

Session/Focus	Activity	Activity	Activity	Activity
Tennis	<p>Domes and Dishes (agility, awareness) (lead) 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) 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 Walking the dog = player gently pushes ball along ground. Balance ball on racquet. Uppers/Downers= hit ball up or bounce down with racquet. Traffic light= modify action or speed of hit to themselves.</p>	<p>Cone Catch (catching) 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 teachers 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 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 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</p>	<p>The Big Catch (forehand/backhand) 4 teams. 2 line up vertically on one side of the net (hitting teams), other 2 team on other side of net (catching teams). 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</p>	<p>Jail 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 successful player will go to back of the line. Any player who successfully hits ball can then save jailed players by running and</p>	<p>'10 Seconds' (accuracy) (lead) 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 hits ball outside are, ball goes under the net or ball is not hit over the net within 10 secs. Players can't hit ball</p>

	<p>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>court -ball is caught on full -ball is caught by 1 hand/catch. Other team tries to catch balls and return balls to teachers bucket. After 6 lives are lost, swap over.</p>	<p>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>more than once at a time. Ball can be hit as many times by team before going over the net.</p>
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 two people 'fish'. 1 point if ball goes over net, 2 points if fish is 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. Then returns to perform short dig etc. Change over</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>

	counts up scores then swaps.	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>	
Hockey	<p>Mine Field (lead)</p> <p>Place cones randomly in an area (approx 25m by 25m) All players have a ball and are lines up at one edge of the area. On 'go' the players dribble their ball through the cones to the other side without hitting any cones (mines). Progression = add a 'chaser' . The chaser chases the dribblers. If tackled or blown up by mine they</p>	<p>Rob the Nest</p> <p>4 teams positioned behind 4 corner hoops, with additional hoop (nest) which holds all the balls (eggs) placed in the middle of the square area. Players in each team are numbers 1-5. Teacher yells out number. Those players then 'steal' ball (egg) from middle nest or other teams nests and dribbles ball back to their nest. Players only</p>	<p>Follow the Leader</p> <p>Players are in groups of 4 (form a line) with a ball and stick each. The leader dribbles around the area the other players follow their movements. On teachers command, players swap positions, leader rotates to the back.</p>	<p>Dribblers and Robbers</p> <p>All players have a stick and ball and are within an area. One player is designated the 'robber' and their ball is removed. Players dribble around the area and the robber tries to tackle their balls off them. If successful, the dribbler who lost the ball becomes the new robber.</p>

	become a chaser as well.	stop when teacher calls another number. Aim = collect as many eggs as possible into their nest.		
Hockey	<p>Tunnel Ball (push pass) (lead) In pairs, pairs line up opposite each other forming 2 lines (tunnel) with 1 ball/pair. A teacher and partner position themselves at either end of the tunnel with 1 ball. The coach pair pass to each other through the 'tunnel'. The players then pass their ball back/forth to each other, trying to hit the teachers ball as it passes them. If successful the player who hit the ball replaces the teachers partner at the end. Variation= use a big ball for younger/less able.</p>	<p>Nusiance (dribbling) In pairs, one pair is chosen to be the 'nuisances' (they wear bibs). On teacher command, pairs pass a ball back and forth between each other while moving around an area. The nuisances try to intercept a pass or pick up a loose ball. When the nusiance intercepts or gains possession of the ball, the player that lost the ball becomes the 'nuisance' and change partners.</p>	<p>Hockey Bullrush (dribbling, tackling) All players (except 2) are attackers and line up along a baseline with a stick and ball each. The nominated 2 are defenders and do not have a ball. On command, the attackers dribble through the middle zone and try to reach the opposite end. Defenders try to tackle attackers and knock their ball out of the area. Options=If players' ball is hit out of area, they become another defender or they move outside the area and practice dribbling. Last player left wins.</p>	<p>King of the Square (possession, tackling/stealing) All players have a ball and stick and stay within the area. They must dribble their own balls at the same time as trying to knock another players ball away from them. If a players ball is hit outside the area they must retrieve their ball and dribble around the outside of the playing area before returning inside the area to play again.</p>
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</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</p>

	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.			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.
	King of the Court (lead) Divide class into groups of 4-5 players. The players line up behind the base line (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 2 nd servant competes against the king.	Merry-Go-Round 2 players line up on one side of the net (perpendicular to the net), another 2 players do the 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.	Badminton-tennis Divide class into pairs, 1 tennis ball/pair. Partners are placed either side of the net. Players attempt to throw/drop ball over the net and have the ball bounce twice before their partner catches it (and they then gain a point). If partner catches the ball after only one bounce the rally continues. This game encourages movement on court, positioning of ball, attacking and defensive skills.	Keep the Kettle Boiling: Start with 2 lines of players at either side of the net. 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.
Spike Ball <u>Key points:</u> <ul style="list-style-type: none"> Keep eye on the ball Up: <ul style="list-style-type: none"> Striking surface should be flat like a pancake 	Mushroom (hitting sideways) 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.	Cops and Robbers (hitting up or down) 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. Every one in the team called by	Ups and Downs (hitting up and down) 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	Spike Ball (hitting / agility) 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

<ul style="list-style-type: none"> 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>Mod: diff size balls / cones / inc / dec size of area / place spot markers that they not allowed to run onto</p>	<p>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>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>onto net. When team misses ball from bounce off net, point scored. 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>Cricket</p> <p><u>Bowling and Fielding</u></p> <p><u>Key Points</u></p> <p><u>Bowling</u></p> <ul style="list-style-type: none"> Bunny ears – fingers on either side of the seam and thumb underneath on the seam. Windmill – straight arms, ball by knee. Stand side on to target. 	<p>Warm – up</p> <p><u>Snowball tag</u> Make a square 18x18m. All players must stay inside the square during the game. One tagger with a ball must try and tag other students. If the student gets tagged they go outside the square to collect a ball and then re-enter as a tagger. Last person left is the winner.</p> <p>Mod – use the lines on a</p>	<p>Warm-up</p> <p><u>Five Pass</u> Make a square 15x15m. Aim of the game is for one team to complete 5 passes without the other team intercepting the ball or them dropping the ball. If they get 5 passes the team gets 1 point. If the ball is dropped or they get to 5 passes it is turned over to the other team.</p> <p>Mod – For larger numbers you can</p>	<p>Fielding</p> <p><u>Catching Tennis</u> Make a rectangle 20x5m. Divide the rectangle so there are three zones. 5m then 10m then 5m lengthwise. The 5m zones are zone A and zone B. Players are dived into Zone A and B. Players in Zone A lob the ball with an underarm throw to Zone B. Zone B players must catch the ball. A point is scored if the player drops the catch or it bounces in the opposition's zone. If the</p>	<p>Bowling</p> <p><u>On the Money</u> Make groups of 3. Set up a wicket and cone 15m apart. Create two zones. Zone A is 2m from the wicket and Zone B is 1m from the wicket. Each student is either a bowler, wicketkeeper or fielder. The bowler gets 4 balls to bowl. They must attempt to hit the wicket for 3 points. If it lands in Zone A it is 1pt and Zone B is 2pts. After four bowls they add up their score and move on to be wicketkeeper. The wicketkeeper retrieves the ball and throws to the fielder who then throws to the</p>
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<p>Fielding</p> <ul style="list-style-type: none"> • Use both underarm and overarm. • Catch with little fingers together making a cup. 	<p>field or court for the students to stay on.</p>	<p>increase the square size and number of passes.</p>	<p>opposition catches the ball they get a point or if the throw does not go into the zone. Then Zone B lobs the ball back and vice versa.</p> <p>First to 20 points wins.</p>	<p>bowler. The wicketkeeper becomes the fielder and the fielder becomes the bowler.</p>
	<p>Bowling</p> <p><u>Bowling Action 1,2,3,4</u> Set up an area where partners stand 15m away. The aim is to bowl to your partner so they can catch the ball. Once they have done this they bowl the ball back to you.</p> <p>Mod: If students are struggling you can decrease the length they are bowling and increase accordingly.</p>			
<p><u>Batting</u></p> <p><u>Key Points</u></p> <ul style="list-style-type: none"> • Hold bat comfortably with forefinger and thumb making a V pointing to the 	<p><u>Cricket ball smash</u></p> <p>Set up 4 batting tees, mark a running area 15m in length from the batting tees. This activity can be done in groups of 8 (4 batters and 4 fielders).</p>	<p><u>Bat and Beyond</u></p> <p>Split students into pairs. Set up a field so there is 18m from the batter (1 student) and the fielder (other student). The batter must strike the ball off the tee and aim to</p>	<p><u>Hit and Run Cricket</u></p> <p>Set up a diamond with 10m between each cone. Group students into teams of 6 (1 batter and the rest fielders). The batter hits the ball off the tee and runs around the diamond. Each cone they</p>	<p><u>Tee pairs cricket</u></p> <p>Set up a pitch 15m apart with wickets and a batting tee. This game is played with a maximum of 10 players (2 batters and 8 fielders). Partner off so that there are 5 pairs. The batting pair take turns to hit 6 balls each off the</p>

<p>forward edge of the bat.</p> <ul style="list-style-type: none"> • Stance – stand side on to bowler with eyes forward and legs shoulder width apart. • Hit ball with full face of the bat. 	<p>The 4 batters must hit their balls off the batting tee all together. They then run out to the 15m mark and back. The fielding team must retrieve the balls and put them back on the tees. Once the batter has a ball on their tee they must stop running. They then add up their individual scores to get a team score. The fielders then become the batters. First team to 30 runs win.</p>	<p>get the ball past the 18m cone. Each time it goes past the cone on the full the student gets 1 run. The fielder must return the ball to the batter. If the fielder catches the ball the batter minuses 1 run. Each student gets 6 turns then swaps with the fielder.</p>	<p>pass is 1 run. They continue to run until the fielding team has retrieved the ball and made 5 passes between different team members. The batter stops running once this is achieved. Each person has three turns and the one with the highest amount of runs wins.</p>	<p>batting tee. Once they have hit the ball they run to the other wicket. It is then their partners turn to hit the ball. Each time they run it is 1 run. If the fielders catch the ball or run out the batter the team loses 1 run. The pairs rotate positions so that each pair get a turn batting. Once everyone has had a turn the pair with the highest amount of runs win.</p>
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