



**NATIONAL SCHOOL
SPORTS WEEK 2025**
16-22 JUNE

**always
active**



Set Up

The 'Always Active' P.E lessons are always set up using the following structure:

4 x Activity Stations – each measuring 10 x 20 yards and marked out in a different colour (using cones)

Zone 1: Tennis Ball Zone

Zone 2: Bean Bag Zone

Zone 3: Frisbee Zone

Zone 4: Softball Zone

Equipment needed:

12 x Tennis Balls
24 x Bean Bags
4 x Plastic Frisbees
4 x Skipping Ropes
4 x Colour Foam Balls
60 x Space markers
40 x Bibs/Team Bands
(Not essential but helps to identify teams)



Find out more:

youthsporttrust.org/NSSW

#NSSW2025 | #YSTAlwaysActive

