

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’re tackling obstacles on the move – like golf, bowls, boccia, goalball or archery.

did you know?

In the Paralympic event of goalball all competitors have to wear blackened goggles to ensure the competition is fair. Goggles are checked before every game.

wider club activities

action stations

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

Can you come up with a new name and logo for our new sports club? Let's choose a winner next week.

space

Make the play space larger/smaller

Make sure players stay inside the agreed area

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, balloon balls and other items

people

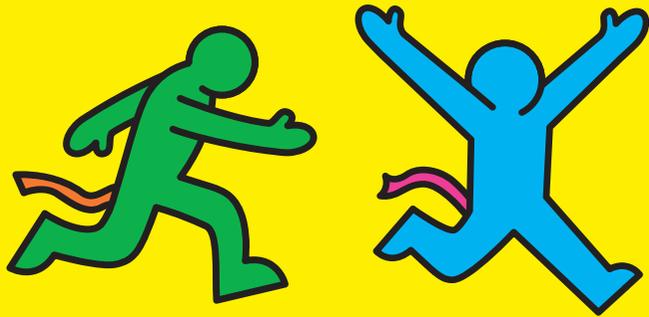
Play in pairs

Play in smaller groups in a smaller space

Players can swap equipment with a different player

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 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 others' 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.

wider club activities

hunt 'n' grab

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 to a circle, square or 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

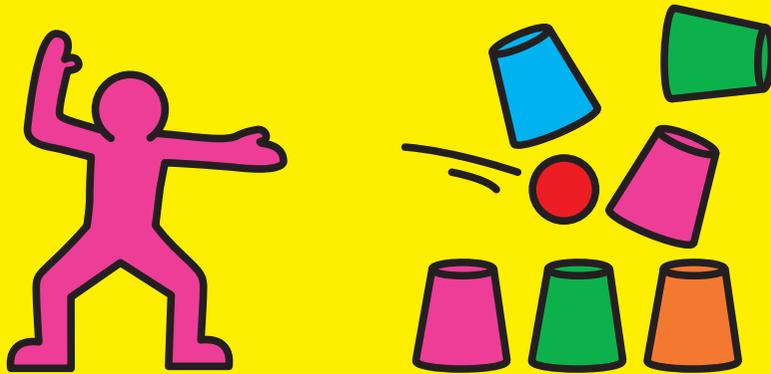
Play in pairs

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)

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 scarf balls, 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, archery and goalball.

did you know?

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

wider club activities

hot shots

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	Can you come up with a new name and logo for our new sports club? Let's choose a winner next week.

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

hit the targets

Throwing games
with different aims



how to play



These games can be played standing, sitting or kneeling.

Nearest the pin – place the pole vertically in the base. Players stand in various positions around the pole in a circle one metre away and try to hit the pole or get close to it.

Sink it – 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

Nearest the pin – coloured poles, Swing 'n' hit – buckets, all games – selection of small throwing equipment like beanbags, balls, koosh 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?

Peggy Abbott became America's first women's Olympic Golf Champion thinking she was competing in the Paris Open.

wider club activities

hit the targets

Skills

Example

Thinking me

Think about a new skill or game you have learnt today and try practicing it at home. Have you been able to get better or have you beat your score?

Social me

This week, we need some volunteers to discuss with the headteacher how we could share some of what we do during an assembly. (The club leader can help volunteers by arranging a meeting with the headteacher 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

Could we design a healthy eating advert for the rest of the children in our school using the information on the Change4Life website?

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 'Nearest the pin' blindfolded

Play each game standing, sitting or kneeling

equipment

Try throwing equipment such as beanbags/koosh 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

Warm up activity

not in my backyard

Work as a team
to clear out the rubbish



how to play

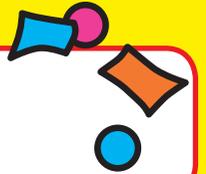
Mark out a safe play area and divide it into two 'backyards' with a rope or suitable barrier. On each side, place 10-20 beanbags, balls, koosh balls etc – this is the 'rubbish'. It's in your backyard and it's your task to clear it, before the other team clears theirs!

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, koosh 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?

'Boccia' comes from the Latin word 'bottia', meaning 'ball'. The sport is also known as 'bocce' and Great Britain are the reigning Paralympic champions.

wider club activities

not in my backyard

Skills

Example

Thinking me

Think about a new skill or game you have learnt today and try practicing it at home. Have you been able to get better or have you beat your score?

Social me

This week, we need some volunteers to discuss with the headteacher how we could share some of what we do during an assembly. (The club leader can help volunteers by arranging a meeting with the headteacher 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

Could we design a healthy eating advert for the rest of the children in our school using the information on the Change4Life website?

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

throwmania

How good are you at hitting targets 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, koosh 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?

After the Paris 1924 Games, the Italian and Hungarian teams settled a scoring controversy with a real-life duel.

wider club activities

throwmania

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 the 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, shapes 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

Warm up activity

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

These are skills used in target sports such as fencing, archery and boccia where core balance is really important.



did you know?

At the Antwerp 1920 Games, Italy's Nedo Nadi became the only fencer ever to win a gold medal with every weapon at a single Olympic Games.

wider club activities

bumping balance

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

task

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

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

Try playing as a mini competition

equipment

Use a variety of different shaped and sized balls

Try using no equipment and asking the players to push their hands against the other players hands

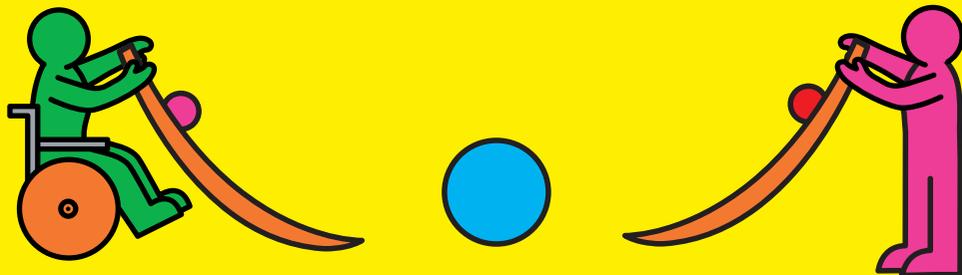
people

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

Pair up children of different heights and sizes

down the chute

Get as close to the target
as you possibly can!



how to play



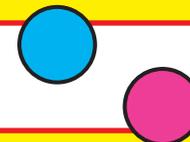
Divide the group into teams. Each team has four 'roller balls' (different colours for each team.) Place the 'jack' – a balloon ball – in the middle and you're ready to play.

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.

wider club activities

down the chute

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 and maybe we could do a school assembly.

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

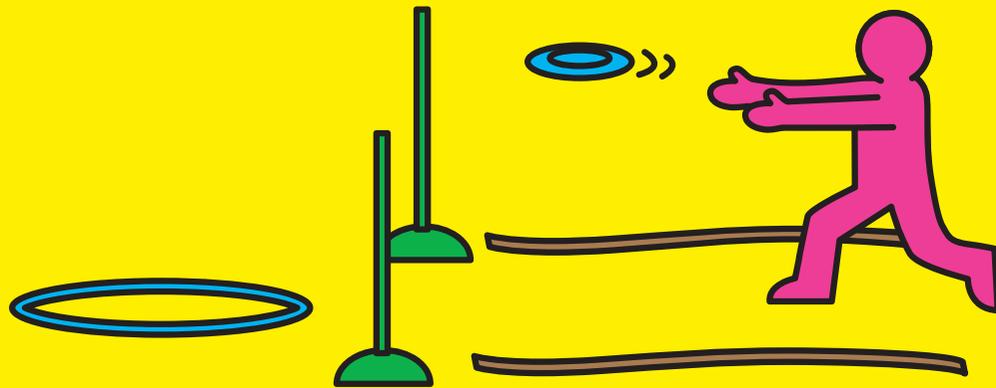
Play as an individual

Play as a team

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

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 koosh 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 at the 2016 Games in Rio de Janeiro. It was last played in the games in 1904.

wider club activities

target golf

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 and maybe we could do a school assembly.

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 that 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