

Inspire to Engage Halloween Holiday Activity Ideas

Preparation / Warm-Up Activity Ideas – purpose of these activities is to provide an short and sharp energy packed FUN multi skill activities to kick start all children ready for the full day of activities ahead. This is a great opportunity for the Activity Professionals to assess the children’s characters and ability levels so that all children can be engaged appropriately throughout the day.

Activity Name: Secret Monster	Sport(s)/Activities: Multi Skills
Risk Assessment: Children running into each other, slipping or tripping, pushing each other over. Ensure enough space to run and change direction, ensure children clear of activity rules e.g. this is a no contact game.	Equipment: Markers, bibs, soft ball
Quals: Multi Skills, NGB 2	Timings: Approx. 25 - 35 mins
Learning Expectations: <ul style="list-style-type: none"> - Reaction speed and timings, agility movements. - Improve performance and control. 	Age Range: 8 - 12

Activity Description:

All children find a space in the safety zone, lying down on their front, covering their eyes. The Act Pro then walks around making sure nobody is looking and taps one person on the shoulder. They are the Secret Monster. The Monster keeps this a secret and the children then start to move inside the area. The Act Pro then throws the ball into the air shouting “MONSTER MADNESS”. The Monster reveals themself by shouting “I’M THE MONSTER”. They then have to tag as many people as they can, “Scaring them Stiff” causing them to stay in the same spot until the game ends.

Inclusion Ideas:	Low No’s Ideas:
SPACE: Make space bigger or smaller, the less space the more difficult the game.	Play 1v1, 2v2 games, Monster vs Ghostbuster, swap roles introduce timer to see how long the participants can stay un-frozen for and have a competition.
TASK: Include “hideouts’ where children can have a rest.	
EQUIP: Introduce a bib or soft ball that the Monster must throw to freeze the children.	
PEOPLE: Give lower ability children bibs (1-3 bibs as tails) to be pulled out. Introduce a GHOSTBUSTER to save people who have been captured.	
	Coaching Tips: Children can get a little carried away with the theme and will scream or be silly, important to maintain control and behaviour explaining the outcome of the game is to dodge, be controlled and not get caught.



Activity Name: Ice Monsters	Sport(s)/Activities: Multi Skills
Risk Assessment: Children running into each other, slipping or tripping, pushing each other over. Ensure enough space to run and change direction, ensure children clear of activity rules e.g. this is a no contact game.	Equipment: Markers, bibs, soft ball
Quals: Multi Skills, NGB 2	Timings: Approx. 25 - 35 mins
Learning Expectations: <ul style="list-style-type: none"> - Reaction speed and timings, agility movements. - Improve performance and control. 	Age Range: 8 - 12

Activity Description:

The game starts off with the Ice Monsters at the side of the area in the “scary mountains.” On the Act Pro’s command, they enter the area and begin to tag the “Townspeople”. When the children are tagged, they are frozen and the other children have to free them by going underneath their legs, (depending on playing surface) or hitting their hands or feet to break the ice.

Inclusion Ideas:	Low No’s Ideas:
SPACE: Make space bigger or smaller, the less space the more difficult the game.	Play 1v1, 2v2 games, Ice Monsters vs Townspeople. Swap roles, introduce timer to see how long the participants can stay free for and have a competition.
TASK: Introduce more or less Ice Monsters, children jump, hop or skip.	Coaching Tips: Children can get a little carried away with the theme and will scream or be silly, important to maintain control and behaviour explaining the outcome of the game is to dodge, be controlled and not get caught.
EQUIP: Introduce a bib or soft ball that Ice Monsters must throw.	
PEOPLE: Give lower ability children bibs (1-3 bibs as tails) to be pulled out by Ice Monsters.	



Activity Name: Trolls Bridge	Sport(s)/Activities: Multi Skills
Risk Assessment: Children running into each other, slipping or tripping, pushing each other over. Ensure enough space to run and change direction, ensure children clear of activity rules e.g. this is a no contact game.	Equipment: Markers, bibs, soft ball
Quals: Multi Skills, NGB 2	Timings: Approx. 25 - 35 mins
Learning Expectations: <ul style="list-style-type: none"> - Reaction speed and timings, agility movements. - Improve performance and control. 	Age Range: 8 - 12

Activity Description:

The game starts off with one Troll in the middle of the bridge with both ends of the bridge approx. 20 metres apart. All players start at one end of the bridge and wear a tag belt or bib tucked into the side of their shorts. The players must try to reach the other side of the bridge without being caught by the Troll. If a player is caught (tag belt or bib removed), they become a Troll and join the other Trolls in the middle of the bridge. Players must only run from one side to the other upon the Act Pro's command. Repeat the game with the previous winner starting as the Troll. Ask children to count how many times they cross the bridge with the overall winner being the child with the most combined crossings.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make space bigger or smaller, the less space the more difficult the game.	Children must do it while dribbling, bouncing a ball, play 1v1, 2v2 type games, introduce time limits to see who can last the longest without getting caught.
TASK: Introduce more or less Trolls. Children jump, hop or skip or collect and carry items from each end of the hall (balls, bean bags). Introduce comp, who can collect most items.	Coaching Tips: Children will run out of the area and lose control as this is a fast paced game, remind children of the rules and safety implications, keep changing the Troll to give children lots of opportunities.
EQUIP: Introduce a bib or soft ball that the Troll must throw.	
PEOPLE: Give lower ability children bibs (1-3 bibs as tails) to be pulled out by the Troll, introduce referees when children are out.	



Activity Name: Mad Man Tig	Sport(s)/Activities: Multi Skills
Risk Assessment: Children running into each other, slipping or tripping, pushing each other over. Ensure enough space to run and change direction, ensure children are clear on activity rules e.g. this is a no contact game.	Equipment: Markers, bibs
Quals: Multi Skills, NGB 2	Timings: Approx. 25 - 35 mins
Learning Expectations: <ul style="list-style-type: none"> - Reaction speed and timings, agility movements. - Improve performance and control. 	Age Range: 8 - 12

Activity Description:

The game starts off with all of the children moving inside the area. One child is “the Mad Man” (Bib) and on the Act Pro’s command, the Mad Man enters the area and begins to tag as many people as possible, taking away their energy. Keep playing until you have one winner.

Inclusion Ideas:	Low No’s Ideas:
SPACE: Make space bigger or smaller, the less space the more difficult the game.	Children must do it while dribbling, bouncing a ball, play 1v1, 2v2 type games, introduce time limits to see who can last the longest without getting caught.
TASK: Introduce a doctor who can free the children that have been eliminated once they have been caught, restoring their energy.	Coaching Tips: Watch children for cheating when they have been caught as this may lead to behaviour issues, ensure children follow the rules and know the importance of this.
EQUIP: Introduce a bib or soft ball that the Mad Man must throw.	
PEOPLE: Give lower ability children bibs (1-3 bibs as tails) to be pulled out by the Mad Man, introduce referees when children are out.	



Activity Name: Wizard Wars	Sport(s)/Activities: Multi Skills
Risk Assessment: Children running into each other, slipping or tripping, pushing each other over. Ensure enough space to run and change direction, ensure children clear of activity rules, no head shots.	Equipment: Markers, bibs
Quals: Multi Skills, NGB 2	Timings: Approx. 25 - 35 mins
Learning Expectations: <ul style="list-style-type: none"> - Understand how tactics and strategies improve performance. - Decision making and team work. 	Age Range: 8 - 12

Activity Description:

Children all have a bib (Wizard's Magic) each rolled up in a ball in their hands. Use 2, 3 or 4 different coloured bibs of equal number. Children must throw them at each other to gain points. All children start with 10 points, point lost if they get hit, point gained if they score a hit.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make space bigger or smaller, the less space the more difficult the game.	Children can play this in small groups, 1v1 and 2v2, can also be played as a ball / target. Throw into a hoop or hit a cone ball.
TASK: Split children into teams, each time you get hit you're out. Think of tactics for how teams can win, players can make a wall when they are out to help teams as a barrier.	
EQUIP: Could use soft tennis balls, or dodge balls instead of bibs.	
PEOPLE: Give out roles to children, e.g. taggers that freeze people. When caught, children turn into walls, split children up in order of ability.	
Coaching Tips: This is a very fast paced and energetic game, essential to remind children of using tactics and thinking about how they win, e.g. take time, use tactics/strategies.	



Activity Name: Silly Statues	Sport(s)/Activities: Multi Skills
Risk Assessment: Children running into each other, slipping or tripping, pushing each other over. Ensure enough space to run and change direction, ensure children clear of activity rules.	Equipment: Markers
Quals: Multi Skills, NGB 2	Timings: Approx. 25 - 35 mins
Learning Expectations: <ul style="list-style-type: none"> - Balance, Coordination and agility movements. - Improve performance and control. 	Age Range: 4 - 7

Activity Description:

All children move around the area in a range of directions. On Act Pro's command, children stand still (freeze) like a statue. Act Pro can use a range of SILLY themes, sport themes, that the children need to balance like.

Inclusion Ideas: <p>SPACE: Make space bigger or smaller, the less space the more difficult the game.</p> <p>TASK: Children can do it in pairs, groups, only use one body part on the floor.</p> <p>EQUIP: Introduce equipment, props that the children must include in balance.</p> <p>PEOPLE: Challenge the range of abilities by the complex shapes/balances you ask them to do.</p>	Low No's Ideas: <p>Can be easily done with small groups.</p> <p>Coaching Tips: Children can lose the focus if the theme is too silly, get them to focus on being strong, tense and being balanced.</p>
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Activity Name: Scary Beans	Sport(s)/Activities: Multi Skills
Risk Assessment: Children running into each other, slipping or tripping, pushing each other over. Ensure enough space to run and change direction, ensure children clear of activity rules.	Equipment: Markers
Quals: Multi Skills, NGB 2	Timings: Approx. 25 - 35 mins
Learning Expectations: <ul style="list-style-type: none"> - Reaction speed and timings, agility movements. - Improve performance and control. 	Age Range: 4 - 7

Activity Description:

Moving in a space avoiding others. On signal, stop - children make actions. Chilli bean (shiver), Runner bean (jog on spot), Baked bean (sunbathe), Mexican bean (jumping), Broad bean (stretch), French bean (ooh la la), Scary bean (scary faces and noises). Simple stretches as a whole class. Get children to think of their own beans.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make space bigger or smaller, the less space the more difficult the game.	Can be played with low no's.
TASK: Play a game to see if children can remember the type of bean, Act Pro tries to catch them out.	Coaching Tips: Keep the game snappy and fun, Act Pro needs to enthuse children to use imagination to get excited in this game, not appropriate for older children.
EQUIP: Use equipment in the movements, e.g. dribbling, carrying equipment.	
PEOPLE: Partner children together to help each other and be beans in a tin can.	



Activity Name: Ghost Cars	Sport(s)/Activities: Multi Skills
Risk Assessment: Children running into each other, slipping or tripping, pushing each other over. Ensure enough space to run and change direction, ensure children clear of activity rules.	Equipment: Markers
Quals: Multi Skills, NGB 2	Timings: Approx. 25 - 35 mins
Learning Expectations: <ul style="list-style-type: none"> - Reaction speed and timings, agility movements. - Improve performance and control. 	Age Range: 4 - 7

Activity Description:

Children move around in a designated area (city) in different directions pretending to be a Ghost Car. Act Pro is the local Ghostbuster who is looking for children crashing, going too fast. Introduce, traffic lights, red – stop, amber – jog on spot, green – go. Introduce yellow cones, speed bumps jumps, red cones, roundabouts, blue cones, U-turns.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make space bigger or smaller, the less space the more difficult the game.	Can be played in small groups.
TASK: Hold coloured cones up instead of shouting commands, introduce points system on amount of crashes.	Coaching Tips: Children will run too fast and crash. Emphasise speed and control, making sure children don't crash and have control.
EQUIP: Children can move with a ball.	
PEOPLE: Children can become Ghostbusters, observing or tiggig, partner work, drivers and passengers.	



Activity Name: Trick or Treat	Sport(s)/Activities: Multi Skills
Risk Assessment: Children running into each other, slipping or tripping, pushing each other over. Ensure enough space to run and change direction, ensure children clear of activity rules.	Equipment: Markers, bean bags, bibs
Quals: Multi Skills, NGB 2	Timings: Approx. 25 - 35 mins
Learning Expectations: <ul style="list-style-type: none"> - Reaction speed and timings, agility movements. - Improve performance and control. 	Age Range: 4 - 7

Activity Description:

Activity Professional lays out a series of different coloured cones (bean bags and bibs can also be used), the more colours and amount the better. Children must run round collecting as many different colours as they can, each colour represents a type of food and the children must design a crazy Halloween meal.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make space bigger or smaller, the less space the more difficult the game.	Can do a 1-2-1 basis, using a arrange of different equipment.
TASK: Use the bibs as gates that children run through rather than collect, place the coloured cones in the corners and coach shouts food out for children to run to.	Coaching Tips: Capture the children's imagination with the theme to really get them to think about collecting a range of colours and movements to create their meal.
EQUIP: Children can build a meal with a range of equipment.	
PEOPLE: Place children in teams to build the meal; each responsible for different items.	



Activity Name: Scaredy Cat & Monster Mouse	Sport(s)/Activities: Multi Skills
Risk Assessment: Children running into each other, slipping or tripping, pushing each other over. Ensure enough space to run and change direction, ensure children clear of activity rules e.g. this is a no contact game.	Equipment: Markers, bibs
Quals: Multi Skills, NGB 2	Timings: Approx. 25 - 35 mins
Learning Expectations: <ul style="list-style-type: none"> - Reaction speed and timings, agility movements. - Improve performance and control. 	Age Range: 4 - 7

Activity Description:

All children move around the designated safety zone and, on the Activity Professional's command, all children freeze. The Act Pro then selects 2 children - one cat and one mouse. The cat usually chases after the mouse but in this game the roles are reversed. The Scaredy Cat & Monster Mouse must dodge past the other frozen children that now form the maze. Monster Mouse has 10 seconds to catch the Scaredy Cat. The children then start moving around the safety zone and the Act Pro repeats the game, selecting 2 more children to be cat and mouse.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make space bigger or smaller, the less space the more difficult the game.	A maze can be made with cones so children can play 1 v 1 and in small groups.
TASK: Have more cats and mice e.g. 2 mice on each cat and vice versa.	Coaching Tips: Children will collide with people in the maze so make sure the children who are stood still keep arms by their side and legs together.
EQUIP: Children can have bibs as tails rather than being tagged, children could also move with a ball.	
PEOPLE: Dependent on ability, you may select more mice and cats, e.g. one mouse vs. 3 cats would make it easier for the cats.	



Activity Name: Witches and Wizards	Sport(s)/Activities: Multi Skills
Risk Assessment: Children running into each other, slipping or tripping, pushing each other over. Ensure enough space to run and change direction, ensure children clear of activity rules.	Equipment: Markers, bibs
Quals: Multi Skills, NGB 2	Timings: Approx. 25 - 35 mins
Learning Expectations: <ul style="list-style-type: none"> - Reaction speed and timings, agility movements. - Improve performance and control. 	Age Range: 4 - 12

Activity Description:

All players begin on the base line of the square with a bib tucked into the back of their shorts; this is their wizard's cape. A player is nominated to be the witch (on a broom, hockey stick) and starts in the middle of the square. The wizards have to run from one base line to the other without having their cape pulled out by the witch. If they do, they become a witch. The last wizard alive is the winner.

Get wizards to wave their capes at the witches and flex their wizard poses, and get the witches to cackle and show their evil faces, make noises.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make space bigger or smaller, the less space the more difficult the game.	A maze can be made with cones so children can play 1 v 1 and in small groups.
TASK: Introduce more witches at the start, carry balls or use equipment.	Coaching Tips: Wizards may run out of the square to escape witches. Inform them that outside the square is the wicked wood and they will get caught if they go out.
EQUIP: Children can have balls or resources to carry, dribble, can have more capes.	Some witches may try to grab on to the wizards by their clothing and wrestle them down, be aware of this and reiterate the safety rules.
PEOPLE: Certain wizards can have super powers, extra lives, more capes, modified rules - e.g. they can only be tagged on a certain part of the body.	



Activity Name: Monster Magic	Sport(s)/Activities: Multi Skills
Risk Assessment: Children running into each other, slipping or tripping, pushing each other over. Ensure enough space to run and change direction, ensure children are clear on activity rules.	Equipment: Markers, bibs
Quals: Multi Skills, NGB 2	Timings: Approx. 25 - 35 mins
Learning Expectations: <ul style="list-style-type: none"> - Reaction speed and timings, agility movements. - Improve performance and control. 	Age Range: 4 - 12

Activity Description:

A very simple game in which players have to perform simple tricks with the ball. Each player starts with a ball. The Acto Pro then says, "Monsters, can you do this trick?" adding different actions to the end of the sentence: e.g. jump over the ball with both feet together. Other actions include hopping over the ball, sitting on the ball and spinning around, throwing ball and catching it and running around the ball as fast as you can. Use your imagination... there are loads of options.

Inclusion Ideas:	Low No's Ideas:
SPACE: Set specific areas for the children to perform in or on floor spots.	Can easily be done with low no's. Children can work alone or pairs, copying the Act Pro.
TASK: Vary the types of activities. Complete using one arm one foot, certain feet (right or left), work in pairs / 3's / 4's.	Coaching Tips: When completing a range of activities, it is essential that all children stay safe and are not being silly / out of control.
EQUIP: Change size / type of balls to use or vary equipment e.g. bean bag, hula hoop, quoit.	Emphasise control - that to have super powers they must be able to catch ball, keep it near their bodies, not fall over etc. Monsters are strong and have control.
PEOPLE: Be aware of ability levels and pay attention to the type of equipment and activities that the children are being asked to do.	



Activity Name: Hairy Hats	Sport(s)/Activities: Multi Skills
Risk Assessment: Children running into each other, slipping or tripping, pushing each other over. Ensure enough space to run and change direction, ensure children clear of activity rules.	Equipment: Markers, bibs
Quals: Multi Skills, NGB 2	Timings: Approx. 25 - 35 mins
Learning Expectations: <ul style="list-style-type: none"> - Reaction speed and timings, agility movements. - Improve performance and control. 	Age Range: 4 - 12

Activity Description:

Each player begins with a ball and a cone (hats) which they put on their heads. Ask the players to find a space in your square and sit on/hold their ball. The players then put their hats on the floor (cones) and dribble/move their ball around the square until the Act Pro shouts, "hats on!" They then dribble the ball to the nearest cone and sit on/hold the ball with the cone on their head. Have a few practice turns so they get the idea and then start to take cones away so there are more players than cones. The players who don't get cones still dribble the ball around but put their foot on the ball and stand still when the Act Pro shouts, "hats on!" Award children with extra points for striking the best scary poses.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make space bigger or smaller.	Use colours of suits, spread a number of coloured markers around the area and, on the Act Pro's command, the children race to pick up the closest colour.
TASK: Vary the movements, different directions, using equipment / no equipment.	Coaching Tips: Players will pick up their ball/equipment when you shout, "Suits on!" instead of dribbling to the nearest cone. Players will use cones that make up the square instead of the designated suits; Make sure suits are a different colour to the ones that make up the square. Keep it inclusive - have no player sat out.
EQUIP: Use a variety of equipment - bibs (suits) instead of cones. Children can dribble balls or carry equipment etc.	
PEOPLE: Be aware of ability levels and pay attention to the type of equipment and activities that the children are being asked to do.	



Activity Name: Tombs and Tombstones	Sport(s)/Activities: Multi Skills
Risk Assessment: Children running into each other, slipping or tripping, pushing each other over. Ensure enough space to run and change direction, ensure children clear of activity rules.	Equipment: Markers, bibs
Quals: Multi Skills, NGB 2	Timings: Approx. 25 - 35 mins
Learning Expectations: <ul style="list-style-type: none"> - Reaction speed and timings, agility movements. - Improve performance and control. 	Age Range: 4 - 12

Activity Description:

Split players into two teams of gravediggers. Place as many cones as you can in front of the two teams. Half of the cones should be upside down (Tombs) and the other half sitting normally (Tombstones). One team of gravediggers will turn the cones upside down and the other team the right way. The team that does the most will achieve the graveyard jobs. When the Act Pro commands, "Stop," both teams have to run back to where they started. The first team back gets extra points. Count the cones that are split into the relevant teams to see which team of gravediggers have the most points

Inclusion Ideas:	Low No's Ideas:
SPACE: Make space bigger or smaller.	Use colours of suits, spread a number of coloured markers around the area and, on the Act Pro's command, the children race to pick up the closest colour.
TASK: Vary the movements, different directions, using equipment / no equipment.	
EQUIP: Children can dribble balls or carry equipment etc. whilst performing the tasks.	
PEOPLE: Be aware of ability levels and pay attention to the type of equipment and activities that the children are being asked to do.	
	Coaching Tips: Players can easily get confused with which team they are on so be sure to offer support and remind them. Certain players will carry the markers with them instead of just turning them over. Some players will also just keep turning the same cones over so be sure to spread them out spatially.



Activity Name: Monster Maker	Sport(s)/Activities: Multi Skills
Risk Assessment: Children running into each other, slipping or tripping, pushing each other over. Ensure enough space to run and change direction, ensure children clear of activity rules.	Equipment: Markers, bibs
Quals: Multi Skills, NGB 2	Timings: Approx. 25 - 35 mins
Learning Expectations: <ul style="list-style-type: none"> - Reaction speed and timings, agility movements. - Improve performance and control. 	Age Range: 4 - 12

Activity Description:

Very simple game (similar to Chain Tag). The players form a line behind the 2, 3 or 4 designated players (monsters). Each player has to move around the area and find more monsters and create a chain. When the lead monster tags them, they should then join that chain. The biggest monster is the winner.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make space bigger or smaller.	Children make a chain and must collect as many cones as they can, scattered on floor around the area. Each cone is a fan/follower. Set a time limit to complete, children can also take turns.
TASK: Vary the movements, different directions, using equipment / no equipment.	
EQUIP: Children can dribble balls or carry equipment etc. whilst performing the tasks.	
PEOPLE: Be aware of ability levels and pay attention to the type of equipment and activities that the children are being asked to do.	
	Coaching Tips: Players can get over-excited and will pull each other around so be sure to monitor this. Emphasise control and freeze the players so no injuries occur.



Activity Name: Scary Statues	Sport(s)/Activities: Multi Skills
Risk Assessment: Children running into each other, slipping or tripping, pushing each other over. Ensure enough space to run and change direction, ensure children clear of activity rules.	Equipment: Markers, bibs
Quals: Multi Skills, NGB 2	Timings: Approx. 25 - 35 mins
Learning Expectations: <ul style="list-style-type: none"> - Reaction speed and timings, agility movements. - Improve performance and control. 	Age Range: 4 - 12

Activity Description:

Starts with all players running around inside the square. Get players to do lots of twists and turns in and out of other players. Inform players that when the Act Pro shouts, "Freeze," they have to stop still in the best shape they can make with their bodies, praise the good ones. Keep freezing every now and then. Inform players that when you shout, "Fly," you want them to jump in the air and fly like a super hero. Mix flying with freezing. Inform players that when you shout, "Pose," you want them to imagine that they are the scariest monster in the world. Praise the good ones. Play around with different ideas.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make space bigger or smaller.	Can easily be played with low numbers.
TASK: Vary the movements, different directions, using equipment / no equipment.	Coaching Tips:
EQUIP: Children can dribble balls or carry equipment etc. whilst performing the tasks.	Players will perform very silly shapes and lose control. Emphasise that we are looking for controlled and balanced shapes.
PEOPLE: Be aware of ability levels and pay attention to the type of equipment and activities that the children are being asked to do. Introduce judges for the best shapes.	



Activity Name: Ghost Hunter	Sport(s)/Activities: Multi Skills
Risk Assessment: Children running into each other, slipping or tripping, pushing each other over. Ensure enough space to run and change direction, ensure children clear of activity rules.	Equipment: Markers, bibs
Quals: Multi Skills, NGB 2	Timings: Approx. 25 - 35 mins
Learning Expectations: <ul style="list-style-type: none"> - Reaction speed and timings, agility movements. - Improve performance and control. 	Age Range: 4 - 12

Activity Description:

Nominate a player as the designated tagger (Ghost Hunter) who runs around the square and tags players. If a player gets tagged they must stand still with their arms out and legs open as though they are frozen with their best frozen face. They can only move again when another player crawls through their legs.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make space bigger or smaller.	<p>Can play 1v1 or 2v2 "Freeze-Ray Wars", using bibs as freeze-rays that each player throws. Play a western showdown style game.</p> <p>Coaching Tips: Players will run out of the square to avoid being caught; Re-emphasise safety. Some players may find this easy and stand still not getting caught, be aware of this and introduce modifications to the game, e.g. they can't stand still or must save as many people as possible.</p>
TASK: Use more taggers. Nominate just one person who cans un-freeze the players, play as a team game.	
EQUIP: Children use light balls or bibs to throw rather than tag each other.	
PEOPLE: Be aware of ability levels and pay attention to the type of equipment and activities that the children are being asked to do.	



Activity Name: Wedge Heads	Sport(s)/Activities: Multi Skills
Risk Assessment: Children running into each other, slipping or tripping, pushing each other over. Ensure enough space to run and change direction, ensure children clear of activity rules e.g. this is a no contact game.	Equipment: Markers, bibs
Quals: Multi Skills, NGB 2	Timings: Approx. 25 - 35 mins
Learning Expectations: <ul style="list-style-type: none"> - Reaction speed and timings, agility movements. - Improve performance and control. 	Age Range: 7 - 12

Activity Description:

Put players into two teams, organising groups of three or four within these teams. Make more teams if possible. All the balls are placed on the opposite baseline. On the Act Pro's command, players have to run up to a ball with their group and wedge it between their heads. They then have to make their way back to the baseline without dropping the ball. If the ball is dropped, it must be wedged between their heads before they can move again. Whichever pair gets the most amounts of balls back to the baseline is the winner. No hands allowed!

Inclusion Ideas:	Low No's Ideas:
SPACE: Make distance to cover longer / shorter.	Children can balance an item on different parts of their bodies and carry it. Have mini races in 2's, 3's or against the clock. Coaching Tips: Be careful children do not bang heads or act inappropriately with others. Children will attempt to break the rules, e.g. using hands. Be sure to reiterate the importance of following rules.
TASK: Allow players to use their hands to place the ball in place, use different body parts such as elbows, bottoms, knees.	
EQUIP: Use different sized balls or a variety of equipment. Different pieces of equipment could be worth different points.	
PEOPLE: Partner up dependent on ability / height making teams as even as possible.	



Activity Name: Return of the Blob	Sport(s)/Activities: Multi Skills
Risk Assessment: Children running into each other, slipping or tripping, pushing each other over. Ensure enough space to run and change direction, ensure children are clear of activity rules.	Equipment: Markers, bibs
Quals: Multi Skills, NGB 2	Timings: Approx. 25 - 35 mins
Learning Expectations: <ul style="list-style-type: none"> - Reaction speed and timings, agility movements. - Improve performance and control. 	Age Range: 7 - 12

Activity Description:

Use a standard square and choose one player to be 'the blob.' Give this player a bib so that everybody knows who the blob is. The blob then has to chase everybody around the square. When somebody gets tagged, they are given a bib and join the blob. They must hold on to the blob at all times. Continue to do this until the blob gets too big or everybody has been caught.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make space bigger or smaller to speed up catches.	<p>Children could complete an assault course or time challenge while joined (being a blob).</p> <p>Coaching Tips: Players will separate from the blob and lose control; the blob must stay together, keep control. Keep it safe - don't allow players to be dragged around too quickly.</p>
TASK: Have a competition to see which blob can get the biggest the quickest. Children must move in different directions.	
EQUIP: Children must all hold a bib that joins them together to grow the blob. The blob must have an eye ball that one person in the team must carry/dribble.	
PEOPLE: Be aware of ability levels and pay attention to the type of equipment and activities that the children are being asked to do.	



Activity Name: Ghosts and Ghouls	Sport(s)/Activities: Multi Skills
Risk Assessment: Children running into each other, slipping or tripping, pushing each other over. Ensure enough space to run and change direction, ensure children are clear of activity rules.	Equipment: Markers, bibs
Quals: Multi Skills, NGB 2	Timings: Approx. 25 - 35 mins
Learning Expectations: <ul style="list-style-type: none"> - Reaction speed and timings, agility movements. - Improve performance and control. 	Age Range: 7 - 12

Activity Description:

Place a line of cones / spots down the centre of the grid. Ask players to get into pairs and find themselves one of the central cones / spots. Players should have a bib tucked into their shorts like a tail and then face each other, either side of the central cone. The players are then instructed that every player on the left of the central cone is the home team (Ghosts) and all the players on the right are the away team (Ghouls). The Act Pro then calls out either home or away names. If the Act Pro shouts the home name, all the players on the home team run to the outside line on the home side with their partner, the away player trying to pull their tail out before they get there. If the Act Pro shouts out away, the home players chase the away players.

Inclusion Ideas: <p>SPACE: Make the running distance longer or shorter.</p> <p>TASK: Get children to jump on the spot / turn and change direction / swap sides. Act Pro can confuse them by pointing in wrong direction.</p> <p>EQUIP: Children can have a ball in their hands or at feet.</p> <p>PEOPLE: Group children of similar abilities to ensure inclusion and engagement in the activity.</p>	Low No's Ideas: <p>Can be played in 2's.</p> <p>Coaching Tips: Some players may go the opposite way at same time, be sure to leave enough space in between to avoid collisions.</p>
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Lunch Time Activities – it is essential that children have structured lunch time activities. A set time must be given for children to eat their packed lunches and also an opportunity for Activity Professionals to have short breaks taken in intervals. This is a good opportunity for Act Pro's to see what children are eating for packed lunches and to discuss healthy eating tips. Some children will eat their lunches very quickly and will want to be entertained; these activities have been designed to do just that.

Activity Name: Frankenstein's Build a Monster	Sport(s)/Activities: Multi Skills
Risk Assessment: Ensure there is appropriate space for all participants to complete the activity, ensure the equipment used is safe suitable for the activity.	Equipment: Full range of equipment, balls, bean bags, bibs, markers
Quals: NGB 2	Timings: Approx. 10 - 15 mins
Learning Expectations: <ul style="list-style-type: none"> - Control, balance and coordination skills. - Effective communication and teamwork. 	Age Range: 5 - 12

Activity Description:

In small groups or teams, the children have to balance as much equipment as possible on one member of their group, making them Frankenstein's Monster. If the child loses balance and all the equipment falls off, then they lose and must start again.

Inclusion Ideas:	Low No's Ideas:
SPACE: Only a small space required.	Can be played with low numbers, balance equipment on the Act Pro.
TASK: Children can be sat on a chair or stood on one leg.	
EQUIP: Range of different equipment will be required, have races or judges.	
PEOPLE: Give roles out to certain players like team captains, referees, judges.	
	Coaching Tips: Be sure to include all children, try not to allow children to stand around doing nothing, give them roles and things to do.



Activity Name: Post Card from the Haunted Hotel	Sport(s)/Activities: Crafts
Risk Assessment: Ensure children have appropriate space to create their postcard, make sure children use pencils and pens appropriately.	Equipment: Pencils, crayons, card
Quals: NGB 2	Timings: Approx. 15 - 20 mins
Learning Expectations: - Creativity.	Age Range: 5 - 12

Activity Description:

Children write a spooky postcard or draw a scary picture home for their parents/carers to tell them about the fantastic time they have had at the Premier Sport Camp.

Inclusion Ideas:	Low No's Ideas:
SPACE: N/A	N/A.
TASK: Children can write or draw a picture to take home as a memento for the day and to share with parents/carers their experiences.	Coaching Tips: Some children will take their time with this task and some will fly through it, have a back-up plan.
EQUIP: Crayons, felt tips, pencils, glitter glue etc, provide some example to copy from.	
PEOPLE: Allow children to do them together.	



Activity Name: Mummy Races

Sport(s)/Activities: Multi Skills

Risk Assessment: Ensure children have appropriate space to create their postcard, ensure children are safe enough to move in equipment.

Equipment: Hats, scarves, toilet rolls

Quals: NGB 2

Timings: Approx. 10 - 15 mins

Learning Expectations:

- Creativity.
- Team work.

Age Range: 4 - 12

Activity Description:

Using toilet rolls, hats, scarves, bibs, cones, etc, each team must wrap up one member of their team to resemble a Mummy who then runs to complete a challenge and run back, unwrap, then wrap up the next person until everyone in the team is done.

Inclusion Ideas:

- SPACE:** Make the race longer / shorter.
- TASK:** Set specific criteria of what the person should be wearing, have a judges panel instead of races.
- EQUIP:** Range of equipment used, use specific equipment to make it easier / harder for specific groups.
- PEOPLE:** Children operate in teams, small groups, boy girl, old young.

Low No's Ideas:

Dress up the Act Pro.

Coaching Tips:

Ensure every child gets involved in the activity, older children may get bored quite easily so have a back-up plan.



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Activity Name: Skeleton Scavenger Hunt	Sport(s)/Activities: Multi Skills
Risk Assessment: Children will be moving around a large space so make sure all areas have been checked for any safety hazards, don't place pieces of treasure in areas that will cause a safety hazard.	Equipment: Range of equipment – balls, large, small, bean bags, slips of paper with clues, markers
Quals: NGB 2	Timings: Approx. 15 - 20 mins
Learning Expectations: <ul style="list-style-type: none"> - Importance of team work. - Problem solving. 	Age Range: 5 - 12

Activity Description:

In teams, can the children find the individual items/clues for the skeleton scavenger hunt which are hiding all over the venue? Ideally have different bones of the skeleton and the first team to complete a skeleton wins. Place a number of clues or items around the hall or indoor facility, children work together taking turns to find the bones.

Inclusion Ideas: <p>SPACE: Vary the size of the area being covered and hiding of the clues.</p> <p>TASK: Make into a race, each group may need to find just one clue.</p> <p>EQUIP: Use a range of items as clues, children need to dribble, carry the clues back in certain ways</p> <p>PEOPLE: Vary the children and abilities.</p>	Low No's Ideas: <p>Play the same type of game but play individually or in teams.</p> <p>Coaching Tips: Be sure to leave enough time to prep this activity. The more preparation, the more enjoyable and fluent the game will be.</p>
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Activity Name: Design a Dungeon	Sport(s)/Activities: Multi Skills
Risk Assessment: Ensure children have appropriate space to move and manoeuvre balls.	Equipment: Various sports equipment
Quals: NGB 2	Timings: Approx. 10 - 15 mins
Learning Expectations: <ul style="list-style-type: none"> - Importance of team work. - Send and receive with control. 	Age Range: 5 - 12

Activity Description:

In groups or individually, the children must use all the sports equipment and work together to build a Dungeon. The dungeon should be set up like a SAQ or agility circuit that each team can have a go at. Which dungeon was the most challenging to break out of?

Inclusion Ideas:	Low No's Ideas:
SPACE: Make the teams smaller, lines shorter, or vice versa.	Can easily be played individually or in small groups .
TASK: Children can build motor vehicles, faces etc. animals, bring some small races in to obtain the equipment.	Coaching Tips: Children will hog the equipment and fall out if it is not equally spread. Observe this and ensure equipment has an even spread.
EQUIP: Lots of various equipment, the more the better.	
PEOPLE: Children all work in different groups to encourage making friends and interacting.	



Activity Name: Scary Mary	Sport(s)/Activities: Multi Skills
Risk Assessment: Ensure children have appropriate space to move and manoeuvre balls. Ensure children are not scared of balloons.	Equipment: Balloons, markers
Quals: NGB 2	Timings: Approx. 10 - 15 mins
Learning Expectations: - Importance of team work. - Creativity.	Age Range: 5 - 12

Activity Description:

Each child or group is given a balloon each, they use markers to design the scariest balloon head.

Inclusion Ideas:	Low No's Ideas:
SPACE: Set specific areas for the children to perform in or on floor spots.	Can easily be played individually or in small groups.
TASK: N/A	Coaching Tips: Children will hog the equipment and fall out if it is not equally spread. Observe this and ensure equipment has an even spread.
EQUIP: N/A	
PEOPLE: N/A	



Activity Name: Goblins, Wizards and Giants	Sport(s)/Activities: Multi Skills
Risk Assessment: Ensure children have appropriate space to move and manoeuvre balls. Ensure children are not scared of balloons.	Equipment: Balloons, markers
Quals: NGB 2	Timings: Approx. 10 - 15 mins
Learning Expectations: - The aim of the game is to beat the other team by working together - Importance of team work.	Age Range: 5 - 12

Activity Description:

The game starts by having the group separated into two teams, either side of a dividing line. A team leader is chosen to decide which creature the group show the other team. They can be Goblins (crouching), Wizards (standing, arms pointing forward, wiggling fingers as if casting a spell), Giants (standing as tall as they can, arms in the air like rock, paper, scissors). The Goblin's magic is more powerful than the Wizard's, the Wizard is smarter than the Giant and the Giant steps on the Goblin. All members of the team must be showing the same creature at the same time. If one player is a Goblin but the others are Wizards, that team loses regardless. An idea would be to get the team leader to tell the Act Pro what they are going to be beforehand.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make the teams smaller / lines shorter or vice versa.	Can easily be played individually in small groups - paper scissors, stones.
TASK: Change the order of the roles, e.g. what beats what.	Coaching Tips: Children will get confused with what wins or loses the game.
EQUIP: Include lots of various equipment whilst moving.	
PEOPLE: Children all work in different groups to encourage making friends and interacting.	



Activity 1 – The purpose of these activities are to encourage children to engage children to socialise and make friends.

Activity Name: Vampire Volleyball	Sport(s)/Activities: Volleyball
Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure appropriate balls are used and safety expectations thoroughly explained to avoid any accidents or injuries. Check children don't have a phobia of balloons.	Equipment: Markers, volleyballs, light balls, balloons
Quals: NGB 2, Multi Skills Level 2, Volleyball Activators, ICE	Timings: Approx. 45 - 55 mins
Learning Expectations: - Control, balance and coordination skills.	Age Range: 7 - 12

Activity Description:

Using either a balloon or a beach ball, the players must keep their ball in the air for as long as possible. This can be done in groups, pairs or individually. Talk about the correct technique (set and dig shots) to hit the ball up with control. Bring in an opponent to compete against, whose (balloon) will drop first? Progress to keeping the ball up between them and have mini team comps. Progress to 2v2 mini games, keep the ball up.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make areas and courts bigger / smaller.	Play 1v1 games, seated volleyball.
TASK: Use time limits to how many times they can keep the ball up have rally competitions, how many can you keep up as a team group, seated volleyball.	Coaching Tips: Children will strike the ball too hard and lose control in the early stages and also be tempted to kick the ball. Remind children of rules and safety expectations.
EQUIP: Types and sizes of balls, use balloons.	
PEOPLE: Have children as counters, peer to peer support roles.	



Activity Name: Frightening Football

Sport(s)/Activities: Football

Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure appropriate size balls are used and safety expectations thoroughly explained to avoid any accidents or injuries.

Equipment: Football, markers

Quals: NGB 2, Multi Skills Level 2, FA Football certificate

Timings: Approx. 45 - 55 mins

Learning Expectations:

- Control, balance and coordination skills.

Age Range: 7 - 12

Activity Description:

Pick even teams from all available players (2, 3, 4 or more teams) and name each player in each team after a character. Sit each team down at their respective stations and call out a name. The players from each team with that name will run to one end of the pitch and around a cone. They will then attempt to win the ball and score a goal before the other player(s) can. Add the goal for each team as the game goes on.

Inclusion Ideas:

SPACE: Make the run longer shorter or include zig zag runs. Make goals bigger smaller.

TASK: For younger players use 2 balls; one each. First to score, bring in goalkeepers, call out two names, when more than one called get them to link.

EQUIP: Size and position of goals.

PEOPLE: Give children of similar abilities, height etc. the same names to make it competitive and fair.

Low No's Ideas:

Can be played with low numbers.

Coaching Tips:

Children will start to move out of the designated areas at the start so make sure these are marked out clearly, some children will get confused at the start with the rules and expectations of the game, show a good demo.



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Activity Name: Running Styles/Werewolf Hunters **Sport(s)/Activities:** Athletics, Multi Skills

Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure children are appropriately prepared for explosive sprinting activities.

Equipment: Markers, floor spots, bibs

Quals: NGB 2, Multi Skills Level 2, Basketball NGB **Timings:** Approx. 45 - 55 mins

Learning Expectations:

- Control, balance and coordination skills.
- Speed and reaction skills.

Age Range: 5 - 12

Activity Description:

Children move in safety zone in varied directions. Perform gallops, jumps, giant wide steps, lunges and fast feet. Repeat all of the above in different directions. Children are placed in 2's, one person in each groups will be a tagger. All children then line up facing the Act Pro in a line with the partner stood behind them. They then perform mini races and the person at the back (the hunter) needs to catch their partner (werewolf) before they get away. Swap roles and vary the starting positions, e.g. sat on the floor, lay down, stand up without using arms.

Inclusion Ideas: **Low No's Ideas:**

SPACE: Bring finish line closer / further away. Place chasers further away / closer together.

TASK: Children can grab a bib rather than tagging. Children can chase two people at a time, insert obstacles, hurdles etc. to avoid. Progress to team relay races.

EQUIP: Use bibs, bean bags to pass / carry.

PEOPLE: Ensure children a competing against people of similar abilities.

Can be done with small numbers, build obstacle courses.

Coaching Tips: With any running / relay races, ensure children are not stood in lines or inactive for too long. Keep them short and snappy.



Activity Name: Rattling Rounders	Sport(s)/Activities: Rounders
Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure children are appropriately prepared for explosive sprinting activities.	Equipment: Markers, floor spots, bibs, range of balls, range of striking items, raquets and bats
Quals: NGB 2, Multi Skills Level 2, Rounders' Activator or ICE	Timings: Approx. 45 - 55 mins
Learning Expectations: <ul style="list-style-type: none"> - Control, balance and coordination skills. - Speed and reaction skills. 	Age Range: 7 - 12

Activity Description:

Split groups into teams of 4. Children set up mini rounder's pitches, dependent on amount of teams. Children play 4v4 games - place 4 children on each base. In the quickest time, each team have to get the ball (mini skull) to 1st base, who throws to 2nd base, who throws to 3rd base, who throws to 4th base. Have a few turns each. Introduce bowler and batters (bats are skeleton bones) into a team game. When the bowler bowls, the ball batter tries to hit the ball. Whether they're successful or not, batter must run around the bases and again, the children throw the ball around the bases 1st-4th. If the ball beats the batter, the batter is out. If the batter beats the ball, the batter scores 1 point.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make running bases closer / further apart dependent on ability levels.	Have fewer bases, or even use targets to throw to instead of people.
TASK: Children can run around the bases without hitting the ball.	Coaching Tips: Striking and fielding can be quite complex so change the range of equipment to meet the needs of the participants; even use football or equivalent sized balls.
EQUIP: Use a range of ball sizes or even bean bags. Use a range of bats and raquets, let children choose which bat and ball they require.	
PEOPLE: Change all of the above to meet the people changes in order of ability levels.	



Activity Name: Skeleton Skittles	Sport(s)/Activities: New Age Kurling
Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure appropriate space is available for throwing target activities. Brief children on safety expectations so nobody is struck by throwing implements.	Equipment: New Age Kurling set is strongly recommended for this activity. Bean bags and cones can also be used.
Quals: NGB 2, Multi Skills Level 2, New Age Kurling award	Timings: Approx. 45 - 55 mins
Learning Expectations: <ul style="list-style-type: none"> - Sending and receiving. - Accuracy and weight. 	Age Range: 7 - 12

Activity Description:

Children split into small teams and practice sending and receiving, trying to hit skittles. (Skittles represent different parts of a skeleton - skulls etc. and can simply be an array of different sized cones or balls on top of cones). Children then split off into small teams and have a competition against each other.

Inclusion Ideas: <p>SPACE: Move target area closer / further away. Make target area bigger / smaller.</p> <p>TASK: Children can hit the skittles or set out certain areas with different coloured cones to land the stone in.</p> <p>EQUIP: Use the New Age Kurling equipment or bean bags sliding along a smooth floor. Change the size and types of skittles.</p> <p>PEOPLE: Get children working in teams, officiating and coaching each other.</p>	Low No's Ideas: <p>Children can compete against themselves or one vs one.</p> <p>Coaching Tips: Children will throw the stones and bean bags. Be sure to emphasise getting low and rolling. Get children to estimate weights and work on precision.</p>
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Activity Name: Scary Name Game	Sport(s)/Activities: Multi Skills
Risk Assessment: Ensure balls stay below head height, balls must be soft to avoid injuries if ball strikes a participant.	Equipment: One small and large soft ball
Quals: Multi Skills, NGB 2	Timings: Approx. 25 - 30 mins
Learning Expectations: - To communicate and make new friends.	Age Range: 4 - 7

Activity Description:

Players sit/stand in a circle and pass a ball between each other. When the child catches the ball, they can then introduce themselves using a scary nickname. E.g. “Blood-Thirsty Billy”, “Zach the Zombie” etc. Once the names have been established, when the ball is passed, instead of saying their own name, they must say the name of the person who passed it to them. This will help the children to remember each other’s names more easily.

Inclusion Ideas:	Low No’s Ideas:
SPACE: Make the area larger to allow more time for ball to travel.	Children name a toy or sport item every time the ball is passed, e.g. children can’t duplicate the answer, point lost when they don’t reply in 5 seconds, then 3 seconds etc. or if word is repeated.
TASK: Sit children down, stand up, place a time limit on the participants, introduce time limit on reply time. Bounce, throw, roll ball.	
EQUIP: Introduce more balls, change size of ball.	
PEOPLE: Suggest names, allow children to say their own name, children can be nominated as writers to place name tags in a hat.	
	Coaching Tips: Check for children getting fidgety, this is a sign that it is time to move on or re-engage with a STEP change.



Activity Name: Body Parts

Sport(s)/Activities: Multi Skills, Football, Basketball

Risk Assessment: Ensure appropriate space available for children to move around, check floor for slips and trip hazards, lay out a safety zone.

Equipment: Each child needs a ball, piece of equipment

Quals: Multi Skills, NGB 2, Football, Basketball

Timings: Approx. 25 - 30 mins

Learning Expectations:

- Improve control, balance and coordination.

Age Range: 4 - 7

Activity Description:

The children move around with their ball as they would in its specific sport (e.g. dribbling a football with feet, dribbling a basketball with hands etc.) and the Act Pro shouts a body part. The child then stops their ball, puts it down and places the said body part onto the ball/floor.

Inclusion Ideas:

SPACE: Make the area smaller or larger.

TASK: Children use, feet, hands, introduce an elimination if you are last of competition / if you are first.

EQUIP: Size and types of balls.

PEOPLE: Introduce a tagger, children call out body parts.

Low No's Ideas:

Can play with low no's of children without changing activity.

Coaching Tips:

Children will go too fast when moving with a football, important to remind them about being controlled and slow things down, apply STEP change for children who have poor control, balance.



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Activity Name: Roll the Head	Sport(s)/Activities: Multi Skills
Risk Assessment: Ensure balls stay below head height, balls must be soft to avoid injuries if ball strikes a participant.	Equipment: One small and large soft ball
Quals: Multi Skills, NGB 2	Timings: Approx. 20 - 25 mins
Learning Expectations: <ul style="list-style-type: none"> - Improve accuracy when sending and receiving. - Improve reaction speeds when dodging and jumping. 	Age Range: 4 - 7

Activity Description:

All of the children form a circle, with their legs open wide enough for a ball to pass through, putting their feet against the next person's. The severed head (ball) is rolled in and, using both hands, the children try to hit the ball away and through another child's legs. If the ball goes through their legs, then they "lose" an arm and put it behind their back. If you lose both arms, you are out and sit down. The circle gets smaller as more people go out and the winner is declared when all the other people are out.

Inclusion Ideas:	Low No's Ideas:
SPACE: Arrange more circles.	Children can play 1v1, 2v2 games.
TASK: Introduce more balls, have a promotion relegation system with more circles.	Coaching Tips: Children will start to break the rules when they start getting fed up, remind them of why rules are important and apply a STEP change.
EQUIP: Introduce more balls, change size of balls.	
PEOPLE: Place children in age, size related groups, introduce referees.	



Activity Name: Plants Vs. Zombies	Sport(s)/Activities: Multi Skills
Risk Assessment: Ensure children have enough space to perform activity so they don't strike each other. Check for slips and trips due to sudden changes of direction and stops.	Equipment: Markers, small sponge balls, bibs
Quals: Multi Skills, NGB 2	Timings: Approx. 20 - 25 mins
Learning Expectations: - Reaction speed and timings, agility movements, balance and control.	Age Range: 4 - 7

Activity Description:

Children line up at the end of the hall, with one selected person as the 'Plant Pea Shooter' who stands at the opposite side of the area (what time is it Mr Wolf set up). The Plant Pea Shooter will have items (small sponge balls, bibs) behind them, children must walk slowly (like a zombie) up to the Plant Pea Shooter who must try to throw their 'peas' at the zombies before they reach them. Every time a zombie gets hit, they must go back to the start. The winning zombie(s) become the next Pea Shooters.

Inclusion Ideas:	Low No's Ideas:
SPACE: Bring players closer / further away and make the starting line closer / further apart.	Use the STEP ideas to keep the game fresh.
TASK: Have more shooters, some zombies can crawl.	Coaching Tips: Children will get easily confused in this game, be sure to often remind them of which line is which and apply STEP changes to maintain engagement.
EQUIP: Children could hold or dribble a ball or balance a bean bag on their heads.	
PEOPLE: Children could be eliminated if they are last, have a relegation, promotion. If you win, you go back a space, lose come forward. Have more than one line going at the same time, children could race each other in pairs or trios.	



Activity Name: Witches Eye	Sport(s)/Activities: Multi Skills
Risk Assessment: Ensure appropriate space available for children to move around. Check floor for slips and trips due to sudden changes of direction and stops.	Equipment: Markers
Quals: Multi Skills, NGB 2	Timings: Approx. 20 - 25 mins
Learning Expectations: - Reaction speed and timings, agility movements, balance and control.	Age Range: 4 - 7

Activity Description:

Children line up at the end of the hall, with one selected person as the 'Witch' who stands at the opposite side of the area (what time is it Mr Wolf set up). The spotter will have an item e.g a bean bag, ball behind them, children must sneak up to the spotter (Witch) and try to steal their item. When the spotter randomly turns around, the children need to freeze. If the spotter sees any movements, they must go back to the start line and start again. Any child that gets there becomes the spotter.

Inclusion Ideas:	Low No's Ideas:
SPACE: Bring players closer / further away and make the starting line closer / further apart.	Use the STEP ideas to keep the game fresh.
TASK: The spotter can only turn around if he/she hears a noise. If the spotter shouts, 'The Witch is coming,' then the children must all get back to the start line, with control without the spotter tagging them.	Coaching Tips: Children will get easily confused in this game, be sure to often remind them of which line is which and apply STEP changes to maintain engagement.
EQUIP: Children could hold or dribble a ball or balance a bean bag on their heads.	
PEOPLE: Children could be eliminated if they are last, have a relegation, promotion. If you win, you go back a space, lose come forward. Have more than one line going at the same time, children could race each other in pairs or trios.	



Activity Name: Godzilla	Sport(s)/Activities: Football, Rugby, Basketball
Risk Assessment: Ensure children have enough space to perform activity so they don't strike each other. Check for slips and trips due to sudden changes of direction and stops.	Equipment: Markers
Quals: Multi Skills, NGB 2	Timings: Approx. 20 - 25 mins
Learning Expectations: - Reaction speed and timings, agility movements, balance and control.	Age Range: 4 - 7

Activity Description:

Each player lines up on the baseline facing into the square. There are two players without balls on all fours like Godzilla who are invading the city. These people have to try and tackle / tag the players standing along the baseline. The Act Pro shouts 'go' and the players with a ball try to get to the other side of the square without being tackled. Once they have been tackled they also become a Godzilla.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make the area wider / narrower / longer / shorter to increase / decrease the difficulty.	Children can play 1v1 or 2v2. Make the area smaller and apply STEP changes. You can also use cones on the floor scattered as traps and time the children to get from one end to the other without hitting a trap.
TASK: The heroes have tails to grab rather than being tackled.	
EQUIP: Can be played without balls or can be used using an array of balls, even hockey sticks and balls.	
PEOPLE: Use the above changes on an individual scale to ensure all children are included.	
	Coaching Tips: Remind the children about safety rules; stay in the safety zone. Remind children that this is a tagging game and they are not grabbing or tripping.



Activity 2 – The purpose of these activities are to play sports and activities with the main emphasis on enjoyment, engagement and fun!

Activity Name: Deadly Dodgeball – Team Run	Sport(s)/Activities: Dodgeball
Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure appropriate balls are used and safety expectations thoroughly explained to avoid any accidents or injuries. No head shots.	Equipment: Dodgeballs, markers
Quals: NGB 2, Multi Skills Level 2, Dodgeball NGB	Timings: Approx. 45 - 55 mins
Learning Expectations: <ul style="list-style-type: none"> - Control, balance and coordination skills. - How to improve accuracy and performance. 	Age Range: 7 - 12

Activity Description:

Split group into 3 teams. Team one tries to steal the balls, the other two teams must attempt to stop them by hitting them with the dodgeballs. Team 1 are positioned in two lines at the top of the workshop. There are three lines of cones with balls/other pieces of equipment on top of them. The first line (blue) is closest to team 1, second (yellow) is in the middle and third (red) is closest to the team two and three. On the Act Pro's command, one person from team one runs in and attempts to steal a ball from a cone before team 2 and 3 can hit them one of their dodgeballs. If they get hit, they are out. If they can dodge the shots and steal a ball from a cone, they gain some points for their team. The closer to the shooters the ball is, the more points he earns for his team. Rotate teams.

Inclusion Ideas:	Low No's Ideas:
SPACE: Set some easy and hard tasks so that children of certain abilities can be challenged appropriately.	Can be played within a small area 1v1 / 2v2.
TASK: Children roll the ball rather than throw.	Coaching Tips: Children will get hit by the balls and will not be aware of it. Ensure the Activity Professional is in constant view of the activity at all times.
EQUIP: Types of balls, use smaller sponge balls.	
PEOPLE: Ensure children are partnered with children of similar abilities and size.	



Activity Name: Horrifying Hockey	Sport(s)/Activities: Hockey
Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips. Ensure appropriate Uni Hockey sticks and balls / pucs are used and children briefed on safety expectations of the stick.	Equipment: Markers, bibs, Uni Hoc set
Quals: NGB 2, Multi Skills Level 2, Hockey NGB	Timings: Approx. 45 - 55 mins
Learning Expectations: <ul style="list-style-type: none"> - Control, balance and coordination skills. - Travelling and dribbling with control. 	Age Range: 7 - 12

Activity Description:

Split children into teams; Max. number of teams 6, min 2. The teams separate themselves around the safety zone in their designated, marked out zones. The aim of the game is to collect all the Uni Hoc balls from the middle of the area. Children carry on until all balls are gone; The team with the most wins. Progress to allowing children to steal from the other groups.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make area bigger smaller, change where the zones are situated e.g. some close some far away.	Do a treasure hunt game, moving around area to find certain items each time, dribbling the ball with them.
TASK: Children can race each other to get the most. Set a time limit, children must balance a bean bag on their head, children build a picture of a character with the balls rather than steal, include more equipment to collect.	Coaching Tips: Children will want to win at all costs at this game and will break the rules by taking more than one item, protecting and hiding equipment in their bases. Be clear and consistent on the rules and don't allow for this to escalate.
EQUIP: Use bigger balls or bean bags instead of the air flow Uni Hoc balls. Game can be played with a range of equipment.	
PEOPLE: Give roles to certain players such as captains, counters, directors to explain rules to the team.	



Activity Name: Monster Eggs	Sport(s)/Activities: Tag Rugby
Risk Assessment: Ensure appropriate space available for children to move around, check floor for slips and trip hazards, lay out a safety zone.	Equipment: Size 3 rugby balls
Quals: NGB 2, Multi Skills Level 2, Dodgeball NGB	Timings: Approx. 45 - 55 mins
Learning Expectations: <ul style="list-style-type: none"> - Control, balance and coordination skills. - How to improve accuracy and performance. 	Age Range: 7 - 12

Activity Description:

Split children evenly into 4 equally sized boxes. Children move in and out of space with control in a range of different directions – all children then carry a rugby ball with two hands, performing the same various movements with ball, keeping it in two hands, staying in their designated zone with no collisions or bumps. On Act Pro’s command **One:** children throw and catch ball to themselves while continuing to move. **Two:** exchange with a partner without dropping any balls. **Three:** place the ball on the floor and collect a new ball. **Four:** change grids clockwise, **Five:** anticlockwise, **Six:** diagonally. Try combining no’s e.g. one and five.

Inclusion Ideas:	Low No’s Ideas:
SPACE: Set some easy and hard tasks so children of certain abilities can be challenged appropriately.	Can be played with a small amount of children.
TASK: Give children lives e.g. if they bump into someone, they lose a life.	Coaching Tips:
EQUIP: Types of balls - use smaller sponge balls.	Children will carry the ball with one hand. Be aware of this and emphasize that it is a key rule in Tag Rugby that children carry ball in both hands.
PEOPLE: Ensure children are partnered with children of similar abilities and size.	



Activity Name: Crazy Cricket	Sport(s)/Activities: Cricket
Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure appropriate balls and bats are used and safety expectations thoroughly explained to avoid any accidents or injuries. No head shots.	Equipment: Tennis balls, cricket bats, racquets, wickets
Quals: ECB/NGB 2, Multi Skills Level 2, ICE Cricket	Timings: Approx. 45 - 55 mins
Learning Expectations: <ul style="list-style-type: none"> - Control, balance and coordination skills. - How to improve control and accuracy. 	Age Range: 5 - 12

Activity Description:

Split children into groups of 4 - one batter, one bowler, one wicket keeper, one fielder. The bowler bowls to the batter who attempts to get the ball to the fielder. A point is scored each time and each person rotates clockwise e.g. bowler becomes fielder, fielder - batter, batter - wicket keeper, wicket keeper - bowler. After one turn each, encourage children to analyse each other and progress to mini Kwik Cricket games, each person tries to set a personal best.

Inclusion Ideas: <p>SPACE: Set the cricket crease short or long dependent on skill level.</p> <p>TASK: Children strike a stationary ball. Bowler can still bowl but if a child is struggling to strike the ball, they can hit stationary ball to refine technique.</p> <p>EQUIP: Use bigger balls, change bat for a raquet.</p> <p>PEOPLE: Ensure children are partnered with children of similar abilities and size.</p>	Low No's Ideas: <p>Just have a bowler and a batter and set wickets up against a wall.</p> <p>Coaching Tips: Striking the cricket ball with a cricket bat is quite a complex skill. Be sure to break this down for the different ability children using STEP.</p>
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Activity Name: Terrifying Teamwork Games	Sport(s)/Activities: Multi Skills
Risk Assessment: Children will be moving and collaborating in teams. Remember to provide enough space to avoid bumps and collisions and floor is clear of any slip or trip hazards.	Equipment: Markers, range of balls, hoops, mats, spots
Quals: NGB 2, Multi Skills Level 2	Timings: Approx. 45 - 55 mins
Learning Expectations: <ul style="list-style-type: none"> - Control, balance and coordination skills. - How to improve performance as a team. 	Age Range: 8 - 12

Activity Description:

Each team has a ball that has to be taken from one side of the area to the other and back. The children have to follow guidelines set by the Act Pro to do this. The guidelines are:

1. No rule - is as creative as possible.
2. Ball cannot touch floor, players can not touch ball with hands or feet.
3. Ball must not leave floor, players cannot touch ball with hands or feet.
4. Ball is allowed to touch floor but it does not have to. Players are not allowed to touch the ball with any body part or item of clothing (That they are wearing).
5. The player in possession of the ball is not allowed to move at all, no turning, stretching, throwing allowed - completely frozen.
6. All players must be touching the ball at all times.
7. Same as 6, but each player must use a different body part to touch the ball.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make the distance the ball has to travel longer and shorter, dependent on age range and abilities.	Can be done in small groups. Can even be done individually, little like an egg and spoon race!
TASK: Children have a set time limit to get across. Have races, children must complete on one leg each etc.	Coaching Tips: This game is not very energetic or fast paced so don't have children sat around too long talking and discussing how to perform the activity. Set timescales to get them moving.
EQUIP: Vary the size, no's sizes and shapes of balls.	
PEOPLE: Give children captain, referee roles, judges on best team work etc.	



Activity Name: Pumpkin Passing	Sport(s)/Activities: Multi Skills
Risk Assessment: Ensure children have appropriate space to move and manoeuvre balls.	Equipment: Rugby balls
Quals: NGB 2	Timings: Approx. 10 - 15 mins
Learning Expectations: <ul style="list-style-type: none"> - Importance of team work. - Send and receive with control. 	Age Range: 4 - 7

Activity Description:

Children split into small teams and form a straight line, one behind the other. All the children are going to be passing the ball (pumpkin) between them so it's important to keep control and not drop the ball. The person at the front of the line holds an item: ball, bean bag etc. On the Act Pro's command, they must pass the item backwards all the way to the end of the line then back to the front. Progress to over under, over, under, down the left, up the right, left, right etc. Progress to moving around in a line and having races with other teams.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make the teams smaller, lines shorter, or vice versa.	In small groups, children select an item, ball, bean bag etc. The participants must work out the best way of getting the item from A - B using left arm only, knees, without moving with the item etc.
TASK: Change the way the children need to pass the ball, e.g. left hand only, knees only.	
EQUIP: Change the balls, items to be passed, could even use a water bomb?	
PEOPLE: Vary the children's heights and ages to vary the game and success levels.	
	Coaching Tips: Children will rush this game and lose control. Be observant and ensure children follow rules and complete the game appropriately.



Activity Name: Grave Diggers / Hunters	Sport(s)/Activities: Tennis / Volleyball / Net & Wall
Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips. Ensure appropriate balls and bats are used and safety expectations thoroughly explained to avoid any accidents or injuries. No head shots.	Equipment: Markers, large soft balls
Quals: Multi Skills, Volleyball / Tennis Activators ICE	Timings: Approx. 20 - 25 mins
Learning Expectations: <ul style="list-style-type: none"> - Judging distance and power. - Sending accuracy. 	Age Range: 4 - 7

Activity Description:

Children split into small teams and are placed in mini court areas (2 5x5 yard boxes next to each other with a line in between). Children use cones to set up a graveyard and the opposing team take it in turns to throw bean bags/balls to hit the tombstones. When hit, take a cone away and so on.

Inclusion Ideas: <p>SPACE: Make courts bigger / smaller.</p> <p>TASK: Can strike the ball rather than throwing.</p> <p>EQUIP: Use a range of balls and bean bags, dependent on ability. Make ships biggest / smaller, e.g. use bibs spread out on the floor, taller cones or small balls as targets.</p> <p>PEOPLE: Group according to ability. Use smaller / bigger teams. Use officials and captain giving children roles.</p>	Low No's Ideas: <p>Can be played one vs one with simple adaptations using STEP.</p> <p>Coaching Tips: Striking is quite a complex skill so work with children to think about how and where they are striking the ball, rather than just striking anywhere as this will lead to unsuccessful strikes and ultimately lead to being out!</p>
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Activity Name: Rampage	Sport(s)/Activities: Football, Handball
Risk Assessment: Ensure children have enough space to perform activity so they don't strike each other. Check for slips and trips due to sudden changes of direction and stops.	Equipment: Markers
Quals: Multi Skills, NGB 2	Timings: Approx. 20 - 25 mins
Learning Expectations: <ul style="list-style-type: none"> - Control, balance and coordination skills. - Speed and reaction skills. 	Age Range: 4 - 7

Activity Description:

Standard grid with 4 goals on the base lines and a cone square to one side as the jail. Players line up behind a cone about ten metres out from the goals. Players have three touches to score a goal (hands or feet). If they score they move onto the next goal, moving round in a carousel; if they miss, they take their ball and go to the jail. They stay in jail until somebody scores. The goals represent monsters/ghosts trying to destroy the cities, the Ghostbusters must defeat them by scoring goals.

Inclusion Ideas:	Low No's Ideas:
SPACE: Bring players closer / further away and make the shooting line closer / further apart. Make goals smaller or bring in small targets to hit.	Use the STEP ideas to keep the game fresh.
TASK: Children can play in teams - one team per goal. The team to score the most points in a desired time wins.	Coaching Tips: Be sure children are active using line drills with no more than 3 in a line. Make sure there are always activities for them to do such as observation tasks, support tasks.
EQUIP: Change the type of ball, e.g. small ball using hands, large ball using feet.	
PEOPLE: Children could be eliminated if they are last, have a relegation / promotion. If you score you go up a level / goal, if you miss you go down rather than to jail.	



Activity Name: Witches Couldron	Sport(s)/Activities: Multi Skills
Risk Assessment: Ensure children have enough space to perform activity so they don't strike each other. Check for slips and trips due to sudden changes of direction and stops.	Equipment: Markers
Quals: Multi Skills, NGB 2	Timings: Approx. 20 - 25 mins
Learning Expectations: - Reaction speed and timings, agility movements, balance and control.	Age Range: 4 - 7

Activity Description:

In this game the players will be split into teams, 2 teams per activity; one team of civilians and one team of witches. Children will run from one side of the grid to the other side to collect a yellow cone (person) to save. However, the other team of witches will be on all fours (flying their broomsticks) in the middle of the two grids. If they tag a civilian, they must go back to the start. If they are carrying a cone (person), they must take it back and start again. When all civilians have been saved, the roles of the teams will swap.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make area bigger / smaller and the distance closer / further away. Have more people to save.	Instead of witches moving on all fours, there could be a set of cones placed on the floor as traps that the children cannot stand on. Time the children when collecting the people, same applies if you stand on the trap you must return the person and start again.
TASK: Children play against a time limit to see how fast each team can save the people.	
EQUIP: Use balls to dribble or bounce while moving. Use bibs as tails to grab rather than just tagging.	
PEOPLE: Use the above changes on an individual scale to ensure all children are included.	
	Coaching Tips: Remind the children about safety rules; stay in the safety zone. Remind children that this is a tagging game and they are not grabbing or tripping.



Activity 3 – The purpose of these activities are to get the children to now think about techniques, tactics and gameplay to increase chance of success, raise self-esteem and success. Children should all be given opportunity to have the opportunity to win and to lose fairly.

Activity Name: Monster Mash - Space Jam	Sport(s)/Activities: Basketball
Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure appropriate balls are used and safety expectations thoroughly explained to avoid any accidents or injuries.	Equipment: Markers, basketball
Quals: NGB 2, Multi Skills Level 2, Basketball NGB	Timings: Approx. 45 - 55 mins
Learning Expectations: <ul style="list-style-type: none"> - Control, balance and coordination skills. - Improve dribbling and travelling skills. 	Age Range: 8 - 12

Activity Description:

Children dribble the ball in the area with control, trying to avoid all the other participants. On Act Pro's command, 1. The children throw and catch the ball to each other; 2. Change with another monster; 3. Put ball around the body. Progress to children dribbling around the zone but this time, attempting to knock the other player's balls out of the area. Children use defensive techniques to keep the ball in the area.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make the area bigger smaller.	Can be played within a small area 1v1 / 2v2.
TASK: Children can bounce the ball with 2 hands, use just one defender rather than all children going against each other.	Coaching Tips: Children will carry the balls rather than dribble it. Be aware of this as this can upset children if they are seen to be cheating.
EQUIP: Use a soft bouncy ball.	
PEOPLE: Ensure children are competing against others of similar abilities.	



Activity Name: Head Pass	Sport(s)/Activities: Netball
Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure appropriate balls are used and safety expectations thoroughly explained to avoid any accidents or injuries.	Equipment: Markers, basketball
Quals: NGB 2, Multi Skills Level 2, Basketball NGB	Timings: Approx. 45 - 55 mins
Learning Expectations: <ul style="list-style-type: none"> - Control, balance and coordination skills. - Improve dribbling and travelling skills. 	Age Range: 7 - 12

Activity Description:

Children work in small groups of 3 - 6. Children pass the ball to each other using chest pass, bounce pass. Children progress to moving with a pivoting, carry out time bomb challenge and how many passes you can get in 30 seconds without dropping the ball.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make the area bigger smaller.	Can be played within a small area and one to one.
TASK: Children can bounce the ball with 2 hands, introduce a defender.	Coaching Tips:
EQUIP: Use a soft bouncy ball.	Children will move with the ball. Remind them of the pivot rule and get them to judge / encourage each other to abide by the rules.
PEOPLE: Ensure children are working with people of similar abilities.	



Activity Name: Hairy Handball	Sport(s)/Activities: Handball
Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure appropriate balls are used and safety expectations thoroughly explained to avoid any accidents or injuries.	Equipment: Markers, basketball
Quals: NGB 2, Multi Skills Level 2, Basketball NGB	Timings: Approx. 45 - 55 mins
Learning Expectations: <ul style="list-style-type: none"> - Control, balance and coordination skills. - Improve dribbling and travelling skills. 	Age Range: 7 - 12

Activity Description:

Children split into groups of 4 - 6. Children start by passing one ball to each other while in a stationary position. Children experiment with different ways they can pass the handball, progressing to passing 2 balls within the group, then 3 and so on. Children then progress to piggy in middle game.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make the area bigger / smaller.	Play with 1v1.
TASK: Children can have 2 defenders. Defender can't move, no overhead height.	Coaching Tips: Don't allow the piggy to be in the middle too long. Regular changes are recommended.
EQUIP: Use a soft bouncy ball / large ball.	
PEOPLE: Ensure children are competing against people of similar abilities.	



Activity Name: Phantom Fencing	Sport(s)/Activities: Fencing
Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure appropriate equipment is used and safety explanations thoroughly explained to avoid any accidents or injuries.	Equipment: Foils, masks
Quals: Go Fence certificate	Timings: Approx. 45 - 55 mins
Learning Expectations: <ul style="list-style-type: none"> - Control, balance and coordination skills. - Improve dribbling and travelling skills. 	Age Range: 7 - 12

Activity Description:

Children work with a partner and carry out a mirroring exercise, taking turns to take the lead. Children learn correct fencing stance and complete mirroring task again. Children then learn correct stance and how to hold the foil, partner 1 holds a bean bag in front of partner 2. Partner 1 then drops the bean bag from head height and, using the correct footwork and lunge stance, partner 2 tries to stab the bean bag, take turns. Progress to using coloured bean bags and call out a certain colour. Also moving up and down the piste.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make piste longer / shorter.	Can be played just 1 to 1.
TASK: Children can have a competition against a partner to see who can score the most points when striking the bean bag.	Coaching Tips: This is quite a complex skill. Be sure to observe all children effectively and utilize STEP to maximize engagement.
EQUIP: Use a big sponge ball or piece of paper to strike rather than a bean bag. Tennis balls can also be used to hit after one bounce.	
PEOPLE: Ensure children are competing against people of similar abilities.	



Activity Name: Skill Challenge	Sport(s)/Activities: Multi Skills
Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure appropriate balls are used and safety explanations thoroughly explained to avoid any accidents or injuries.	Equipment: Multi Skills resources, hurdles, balls, bean bags, large cones
Quals: Multi Skills Level 2	Timings: Approx. 45 - 55 mins
Learning Expectations: <ul style="list-style-type: none"> - Control, balance and coordination skills. - Improve dribbling and travelling skills. 	Age Range: 7 - 12

Activity Description:

Children move around the designated area in different directions. On Act Pro's command, the children must balance on different body parts dependent on the number the Act Pro calls e.g. "2 parts," the children must balance one hand and one foot. Then in small groups, children will design a circuit station where they can work on one aspect, either balance, agility or coordination. Children then complete the circuit they have designed and try somebody else's, recommending improvements.

Inclusion Ideas:	Low No's Ideas:
SPACE: Change the size of the areas that children have to design their stations in.	Get children to set stations up individually rather than in groups.
TASK: Be specific with children of what it is you want them to work on so they are challenged in that area. Tell children exactly what they need to set up.	Coaching Tips: Some children will need a little bit of a push to get them going with this task. Be sure to observe and assess appropriately.
EQUIP: Allow access to a broad range of equipment. Encourage children to be creative with the equipment, e.g. use balls to run round / jump over rather than just using markers. Award points for presentation.	
PEOPLE: Ensure children are competing against people of similar abilities.	



Activity Name: Hopping Halloween Hares	Sport(s)/Activities: Multi Skills / Athletics
Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure children are appropriately warmed up for jumping activities and are made aware of correct and safe landings (knees bent, arms straight).	Equipment: Multi Skills resources, hurdles, balls, bean bags, large cones
Quals: Multi Skills Level 2	Timings: Approx. 45 - 55 mins
Learning Expectations: <ul style="list-style-type: none"> - Control, balance and coordination skills. - Generate power when jumping. 	Age Range: 4 - 7

Activity Description:

Children move around activity areas in various directions as the Hare gets ready for a busy day. Progress onto skipping, hopping, jumping and hop scotch movements. On Act Pro's command, children must freeze (fox is coming to catch the Hare). Progress on to see who can jump the furthest, perform 5 of their best jumps. **Q:** What can we do to get more power in our jumps? Group children in 3's and have a little competition (Hopping Hare's jumping contest) to see who can jump the furthest. Use 2 cones as a gate for the jump start and one cone to mark jump landing. Children take turns and roles 1 – jumper, 2 - marker, 3 - coach/support.

Inclusion Ideas: <p>SPACE: Give children specific areas. Use a sand pit if available.</p> <p>TASK: Children can have tape measures to measure how far they are jumping. Have little competitions, e.g. winners play each other, this will help with ability grouping.</p> <p>EQUIP: Tape measures, bean bags / cones can be used to predict distances.</p> <p>PEOPLE: Ensure children are competing against people of similar abilities.</p>	Low No's Ideas: <p>Children can work individually, setting personal bests and attempt to beat it by refining technique.</p> <p>Coaching Tips: Children will try to get extra inches when jumping and will sometimes cheat, saying they jumped further than they actually did. Remind children how to mark jumps and emphasise importance of recording accurate jumps.</p>
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Activity Name: Scary Swamp Pass	Sport(s)/Activities: Multi Skills
Risk Assessment: Ensure children have appropriate space to move and manoeuvre balls without colliding. Check floor for trips and slips. Children will be moving around intercepting each other so brief children on understanding of safety when passing and make sure it is clear before they pass.	Equipment: Range of different shaped and sized balls, floor spots
Quals: Multi Skills Level 2	Timings: Approx. 25 - 30 mins
Learning Expectations: - Send and receive with control.	Age Range: 4 - 7

Activity Description:

Children all have floor spots and find some space (create the scary swamp) within designated area. Children have a ball each of various shapes and sizes and attempt to keep one body part on their spot while performing a series of simple throws to themselves. Children then attempt to pass their ball to a free spot on the floor, attempting to hit the spot. A point is awarded for every spot hit. Then remove half the balls, children must pass their ball from one spot to another but this time to another person.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make area bigger / smaller, change spots for cones / markers.	Children must have a spot each and, after every pass, move their spot to a new area. Their partner must select the appropriate pass to make it successful.
TASK: Change the way the children need to pass the ball, e.g. left hand only.	Coaching Tips: Children will just run around to the various spots and forget about the controlled pass. Children may also get struck if intercepting passes so it is important to point out spatial awareness.
EQUIP: Change the balls / items to be passed. Could even use a water bomb?	
PEOPLE: Group children in order of ability.	



Activity Name: Monster Mirrors	Sport(s)/Activities: Fencing
Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure appropriate balls are used and safety explanations thoroughly explained to avoid any accidents or injuries.	Equipment: Foils, masks
Quals: Go Fence certificate	Timings: Approx. 45 - 55 mins
Learning Expectations: <ul style="list-style-type: none"> - Control, balance and coordination skills. - Improve dribbling and travelling skills. 	Age Range: 4 - 7

Activity Description:

Children ideally mix up princes and princesses; a prince must work with a princess and carry out a mirroring exercise, taking turns to take the lead. Children learn correct fencing stance and complete mirroring task again. Children then learn correct stance and how to hold the foil, partner 1 holds a bean bag in front of partner 2. Partner 1 then drops the bean bag from head height and, using the correct footwork and lunge stance, partner 2 tries to stab the bean bag, take turns. Progress to using coloured bean bags and call out a certain colour. Also moving up and down the piste.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make piste longer / shorter.	Can be played just 1 to 1.
TASK: Children can have a competition against a partner to see who can score the most points when striking the bean bag.	Coaching Tips: This is quite a complex skill. Be sure to observe all children effectively and utilize STEP to maximize engagement.
EQUIP: Use a big sponge ball or piece of paper to strike rather than a bean bag. Tennis balls can also be used to hit after one bounce.	
PEOPLE: Ensure children are competing against people of similar abilities.	



Activity Name: Beastly Basketball	Sport(s)/Activities: Basketball
Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure appropriate balls are used and safety expectations thoroughly explained to avoid any accidents or injuries.	Equipment: Markers, basketball
Quals: NGB 2, Multi Skills Level 2, Basketball NGB	Timings: Approx. 45 - 55 mins
Learning Expectations: <ul style="list-style-type: none"> - Control, balance and coordination skills. - Improve dribbling and travelling skills. 	Age Range: 8 - 12

Activity Description:

Children dribble the ball in the area with control, trying to avoid all the other participants. On Act Pro's command, 1. The children throw and catch the ball to each other; 2. Change with another beast; 3. Put ball around the body. Progress to children dribbling around the zone but this time, attempting to knock the other player's balls out of the area. Children use defensive techniques to keep the ball in the area.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make the area bigger smaller.	Can be played within a small area 1v1 / 2v2.
TASK: Children can bounce the ball with 2 hands, use just one defender rather than all children going against each other.	Coaching Tips: Children will carry the balls rather than dribble it. Be aware of this as this can upset children if they are seen to be cheating. When children are knocked out they can be disruptive so be sure to have activities ready for these children.
EQUIP: Use a soft bouncy ball.	
PEOPLE: Ensure children are competing against others of similar abilities.	



Activity Name: Swamp Monsters	Sport(s)/Activities: Handball
Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure appropriate balls are used and safety expectations thoroughly explained to avoid any accidents or injuries.	Equipment: Markers, handballs
Quals: NGB 2, Multi Skills Level 2, Basketball NGB	Timings: Approx. 45 - 55 mins
Learning Expectations: <ul style="list-style-type: none"> - Control, balance and coordination skills. - Improve dribbling and travelling skills. 	Age Range: 7 - 12

Activity Description:

Split the grid into thirds. Have two equal teams of players and one smaller team e.g. twenty players = two teams of eight and a team of four. The two teams of eight go into the two outside thirds (dry land) and are the heroes and the smaller team are the swamp monsters in the swamp (middle third). One of the teams in the outside third have a ball each. On the Act Pro's command, they have to try and pass their ball across the swamp without a swamp monster getting their ball. Anyone whose ball gets eaten swaps places with the swamp monster. The two teams on the outside can move up and down inside their third until they see an open pass. Player must stay in their own third.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make the area bigger smaller.	Can be played within a small area and one to one.
TASK: Have more defenders / defender can't move / nothing over head height.	Coaching Tips:
EQUIP: Use a soft bouncy ball / large ball.	Don't allow the swamp monsters to be in the middle to long, regular changes are recommended .
PEOPLE: Ensure children are working with people of similar abilities.	



Activity Name: Hit the Target **Sport(s)/Activities:** Multi Skills

Risk Assessment: Ensure children have appropriate space to move and manoeuvre balls without colliding. Check floor for trips and slips. Children will be moving around intercepting each other so brief children on understanding of safety when passing and make sure it is clear before they pass.

Equipment: Range of different shaped and sized balls, floor spots

Quals: Multi Skills Level 2 **Timings:** Approx. 25 - 30 mins

Learning Expectations:
- Send and receive with control.

Age Range: 4 - 7

Activity Description:

Children all have floor spots and find some space within designated area. Children have a ball each of various shapes and sizes and attempt to keep one body part on their spot while performing a series of simple throws to themselves. Children then attempt to pass their ball to a free spot on the floor, attempting to hit the spot. A point is awarded for every spot hit. Then remove half the balls, children must pass their ball from one spot to another but this time to another person.

Inclusion Ideas: **Low No's Ideas:**

SPACE: Make area bigger / smaller, change spots for cones / markers.

TASK: Change the way the children need to pass the ball, e.g. left hand only.

EQUIP: Change the balls / items to be passed. Could even use a water bomb?

PEOPLE: Group children in order of ability.

Children must have a spot each and, after every pass, move their spot to a new area. Their partner must select the appropriate pass to make it successful.

Coaching Tips: Children will just run around to the various spots and forget about the controlled pass. Children may also get struck if intercepting passes so it is important to point out spatial awareness.



Activity Name: Batman and Catwoman	Sport(s)/Activities: Fencing
Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure appropriate balls are used and safety explanations thoroughly explained to avoid any accidents or injuries.	Equipment: Foils, masks
Quals: Go Fence certificate	Timings: Approx. 45 - 55 mins
Learning Expectations: <ul style="list-style-type: none"> - Control, balance and coordination skills. - Improve dribbling and travelling skills. 	Age Range: 4 - 7

Activity Description:

Children ideally mix up Batmen and Catwomen; Batmen must work with a Catwoman and carry out a mirroring exercise, taking turns to take the lead. Children learn correct fencing stance and complete mirroring task again. Children then learn correct stance and how to hold the foil, partner 1 holds a bean bag in front of partner 2. Partner 1 then drops the bean bag from head height and, using the correct footwork and lunge stance, partner 2 tries to stab the bean bag, take turns. Progress to using coloured bean bags and call out a certain colour. Also moving up and down the piste.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make piste longer / shorter.	Can be played just 1 to 1. Coaching Tips: This is quite a complex skill. Be sure to observe all children effectively and utilize STEP to maximize engagement.
TASK: Children can have a competition against a partner to see who can score the most points when striking the bean bag.	
EQUIP: Use a big sponge ball or piece of paper to strike rather than a bean bag. Tennis balls can also be used to hit after one bounce.	
PEOPLE: Ensure children are competing against people of similar abilities.	



Activity 4 – The purpose of these activities are to get the children to end the day on a competitive note with lots of fun and energy. These activities are about giving the children plenty of game time and participating in competitions, letting children experience the feeling of being part of team and putting the skills they have learnt throughout the day to the test. Children will be working in teams with their new friends and enjoy collaborating to succeed.

Activity Name: Deadly Dribblers	Sport(s)/Activities: Various
Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure appropriate balls are used and safety expectations thoroughly explained to avoid any accidents or injuries.	Equipment: Dependent on sports chosen
Quals: NGB 2, Multi Skills Level 2	Timings: Approx. 45 - 55 mins
Learning Expectations: - Team work. - Tactics and strategies.	Age Range: 4 - 7

Activity Description:

Children split into teams of 3 and compete 3 v 3 in small sided games; this competition is played with one goal, basket, hoop and is competed in an area no bigger than 20x20yd. Children play in small areas and can play in a round robin competition or even use different sports.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make pitches bigger / smaller dependent on sizes / ages of players.	Can be played within a small area 1v1 / 2v2.
TASK: Change the sports and types of competitions, e.g. use sports and games that are less energetic and competitive for the less able children.	Coaching Tips: Be patient with the children. Ensure they understand the rules of the different sports and activities and give them the chance to experiment and learn, e.g. if they do something wrong, don't penalise them just let them do it again.
EQUIP: Amend the equipment to suit the needs of the children, e.g. use a sponge rugby ball rather than a real ball.	
PEOPLE: Ensure children are competing against people of similar abilities.	



Activity Name: Skeleton Scavenger Hunt	Sport(s)/Activities: Athletics / Sports day activities
Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure children set up safe activities and use the various equipment appropriately. Be sure to check the course thoroughly before the participants, and ensure all equipment is used correctly and is not refined in any way.	Equipment: Range of hurdles, markers, bean bags, mats, benches, poles
Quals: NGB 2, Multi Skills Level 2, Athletics	Timings: Approx. 45 - 55 mins
Learning Expectations: <ul style="list-style-type: none"> - Team work. - Tactics and strategies. 	Age Range: 8 - 12

Activity Description:

In teams, children think of and create a part of the obstacle course using a range of equipment. Once complete, the children (with support of the Activity Professional) put all the pieces of the obstacle course together. The children then complete the obstacle course as a team, against the clock. Fastest team wins.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make the obstacle course big / small, dependent on age and ability levels.	Children can participate on each station alone rather than in teams, recording their personal bests.
TASK: Introduce time penalties for mistakes or scenarios to the event, e.g. can't step in the imaginary swamp / water, must complete joining hands or carrying a piece of equipment. Have obstacle course set up side by side so teams/people can race.	
EQUIP: Use a range of different equipment. Be creative with the equipment and rules while not sacrificing health and safety.	
PEOPLE: Split children into a range of teams - mixed ability, mixed age range, same age, same ability e.g. if using mixed ages, the older children will support the younger, less able to reach their potential for the team.	

Coaching Tips:
Think about the themes and ideas to keep all children engaged with plenty of variety. Try not to have children sat down for too long while teams compete. Give out roles such as timers, officials, judges, monitors or set up more obstacle courses.



Activity Name: Run The Gauntlet	Sport(s)/Activities: Athletics / Sports day activities
Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure children set up safe activities and use the various equipment appropriately. Be sure to check the course thoroughly before the participants, and ensure all equipment is used correctly and is not refined in any way.	Equipment: Range of hurdles, markers, bean bags, mats, benches, poles
Quals: NGB 2, Multi Skills Level 2, Athletics	Timings: Approx. 45 - 55 mins
Learning Expectations: <ul style="list-style-type: none"> - Team work. - Tactics and strategies. 	Age Range: 4 - 7

Activity Description:

In teams, children think of and create a part of the obstacle course using a range of equipment. Once complete, the children (with support of the Activity Professional) put all the pieces of the obstacle course together. The children then complete the obstacle course as a team, against the clock. Fastest team wins.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make the obstacle course big / small, dependent on age and ability levels.	Children can participate on each station alone rather than in teams, recording their personal bests.
TASK: Introduce time penalties for mistakes or scenarios to the event, e.g. can't step in the imaginary swamp / water, must complete joining hands or carrying a piece of equipment. Have obstacle course set up side by side so teams/people can race.	
EQUIP: Use a range of different equipment. Be creative with the equipment and rules while not sacrificing health and safety.	
PEOPLE: Split children into a range of teams - mixed ability, mixed age range, same age, same ability e.g. if using mixed ages, the older children will support the younger, less able to reach their potential for the team.	
Coaching Tips: Think about the themes and ideas to keep all children engaged with plenty of variety. Try not to have children sat down for too long while teams compete. Give out roles such as timers, officials, judges, monitors or set up more obstacle courses.	



Activity Name: Ghastly Games (Olympic theme)	Sport(s)/Activities: Athletics / Sports day activities
Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure children set up safe activities and use the various equipment appropriately.	Equipment: Range of hurdles, markers, bean bags and mini Olympics equipment, foam javelins, discus, shot. Recording equipment - tape measures, stop watches.
Quals: NGB 2, Multi Skills Level 2, Athletics	Timings: Approx. 45 - 55 mins
Learning Expectations: <ul style="list-style-type: none"> - Team work. - Tactics and strategies. 	Age Range: 4 - 12

Activity Description:

Children are split into age / ability / development related groups and compete in the following activities, working in a clockwise carousel system. Children complete each event for around 3 - 5mins, recording their best results:

- Long Jump
- Triple Jump
- Shuttle Run
- Target Throw
- Javelin
- Distance Throw
- Balance Challenge
- Speed Bounce
- Sprint Race
- Hurdles

Each event's results can be recorded by the children using tape measures, points tables, stopwatches.

Inclusion Ideas: <p>SPACE: Make areas appropriately sized so children can compete to their best.</p> <p>TASK: Children can play for fun, compete against themselves or as teams. Set up relevant score sheets on whiteboards or flipcharts.</p> <p>EQUIP: Use a range of equipment to suit ability needs, e.g. use bean bags to simplify all throwing events, use small markers as hurdles instead of larger ones.</p> <p>PEOPLE: Split children into a range of teams - mixed ability, mixed age range, same age, same ability, e.g. if using mixed ages, the older children will support the younger, less able to reach their potential for the team.</p>	Low No's Ideas: <p>Children can participate on each station alone rather than in teams, recording their personal bests.</p> <p>Coaching Tips: Take your time with the set up and be clear with all children which event they move onto next and how to collate scores. Time spent at the start making this clear with appropriate demos, (Act Pros could do a fun demo competing against each other for the children) will ensure the event runs smoothly. You can also include an opening and closing ceremony.</p>
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Activity Name: Strange Strikers	Sport(s)/Activities: Ball Games
Risk Assessment: Ensure appropriate space available for children to move around. Check floor for slips and trip hazards, lay out a safety zone.	Equipment: Markers, bibs, balls, bean bags
Quals: Multi Skills, NGB 2	Timings: Approx. 20 - 25 mins
Learning Expectations: <ul style="list-style-type: none"> - Reaction speed and timings, agility movements, balance and control. 	Age Range: 4 - 7

Activity Description:

This game has essentially the same rules as Quick Cricket only using a football instead of the cricket ball and your feet as the bat. Split players into two teams; one team starts as the batting team, one as the fielding team. A cone with a ball on it is used as the wicket with another ball on a cone as a target to run around. One team bowls inside a small ring of cones a reasonable distance from the wicket. The fielding team spreads around the grid; the batting team have one bat each and can only hit the ball once. When they have kicked the ball they have to run around the target ball to get a run. The batter keeps running around the target ball until the fielding team get the ball back to the bowler. The bowler is not allowed out of the bowling circle. Once the ball is back to the bowler, the batter stops running and joins the back of the batting line and the next batter is up. The teams swap places when the whole team has batted once. If the fielding team catch the ball, the whole team is out. If this happens, make sure whoever didn't get to bat is at the front for the next go.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make the running line closer / further away and make the batting line closer / further away.	Children can play against a timer to hit as many targets as possible.
TASK: Have more teams playing and introduce scoring areas where the batter can hit the ball. Introduce points for catches.	Coaching Tips: Children could be stood around for some time so keep the game pacey or have more games running side by side.
EQUIP: Use a range of sizes of balls.	
PEOPLE: Split children in equal teams and ability groups.	



Activity Name: Psycho Pass	Sport(s)/Activities: Football, Rugby, Basketball
Risk Assessment: Ensure appropriate space available for children to move around. Check floor for slips and trip hazards, lay out a safety zone.	Equipment: Markers, bibs, balls, bean bags
Quals: Multi Skills, NGB 2	Timings: Approx. 20 - 25 mins
Learning Expectations: - Reaction speed and timings, agility movements, balance and control.	Age Range: 4 - 7

Activity Description:

Split into teams with one team playing against another at any one time, playing on a court of two halves. One team starts with the ball and must pass their ball so that it goes across the centre line but not out of the area. They get a point for every pass inside the other team's half and a point lost for every one out of the circle. The other team then has a go.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make the area bigger or smaller.	Children can play against a time to hit as many targets as possible.
TASK: Children can hit cones for extra points.	
EQUIP: Use a range of different sized balls.	
PEOPLE: Split children in equal teams and ability groups.	
	Coaching Tips: Children could be stood around for some time so keep the game pacey or have more games running side by side.



Activity Name: Rock 'n' Roll	Sport(s)/Activities: Athletics
Risk Assessment: Ensure appropriate space available for children to move around. Check floor for slips and trip hazards, lay out a safety zone.	Equipment: Markers, bibs, balls, bean bags
Quals: Multi Skills, NGB 2	Timings: Approx. 20 - 25 mins
Learning Expectations: - Reaction speed and timings, agility movements, balance and control.	Age Range: 4 - 7

Activity Description:

Place a neutral, large ball (giant rock) in the centre of the grid. Two teams of opposing monsters can choose their own names. On the Act Pro's command, both teams throw their balls trying to knock the rock over the opposing team's goal line and score. If the giant rock goes out of the grid, the Act Pro should place the ball back in the centre of where it went out.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make the area bigger or smaller. Introduce goals to hit.	Children can play this quite simply in smaller teams.
TASK: Have more teams playing at same time. Play in a cross type pitch of four teams. Have more rocks.	Coaching Tips: Be cautious of lots of equipment flying around. Make sure safety is paramount and children are reminded of the rules.
EQUIP: Use range of balls and bean bags.	
PEOPLE: Split children in equal teams and ability groups.	



Activity Name: Freaky Fencing **Sport(s)/Activities:** Fencing

Risk Assessment: Ensure there is appropriate space for all participants to avoid collisions. Check surface for slips and trips, ensure appropriate equipment is used and safety explanations thoroughly explained to avoid any accidents or injuries.

Equipment: Foils, masks

Quals: Go Fence certificate **Timings:** Approx. 45 - 55 mins

Learning Expectations:

- Control, balance and coordination skills.
- Improve dribbling and travelling skills.

Age Range: 7 - 12

Activity Description:

Children work with a partner and carry out a mirroring exercise, taking turns to take the lead. Children learn correct fencing stance and complete mirroring task again. Children then learn correct stance and how to hold the foil, partner 1 holds a bean bag in front of partner 2. Partner 1 then drops the bean bag from head height and, using the correct footwork and lunge stance, partner 2 tries to stab the bean bag, take turns. Progress to using coloured bean bags and call out a certain colour. Also moving up and down the piste.

Inclusion Ideas: **Low No's Ideas:**

SPACE: Make piste longer / shorter.

TASK: Children can have a competition against a partner to see who can score the most points when striking the bean bag.

EQUIP: Use a big sponge ball or piece of paper to strike rather than a bean bag. Tennis balls can also be used to hit after one bounce.

PEOPLE: Ensure children are competing against people of similar abilities.

Can be played just 1 to 1.

Coaching Tips:
This is quite a complex skill. Be sure to observe all children effectively and utilize STEP to maximize engagement.



Activity Name: Ghostbusters	Sport(s)/Activities: Multi Skills
Risk Assessment: Ensure children have appropriate space to move and manoeuvre balls without colliding. Check floor for trips and slips. Children will be moving around intercepting each other so brief children on understanding of safety when passing and make sure it is clear before they pass.	Equipment: Range of different shaped and sized balls, floor spots
Quals: Multi Skills Level 2	Timings: Approx. 25 - 30 mins
Learning Expectations: - Send and receive with control.	Age Range: 4 - 7

Activity Description:

Children all have floor spots and find some space within designated area. Children have a ball each of various shapes and sizes (plasma guns) and attempt to keep one body part on their spot while performing a series of simple throws to themselves. Children then attempt to pass their ball to a free spot (ghosts) on the floor, attempting to hit the spot. A point is awarded for every spot hit. Then remove half the balls, children must pass their ball from one spot to another but this time to another person.

Inclusion Ideas:	Low No's Ideas:
SPACE: Make area bigger / smaller, change spots for cones / markers.	Children must have a spot each and, after every pass, move their spot to a new area. Their partner must select the appropriate pass to make it successful.
TASK: Change the way the children need to pass the ball, e.g. left hand only.	Coaching Tips: Children will just run around to the various spots and forget about the controlled pass. Children may also get struck if intercepting passes so it is important to point out spatial awareness.
EQUIP: Change the balls / items to be passed. Could even use a water bomb?	
PEOPLE: Group children in order of ability.	



Activity Name: Zombie Manhunt	Sport(s)/Activities: Multi Skills
Risk Assessment: Ensure children have appropriate space to move and manoeuvre balls without colliding. Check floor for trips and slips. Children will be moving around intercepting each other so brief children on understanding of safety when passing and make sure it is clear before they pass.	Equipment: Range of different shaped and sized balls, floor spots
Quals: Multi Skills Level 2	Timings: Approx. 25 - 30 mins
Learning Expectations: - Send and receive with control.	Age Range: 4 - 7

Activity Description:

Split group up into teams. One team are the zombies, the other teams have to find space within a large area. The zombies walk around trying catch all the teams. If they do, those players are out. The winning team is the team who are all found last. Rotate so that each team has a turn at being the zombies.

Inclusion Ideas: SPACE: Make area bigger / smaller. TASK: Zombies can walk / run. EQUIP: Zombies throw balls to catch the humans, allow the teams to use equipment to place traps and decoys for the zombies. PEOPLE: Group children in order of ability.	Low No's Ideas: Can be played 1 v 1 in a simple game of tig, catch, using equipment balls to throw to catch the participant. Coaching Tips: Children will move out of the area, so remind of safety rules. Take care to prevent collisions or children grabbing each other.
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Weekly Camp Plan Example 1

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Theme	Monster Monday	Twisted Tuesday	Wicked Wednesday	Thrilling Thursday	Fancy Dress Friday
Warm Up	Warm Up				
Activity	Secret Monster	Silly Statues	Wizard Wars	Scaredy Cat, Monster Mouse	Ghosts and Ghouls
Happy Hares - Activity 1	Happy Hares - Activity 1				
Activity	Werewolf Hunters	Body Parts	Godzilla	Scary Name Game	Plants Vs. Zombies
Fun Factory - Activity 2	Fun Factory - Activity 2				
Activity	Monster Eggs	Pumpkin Pass	Witches Cauldron	Terrifying Teamwork Games	Rampage
Lunch Break	Lunch Break				
Chill Zone Activities	Frankenstein Build a Monster	Design a Dungeon	Goblins, Wizards, Giants	Scary Mary	Mummy Races
Try it Tortoise - Activity 3	Try it Tortoise - Activity 3				
Activity	Phantom Fencing	Head Pass	Halloween Hares	Monster Mirrors	Batman / Catwoman
Games Time - Activity 4	Games Time - Activity 4				
Activity	Ghostbusters	Rock 'n' Roll	Ghastly Games	Deadly Dribbler	Skeleton Scavenger Hunt



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Weekly Camp Plan Example 2

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Theme	Monster Monday	Twisted Tuesday	Wicked Wednesday	Thrilling Thursday	Fancy Dress Friday
Warm Up	Warm Up				
Activity	Secret Monster	Mad Man Tig	Witches & Wizards	Tombs & Tombstones	Trolls Bridge
Friend Squad - Activity 1	Friend Squad - Activity 1				
Activity	Vampire Volleyball	Rattling Rounders	Witch's Eye	Frightening Football	Roll the Head
Fun Time - Activity 2	Fun Time - Activity 2				
Activity	Deadly Dodgeball	Crazy Cricket	Rampage	Horrifying Hockey	Terrifying Teamwork Games
Lunch Break	Lunch Break				
Chill Zone Activities	Frankenstein's Build a Monster	Design a Dungeon	Goblins, Wizards, Giants	Scary Mary	Mummy Races
Super Skillz - Activity 3	Super Skillz - Activity 3				
Activity	Monster Mash	Hairy Handball	Scary Swamp Pass	Beastly Basketball	Swamp Monsters
Big Comp - Activity 4	Big Comp - Activity 4				
Activity	Zombie Manhunt	Psycho Pass	Ghastly Games	Freaky Fencing	Skeleton Scavenger Hunt



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