equipment – use different sizes, shape and weights

Try using a bat

Introduce barriers to create higher channels

If throwing or kicking/pushing with the foot is not an option, players can use a ball-sending ramp

people

Play independently

Play in pairs

Play in teams

Visually impaired players can have a caller positioned beyond the target who helps them judge where the target is and how close they're getting to it

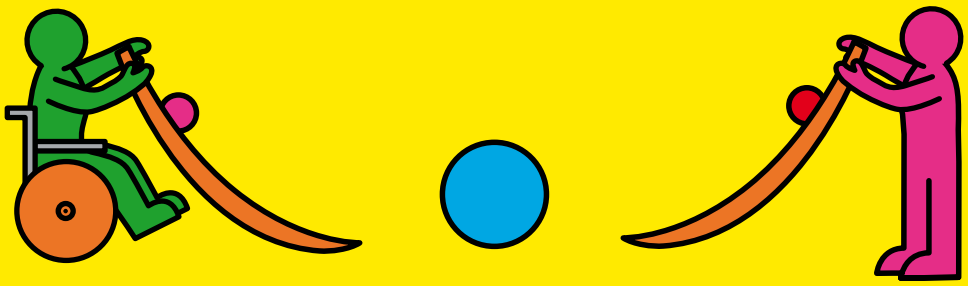
STEP is an activity-centered approach that helps you include everyone in the club. By varying the activities you can balance different needs and abilities to ensure everyone participates fully.

These tasks should be used to develop members' sense of belonging, give them ownership of the club's direction and provide them with challenges that relate to their personal development.

The tasks also tie in with the members 'Get Going' logbook and help them record their progress.

down the chute

Get as close to the target as you possibly can!



how to play

Divide the group into teams. Each team has four 'roller balls' (different colours for each team.) Place the 'jack' – a balloon ball – in the middle and you're ready to play:

Each team takes it in turn to roll their 'roller ball' down a chute at least three metres from the jack to land as close to it as possible: you'll need to be clever to judge the required speed, type of movement and distance. It's ok to knock your opponent's roller balls out of the way! Is your team's roller ball closest to the jack at the end? Congratulations, you've won!

Safety: select suitable 'roller balls'. Remind players about their posture and creating a stable base with legs and feet when using the chute.

equipment

Balls to roll in different colours, balloon ball, a chute

sporting connection

This activity helps you aim more accurately, judge distance and stay focused. They're all skills that can make you a winner in the bowling sport, boccia, which is part of the Paralympics.

did you know?

Boccia is the only sport where males, females, disabled and able bodied people all compete together on equal terms.

chart

Skills	Example
Thinking me	We need some new members to join our club! Can we come up with some ideas that we can use to boost our membership?
Social me	Let's take 10 minutes to chat about how we can share with the rest of the school what we do at our club.
Healthy me	Try to eat healthy snacks this week, make a note in your logbook and we'll look at them next week and hopefully see lots of healthy tasty snacks being chosen.
Physical me	During this week, complete your logbook and see if you can increase the amount of activity you do compared to last week.
Creative me	During this week, use the blank sheet in your logbook to help you to create a new game – be creative, but be safe!

space

Make the play area smaller/larger

Some players can be closer or further away from the jack

task

Raise and lower the chute to alter the speed and accuracy of the aim

Award points for hitting the jack

Award points for keeping the roller balls in the play area

Progress to players propelling the ball in any way, e.g. throwing or pushing it with their feet

equipment

Use a variety of different shaped and sized balls

Change the size of the jack to make it easier/harder to reach

people

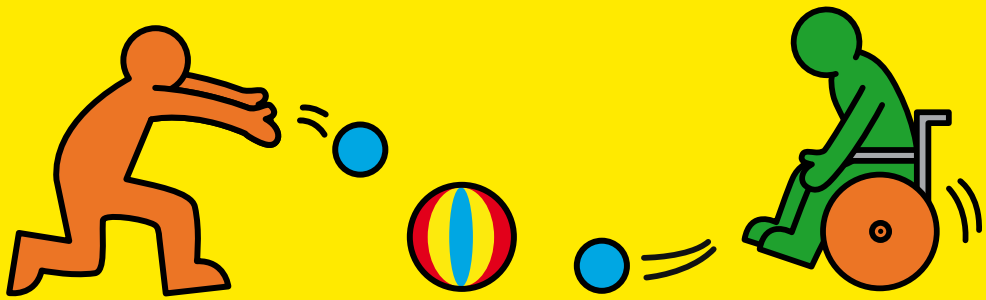
Play as an individual

Play as a team

Provide roles within the team, e.g. chute aimer and roller, to encourage teamwork and communication

jack high

Be the first team to knock the ball over the line



how to play

Mark out a large area with a boundary line at either end. Then, split players into two teams. Each team stands at opposite ends of the play area, behind their boundary line.

Place a large ball in the centre, so it's an equal distance from both teams. Share out smaller balls or beanbags between the teams and you're ready to go!

The aim of the game is to try to 'nudge' or 'knock' the large ball over the opposing team's line by aiming your balls and beanbags at it, so it moves in the right direction. If any of the other team's balls roll into your area, you're free to use them!

Safety: throw underarm, use soft balls/beanbags and make sure players face the same direction, don't cross the line and watch out for loose balls lying around.

equipment

Lots of space, balloon ball, lots of smaller balls, beanbags, bell balls

sporting connection

This activity helps you judge distances and aim well and that's vital for sports like boccia, bowls and golf.

did you know?

Our Paralympic gold medallist in boccia, Nigel Murray, only took up the sport 18 months before competing in the 2000 games in Sydney.

chart

Skills	Example
Thinking me	Practise something at home that you have done today and set yourself the challenge of improving at it.
Social me	This week, we need some volunteers to discuss with the Head teacher how we could share some of what we do during an assembly. (The club leader can help volunteers by arranging a meeting with the Head teacher for the children and develop some questions with the volunteers that they could use at the meeting.)
Healthy me	For next week, let's think about what it is about our club that makes us each feel good and happy.
Physical me	At next week's club session, let's share some of the new activities you have tried during the week, at home, school or playing out.
Creative me	Let's design a presentation for school assembly.

space

Make the play area smaller/larger

Make the play area narrower/wider

Some players can be closer or further away from the jack

task

Players can throw overarm if space allows

Players can take the role of referee or team captain

Play the game seated

Try rolling the equipment rather than throwing it

equipment

Change the size of the throwing equipment

Use a different target – make it bigger and lighter or smaller and heavier (a goalball or basketball is harder to move and keeps the game going longer)

Players can use a ball-sending ramp if propelling by hand or foot is not an option

people

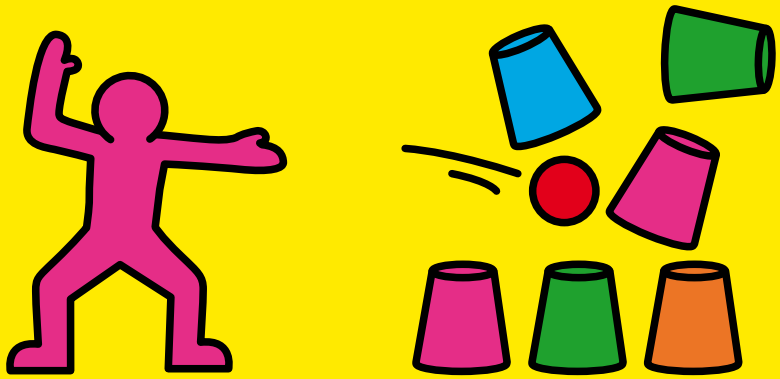
Play with four teams – one at each side of the play area

Play in pairs within a team (one collects and one throws, then swap)

Play as a team game, with two or more teams behind the same line using a ball each; each team tries to be first to propel their target ball over a goal line at the other end of the playing space

hot shots

How many targets can you hit?



how to play

Hot shot – make a pyramid of buckets. Each player has 3 shots to try and knock it down. Award a point for every bucket knocked over, or come up with your own scoring system.

Slam Dunk – mark out a throwing line and place buckets at differing distances away from it. Each player has 3-5 objects to aim into the buckets. You get more points for the ones that are further away.

Roll 'em – spread the buckets out on their sides. Each player has 3-5 attempts to line up and roll their ball into the buckets.

Safety: make sure the buckets are placed safely where no one can move behind them (up against a wall is ideal). Use things that are safe to throw.

equipment

Buckets, a selection of small balls, throwing scarves, bell balls, goalball

sporting connection

You need a good posture and head positioning to make the best throws, and that's something which comes in handy for sports like fencing and archery, and goalball.

did you know?

Goalball is a team Paralympic sport, where everyone wears goggles. That's so people with limited eye sight can play it alongside people who are completely blind.

chart

Skills	Example
Thinking me	This week, can you talk to your family, watch the news or read the newspapers to find out some sports activities that have taken place during the week in the UK or abroad? Write down your favourite and we can share some facts about them next week. Let's see if we can come up with lots of different ones.
Social me	For next week's session can you find out all about our local newspapers? Bring in their address, email and phone number so we can write to them and see if we can get someone to include an article all about what we do.
Healthy me	For next week, all bring a water bottle to fill up and drink from during and after the session – any clean plastic bottle will be fine.
Physical me	During the week, make a note of the activity that makes your heart beat the fastest.
Creative me	Let's design a presentation for school assembly.

space

Place targets further away/ closer together

Create a barrier between the player and the target to encourage throwing higher up and using space above

Create a circular zone around the targets so players can play from a variety of start points and more players can play at the same time

task

Aim at the targets in different ways (e.g. underarm throw, overarm throw, rolling the ball)

Throw/roll at the targets in a specific order in Slam dunk and Roll 'em

Make sure that targets provide options for players who throw or send the ball in different ways (e.g. those using a ball-sending ramp can go around obstacles)

equipment

Give players the choice of different sized balls or other throwing equipment

Use boxes or waste paper bins instead of buckets to create targets of different sizes

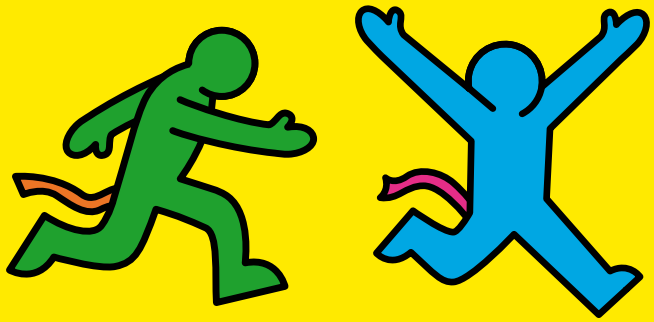
people

Play as an individual

Play as a team, by adding together individual scores

hunt ‘n’ grab

Grab as many ‘tails’ as you can, and try to keep yours!



how to play

Divide the group into teams of 4-5, and mark out a space for playing in.

Each player has a tag tucked into or attached to the back or side of their shorts or tracksuits – that’s your tail.

You need to run around and collect as many tails from the other team as you can. You’ll need to be quick to take the tails (use a push and pull action), and keep on your toes to stop anyone taking yours. Don’t forget to consider the space you’re using and other people’s space!

The first team to collect all of the other team’s tails wins.

Safety: make sure there’s enough space for everyone to move around freely. Make everyone aware of each others’ movement capabilities.

equipment

Tags ‘n’ tails set

sporting connection

This activity helps you develop skills involved with connecting with a moving object. That’s things like speed of movement and the ability to change direction quickly. It will also help you learn the push and pull actions associated with fencing and archery.

did you know?

Fencing is one of only four sports that have been included in every modern Olympic Games since it started in 1896.

chart

Skills	Example
Thinking me	Try and find out two interesting facts about your favourite famous sports person which we can share next week. (The club leader can then generate discussion about how these idols became successful.)
Social me	During this week, at home or at school, try to congratulate others when they do something well – remember how it makes you feel and how it seems to make them feel.
Healthy me	Next week, bring in your favourite piece of fruit to our club session. We can all share and hopefully try some new tastes.
Physical me	Choose an activity you have tried at the club and show your parents/family at home. See if they will join in! Tell us about it next week.
Creative me	For next week, bring along a piece of junk - cardboard, plastic or fabric that we could recycle and use for an activity, like a cardboard box to use as a target or obstacle, or a scarf for dancing.

space

Make the play space larger/smaller

Change the shape of the play space, circle, square, long and thin space

Ask players to consider moving using space below (e.g. crouching low while moving)

task

Move in different ways, run, skip, tiptoe

Have one or two players just as grabbers who don't have tails

Try bouncing balls, rather than using tails – the aim is to knock the balls from the play space

Try another variation – in pairs, have one player carry and shake a sound ball (e.g. bell balls); the other player wears a blindfold and tries to tag the player with the ball (you may need to play in a small space)

equipment

Use different sized balls

Use tails of different lengths

people

Play as individuals

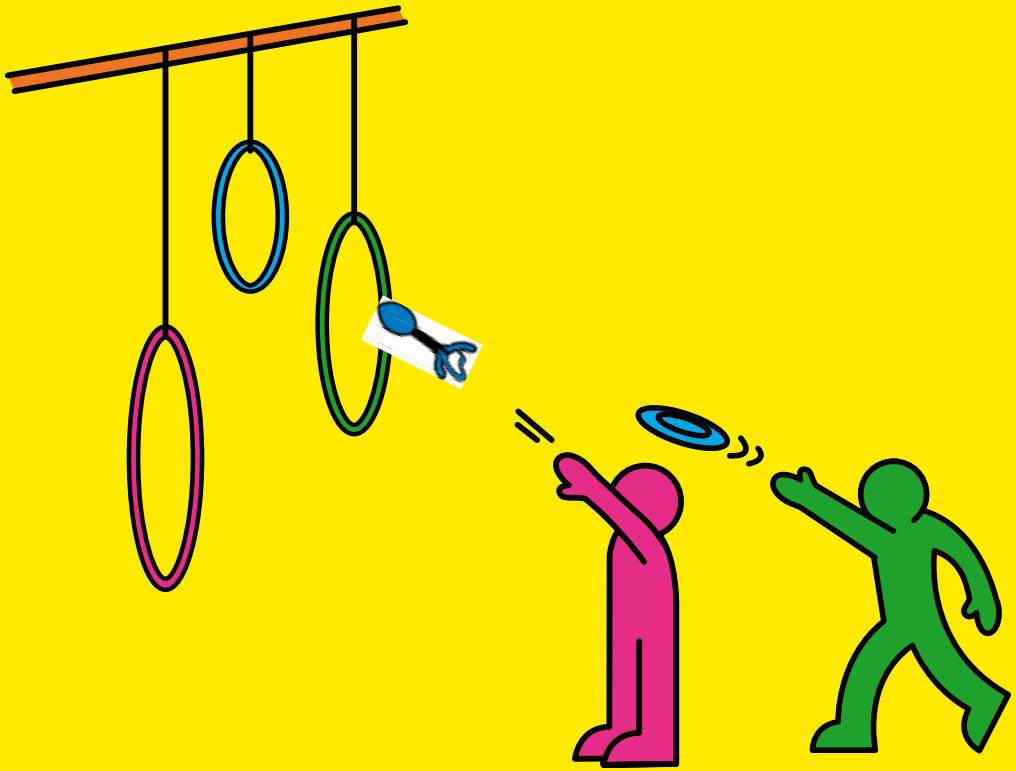
Play in pairs

Play as a team

Wheelchair users can have the 'tail' loosely attached to the back of their chair (it must come away easily if pulled)

flight path

Practice your aim by throwing objects through hoops



how to play

Using string, attach hoops of different sizes to a tree, football goal or play equipment. Hang them at different heights for more of a challenge.

Players then take it in turns to throw objects through the hoops to score points. Throw in a variety of ways – underarm, overarm or chest pass, while moving, forwards, backwards or sideways – to see which works best.

Remind players about the importance of a good posture and keeping a good head position (it helps to look directly where you're throwing). You'll need to judge distance, height, correct flight path required and the speed of your throw to be accurate.

Safety: make sure hoops are hung from safe, secure objects. Players must not collect equipment until instructed to avoid collision with equipment in-flight. Choose equipment to throw that's lightweight and safe.

equipment

Hoops as targets, string for hanging the hoops, something to hang the hoops from like a climbing frame or a tree, throwall, throwing scarves, bell balls, frisbee

sporting connection

Aim and focus are vital in sports like archery and golf. You also need to think about how fast to move and what direction to face to hit your target.

did you know?

Olympic and Paralympic archers can fire their arrows over 200mph to hit a target that is 70 metres away.

chart

Skills	Example
Thinking me	We need some new members to join our club! Can we come up with some ideas that we can use to boost our membership?
Social me	Let's take 10 minutes to chat about how we can share with the rest of the school what we do at our club.
Healthy me	Try to eat healthy snacks this week, make a note in your logbook and we'll look at them next week and hopefully see lots of healthy tasty snacks being chosen.
Physical me	During this week, complete your logbook and see if you can increase the amount of activity you do compared to last week.
Creative me	During this week, use the blank sheet in your logbook to help you to create a new game – be creative, but be safe!

space

Stand closer or further away from the targets

Use larger/smaller targets

Hang targets at differing heights using the space above and below

task

Throw in different ways – overarm, underarm, chest pass

Roll the ball through low targets

Give each target a score depending upon the level of challenge

Move while aiming at a target (walk or run at different speeds)

equipment

Use different types, sizes and weights of balls

Try throwing beanbags

Use different sizes of hoops

Create your own hoops using shapes cut from cardboard or boxes to make targets larger/smaller

people

Play as individuals

Play in pairs

Play as a team

Set team challenges (e.g. how quickly can all team members successfully throw through a hoop)

Players who have vision impairments can be guided by a caller who provides information about the target like its distance and height from the ground

hit the targets

Throwing games with different aims

how to play

These games can be played standing, sitting or kneeling.

Hit the stick – place a stick vertically in the ground. Players stand around the stick in a circle one metre away and try to hit the stick with beanbags or balls.

Hit the bucket – place buckets upside down in an area. Players need to knock them down quickly with beanbags or balls (by thinking about speed and distance) or aim to land them on top of the bucket.

Swing 'n' hit – this game is played in pairs. Player one sits, player two stands, holding a selection of small equipment, like beanbags. As they drop each item, player one tries to bat it away with their hand with a pendulum action or a sideways action. Try sitting on a space hopper to enhance core stability.

Safety: make sure players throw/bat away from others.

equipment

Hit the stick – coloured poles, Hit the bucket – buckets, all games - selection of small throwing equipment like beanbags, balls, koosch balls, throwing scarves, throwalls

sporting connection

The swinging pendulum motion you'll need to knock the ball away in Swing 'n' hit is a lot like the motion that golfers use.

did you know?

If you play golf on the Moon (like Alan Sheppard did in 1971) you can hit a golf ball and it will fly nearly 1.5 miles.

chart

Skills	Example
Thinking me	Practise something at home that you have done today and set yourself the challenge of improving at it.
Social me	This week, we need some volunteers to discuss with the Head teacher how we could share some of what we do during an assembly. (The club leader can help volunteers by arranging a meeting with the Head teacher for the children and develop some questions with the volunteers that they could use at the meeting.)
Healthy me	For next week, let's think about what it is about our club that makes us each feel good and happy.
Physical me	At next week's club session, let's share some of the new activities you have tried during the week, at home, school or playing out.
Creative me	Let's design a presentation for school assembly.

space

Stand closer or further away from the targets

Use larger/smaller targets

Place targets further apart/ closer together

Make targets larger/smaller

task

Throw in different ways – overarm, underarm, two handed, one handed

If the target is low, kick or roll the ball

Try 'Hit the cups' blindfolded

Play each game standing, sitting or kneeling

equipment

Try throwing equipment such as beanbags/koosch balls/ scrunched newspaper balls (things that won't roll away and be awkward to pick up)

Try different targets, like boxes, bins or even chalked marks on floor

Players with limited mobility can use a ball-sending ramp

people

Play as individuals

Play in pairs

Play using different roles, e.g. judge, scorer, game designer

Visually impaired players can have a caller positioned beyond the target who helps them judge where the target is and how close they're getting to it

bulls eye

Use a target parachute to play a range of target games

how to play

Lay out a target parachute on the ground. Players sit, kneel or stand around it. Then, using beanbags, play these games:

1. Aim for the bulls eye, add up points scored
2. Use six pieces of equipment per team and aim for outer ring, or coloured segment then the next and so on until the sixth throw is aimed at the bulls eye
3. The leader calls out the colours of the rings randomly. Players aim for those colours
4. Now try these games using only chest passes, underarm or overarm throws
5. Place a target ball on the parachute – score extra points if you hit it!
6. Try the games kneeling down, rolling balls.

Safety: make sure the parachute sits in enough space, so if children throw too far, the balls won't hit other players or objects.

equipment

Target parachute, goalball, koosch balls, variety of small light balls, bell balls, marking feet, balloon ball, chute, velcro target set

sporting connection

This is great for judging aim really well and developing other skills for target based sport, like good stability when throwing while standing, sitting or kneeling.

did you know?

Bowls, boccia and curling are the only target games where the aim of the game is not to hit the target but to get closest to it.

chart

Skills	Example
Thinking me	This week, can you talk to your family, watch the news or read the newspapers to find out some sports activities that have taken place during the week in the UK or abroad? Write down your favourite and we can share some facts about them next week. Let's see if we can come up with lots of different ones.
Social me	For next week's session can you find out all about our local newspapers? Bring in their address, email and phone number so we can write to them and see if we can get someone to include an article all about what we do.
Healthy me	For next week, all bring a water bottle to fill up and drink from during and after the session – any clean plastic bottle will be fine.
Physical me	During the week, make a note of the activity that makes your heart beat the fastest.
Creative me	Let's design a presentation for school assembly.

space

Stand closer or further away from the target

Take a step backwards each time a target is reached; move closer after a miss

Place the parachute onto a table top to create a different height of target

task

Throw in different ways – over arm, underarm, chest pass, overhead pass

Vary stances when throwing to a target, e.g. lunge position, two footed, or a sideways stance on left and right

Alter the scoring system depending on the activity

Stand on one leg while playing

Play sitting or kneeling

Place plastic cups on the parachute and try to knock them

Place target balls onto parachute and award extra points if these are hit

equipment

Use a smaller/larger parachute

Use a range of small equipment to throw with – different sized balls or koosch balls

Create your own throwing equipment, e.g. rolled up socks, scrunched up newspaper, gloves, hats – anything small and soft

Use the chute to make the activity easier

people

Play as individuals

Play in pairs or small teams to encourage team tactics

team target

Work as a team to get right on target

how to play

Divide the group into groups of three to five. Mark out a playing court, with a start line at one end and the velcro target on/against a wall at the far end. Mark a throw line two metres from target. Each team has an equal number of beanbags, different colours for each team i.e red for the red team, green for the green team etc.

Players on each team pass the beanbag to each other – without running – down the court to the player at the throw line who aims it at the velcro target.

The team then returns to the start line and repeats. No running with a beanbag, so you'll need to move into spaces and concentrate, throwing accurately to team mates and at the target! Which team will score the most on-targets hits in five minutes?

Safety: make sure there is enough space and remind players to take care when throwing.

equipment

Velcro targets, small equipment for throwing, beanbags, balloon balls, koosch balls, throwing scarves, velcro balls

sporting connection

This game helps encourage good teamwork and a supportive atmosphere. In any team game, great support is vital.

did you know?

Over 300 staff, including coaches, supported the 170 members of the GB Paralympics team at the 2008 Beijing Paralympics games. And the team had their most successful Games ever!

chart

Skills	Example
Thinking me	Try and find out two interesting facts about your favourite famous sports person which we can share next week. (The club leader can then generate discussion about how these idols became successful.)
Social me	During this week, at home or at school, try to congratulate others when they do something well – remember how it makes you feel and how it seems to make them feel.
Healthy me	Next week, bring in your favourite piece of fruit to our club session. We can all share and hopefully try some new tastes.
Physical me	Choose an activity you have tried at the club and show your parents/family at home. See if they will join in! Tell us about it next week.
Creative me	For next week, bring along a piece of junk - cardboard, plastic or fabric that we could recycle and use for an activity, like a cardboard box to use as a target or obstacle, or a scarf for dancing.

space

Make the play space larger/ smaller

Vary the heights of targets

Vary the size of targets

Use zones where players with limited movement can be positioned; no other players may enter these zones leaving them free to aim at targets

task

Play as a race against time

Award different scores for different targets

Play a continuous passing game until the leader shouts “aim” and the player holding the ball must rotate, spot a target and try to hit it. This will vary the distance players are from targets

equipment

Make the targets smaller/ larger, higher/lower

Players can use a ball-sending ramp if throwing is not an option

Vary the throwing equipment – use different sizes and shapes

people

Vary team sizes

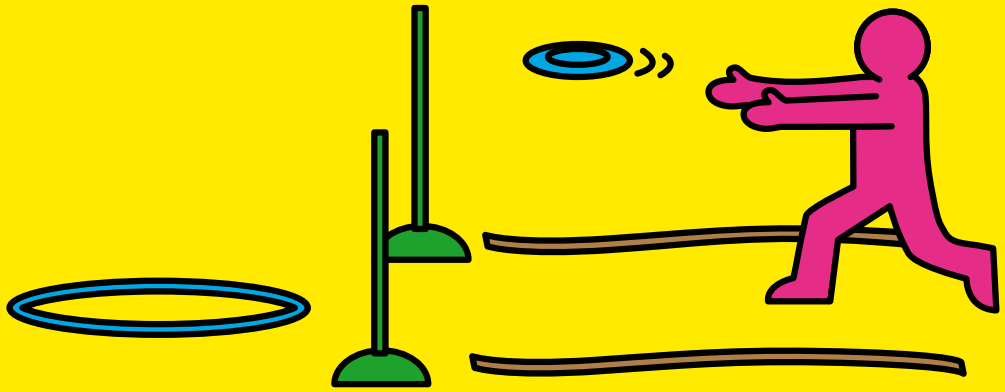
Mix teams around

Ask players to take turns to be team leader

Vary roles inside a team, e.g. leader, spotter etc

target golf

Complete the golf course in as few 'shots' as possible



how to play

Using boxes, hoops, rope, string, cones, benches, buckets etc players design a golf course with bunkers, 'water hazards' and holes to be navigated.

The aim is to get round the course in as few 'shots' (throws) as possible using a throwing scarf, soft ball or even a Frisbee as a 'golf ball'. You can include penalty shots (extra shots) for throwing your ball into a bunker or water hazard... just like real golf!

Each player throws their 'golf ball' while standing sideways and using a pendulum throwing action across the body. They work their way round the course and count how many throws it takes at each hole. Add them all together for a final total. The lowest score wins!

Safety: play in a safe area, select safe equipment as golf balls. If more than one player is on the course at once, make sure there's enough space between them.

equipment

Boxes, hoops, rope, string, marker cones, benches, flat markers, buckets, beanbags, balls or koosch balls for throwing, wipe-clean score board, Frisbee, throwing scarves

sporting connection

This activity helps you improve aim and control from a distance. These are skills needed in several sports including bowls, boccia and golf.

did you know?

Golf will be an Olympic sport for the first time at the 2016 Games in Rio de Janeiro.

chart

Skills	Example
Thinking me	We need some new members to join our club! Can we come up with some ideas that we can use to boost our membership?
Social me	Let's take 10 minutes to chat about how we can share with the rest of the school what we do at our club.
Healthy me	Try to eat healthy snacks this week, make a note in your logbook and we'll look at them next week and hopefully see lots of healthy tasty snacks being chosen.
Physical me	During this week, complete your logbook and see if you can increase the amount of activity you do compared to last week.
Creative me	During this week, use the blank sheet in your logbook to help you to create a new game – be creative, but be safe!

space

Make the course bigger/smaller

Create shorter or longer distances between each tee and hole

Use barriers to encourage balls/Frisbee to be thrown higher using the space above

Make sure than anyone who needs to roll the ball can play around the obstacles

task

Complete a round using underarm throws only

Complete the course just by rolling the ball

Design a new hole for each round

equipment

Be as imaginative as you can!

Consider using equipment you may have laying around nearby that you could recycle

Try using a Frisbee as the 'golf' ball - the skill required for this is judging flight distance as each time the Frisbee is thrown it must travel in the air

people

Play as an individual

Play in a pair

Play as a team

Do alternate throws with a partner to encourage teamwork

lunge for it

Lean and reach while you pull, pull, pull!

how to play

Players stand side by side with one foot forwards and one behind in a lunge position, back foot turned outwards at 90 degrees.

Give everyone a long piece of string/rope with a beanbag tied to one end, laid out full length. Players race to pull their string towards them and reach for the beanbag. First to grab it is the winner!

Now let's mix things up. Play and shout a command. Players must vary their stance to match, ensuring a solid stable base. The commands are: "Left foot forward, lunge", "Right foot forward, lunge", "Stand sideways to the left" and "Sideways to the right". This will change the head position and the way you pull.

Safety: make sure the object tied to the rope isn't too heavy and other children don't run across the play space.

equipment

Long lengths of string/rope, beanbags or similar, stop watch, flat markers, buckets

sporting connection

This activity helps practise skills of lunging and selecting the appropriate head position each time and that's needed for the sport of fencing.

did you know?

Fencing takes place on a narrow 14m x 2m 'piste' – that's because it helped players train for duels in tight castle hallways.

chart

Skills	Example
Thinking me	Practise something at home that you have done today and set yourself the challenge of improving at it.
Social me	This week, we need some volunteers to discuss with the Head teacher how we could share some of what we do during an assembly. (The club leader can help volunteers by arranging a meeting with the Head teacher for the children and develop some questions with the volunteers that they could use at the meeting.)
Healthy me	For next week, let's think about what it is about our club that makes us each feel good and happy.
Physical me	At next week's club session, let's share some of the new activities you have tried during the week, at home, school or playing out.
Creative me	Let's design a presentation for school assembly.

space

Make the play space bigger/smaller

task

Attempt to pull the beanbag in fewer pulls each time to encourage larger pull actions

Once the player has caught their beanbag, race to put it back to where it started

Seated players can change position or lead with alternate hands instead of 'lunging'

Players using mobility aids like crutches or wheelchairs can move forward and back over a line instead of lunging

Players time themselves and try to beat their previous time

equipment

Tie larger/heavier equipment to the end of the string (make sure it's not too heavy for players to pull in)

Change beanbags for bigger/smaller equipment

people

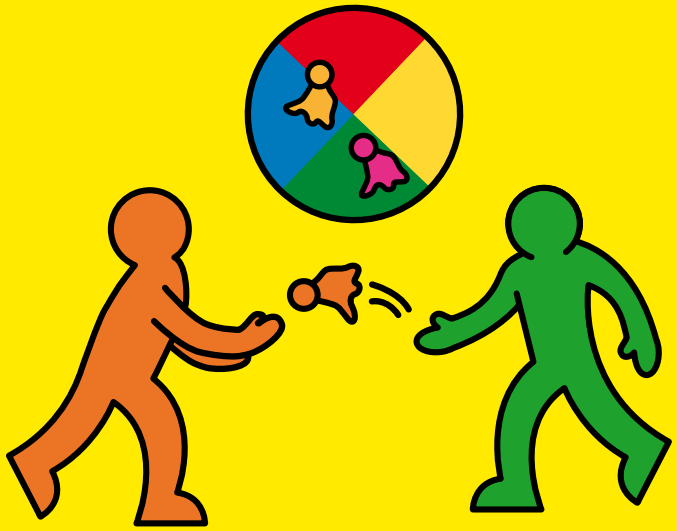
Play as an individual

Play in a pair

Play in teams

reaction time

React at the right speed to hit moving targets



how to play

Goalball circles – players kneel in a circle, wearing blindfolds. On the ground between each player is a flat marker – that's a goal to defend. The bell ball is rolled into the circle and players must aim the ball and try to score into another player's goal. You'll need to listen carefully and react when the ball approaches your goal! Score points for goals saved and goals scored.

Ready, aim, go – in pairs, players stand opposite each other. Player one throws a beanbag underarm to their partner who has to 'bat' it away (using their hand) to the left or the right. Good at this? We'll set a target each side of the batter – let's see if you can hit them with a short, sharp movement!

Safety: make sure beanbags aren't thrown too quickly.

equipment

Bell balls, blindfolds, goalball, flat markers, beanbags, targets – cones are ideal

sporting connection

Goalball circles helps you develop excellent listening skills and quick reactions that are associated with the Paralympic sport of goalball.

did you know?

We lose a half a litre or more of water every day just by breathing. If you're not drinking enough water it will slow down your reaction time. Usain Bolt's reaction time off the line in the Beijing 2008 Olympic 100 metres final was 165 milliseconds – that's quick!

chart

Skills	Example
Thinking me	This week, can you talk to your family, watch the news or read the newspapers to find out some sports activities that have taken place during the week in the UK or abroad? Write down your favourite and we can share some facts about them next week. Let's see if we can come up with lots of different ones.
Social me	For next week's session can you find out all about our local newspapers? Bring in their address, email and phone number so we can write to them and see if we can get someone to include an article all about what we do.
Healthy me	For next week, all bring a water bottle to fill up and drink from during and after the session – any clean plastic bottle will be fine.
Physical me	During the week, make a note of the activity that makes your heart beat the fastest.
Creative me	Let's design a presentation for school assembly.

space

In Ready, aim, go, move targets closer or further away from the batter

In Ready, aim, go, make targets larger/smaller

Vary the distance between the thrower and batter; for example, further away gives the batter more reaction time

In Goalball circles, make the circle larger/smaller

In Goalball circles, make the targets larger/smaller

task

Encourage players to throw beanbags at varying heights

Create a range of targets to bat beanbags into

Vary the speed of bean bag throws – throw it faster/slower

In Goalball circles, play kneeling up, sitting down or standing up

equipment

Use a variety of beanbags – different sizes, shapes and weights

Tape/hoops/chalk to form targets

Change size of the goalball

people

In Goalball circles, increase/decrease the number of players in the circle

In Goalball circles, encourage players to swap places around the circle

In Ready, aim, go, swap partners to play with different people

In Ready, aim, go, take turns to be thrower and batter

throwmania

How good are you at hitting targets at in a limited space?

how to play

This is a great game for practising controlled throwing in limited space. First create channels of varying widths with marker cones or chalk lines. Then select a variety of objects for throwing, like throwalls, throwing scarves and bell balls. Within the channels, set up a range of targets to aim objects at. Here are some ideas:

Target 1 – a series of hoops in the shape of the Olympic rings to roll balls into

Target 2 – buckets to throw into

Target 3 – place a large ball in the channel to aim at

Target 4 – draw a target on the floor in chalk

Move the targets, or players, further away for an even bigger challenge!

Safety: make sure there's enough space between channels and the area behind the targets is free of people.

equipment

Hoops, ropes, throwall, throwing scarves, Frisbee, bell balls, goalball, balloon ball, koosch ball

sporting connection

Aiming, shooting and reaching targets in a limited space are all part of golf, bowling or fencing. Throwmania helps these skills by creating boundaries within which the activities must be played in.

did you know?

Over 1 billion people around the world watched the 2008 Beijing opening ceremony which included 1500 performers and lasted 4 hours.

chart

Skills	Example
Thinking me	Try and find out two interesting facts about your favourite famous sports person which we can share next week. (The club leader can then generate discussion about how these idols became successful.)
Social me	During this week, at home or at school, try to congratulate others when they do something well – remember how it makes you feel and how it seems to make them feel.
Healthy me	Next week, bring in your favourite piece of fruit to our club session. We can all share and hopefully try some new tastes.
Physical me	Choose an activity you have tried at the club and show your parents/family at home. See if they will join in! Tell us about it next week.
Creative me	For next week, bring along a piece of junk - cardboard, plastic or fabric that we could recycle and use for an activity, like a cardboard box to use as a target or obstacle, or a scarf for dancing.

space

Make the channels narrower or wider

Make the distance from the target shorter/longer

Alter targets to make them higher/lower depending upon skill you are practising

task

Throw in different ways, underarm, overarm, chest pass, sideways throw, or roll or kick the ball/push with foot

Set personal goals

equipment

Vary the throwing equipment – use different sizes, shape and weights

Try using a bat

Introduce barriers to create higher channels

If throwing or kicking/pushing with the foot is not an option, players can use a ball-sending ramp

people

Play independently

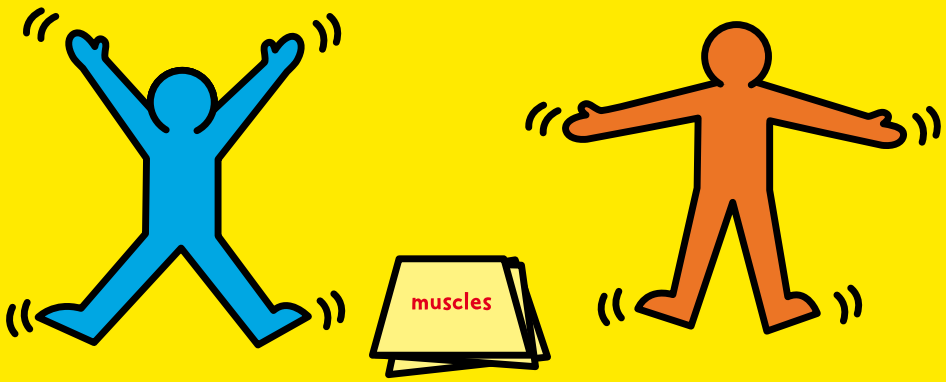
Play in pairs

Play in teams

Visually impaired players can have a caller positioned beyond the target who helps them judge where the target is and how close they're getting to it

journey round the body

Get your heart pumping and muscles moving



how to play

Mark out a safe play area. Then stick six cards numbered 1-6, in different places around the area. Write an activity on each that targets a different part of the body. How about 'lungs' – jump ten times and shout as you count? Or 'muscles' – do five star jumps?

Divide the group between the numbered areas. Then everyone has to find their pulse (at the wrist or neck) and count it for ten seconds. Write down your number or make sure you remember it. Then jog, or hop or jump round the circuit with a partner and do the activity at each spot. After each activity take your pulse again for ten seconds – watch how it rises!

Safety: make sure there is enough space between the areas for everyone to do the activity.

equipment

Cones, skipping ropes, balls or other equipment, depending on the activities you choose

sporting connection

This activity helps you warm up, get your muscles moving and your heart pumping.

That's the ideal way to start training for just about any Olympic or Paralympics sport from swimming to gymnastics.

did you know?

The modern day Olympic motto in Latin is "citius, altius, fortius" which means faster, higher, stronger. Paralympian Danielle Brown lives out this motto – she's won Archery Gold despite being in constant pain due to her ongoing medical condition.

chart

Skills	Example
Thinking me	We need some new members to join our club! Can we come up with some ideas that we can use to boost our membership?
Social me	Let's take 10 minutes to chat about how we can share with the rest of the school what we do at our club.
Healthy me	Try to eat healthy snacks this week, make a note in your logbook and we'll look at them next week and hopefully see lots of healthy tasty snacks being chosen.
Physical me	During this week, complete your logbook and see if you can increase the amount of activity you do compared to last week.
Creative me	During this week, use the blank sheet in your logbook to help you to create a new game – be creative, but be safe!

space

Space out the cards to encourage more movement between activities

task

Change the activities to provide variety

equipment

Make players carry equipment during the activity

Ask players to use equipment during the activity, e.g. bounce a ball or catch a beanbag

people

Play in pairs

Play in small groups

Play as a whole group

not in my backyard

Work as a team to clear out the rubbish

how to play

Mark out a safe play area and divide it into two 'backyards' with a rope or suitable barrier. On each side, place 10-20 beanbags, balls, koosch balls etc – this is the 'rubbish'. It's in your backyard and it's your task to clear it, before the other team clears theirs!

Divide the group into two, for a team either side of the play area. When you shout 'Clear!' each team starts to throw their 'rubbish' over the barrier to the other team's 'backyard'. Keep going or it will all pile up! The winning team is the team with the least rubbish in their backyard after two minutes.

Safety: ensure the area is big enough so players won't collide when throwing and that the 'rubbish' is not too big or heavy. Underarm throws only.

equipment

Marker cones, beanbags, small balls, koosch balls, chiffon scarves, throwing scarves

sporting connection

This activity will help you develop hand eye co-ordination and quick reaction times. These are skills you'll need to become a fencing or archery champion and they are useful for sports such as golf, bowls and boccia.

did you know?

To be an Olympic or Paralympic athlete takes dedication and a commitment to train all week, every week like Olympic rower Katherine Grainger. She trains two to three times a day; six days to seven days a week to get in top physical condition.

chart

Skills	Example
Thinking me	Practise something at home that you have done today and set yourself the challenge of improving at it.
Social me	This week, we need some volunteers to discuss with the Head teacher how we could share some of what we do during an assembly. (The club leader can help volunteers by arranging a meeting with the Head teacher for the children and develop some questions with the volunteers that they could use at the meeting.)
Healthy me	For next week, let's think about what it is about our club that makes us each feel good and happy.
Physical me	At next week's club session, let's share some of the new activities you have tried during the week, at home, school or playing out.
Creative me	Let's design a presentation for school assembly.

space

Make the play space larger/smaller

Change the rope height so it's higher/lower

task

Play seated

Play standing on one leg

Roll equipment if not using a rope

equipment

Use a bench, rope or net as a barrier – vary it to mix things up

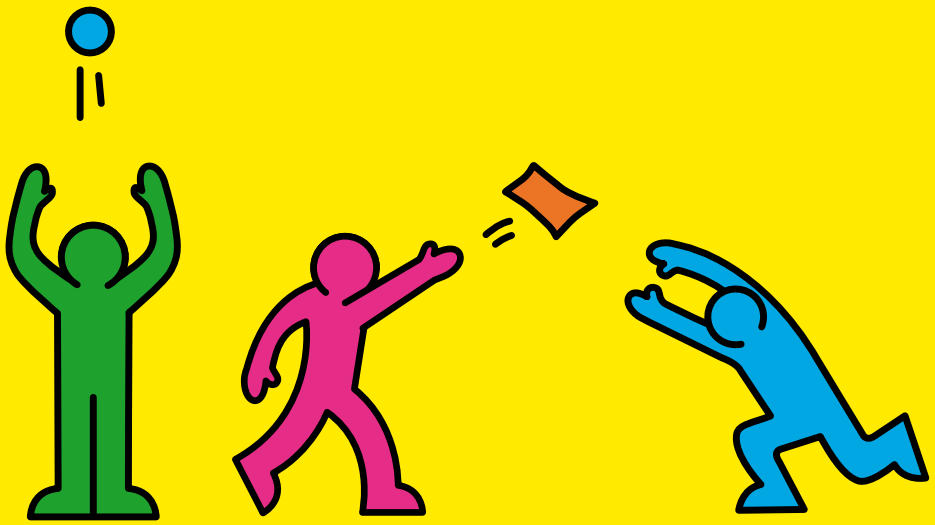
Use a variety of different shaped and sized balls and other 'rubbish' items

people

Make teams larger/smaller

action stations

Get running, throwing and having fun with objects



how to play

Each player has a piece of equipment, like a ball, beanbag, scarf or hat. Players travel around the space, walking, jogging or skipping until you shout the action everyone needs to do. Here they are – mix up the order and keep things moving. Then try it to music!

"Up, hot, up"	players throw their beanbag/ball from hand to hand as if it's hot
"Action"	players move again holding their equipment
"Round, hot"	players pass their object around their waist from hand to hand or through their legs in a figure 8. Too easy? Try it while walking!
"Throw, hot, throw"	players quickly throw their object up into the air and catch it
"Hot Swap"	Quick! Rush and swap your object with another player.

Safety: make sure there's enough space.

equipment

Balls and beanbags in various sizes

sporting connection

This activity is great for improving hand eye co-ordination, especially when you're moving. These are skills you'll need for sports where you use an object, like a ball – like golf, bowls, boccia, goalball or archery.

did you know?

Olympic gymnast Craig Heap made sure he drank 2 to 3 litres of fluid everyday when he competed in the 2000 Sydney Games.

chart

Skills	Example
Thinking me	This week, can you talk to your family, watch the news or read the newspapers to find out some sports activities that have taken place during the week in the UK or abroad? Write down your favourite and we can share some facts about them next week. Let's see if we can come up with lots of different ones.
Social me	For next week's session can you find out all about our local newspapers? Bring in their address, email and phone number so we can write to them and see if we can get someone to include an article all about what we do.
Healthy me	For next week, all bring a water bottle to fill up and drink from during and after the session – any clean plastic bottle will be fine.
Physical me	During the week, make a note of the activity that makes your heart beat the fastest.
Creative me	Let's design a presentation for school assembly.

space

Make the play space larger/ smaller

task

Start the game by travelling slowly

Speed it up as players get warmer

Travel in different ways, hopping, skipping, tiptoeing to alter speed

Introduce new instructions to keep the game fresh

equipment

Use a variety of different shaped and sized balls, beanbags and other items

people

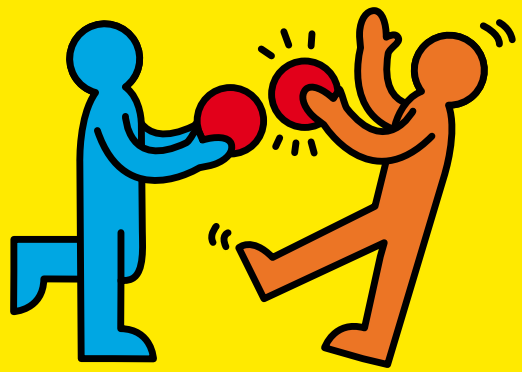
Play in pairs

Play in smaller groups in a smaller space

Players can swap equipment with a different player

bumping balance

Try to force your partner onto two feet using the ball



how to play

Divide the group into pairs or ask them to choose a partner.
Hand a large ball to each person (make sure the balls are all the same size).

In pairs, players stand on one leg opposite each other and push each other, ball against ball. You're trying to force opponent onto two feet. How good are your skills at making them lose balance? Try different techniques. Maybe a long slow push or short, sharp pushes work better? Or you could even try making them laugh!

When you've succeeded or not, try your skills against a different partner.

Safety: make sure there is enough space between each pair.

equipment

Large balls, e.g. basketballs that are soft and springy

sporting connection

This activity helps improve focus, strength and stamina. These are skills used in adventure sports like cycling, canoeing and rowing where core balance is very important.

did you know?

Rebecca Romero is the first ever British woman to compete at the Olympics in two different sports – rowing and cycling. She's also only the second woman in summer Games history to win a medal in two different sports.

chart

Skills	Example
Thinking me	Try and find out two interesting facts about your favourite famous sports person which we can share next week. (The club leader can then generate discussion about how these idols became successful.)
Social me	During this week, at home or at school, try to congratulate others when they do something well – remember how it makes you feel and how it seems to make them feel.
Healthy me	Next week, bring in your favourite piece of fruit to our club session. We can all share and hopefully try some new tastes.
Physical me	Choose an activity you have tried at the club and show your parents/family at home. See if they will join in! Tell us about it next week.
Creative me	For next week, bring along a piece of junk - cardboard, plastic or fabric that we could recycle and use for an activity, like a cardboard box to use as a target or obstacle, or a scarf for dancing.

space

Make the play space larger/ smaller

Ask players to play on their knees to use space low down

task

Play on two feet, instead of one, and try to move your opponent from the spot

equipment

Use a variety of different shaped and sized balls

people

Ask players to swap partners enjoy new challenges and try new techniques

target matrix

You can use this matrix to:

Activity Cards	Sports Referenced	Sports Skills identified by National Governing Bodies										
		Individual / Pair / Group Challenges	Distance, Control and obstacles	Core strength and Balance	Aim and Focus	Posture and Stability	Speed of Movement	Swing and Pendulum Action	Pulling and Pushing Motions	Lunging and Head Position	Rolling and Feel / Listening	Space and Time
Jack High	Bowls / Boccia / Goalball											
Hot Shots	Goalball / Golf / Bowls / Boccia											
Target Golf	Golf											
Down the Chute	Boccia											
Hunt 'n' Grab	Fencing / Archery											
Lunge For It / Reach and Pull	Fencing / Archery											
Flight Path	Boccia / Archery / Golf											
Hit the Target	Golf / Bowls / Fencing											
Reaction Time	Fencing											
Bulls Eye	Bowls / Boccia / Golf / Goalball											
Team Target	Goal Ball / Fencing / Archery / Bowls / Boccia											
Throwamania	Golf / Bowls / Fencing / Boccia											

1. Ask your members which skills they think each activity will help them to improve.

2. Highlight to members the national governing bodies of sport that have supported each activity.

3. Ask members which sports they believe the activity they are playing is linked to.

4. Challenge members to get the most from the activities by checking to see if they are demonstrating a range of the skills listed.

5. Help you plan your sessions either to focus on specific skills or ensure members use a wide range of skills.

get going
every day
change
4 life
sports club
Youth Sport Trust