

Whakapakari Kaiārahi  
**GROWING  
LEADERS**

# LEADER JOURNAL

4»EMPOWER

NAME



(DEBBIE GAREA, SPORT BAY OF PLENTY)



## Growing Young Dynamo Leaders



### Dynamo Leaders

#### Learning Intention

**Student Leadership:** Students are able to demonstrate co-operative and communicative skills in working with team members and other students through planning and leading activities

Great student leaders can vary the activity to suit the space or facility available.

They can change the equipment being used to facilitate the game, vary the number of participants, change the rules or allow for individual differences of the participants. For example, if there is no ball, they can make one out of socks or paper and cellotape. Goal posts can be made from sticks and bags.

A good student leader looks for new 'things' that can provide a new twist or revitalise an old activity.



(DEBBIE GAREA, SPORT BAY OF PLENTY)

## Lead it Ideas

### Dynamo Leaders

- Dynamo leaders may run activities every day or once a week during morning tea or lunchtime breaks
- Dynamo Leaders may choose to pair up and find other students in the playground to bring to their games
- Dynamo leaders could help run other school activities or events during the year
- Dynamo leaders can run rainy day activities
- Dynamo leaders could set up circuit stations in the hall during winter if wet
- Dynamo leaders can run junior school, middle school or senior school activities
- Dynamo leaders can run leadership activities, sports activities or events
- Dynamo leaders could award fairplay certificates each week in assembly
- Dynamo leaders can use their 'Lead it' Journals for activity ideas or create their own games
- Dynamo leaders may set up a suggestion box for other students to put 'game ideas' in
- Dynamo leaders may be introduced at school assembly so everyone knows what their jobs are
- Dynamo leaders may use a "three strike and you're out" rule if there is bad behavior at their games



(DEBBIE GAREA, SPORT BAY OF PLENTY)

## Inclusive Activities

It is important to consider children of all ages, levels and abilities, to ensure they are participating in all activities.

The word 'adapt' means to 'adjust' or to 'fit'. When you are planning your activities think of ways that you can adapt each activity to suit the needs of the participants you are working with.

T  
R  
E  
E

### STEP Model

- SPACE** Change the area available to make the game more or less difficult. Have two or three different areas with different space options to cater for differing skill development levels.
- TASK** Change the demands of the task in response to skill development levels. Modify the rules – be flexible; different children can have different tasks within a game. Change directions, pathways, time length and other task components.
- EQUIPMENT** Modify the size, shape, weight, colour, or arrangement of equipment to alter skill level required, or inclusion levels of the game.
- PEOPLE** Change the number of players involved. Utilise different groupings based on skills development level – not all the class needs to be the same grouping arrangement.

**NET** Halberg  
No Exceptions Training Disability Sport  
Foundation

(DEBBIE GAREA, SPORT BAY OF PLENTY)



NAME \_\_\_\_\_

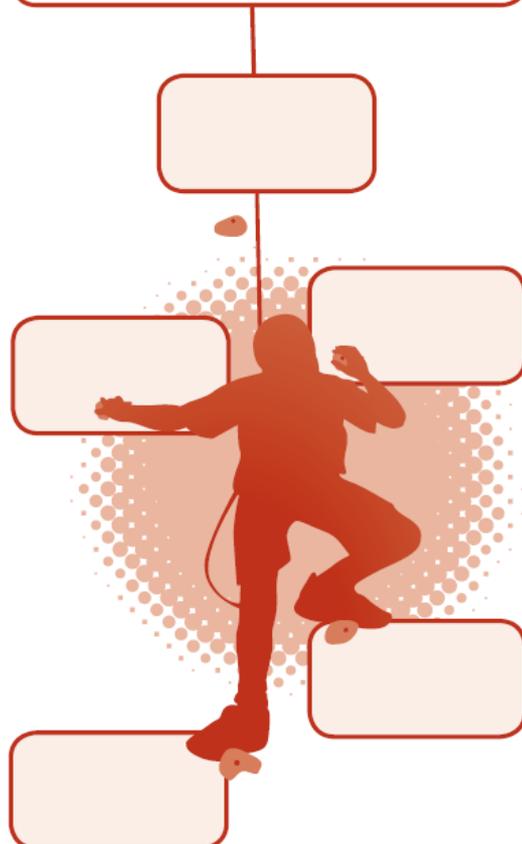
## Leadership Foundation Stones

What is Leadership?



Who are some great leaders that you can think of? They might be famous, or be in your family, or be a teacher or coach you have had...


What are some words that describe these leaders? Write them on the stones below...



**1** EXPLORE  
ACTIVITY

●●● PAGE

EXPLORE LEADER JOURNAL



(DEBBIE GAREA, SPORT BAY OF PLENTY)



NAME \_\_\_\_\_

## Dynamo Games

### Tape Tag

Active Starter – fun warm up game

#### How to Play

Each player needs to run around the playing area attempting to place their five pieces of tape on five different players while trying to avoid having tape put on themselves.

Tape can only be placed on the back, arms or legs of the other players.

After all the player's tape is gone he/she must avoid other players until the game is stopped.

Players can retape a piece of tape that has been placed on them.

The winner is the player with the fewest pieces of tape of them when the game ends after the time is up

#### Equipment

Pieces of tape (use more tape when there are more people playing)

4 Cones to mark the area if needed



## Game Tips

Have your pieces of tape ready for the participants when they arrive. Place them on a goal post or on a seat where the participants can access it when ready.

Play the game for an allocated amount of time e.g. 5 minutes – use a stopwatch. Count down from ten when there is ten seconds to go so they know how long is left

Use a big loud voice

You could use pegs as an extension to this activity

You could retape the pieces of tape as a rule if you choose

Play this game two or three times as it can be quite quick if you do not have a lot of tape



(DEBBIE GAREA, SPORT BAY OF PLENTY)

## Pegs

Working together

Doing something in a different way

### How to Play

Each person has 4 different coloured pegs, pegged onto them.

The aim is to try to get as many pegs as you can off other people and peg them back onto yourself.

At the same time you are trying to not get any pegs taken off you.

Once this has been played for five minutes or an allocated amount of time, students then have to get one coloured peg only out of the four. Students play the game the same way.

Once this has been played for a further five minutes students have to try to get one of each colour, but no more than one, so that everyone ends up with one peg each – they have to do this in a different way e.g. no tackling, pulling off each other etc. Students may use methods such as asking, trading, swapping etc

### Equipment

4 Pegs per person – these need to be four different colours

Open area to play in



(DEBBIE GAREA, SPORT BAY OF PLENTY)

# Asteroids

Warmup Activity where everyone is involved

## How to Play

Everyone has an asteroid (fleece or other soft ball) in their hand and spreads out within the playing area.

When the command is called to “Go”, everyone has to throw their asteroid high in the air so it lands in the playing area.

Once the asteroids land on the ground players can pick up any asteroid they did not throw and then throw it underarm to hit other players below the waist.

Once hit, a player must sit down. Play continues until just one player is left.

## Equipment

One fleece ball per person – or soft ball that does not hurt if it hits someone

4 cones to mark the area if necessary

## Game Tips

Variations: If a player has been hit, is sitting down and can reach a fleece ball on the ground, they can pick the ball up and try to hit someone still in. If they succeed they can re enter the game.

Increase the playing area

Increase the playing time



(DEBBIE GAREA, SPORT BAY OF PLENTY)

# Popcorn

Team Building and Strategy Activity

## How to Play

All players begin the game by standing outside the rope circle

Players have a one minute team talk about strategies that could be used to get all the balls back into the buckets in the fastest time possible. They do this team talk standing on the outside of the rope circle.

The balls are thrown out by two people before the game can start

Players need to throw the balls back into the buckets from outside the rope circle

If players throw the balls from inside the rope circle 20 seconds is added to their time

The balls have to go into the buckets on the full

The time stops once all balls are back in the buckets

## Equipment

2 buckets or boxes and a selection of balls e.g rugby balls, tennis balls, netballs, funny shaped balls, ping pong balls, fleece balls, sponge balls or soccer balls

1x Rope around the buckets or use bands joined together or a coned circle

## Game Tips

Players have to beat their first time by coming up with further strategies in their team

Another way to play is every ball has to bounce before it goes into the buckets

Every ball has to bounce before it goes in and no one can move with the ball

Ask players to think about which balls should go into which bucket, what each person's role should be in the game and what strategies they could use to beat their time?



(DEBBIE GAREA, SPORT BAY OF PLENTY)

# Naughts and Crosses

Tactical Game, teamwork that includes strategy making

## How to Play

9 polspots are set out in lines of 3

X2 teams of 3 stand on the spots.

Players move from spot to spot (and can run on the space in between) to try to create a line, row or diagonal of three to score one point.

First team to ten points wins

Players are only allowed on a spot for 2 seconds before they must move off it

Teams call out their points as they create each line, row or diagonal of 3

## Equipment

9 Polspots or draw 9 circles with chalk

One band per player

## Naughts and Crosses Ideas

Create a year level competition for Naughts and Crosses

All teams have a team name

Everyone gets in a team of 3

Set up a round robin draw where teams play first to ten points

Try out a 4 by 4 grid and call it connect four!

## Questions

How well did your team work together?

What could you do to get 3 in a row?

What tactics could you come up with to beat the other team?

How can you communicate better with your team members?



(DEBBIE GAREA, SPORT BAY OF PLENTY)

# Starwars

Large Class Game involving strategy

## How to Play

1. Each team chooses a JEDI Master
2. The JEDI Master stands in the team's hoop. The JEDI is safe in the hoop. The JEDI is not safe once they venture out of their hoop.
3. All the other players on each team are EWOKS. The EWOKS start on the far baseline. On 'GO' all EWOKS run towards the foam balls in the middle of the area. They are to use the foam balls to hit opposing EWOKS or the JEDI (if the Jedi is out of their hoop).
4. If an EWOK gets hit by a ball below the waist they bob down. They are freed by the JEDI Master coming out of the hoop and bopping them with the bopper (LIGHT SABRE) to free their player.
5. A team wins a point if the JEDI Master gets hit or when all opposition EWOKS are down on the ground. At this point the game is reset with all foam balls in the middle and the JEDI is changed for the next round.
6. If someone catches a ball thrown by an EWOK on the full, the thrower sits down.
7. Ask students to come up with other rules they think they could add to this game.

## Questions / Strategies to think about:

How do you keep your JEDI safe when they are out of the hoop?  
What strategies could you come up with to get all the EWOKS out?  
What roles could each EWOK have in the game?

## Equipment

2 hoops, fleece balls, 2 boppers / pool noodles and cones



(DEBBIE GAREA, SPORT BAY OF PLENTY)

# Connected Crossing

Leadership activity, teamwork, communication, icebreaker

## How to Play?

Mark off beginning and end lines for the space across which the group must travel. 5metres is plenty.

Have the group assemble behind the start line and explain that the group must travel over the end line while maintaining continuous contact with each others feet.

If anyone in the group loses contact with his/her partner's foot, the entire group must start over.

## Equipment

No equipment required – just a space big enough for the participants to stand side by side

## Questions

What ideas can you come up with to get to the other line effectively?

Is there a better way?

How can you work together better?

What do you need to do as a team to achieve this goal?

## Ideas

Start in teams of 4 or 5 then build up to teams of 10

Have teams face each other and first team to get to the middle wins

Have a Dynamo Leader watch each line/team



(DEBBIE GAREA,SPORT BAY OF PLENTY)



## More Games



(DEBBIE GAREA, SPORT BAY OF PLENTY)



**TAIL TAG**

**OBJECTS USED**

4 cones.  
Band/Ribbon for each person.

**DESCRIPTION**

The objective of the game is for people to collect as many tails as possible.

Have everyone in the group collect one band/ribbon each. The band acts as their tail, where they tuck it into the back of their pants.

On 'GO' from the Facilitator, the players try to take tails from other people in the group without having tails taken from them.

When a person takes a tail from someone else, they must tuck it into the back of their pants immediately.

Players are not allowed to physically prevent anyone taking their tail. Only one tail may be taken at one time.

The tail must be visible by at least 30 centimetres.

If a player's tail is taken they are not eliminated, they just carry on playing until time is up or 'STOP' is called by the Facilitator.

The person(s) with the most tails wins.

**ALTERNATIVES**

Different coloured tails have different points.  
Once a player's tail is taken they are eliminated from the game.

**BASE TAG**

**ORGANISATIONAL PATTERN**

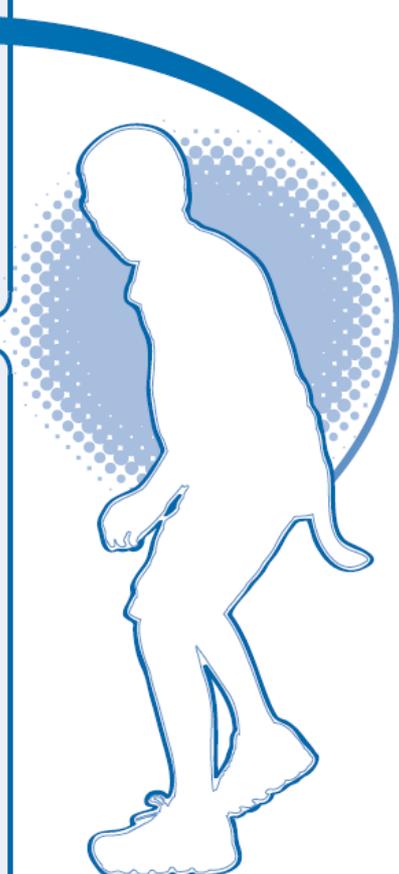
Coned area – preferably a large square.  
2 teams – one in coned area and one lined up behind cone in safe area.

**OBJECTS USED**

Cones.  
Netball or rugby ball or volleyball.

**DESCRIPTION**

2 teams. Fielding team within coned area.  
The fielding team's goal is to tag runners with the ball by passing the ball within the team. They are not allowed to run with the ball.  
The running team is grouped in pairs.  
1 of the pair throws, bounces or rolls the ball into the boundary area then tries to avoid being tagged by the fielding team in the square, whilst their partner runs around the outside of the square.  
If the running partner runs completely around the square before their partner is tagged, they score one run.





### PIN DOWN

#### OBJECTS USED

9 cones.  
8 bean bags, basketballs or soccer balls.

#### DESCRIPTION

The objective of the game is to be the first group to knock over the middle pin/cone by throwing a bean bag at the cone.

Divide the group into small teams of up to three people per team. Each group receives a bean bag.

Have the groups number themselves off or use names e.g. apples, oranges.

On the call from the Facilitator players pick up their bean bags and run around the square. Upon returning to their cones players throw their bean bags at the middle cone.

If a player misses they may retrieve their bean bag, but may not throw the bean bag until they have returned behind their cone.

Players are disqualified if they knock over an outside cone when running around the square.

#### ALTERNATIVES

Run two or more laps around the square.

Run a relay race.

Use different balls and actions e.g. basketball = bouncing, soccer = dribbling.

Roll, kick or bounce the ball/bean bag to knock the middle cone over.

### BUILDERS AND BULLDOZERS

#### OBJECTS USED

Open playing area.  
15-20 cones.

#### DESCRIPTION

Players move in space trying to either knock cones over or stand them upright.

Spread cones around an area, with some standing upright and some lying on their sides.

Nominate half of the group to be builders and half to be bulldozers. On the signal, the builders should find any cones lying on their sides and stand them upright. Meanwhile, the bulldozers are finding cones that are standing upright and laying them on their sides. Stop after 30 seconds or a minute and have the players exchange roles. Add up the number of cones upright or knocked down to see who the winner of each round is.

#### ALTERNATIVES

Change the locomotor movement the students are using (e.g. hopping, skipping, crawling).

Change the way the cones are built or bulldozed (e.g. using your elbow, knee).



**7** EXPLORER  
ACTIVITY  
PAGE

EXPLORE FACILITATOR'S NOTES



(DEBBIE GAREA, SPORT BAY OF PLENTY)

**SAMURAI SOLDIER**

**OBJECTS USED**

5 hoops – one for each team and one in the middle (Samurai pit)  
2 boppers (for example, swimming pool noodle cut in half)  
20 + bean bags/toy

**DESCRIPTION**

The objective of the game is for teams to take as many bean bags as they can from the Samurai without getting hit with the bopper. Split the group into four teams and designate a hoop for each team; preferably a maximum of three per group. Choose a Samurai to be the protector of the 'Samurai pit'. The Samurai is not allowed to step outside the pit. On 'GO' from the Facilitator, one at a time players will venture towards the Samurai pit, where they must retrieve bean bags/toys and return them to their pit. Each bean bag is worth a point. Players are allowed inside the Samurai pit, but this may not be wise. The Samurai will have a bopper they can use to tag players. If a player is tagged, they must put their bean bag back in the middle and return to give the next player a turn. The game continues until a designated amount of time or until there are no more bean bags/toys in the Samurai pit.

**ALTERNATIVES**

Have more than one Samurai.  
Give bean bags different numbers of points.

**SAMPLE DEBRIEF QUESTIONS**

What strategies did you use to retrieve the bean bags that were close to the Samurai?



**BOMBARDIER TAPUWARE**

**OBJECTS USED**

20 cones  
12-16 soft and bouncy balls

**DESCRIPTION**

The object of the game is to knock the opposition's cone over with bouncy balls, while protecting your own cone. Divide Participants into four teams, give each team a name and assign each team a quadrant of the marked-out area. Place a hoop around each cone; this is the 'no go zone'. Players are allowed to block shots with any part of their body, but must stay in their quadrants. Players can only retrieve balls that leave the external boundaries of their quadrants. Balls passing into other quadrants become possessions of the opposition.

**ALTERNATIVES**

Use more or fewer balls for throwing.  
Add another cone to be placed in a different area in the quadrants.  
Throw with left hand only, right hand only, etc.

**SAMPLE DEBRIEF QUESTIONS**

What strategies did you use? Did you decide to have attackers and defenders? If so, who were they and why?

**9** DISCOVER  
ACTIVITY  
●●●●● PAGE

DISCOVER FACILITATOR'S NOTES



(DEBBIE GAREA,SPORT BAY OF PLENTY)

## FOUR SQUARE

### Equipment

A chalk or painted 'Four Square' court.  
Tennis ball or another small ball.

### Rules

To start the game, the King serves the ball by bouncing it in their square once then hitting it towards one of the other squares. Typical rules set by the King include:

- Return serves: When the King serves to you, you must hit it back
- No return serves: When the King serves to you, you cannot hit it back to them
- No back-stops: A back-stop happens when you touch the ball before it bounces in your square, letting it bounce once, then hitting it. A back-stop is a move used to gain control of the ball when it is hit to you
- No double-back-stops: A double-back-stop is like a back-stop, except the ball bounces once, you touch it, it bounces again, then you hit it
- No one-handed shots: Players must use two hands when touching the ball
- Players can also get 'out' when:
  - » They hit the ball into another square before it bounces once in their square
  - » They don't hit the ball before it bounces twice
  - » They hit the ball out of bounds (it must land in someone's square first).

Once a player is out, they move back to the lowest ranking square. The other players then move up to fill the vacancies.

### Alternatives

Add two more squares, making a total of six (or four more, totalling eight).

Play 'one-handed'.

Play in partners.



**11** DISCOVER  
ACTIVITY  
●●○○○○ PAGE



## ELASTICS

### Equipment

One set of elastics per 3 people  
Stockings tied together can substitute

### Rules

One at a time, players perform a series of jumping movements. After each movement, their feet are required to be in one of the following positions in relation to the gaps of elastic between each player:

- Both feet between the elastic
- Both feet outside the elastic
- One between, one outside
- One between, one outside, swap feet before moving to the next stretch of elastic.

After a round of all the jump types above has been completed successfully, the height of the elastic is raised (knees, hips, waist, under arms). If a player does not complete the sequence correctly, their turn is over and they swap with another player.

Various songs can be sung with the movements.

### Alternative

Incorporate current classroom topics, asking students to design songs or phrases to go with movements.

DISCOVER FACILITATOR'S NOTES



(DEBBIE GAREA, SPORT BAY OF PLENTY)

**WHAT'S THE TIME MR WOLF?**

**Equipment**

Chalk to outline start point (can use the lines on courts to distinguish area).

**Rules**

One player is the wolf, who stands with their back turned to the rest of the group.

The group calls out, "What's the time Mr Wolf?"

The wolf responds by turning to face the others and shouting out a time, e.g. 7 o'clock. The group then takes seven steps toward the wolf (players take the same amount of steps forward as the time called e.g. 3 o'clock = three steps, 10 o'clock = 10 steps).

The wolf then turns his back to the group again and they call, "What's the time...". (The wolf only looks at the group when he shouts the time.) As the group gets closer, the wolf says, "DINNER TIME!".

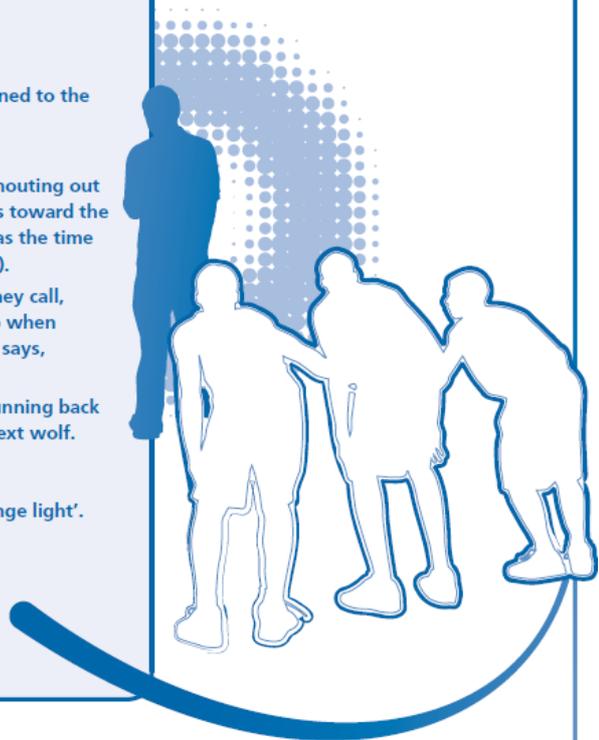
When this is called, the wolf chases players who are running back to the start line. A player the wolf tags becomes the next wolf.

**Alternatives**

Use different terminology – 'red light, green light, orange light'.

Incorporate equipment – players aim to grab the tail of the wolf (coloured band/foxtail) or the wolf chases player with a blow-up bopper/pool noodle.

Players have to follow a certain path to get to the wolf (going around cones/through hoops etc).



**MARBLES**

**Equipment**

A selection of marbles.  
Chalk/Paint to draw a circle on the concrete.

**Rules**

Each player has a selection of marbles.

All players stand or kneel in a designated area and roll their marbles inside a circle.

Players can place at least one marble each inside the circle.

The objective is to roll a marble to either try to hit a target marble inside the circle or hit the other players' marbles.

Players take turns to roll or flick a marble (called a shooter) into the circle, trying to hit the marbles out of it.

**Alternatives**

Each player should put an agreed number of marbles in the circle and stand behind a line.

The aim is to hit the marbles out of the circle.

Points can be given for hitting designated marbles.





### EQUIPMENT

Gutter-board (2 pieces of wood, 15-20 cm in width, nailed together to make 2 sides of a triangle).  
Tennis ball, or another small bouncy ball.  
Ground markings at 1-metre intervals on either side of the gutter-board.

### RULES

Players can play in pairs, with one person positioned either side of the gutter-board (starting approx. 2 metres away).  
The objective is to bounce a ball at the gutter-board and either catch it or bounce it over the top of the board to the opposite player.  
Players can work together to achieve a set targeted number of catches.  
Alternatively, players can compete individually to gain more catches in a row than the other player.

### ALTERNATIVES

Players can move closer to or further away from the board to decrease or increase the level of challenge.  
Four players could be involved (partnering up either side of the gutter-board).  
The whole class could be involved, rotating through after one throw and catch (both sides of the board).  
Cones would need to be set out for players to run around.

## GUTTER-BOARD

### EQUIPMENT

Paint or draw a hopscotch court in chalk.  
Bean bag, hackysack or similar item that will stay where it lands.

### RULES

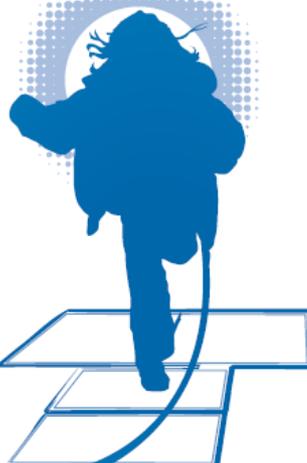
Taking turns, players throw a bean bag into the first square.  
They hop on one foot over the square with the bean bag in it. On the double squares players land one foot in each square.  
If a player can successfully hop on all of the squares, they can then have another throw.  
On the second turn, the player throws the bean bag into the second square, and so on.  
The player continues until:

- They land on two feet
- They stand on a line
- Their bean bag lands outside the designated square.

### ALTERNATIVES

Jump backwards (players need to be very aware of foot placement).  
Add more squares.  
More than one player on the court at once.

## HOPSCOTCH



**11** DISCOVER ACTIVITY

●●●●●○○ PAGE

DISCOVER FACILITATOR'S NOTES



(DEBBIE GAREA, SPORT BAY OF PLENTY)

NAME \_\_\_\_\_

## Old School Games

1. What is your favourite old school game?

Why?

2. What are new ideas or changes you would make to this game to make it more fun?

3. Design a new game or change an old game that you will lead.

Name

Equipment

Rules

Alternatives



NAME \_\_\_\_\_

## Leading Physical Activity in the Playground 1

### Reflecting on your Leadership

NAME OF GAME: \_\_\_\_\_

*When you led the games:*

1. What went well?


2. Why did it go well?


3. What would you change for next time?


4. What surprised you?


5. What did you learn about your leadership?


6. What would you change about the way you approach leadership next time you are in a leadership position?






(DEBBIE GAREA, SPORT BAY OF PLENTY)