

MULTI-SPORTS PROGRAMME (Y5-Y6)

Net / Wall

Session/Focus	Activity	Activity	Activity	Activity
Volleyball	<p>Spring Clean (overarm throw-serve prep) (lead) Area is divided into two 'houses' and toys are scattered throughout both houses. The class is split into two teams and stand on opposite sides of large area. Number players 1/2. Teacher calls numbers out or 'spring clean' (all the class). Aim=to get your house clean of toys and the other house dirty. Rules: Pick one toy at a time. Players must return to starting line before throwing.</p>	<p>Force Back (serving) In pairs, facing each other in the middle of the court (5m apart). One person serves, the partner tries to catch it on the full. If caught on the full they can take x2 steps forward before they then serve. If it bounces the partner, then returns the ball from where it first bounced. Aim = serve the ball to your base line and gain a point.</p>	<p>Dig Challenge (digging) In pairs, facing each other (2-3m apart) with a line in the middle. One player passes the ball to start, they must then dig to each other as a rally. Ball can bounce once before being dug. Points are gained if opposition misses, hits away or has it bounce twice. After 2 mins, winners stay still, loses rotate up the line to the next player.</p>	<p>Skeleton Similar to Dig Challenge but if error is made the player changes stand from: 2 feet – 1 foot – kneel down – sit down – lie down – out!</p>
Volleyball	<p>Dead Fish (serving) (lead) Divide class into two teams. One team holds a ball each and stands at mid line on one side of court, other team lies down on opposite side of court. Team one has 2 mins to serve ball and try to hit team</p>	<p>Short and Deep Dig/Set In pairs, players stand facing each other 2-3 mins apart. One player tosses ball to other player who then digs/sets it back. The digger/setter then moves back (another 2-3m) and performs a deep set/dig.</p>	<p>Fun Ball (digging/setting) In pairs facing each other. Kneel or sit down and have a digging or setting rally over a line. First to 5 points wins. Winners could then rotate up the court and play a different player.</p>	<p>King of the Court (all skills) Three teams, 2 teams on the court (4v4) one team on the sideline. Play a volleyball game (modified rules if needed). The team that wins the point stays on the court, the other teams rotate on/off the court.</p>

	two people 'fish'. 1 point if ball goes over net, 2 points if fish is hit. Team counts up scores then swaps.	Then returns to perform short dig etc. Change over after 1 min.		
Volleyball	<p>Serving Softball</p> <p>Two teams – one batting (serving) and one fielding. Batter must serve the ball into the field of play and then run to a cone and back (2 runs) continuously. The fielding team must retrieve the ball and the whole team must have one hand on the ball and call stop. If the ball is caught on the full the batter goes to the back of the line. Once the whole team has been through they swap role.</p> <p>NOTE: This can be played with one batter and the rest of the class are fielders. It can cut down wait time.</p>	<p>Sitting Volley</p> <p>In groups of 8. 4 students sit on one half of the court. Use cones to make a court and divide it in half using the cones.</p> <p>The other four students serve the ball so it goes over half way. The aim of the game is for the sitting students to catch the ball being served. If this is achieved the students swap roles.</p> <p>Sitting students cannot move. Servers must stand at the back of the court.</p>	<p>Keep it up (Setting)</p> <p>In groups of 6 form a circle. The aim of the game is to keep the ball from touching the ground using only a set. First player lobs the ball up and the team must work together to keep the ball in the air. Count how many times they can pass it using a set.</p> <p>If it is too difficult allow it to touch the ground once and the next player lobs the ball back up.</p> <p>Progression: you could introduce using the dig as well.</p>	

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Badminton	<p>Shuttle Relay (hand/eye) Divide class into teams (5 people/team). Teams form lines with a hoop placed approx 2/3m in front of each line. Place approx 10 shuttlecocks on spot at the front of the line by player 1. Aim=throw all shuttles into hoop. Rules: can only throw one shuttle at a time, if unsuccessful retrieve shuttle and put on start spot then return to back of line. If shuttle lands in hoop, player is successful and goes to back of line.</p>	<p>Pirate Tag (balance) (lead) Nominate 2 taggers (pirates), the rest of the class are 'sailors'. Pirates have a noodle each and try to chase sailors and hit them with the noodle (below the knee). If a sailor is hit they must stand on one leg and can only be released if another sailor gives them a 'hi 5'.</p>	<p>Badminton Golf Place 4-5 hoops around a court and number them 1-5 ('holes'). Students must then try to hit shuttlecock into each 'hole'. They count how many shots it takes to achieve each 'hole'. They then add up their scores for the entire course (just like the game of golf).</p>	<p>Overhead Clear Competition Students are placed in 2-4 lines. Teacher (and 2-4 feeders) stand on the opposite side of the net. The feeders throw the shuttlecock very high into the air and the first person in each line attempts to perform an Overhead Clear and return the s/c over the net. If successful they run to the back of their line, if unsuccessful they pick up their s/c and throw it back over the net to feeder. Each line could count how many successful hits they make in 2mins or it could be a race to finish a number of s/c.</p>
	<p>King of the Court (lead) Divide class into groups of 4-5 players. The players line up behind the base line</p>	<p>Merry-Go-Round 2 players line up on one side of the net (perpendicular to the net), another 2 players do the</p>	<p>Badminton-tennis Divide class into pairs, 1 tennis ball/pair. Partners are placed either side of the net. Players</p>	<p>Keep the Kettle Boiling: Start with 2 lines of players at either side of the net.</p>

	<p>(servants). The strongest player (king) starts on the other side of the net and plays against the first 'servant' in the line. If the servant bets the king they then become the king and start on the other side of the net. If first servant loses they return to the end of the players line and the 2nd servant competes against the king.</p>	<p>same on the opposite side of the net. They then take alternative turns hitting the s/c over the net in a continual rally. If one team misses the shot the other team gains a point. Game continues for desired length of time (ie 5 mins). Winning team could then move up the court and compete against a different pair.</p>	<p>attempt to throw/drop ball over the net and have the ball bounce twice before their parnter catches it (and they then gain a point). If parnter catches the ball after only one bounce the rally continues. This game encourages movement on court, positioning of ball, attacking and defensive skills.</p>	<p>One team begins by underarm throwing or serving to the other line. The first player returns the shot to the next player on the other side and runs to the other side of the line going round the post. Each player aims to get 5 hits in a row and when they do they shout 'FIVE' when this happens the games restarts.</p>
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Tennis	<p>Domes and Dishes (agility, awareness) (lead)</p> <p>Place cones on ground, ½ placed the right way up (domes), ½ upside down (dishes). Half the class must try to turn domes into dishes, and visa versa. Team with the most domes/dishes wins.</p>	<p>Bouncing Bombs (agility, awareness, evasion)</p> <p>Class line up in between tram lines with Teacher at the front. Teacher throws balls down the line. If player is hit they have to go to the back of the line and lose a life. 3 lives = out. Teacher performs 3 actions and yells out names (ie parachute-throws balls into air, bouncing bombs, bounces balls, torpedo- throws lots at a time.)</p>	<p>Ball Familiarisation</p> <p>Walking the dog = player gently pushes ball along ground.</p> <p>Balance ball on racquet.</p> <p>Uppers/Downers= hit ball up or bounce down with racquet.</p> <p>Traffic light= modify action or speed of hit to themselves.</p>	<p>Cone Catch (catching)</p> <p>Class line up in two lines. Teacher stands on the opposite side of net and performs a toss/serve to the front people in each line. If the player forehands it over the net they collect their ball, put it in the teacher's bucket and return to back of their line. If they are unsuccessful, they return the ball then grab a cone and try to catch the other players balls in their cone (same side as teacher). If ball is caught they can return to forehand line.</p>
Tennis	<p>Self Bounce Hit</p> <p>4 verticle lines behind the net with a bucket of balls per line and 2 buckets of balls at base line. Everyone starts with a ball. Players bounce to self and</p>	<p>The Big Catch (forehand/backhand)</p> <p>4 teams. 2 line up vertically on one side of the net (hitting teams), other 2 team on other side of net (catching teams).</p>	<p>Jail</p> <p>Players line up in between tram line at R side. Teacher feeds ball. 1st player hits ball. If unsuccessful they go to 'jail' (tram lines on opposite side). If</p>	<p>'10 Seconds' (accuracy) (lead)</p> <p>Team vs team-full court. Players have 10 seconds to get ball over the net. Ball can roll/bounce more than once. Point is won when opposition</p>

	<p>hit ball over net. If successful they run and get it and put it in their own buckets and get another one from the baseline bucket. If unsuccessful they collect their own ball and retry with the same ball. Game finishes when all balls are used up. Winning team is the team with the most balls in their team bucket.</p>	<p>Teacher feeds to first players in each 'hitting line'. Hitters try to hit over net. They have 6 lives/team. Lives are lost if: - ball is hit out of court -ball is caught on full -ball is caught by 1 hand/catch. Other team tries to catch balls and return balls to teacher's bucket. After 6 lives are lost, swap over.</p>	<p>successful player will go to back of the line. Any player who successfully hits ball can then save jailed players by running and tagging them. But while player is freeing jailed players the teacher can throw ball and hit them (below the knees). If hit they go to jail.</p>	<p>hits ball outside area, ball goes under the net or ball is not hit over the net within 10 secs. Players can't hit ball more than once at a time. Ball can be hit as many times by team before going over the net.</p>
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<p>Spike Ball</p> <p><u>Key points:</u></p> <ul style="list-style-type: none"> Keep eye on the ball <p>Up:</p> <ul style="list-style-type: none"> Striking surface should be flat like a pancake Follow through in direction want ball to go <p>Down:</p> <ul style="list-style-type: none"> Fingers spread and relaxed Push ball down with force Fingers controlling bounce <p>Follow through</p>	<p>Mushroom (hitting sideways)</p> <p>Place lots of cones around an area. Place animal / ball on top of cones. Two teams, one team required to hit animals / balls off cones with their hand, the other team to put them back on. Swap teams after a few minutes.</p> <p>Mod: diff size balls / cones /size of area / place spot markers that they not allowed to run onto</p>	<p>Cops and Robbers (hitting up or down)</p> <p>Two even teams, everyone with ball. Each team in one half of an area. One is cops, one is robbers. Behind cops is safe zone "Police Station" and behind robbers is safe zone "Gang HQ". Everyone hitting ball up or down with one hand. Cops or robbers called. Everyone in the team called by teacher, stops bouncing and attempts to run with the 'loot' to their safe zone without being tagged by the other team. If tagged, join the opposing team.</p> <p>Mod: ball size/ size of area/ hitting ball moving or stationary</p>	<p>Ups and Downs (hitting up and down)</p> <p>In 3's with a hoop in the middle and 1 ball. 1 player starts with 3 hand bounces of ball with one hand before passing it to next person by hand bouncing it into hoop. Once all 3 complete above without stopping or using other hand, do 3 upward strikes of the ball on palm / fingers. To pass to next person must hit ball up to land in hoop with only 1 bounce before next person does the same.</p> <p>Mod: distance from hoop/different size ball / use SM rather than hoop / use left and right hands / players not static. Move to SPIKE BALL game.</p>	<p>Spike Ball (hitting / agility)</p> <p>Two teams of 3 around the round net with 1 ball. Teams rock paper scissors to start. Game starts by one player throwing ball up to be hit with their hand onto the net, making it bounce up at opposing team. Opposing team allowed 3 hits of ball between them to control ball before bouncing it back onto net. When team misses ball from bounce off net, point scored.</p> <p>Players can move or hit ball anywhere.</p> <p>Mod: everyone to touch ball before hit net / left and right hand / not allowed to hit rim / can use any part of body to return.</p>

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<p>Squash</p>	<p><u>Dodgems</u> <i>Learning outcome: Developing Dodging, swerving, evading, changing direction & moving in a general space.</i> Each player holds their racket like a steering wheel & walks around in a designated square without bumping or touching other players. Keep moving for a minute then increase the speed adding jumping & skipping</p>	<p><u>Balance Bounce Walk</u> <i>Learning outcome: Developing ball control.</i> Large space in which children can move around. Children balance the boy on the racket face & hold for 20 seconds. Standing still children bounce the ball on the racket as many times as they can in 1 minute. Children walk around bouncing the ball on the racket as many times as they can in 2 minutes</p>	<p><u>Dribble Dribble</u> <i>Learning outcome: Developing ball coordination skills.</i> Relay teams race. 6 to 8 cones set up in 2 lines with a bucket or box at the end to receive the balls. In teams' players dribble the ball in & out of the cones with the racket & ball before picking the ball up & placing it in the box. Then player runs back in a straight line to tag next team mate.</p>	<p><u>Keep it up</u> <i>Learning outcome: Striking the ball.</i> Teams of 5 to 7 stand in a circle with small distance apart from each other .Everyone has a racket but only one ball per group. The aim is to keep the ball alive by hitting it gently to someone in the circle then this continues on. The aim is to see which group in 5 minutes can keep the ball alive the longest with the most number of hits.</p>
	<p><u>Dog & Bone</u> <i>Learning outcome: Developing speed & agility.</i> Large indoor area or open space. Children in two lines with one bone thrower in between the two lines. The bone thrower rolls two balls into open space. The first dog in each line runs & collects the ball, running back & returning the ball to the bone thrower.</p>	<p><u>Delivery</u> <i>Learning outcome: Developing ball control.</i> Large area with 2 teams set up in lines. Each team has to transport six balls from one end of the chain to the other without dropping the ball on the floor. Player one balances the ball on their racket & passes it to player two without touching the ball with their hands. Player then passes it onto player three & so on.</p>	<p><u>Bouncing Volley Relay</u> <i>Learning outcome: Developing striking skills.</i> 2 teams. Everyone has a racket but only one ball per team. Player to bounce ball on racket while walking running to get to a designated point & then turn around & get back to team mate as quickly as possible still bouncing ball on racket then pass the ball onto next team mate.</p>	<p><u>Game Play</u> <i>Learning outcome: Developing Squash Specific Skills.</i> Children split up into groups of 2 players with one ball. Mark a line 3 metres from a wall using cones. Player one serves from the coned area to player two. The objective is to keep the rally going for as many alternate hits as you can. Players alternate the serve after each time the rally breaks down.</p>