

Premier Camps!

Winter Holiday Sport:
Christmas - The Games Grotto!



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Activity 1:
 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: 8-12

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 2:
 The Grinch

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: 8-12

Activity Description:
The Grinch:

Nominate a player as the designated tagger (The Grinch) who runs around the square and tags players (elves) who attempt to run from one side of Santa's workshop to the other. If a player gets tagged, they stand still where they are caught as an obstacle. The winner will be the last remaining elf. Progress to elves becoming Grinches when caught to also catch more elves.

Inclusion Ideas:
Low No's Ideas:

- SPACE:** Make space bigger or smaller.
- TASK:** Use more taggers. Nominate just one person who can't unfreeze the players. Play as a team game.
- EQUIP:** Children use light balls / 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.

Can play 1 v 1 / 2 v 2 freeze ray wars using bibs as freeze rays that each player throws. Play in a western showdown type game.

Coaching Tips:

Players will run out of the square to avoid being caught, reemphasise 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.

Activity 3:
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: 8-12

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 4:
 Jack Frost

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:

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

Age range: 8-12

Activity Description:
Jack Frost:

All children find a space in the safety zone, lying down on their front, covering their eyes. The Act Pro then walks around and, making sure nobody is looking, taps one person on the shoulder - they are Jack Frost. Jack Frost keeps this a secret and the children then start to move inside the area as if in deep snow / a blizzard / ice skating etc. The Act Pro then throws the ball into the air shouting "IT'S WINTER TIME", and Jack Frost then reveals himself by shouting "I'M JACK FROST". They then have to tag as many people as they can, turning them into ice sculptures which means they 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.
- TASK:** Include 'hide outs' where children can have a rest.
- EQUIP:** Introduce a bib or soft ball that Jack Frost must throw to freeze the children.
- PEOPLE:** Give lower ability children bibs (1-3 bibs as tails) to be pulled out, Introduce players to save people who have been captured.

Play 1 v 1 / 2 v 2 games. Swap roles and introduce a timer to see how long the participants can avoid being frozen for and have a competition.

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 5:
 Scrooge

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: 8-12

Activity Description:
Scrooge:

Use a standard square. Choose one player to be 'Scrooge' and give this player a bib so that everybody knows who Scrooge is. Scrooge then has to chase everybody around the square. When somebody gets tagged they lose their Christmas spirit and join Scrooge and attempt to take other people's Christmas spirit. Keep playing until you have one player remaining. Progress by introducing one player as Santa Claus to restore people's Christmas spirit by hitting them with a ball or bib.

Inclusion Ideas:
Low No's Ideas:

SPACE: Make space bigger/smaller depending on numbers.

Children could complete an assault course or timed challenge while joined with Scrooge.

TASK: Have a competition to see which player can last the longest, children must move in different directions.

Coaching Tips:

Players will separate from their group and lose control; they must stay together, keep control.

EQUIP: Bib for original scrooge.

Keep it safe don't allow players to be dragged around too quickly.

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 6:
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:

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

Age range: 8-12

Activity Description:
Ice Monsters:

The game begins 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.
- TASK:** Introduce more or less Ice Monsters. Children jump, hop skip.
- 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.

Play 1 v 1 / 2 v 2 games - Ice Monsters vs. village people. Swap roles and introduce a timer to see how long the participants can avoid being frozen for and have a competition.

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 7:

Santa and the 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: 8-12

Activity Description:
Santa and the Snowmen:

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. They should then face each other on 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 (Santa) and all the players on the right are the away team (Snowmen). The Act Pro then calls out "Santa" or "Snowmen". If the coach shouts "Santa", 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 "Snowmen", the home players chase the away players.

Inclusion Ideas:
Low No's Ideas:

SPACE: Make running distance longer / shorter.

Can be played in pairs.

TASK: Get children to jump on the spot, turn and change direction, swap sides, Act Pro confuses by pointing in wrong direction.

Coaching Tips:

Some players may go the opposite way at same time, be sure to leave enough space in between to avoid collisions.

EQUIP: Children can have a ball in hands or at feet.

PEOPLE: Group children of similar abilities to ensure inclusion and engagement in the activity .

Activity 8:
 Santa's Grotto

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 expiations are thoroughly explained to avoid any accidents or injuries. No head shots.

Equipment: Size 3 rugby balls

Quals: Multi Skills, NGB 2

Timings: Approx. 45-55 mins

Learning Expectations:

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

Age range: 8-12

Activity Description:
Santa's Grotto:

Split children evenly into 4 equally sized boxes. The children must move in and out of the space with control in a range of different directions. All children then carry a rugby ball (a present from Santa's workshop) with both hands and perform the same various movements, keeping the ball in both hands while staying in their designated zone - no collisions or bumps. On Act Pro's command:

- 1: Children throw and catch ball to themselves and continue to move.
- 2: Exchange with another partner without dropping any balls.
- 3: Place the ball on the floor and collect a new ball.
- 4: Change grids clockwise / anticlockwise.
- 5: Change grids diagonally.

Try combining numbers, e.g. 1 and 5. Children must not drop the presents as they will break and some poor children wont get any presents this year!

Inclusion Ideas:
Low No's Ideas:

- SPACE:** Set some easy and hard tasks so that children of certain abilities can be challenged appropriately.
- TASK:** Give children lives e.g. if they bump into someone they lose a life.
- EQUIP:** Types of balls - use smaller sponge balls.
- PEOPLE:** Ensure children are partnered with children of similar abilities and size.

Can be played with small amounts of children.

Coaching Tips:

Children will carry their ball with one hand. Be aware of this and emphasize that it is a key rule in tag rugby that children carry the ball with both hands.

Activity 9:

Santa's Elves 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: Multi Skills Level 2, NGB 2

Timings: Approx. 45-55 mins

Learning Expectations:

- Control, balance and coordination skills.
- How to improve performance as a team.

Age range: 8-12

Activity Description:
Santa's Elves Teamwork Games:

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 - festive music will also help set the scene. The guidelines are:

1. No rules - 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 or shorter dependent on age range and abilities.
- TASK:** Children have a set time limit to get across. Have races which children must complete on one leg each etc.
- EQUIP:** Vary the size / number sizes and shapes of balls.
- PEOPLE:** Give children captain and referee roles, judges on best team work etc.

Can be done in small groups; can be even done individually little like an egg and spoon race!

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.

Activity 11:

Reindeer Games (Olympic theme)

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 children set up safe activities and use the various equipment appropriately.

Quals: Multi Skills Level 2, NGB 2, Athletics

Learning Expectations:

- Team work.
- Tactics and strategies.

Equipment: Range of hurdles, markers, bean bags and mini Olympics equipment, foam javelins, discus, shot. Recording equipment: tape measures, stop watches.

Timings: Approx. 45-55 mins

Age range: 8-12

Activity Description:
Reindeer Games:

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

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

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

Inclusion Ideas:
Low No's Ideas:

SPACE: Make areas appropriately sized so children can compete to their best.

TASK: Children can play for fun, compete against themselves or as teams. Set up relevant score sheets on whiteboards or flipcharts.

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.

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.

Children can participate on the stations on their own rather than in teams, recording their personal bests.

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. Spend time at the start making this clear with appropriate demos (Act Pros could do a fun demo competing against each other for the children). This will ensure the event runs smoothly, you can also include a opening and closing ceremony.