

## Fun Activities for young children

### Warm-up games

| Name of game               | How to play   | With a ball....  |
|----------------------------|---|--|
| <u>Suas/síos</u> (up/down) | Chn jog/run around play area and when T says 'suas' they jump, land and freeze. 'Síos' they crouch down low. Practise stationary first. Can be done facing T, going sideways and doing side shuffle   | Dribble ball with the foot. On 'suas', pick up ball and throw and catch. On 'síos' kneel on ball                           |
| Stop/Go/Up/Down            | Chn follow simple directions<br>Stop: freeze on the spot<br>Go: jog/hop/skip/jump/run<br>Up: jump up high in the air<br>Down: crouch down low and touch the ground<br>* play opposites whereby children do the opposite   | Dribble ball with foot.<br>Stop: trap the ball<br>Go: Dribble<br>Up: throw ball into the air<br>Down: kneel/sit on ball    |
| Pair Tag                   | In twos, A jogs/hops/runs/skips around play area and on signal B follows at A's heels. B takes over as leader on whistle  | Dribble ball and changeover on whistle   |
| Busy Bees                  | Jog/run around area. C signals and shouts 'busy bees'. Chn quickly find a partner (different partner each time) Directions;<br>Face each other, hold hands and bounce.<br>Sit on the floor and touch feet<br>Stand back to back, linking elbows<br>Clap hands 10 times, turn around, touch the ground<br>Back to back, linking hands between legs<br>Face each other and touch knees and elbows<br>Think of your own!!  | Dribble ball and on signal balance/trap one ball between different body parts (shoulders, elbows, knees, foreheads, backs) |
| Fish Gobbler               | The ship is one side of the area; the shore is the opposite. The sea is half way. When T calls 'ship' children run to designated side of hall. The same goes for the shore and sea. Children follow teacher's instruction when s/he calls out the following:<br><br>Fish gobbler: Children lie down, hands touching a partner.<br>Starfish: Children find a space and lie down stretched out.<br>Ahoy Matey: Children sit on a partner's knee!<br>Crab: Children find space and make a crab position by lifting body off floor with hands and legs.<br>Scrub the decks: Run half way across and pretend to scrub the floor. |  |
| Call the number            | C calls out a number as the children jog around the play area. They then form groups of this number. Without delay, C calls out other numbers.  | Dribble ball at feet. When a number is called children dribble towards their group   |
| DVD game                   | Chn spread out around area. C calls out instructions:<br>Play: Walking around area<br>Fast forward: jogging/running around area   |  |

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|                      | Rewind: walking/jogging backwards<br>Stop: stop   |                             |
| <b>CHASING GAMES</b> |   |                             |
| Exercise tag         | 3/4 chn are 'on' and have a ball in their hands. They chase the others and can tag them by touching them with the ball...no throwing! If you are caught you must run to a designated area and do a forfeit; ie- 10 star jumps/disco rolls etc. You are then free to run again. Change taggers after a few mins. |                             |
| Toilet tag           | 3/4 chn are 'on' and must try catch others. When caught you must kneel down on one knee with your hand out to the side. You can be freed by another child sitting on your knee (toilet) and flushing the 'toilet' by pushing your arm down by your side!  | Try whilst dribbling a ball |
| High Five Tag        | Identify taggers. When children are caught, they must stand still and can be freed when someone comes up and gives them a 'high five' in the air. Change taggers after 2/3 mins.  |                             |
| Tail tag             | Divide class into 2 teams. One team collects a coloured band/piece of material and tucks it into their waistband to form a tail. On 'go', children without tails chase those with, trying to collect as many tails as possible in 30 secs. Change teams after that time.  |                             |
| Touch nose tag       | 2/3 taggers on who chase all other players. If caught you must stand with arms outstretched until someone runs around you to free you. You can avoid being tagged if you have an arm under one leg with your hand touching your nose. Variations...ankle tag, sitting tag                                       |                             |
| Ball tag             | Identify taggers by giving each a ball. They chase others, trying to get rid of the ball by passing it on to someone else. Other children cannot resist this if caught by tagger. Then encourage children to call a person's name when they better  |                             |
| Stuck in the mud     | Identify taggers. When children are caught, they must stand still with their legs shoulder width apart. They can be freed by someone crawling under their legs. Safety N.B. here. Taggers are not allowed to stand waiting for child to crawl through legs to catch both children They must count to 3.         |                             |

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| Mirrors | Get a partner. Decide who's 'a' and 'b'. Go over main locomotor activities; jogging, hopping, scissor jumps, bouncing on two feet, disco roll, straddle jumps etc. 'A' faces 'B' and chooses any combination of the above activities and 'B' mirrors. Change around on whistle. Try travelling doing this | Ball not required |
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### **Relay type activities (can be done with a ball)**

#### **Brings in competition**

**Shuttle runs:** teams of 4-6. Cones laid out in front of each team (4-6 cones, can be spread out across a long distance). Each person must runs around cones in zig zag formation and runs back to next person.

**Agility relay:** teams of 4-6, standing one behind the other a metre apart. On 'go' no.1 turns and weaves down the line and back to the starting place, travelling as directed (walking, hopping, running etc). No. 2 weaves around 1 before weaving around the rest of the team and returning to the original position...and so on for each member

**Twin relay** groups of 6-8 standing side by side in pairs. Place one cone as starting point and one 5-10m away. On 'go' pair 1 travel together (holding hands) around the marker...hopping, skipping, running etc. and tag the hands of the next pair and go to the end of the line.

**Fruit bowl:** Give each child the name of a piece of fruit (more fruit for bigger group) and get all chn to stand on line. When you call the name of the fruit they have to dribble to certain point, switch balls with another child and return to line. When 'fruit bowl is called' all can go together

#### **Ball skills which can be introduced as part of warm-up**

**Soccer shuffle** All chn with a ball place one foot on top of ball. On whistle change feet to place other foot on ball-who can do this first? Change feet quickly-must wait for whistle-get progressively faster...first to 20

**Trap the ball** Hold ball and drop it and trap with one foot then the other. Wait until ball touches ground before placing your foot on it. Try doing this while travelling

**Move it!** Place ball in between 2 feet-stay on balls of feet and pass ball between 2 feet. Like a see-saw affect. Try this travelling around area or set up as a relay race.

**Keep it up** Scarves or balls can be used. Drop rolled up scarf or ball onto laces part of foot and kick back up towards arms again. Try and keep the ball up alternating feet left and right. Try using knees only and then a combination of knees and feet. Progression: relay race in teams across area trying to keep ball up with knees/feet.

**Dribble fest** Dribbling ball around designated area using all parts of foot, don't bump into anyone else. Start with a large playing area and then reduce as children become more confident. Using whistle as a signal use some of these directions;

- On whistle stop and trap the ball as quickly as you can
- On whistle stop and change direction
- On whistle stop the ball and do 5/10 'keep it ups' before moving again

- On whistle stop, pick up ball and run to designated area as quickly as you can (good for gathering children around you at the end of an activity)

**King/queen of the pitch** everyone with a ball dribbling around play area, trying to dispossess others while keeping possession of their own ball. If your ball is kicked away from you, you are out and stand at the sideline. Last person standing is the winner.

## PAIR WORK

**Touch passing** Stand opposite partner (5m) and short pass ball with either foot. Receiver to stop ball with either sides or bottom of feet; i.e. 'one touch' to stop, 'second touch' to pass. Increase distance/ speed. Include mini-competition to see how many time times each pair can pass ball in given time limit (30 secs-2mins).

**Dribble mates** Pairs hold hands on the inside, one ball each. Pairs travel around area dribbling their balls with the outside foot. On whistle change hands and consequently feet and move again. Can be used competitively as a race situation.

**Shadow dribble** In 2;s one behind the other. To start off one with a ball the other following. Aim to follow each other while dribbling. Progression to both children having balls. Changeover on whistle.

**Changeover dribble** Pairs divided into A&B. A's dribble around area while B's stand as obstacles which they must negotiate around. On whistle pick up ball and run to partner and swap roles. Whistle changes get progressively faster.

**Cops and robbers** A (cop) tries to keep ball off B (robber). Cops keep backs turned to robbers. Change roles when robber gains possession. No pushing or pulling.

**Kick and run** Pass to partner and run to a free space. Partner repeats. Use '2 touch' sequence.

**Bridge ball** One of the partners stands with legs apart to form bridge. Other partner dribbles ball up to bridge, stops ball and passes under legs chasing ball to the other side and continue dribbling to certain point. Turn around and go back again. Can be used competitively as relay race.

**Over the line/past the cone** A has ball and dribbles towards B. When half a metre from B, A moves ball to one side using outside of the foot and then using inside to push past B. B can try and stop A. Give restricted time allocation (2 mins) and point goes to A if he/she gets past B. Or point goes to B if they prevent A from passing them.

**Overhead throw/sideline throw** Passing ball between 2 overhead. Coaching points: Don't lean too far back, w shape with hands spread around ball. Step into throw and aim in an arc. How many can each pair do in 2/3 mins?

**Heading the ball** In 2's. Keep ball up between you and your partner. Weaker children, throw ball up and let them head it back.

**Create and Play:** Children given a ball and could also have some cones/other equipment. They have to come up with their own game which others could play

### **GROUP WORK**

**Pass and follow** in linear formation. A passes to B and follows ball to take B's place and so on. See how fast group can do this without stopping.

Can be done in circle formation, children must call the name of the child they are passing to, pass ball and follow into their place. Pick up pace as confidence grows.

**Ronaldo in the middle** 1 person in the middle, 4 outside in a circle. Ball is passed between 2-4 in any order. After 2 mins change piggy if not changed already.

**Create a game** give children a limited amount of equipment to play with e.g. 1/2 balls, some cones, other equipment (hoops/slalom poles/hurdles). Get them to come up with a game which includes some skills which have been introduced and then demonstrate for whole group. Encourage turn-taking.

### **STATION TEACHING**

\*Set up areas for stations (chn could be given simple task cards to set them up themselves)

\*Chn are given a few minutes to look at card and play game.

\*After 4/5 mins, blow whistle and every group moves to next station

\*One station could be set aside for the children to create and play their own made up game