

Premier Camps!

Winter Holiday Sport:
Christmas - Santa's Workshop!

Overview

- 1. Snowball Fight**
- 2. Christmas Dinner**
- 3. Santa's Skills**
- 4. Sneaky Snowmen**
- 5. Sleigh Builders**
- 6. Grotto Gatekeeper**
- 7. Present Pass**
- 8. Load the Sleigh**



Activity 1:
Snowball Fight

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:

- Reaction speed and timings, agility movements.
- Improve performance and control.

Age range: 4-7

Activity Description:

Snowball Fight:

Children move around in a designated area armed with a bib which they can roll up to throw as a snowball. Children must throw their snowball (not whip with it) and hit as many other players as possible, while trying to avoid being hit themselves .

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: Limit number of times players can be hit with "lives" - lose one when hit, gain one when you hit another player.

Coaching Tips:

Children will run to fast and crash, emphasise speed and control making sure children don't crash and have control.

EQUIP: Children can move with a bib.

PEOPLE: Children can work in 2 teams to put as many snowballs into other teams area.



Activity 2:
Christmas Dinner

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:

- Reaction speed and timings, agility movements.
- Improve performance and control.

Age range: 4-7

Activity Description:

Christmas Dinner:

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 around collecting as many different colours as they can, each colour represents a Christmas dinner food and the children must design a Christmassy meal. On the Act Pro's command, the children must perform a balance or skill.

Inclusion Ideas:

Low No's Ideas:

- SPACE:** Make space bigger or smaller, the less space the more difficult the game.
- TASK:** Use the bibs as gates that children run through rather than collect, place the coloured cones in the corners and Act Pro shouts food out for children to run to.
- EQUIP:** Children can build a Christmas dinner with a range of equipment.
- PEOPLE:** Place children in teams to build the dinner - each responsible for different items.

Can do a 1-2-1 basis, using a arrange of different equipment.

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.

Activity 3:
 Santa's Skills

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:

- Reaction speed and timings, agility movements.
- Improve performance and control.

Age range: 4-7

Activity Description:
Santa's Skills:

Very simple game in which players have to perform simple tricks with the ball or piece of equipment. Each player starts with a ball, the Act Pro then says, "Elves, can you do this trick..." Act Pro then adds different actions to the end of the sentence, such as jump over the ball with both feet together. Other actions include hopping over the ball, sitting on the ball and spinning around, throw ball and catch it and run around the ball as fast as you can. Use your imagination there are loads.

Inclusion Ideas:
Low No's Ideas:

- SPACE:** Set specific places / areas for the children to perform in or on floor spots.
- TASK:** Vary the types of activities completing using one arm one foot, certain feet (right or left), work in pairs, 3's, 4's.
- EQUIP:** Change size type of balls to use or vary equipment e.g. bean bag, hula hoop, quoit.
- PEOPLE:** Be aware of ability levels and pay attention to the type of equipment and activities that the children are being asked to do.

Can easily be done with low numbers with children working in 1s and 2s copying the Act Pro.

Coaching Tips:

Children will complete a range of activities, essential that all children stay safe and are not being silly, out of control.

Emphasise control and that they must be able to catch ball, keep it near their bodies, not fall over etc.

Activity 4:
Sneaky Snowmen

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:

- Reaction speed and timings, agility movements.
- Improve performance and control.

Age range: 4-7

Activity Description:

Sneaky Snowmen:

Starts with all Snowmen running around inside the field. 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, “POSE” you want them to imagine that they are the biggest/smallest/widest/flattest etc. snowman in the world. Praise the good ones. Play around with different ideas.

Progress to the snowmen only being able to move when the Act Pro isn’t looking, meaning they freeze when he/she turns around. Any snowman seen moving will be melted into a puddle with a hairdryer by the Act Pro. The other snowmen can rebuild melted snowmen when the Act Pro looks away again.

Inclusion Ideas:

Low No’s Ideas:

- SPACE:** Make space bigger/smaller.
- TASK:** Vary the movement activities, different directions, types, using equipment.
- EQUIP:** Children carry / dribble a variety of different equipment 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. Introduce judges for best shapes.

Can easily be done with low numbers.

Coaching Tips:

Players will perform very silly shapes and lose control, emphasise that we are looking for controlled and balanced shapes.

Activity 5:
 Sleigh Builders

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:

- Reaction speed and timings, agility movements.
- Improve performance and control.

Age range: 4-7

Activity Description:
Sleigh Builders:

The children split into 4 corners with lots of different equipment in the middle (the more the better). On the Act Pro's command of "BUILD YOUR SLEIGH!" the children run in their teams to collect tools (equipment) from the middle (one per person per visit) and take it back to their corner. Once all the equipment has gone the children must then build their sleigh with the equipment – the best sleigh wins.

Inclusion Ideas:
Low No's Ideas:

- SPACE:** Make space bigger/smaller.
- TASK:** Vary the movement activities, different directions, types, using equipment.
- EQUIP:** Children carry / dribble a variety of different equipment 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.

Children make a chain and must collect as many cones as they can scattered on floor around the area. Each cone is a present to load onto the sleigh. Set time limit to complete, can be also done in turns.

Coaching Tips:

Players can get over excited and will bump into each other so be sure to monitor this. Emphasise control and freeze the players so no injuries occur – children may also fall out about equipment so encourage fair play and the importance of sharing.

Activity 6:
Grotto Gatekeeper

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:

Grotto Gatekeeper:

Children line up at the end of the hall with one selected person as the 'the Grotto Gatekeeper' who stands at the opposite side of the area (What's the Time Mr Wolf set up). The spotter will have an item (bean bag, ball) behind him / her – gate keys (good to actually use a set of keys if available). Children must sneak up to the Gate Keeper (spotter) and try to steal the 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, "Gatekeeper 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 3s.



Activity 7:

Pass the Presents

Sport(s)/Activities:

Multi Skills

Risk Assessment: Ensure children have appropriate space to move and manoeuvre balls.

Equipment: Rugby balls

Quals: Multi Skills, NGB 2

Timings: Approx. 10-15 mins

Learning Expectations:

- Importance of team work.
- Send and receive with control.

Age range: 4-7

Activity Description:

Pass the Presents:

Children split into small teams and form a straight line one behind the other. All the children are going to be passing the ball (present) between them. It is 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, can't move 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?

Coaching Tips:

Children will rush this game and lose control, be observant and ensure children follow rules and complete the game appropriately.

PEOPLE: Vary the children's heights and ages to vary the game and success levels.

Activity 8:

Load the Sleigh

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.

Quals: Multi Skills, NGB 2

Learning Expectations:

- Reaction speed and timings, agility movements, balance and control.

Equipment: Markers

Timings: Approx. 20-25 mins

Age range: 4-7

Activity Description:
Load the Sleigh:

In this game the players will be split into teams - 2 teams per activity. One team of elves and one team of reindeer. Elves will run from one side of the grid to the other side to collect a cone / bean bag / ball (present) from the workshop to take to the sleigh. However in the middle of the two grids that the elves will be running between are reindeer on all fours moving around. If they tag an elf, they must go back to the sleigh. If they are carrying a present they must take the present back and start again. When all the presents have been loaded into the sleigh then the roles of the teams will swap.

Inclusion Ideas:
Low No's Ideas:

- SPACE:** Make area bigger or smaller and the distance closer or further away. Have more presents to collect.
- TASK:** Children play against a time limit - see how fast each team can collect the presents.
- EQUIP:** Use balls to dribble or bounce while moving, place bibs as tails to grab rather than just tagging.
- PEOPLE:** Use the above changes on an individual scale to ensure all children are included.

Instead of reindeer 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 to collect the presents. Same applies - if you stand on the trap you must return the present and start again.

Coaching Tips:

Remind children about safety rules. Ensure they stay in the safety zone. Remind children that this is a tagging game and they are not grabbing or tripping.