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SPORTS WEEK 2026

6-12 JULY

= summer
= of sport

Conor Benn

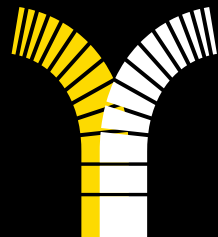
destroyer circuit



Find out more:

youthsporttrust.org/NSSW

#NSSW2026 | #ThisSummerOfSport



Conor Benn

destroyer circuit



Welcome to the **Conor Benn Destroyer Circuit**, the first of our **This Summer of Sport 2026** playground to podium activations. To celebrate National School Sports Week and the upcoming summer of sport, we have created 4 themed circuits, each made up of 10 exciting activities for pupils to try in the lead up to and during National School Sports Week (NSSW)!

Developed to support young people participating in **60 minutes a day of PE, sport or play**, these games are designed for all abilities aged 4-12 years old (20 minutes for pupils with a disability) and include progressions, regressions, seated alternatives and additional leadership opportunities.

STEP

Making sure your sessions are inclusive and safe is critical to success. Use the STEP model when setting up your activities:

Space

Where is it happening?

Task

How it is happening?

Equipment

What is being used?

People

Who is doing what?



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Format

Circuit of Boxing-themed Activity Stations (10 in total)

- 01** Benn jab factory
- 02** Footwork fury
- 03** Speed skip
- 04** Reaction destroyer
- 05** Slip and uppercut
- 06** Benn ball blitz
- 07** Guard up
- 08** Dodge the destroyer
- 09** Ring awareness
- 10** Championship round

Equipment

Circuit of boxing-themed activity stations (10 in total)

- 1** Agility ladder
- 10** Tennis balls
- 10** Skipping ropes
- 3** Dodgeballs
- 3** Reaction balls
- 60** Mini-space markers

Set up:

- > Create up to 10 activity stations, arranged to fit the space
- > Place one activity card at each station in a clear order so pupils can move around easily
- > You can reduce the number of stations if time is limited
- > Can you ask sports leaders to help set up the circuit?
- > Have adaptable equipment at each station where needed

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Session overview

- > **Age range:** adaptable (KS2–KS3 ideal)
- > **Time:** 60 minutes
- > **Participants:** 30 pupils
- > **Format:** 10 stations, 3 pupils per station
- > **Rotation time:** 90 seconds work + 30 seconds rotate
- > **Warm -Up:** 10 minutes
- > **Total circuit time:** 40 minutes
- > **Warm-Down and Reflections:** 10 minutes
- > **Teacher role:** Timekeeper, motivator, safety checker

Think inclusion

- > Adapt group sizes as needed
- > Give more time for activity
- > Allow processing time
- > Use inclusive communication throughout
- > Complete a sensory audit, think light, sound, smell, texture and tactile environment
- > Have a regulation zone to help those who need sensory re-regulation
- > Ask participants what adaptations they would make to be included

[Click here or scan QR code
to find more ideas](#)





Session *structure*



Activity

- > Boxing-inspired movements to raise the heart rate and deliver key teaching points all together
- > Shadow boxing (jab, cross, guard)
- > Footwork shuffles (forwards/back/side)
- > High knees = "ring run"
- > Reaction call-outs: teacher shouts "JAB / CROSS / SLIP"

STEP adaptations

How can we include everyone?

- > **Space:** Adjust the size and distances to suit different abilities, using zones where helpful
- > **Task:** Keep the goal the same, but adapt how it's done e.g. lower nets, bigger targets or different ways to succeed
- > **Equipment:** Offer a range of equipment, such as different racket sizes or ball types
- > **People:** Keep it fair by grouping similar abilities, allow time to understand and ask what support is needed.





Session *structure*



Skills

- > Boxing-inspired movements to raise the heart rate and deliver key teaching points all together
- > Jab
- > Cross
- > Uppercut
- > Footwork shuffles (forwards/back/side)

Teaching points

Use the following teaching points during the warm up

- > **Jab:** Hands up by cheek, elbow down, fast out-fast back
 - > **Cross (rear hand):** turn hips and shoulders for power, back foot twist, straight and back
 - > **Uppercut:** bend knees, explode up, palm faces you
 - > **Guard:** hands by cheeks, elbows in, chin down
 - > **Shuffle:** balls of feet, small steps/
don't cross, step then slide
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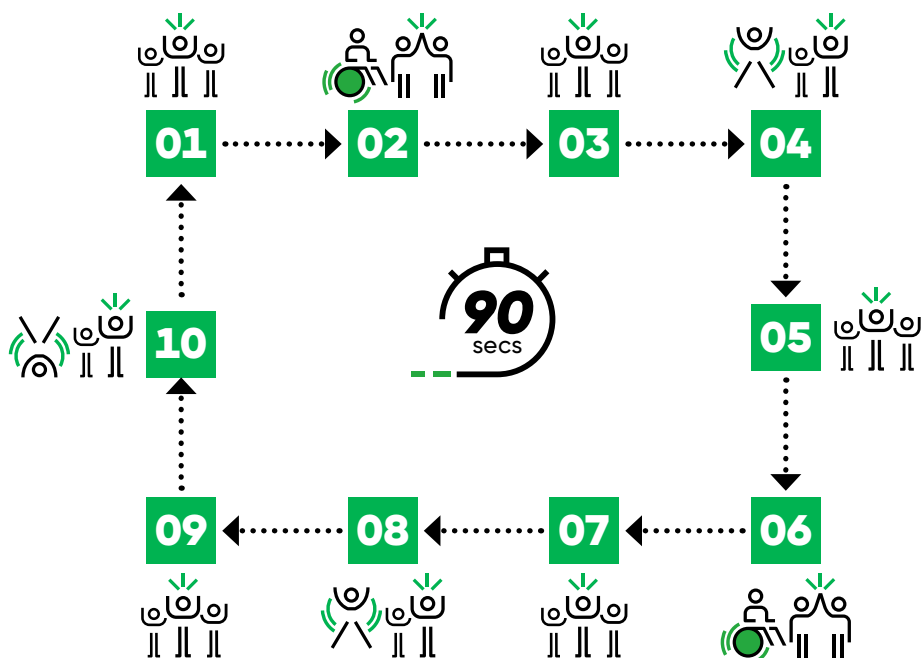
Main circuit

destroyer zones



Organisation

- > **10** stations
- > **3** pupils per station
- > **90** seconds per station (30 seconds transitions)
- > Rotate clockwise
- > Use **space markers** and **activity cards** to clearly mark each zone.





Activity 1

Benn jab factory

Equipment: Space markers

Activity

Punch combinations on the spot, all three pupils at the same time:

- > 10 Jabs
- > 10 Jab-cross
- > Fast hand combinations for 20 seconds
- > Rest for 10 seconds
- > Repeat

STEP adaptations

- > **Space:** Adjust personal space between pupils to suit their needs
 - > **Task:** Reduce the number of punches, slow movements down and allow extra time where needed
 - > **Equipment:** Use markers as targets to aim punches at
 - > **People:** Work solo or in pairs (e.g. mirror a partner), rotate leaders, and recognise movements may look different for different people
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Activity 2

Footwork fury

Equipment: Agility ladder

Activity

Pupils continuously move through ladders one after another:

- **Round 1:** Range of footwork variations
 - Run through - one foot per square
 - High knees - both feet in each square
 - Single Hops - hop through on one foot, then hop through on the other foot
 - Bunny Hops - feet together landing in each square
 - Squat jumps - squat and explode up, two feet in each square
 - Rotate continuously for 40 seconds
 - 10 seconds rest
- **Round 2:** Repeat but introduce shadow box with upper body for second rotation

STEP adaptations

- **Space:** Adjust spacing or create different areas for the same activity
 - **Task:** Adapt movements for different abilities e.g. use a slalom instead of a ladder, slow things down or focus on upper body instead of footwork
 - **Equipment:** Use floor markers or cones instead of a ladder and add guide ropes if helpful
 - **People:** Adapt actions for individuals, encourage pupils to create their own routines and encourage teamwork
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Activity 3

Speed skip

Equipment: 3 skipping ropes

Activity

Continuous skipping or boxer bounce

- Range of skipping variations
 - Basic two foot bounce
 - Single leg skips (10 secs)
 - Boxer Bounce (expert level)
- Skip continuously for 40 seconds
- 10 seconds rest
- Repeat but introduce movement whilst skipping for second rotation

STEP adaptations

- **Space:** Use a small area instead of skipping and run parallel activities if helpful
 - **Task:** Adapt the movement e.g. use a hoop or similar instead of a rope or focus on the action itself. Movements can look different (e.g. a bounce for a wheelchair user)
 - **Equipment:** Swap the rope for other objects, use longer ropes, floor markers or clear visual cues
 - **People:** Work in pairs to support and challenge each other, give everyone individual goals and keep a clear routine
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Activity 4

Reaction destroyer

Equipment: Reaction ball

Activity

Players stand in a triangle and reaction ball is dropped in the middle

- > **Round 1:** Carousel - player to the right catches the ball (40 seconds)
- > Rest for 10 seconds
- > **Round 2:** Free for all - one player drops the ball, the quickest to grab between the other two players

STEP adaptations

- > **Space:** Bring players closer together to make it easier
 - > **Task:** Allow different options e.g. throwing, catching or passing. Add bounces if needed or play seated
 - > **Equipment:** Use bigger, smaller, or sound-making balls, or a tee/ramp to help launch the ball
 - > **People:** Keep a clear routine so everyone knows when it's their turn and pair players to support each other
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Activity 5

Slip and uppercut

Equipment: Skipping rope

Activity

- Two pupils extend a skipping rope and hold at head height
- Each player continuously ducks and uppercuts (alternate hands) either side of the skipping rope
- Rotate roles after 30 seconds until all three have completed activity

STEP adaptations

- **Space:** Adjust the length or height of the line or let players stay still if movement is difficult
 - **Task:** Reduce movement and focus on doing the action well
 - **Equipment:** Change the height of the rope, use a bright line, add objects like balloons for sound or use floor markers instead
 - **People:** Work in pairs or teams and adapt actions to suit different abilities
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Activity 6

Benn ball blitz

Equipment: 2 tennis balls

Activity

Set up in a 'piggy-in the-middle' format

- Middle player has to quickly sidestep between two cones whilst catching and returning balls
- Two outside players continuously feed balls when the middle pupil is facing them
- Middle player switches to face other pupil after each catch
- Rotate roles after 30 seconds until all three have been in the middle

STEP adaptations

- **Space:** Adjust the size of the area to suit ability and use zones if helpful
 - **Task:** Allow rolling or throwing, adapt rules, include safe zones, give extra time or use the non-dominant hand for added challenge
 - **Equipment:** Use larger or sound-making balls, ramps or tactile markers to support movement
 - **People:** Work in pairs if helpful, make sure no one is left out and give time to listen and adapt as needed
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Activity 7

Guard up

Equipment: None

Activity

All three pupils perform squat movements whilst holding their guard up

- > Movements (10 seconds each):
 - > Squats
 - > Skip Squats
 - > Crab walks
 - > Squat jumps
- > 10 seconds rest
- > Repeat

STEP adaptations

- > **Space:** Adjust the size of the area to make movement easier
 - > **Task:** Adapt movements to suit each player e.g. everyone can have their own sequence and activities can be done seated
 - > **Equipment:** Use picture cards to show each movement clearly
 - > **People:** Work in pairs or teams and listen to players' own ideas for adaptations
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Activity 8

Dodge the destroyer

Equipment: Dodgeballs

Activity

Create an alley, with cones that runs parallel to a wall (where possible)

- 1 pupil is the runner, 2 pupils are destroyers
- Runner has to get through the alley as many times as possible in 30 seconds, getting hit as few times as possible
- Rotate roles after 30 seconds until all three have been the runner

STEP adaptations

- **Space:** Create larger or smaller areas to suit different players, with safe zones for rest
 - **Task:** Allow rolling the ball, slow the game down and award points for moving between zones
 - **Equipment:** Use different ball sizes, ramps or sound-making balls if helpful
 - **People:** Pair players for support if needed and match abilities so the activity stays fair
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Activity 9

Ring awareness

Equipment: Cones

Activity

Two pupils are boxers standing in the middle of a square of cones (each corner a different colour). The other pupils is the trainer

- Trainer calls out a colour and boxers must quickly side step to that corner and then back to the middle
- Boxers work continuously for 30 seconds
- Rotate roles after 30 seconds until all three have been the trainer

STEP adaptations

- **Space:** Make the area smaller to support different abilities
 - **Task:** Adapt the movement to suit each player and simplify choices (e.g. fewer colours or use names instead)
 - **Equipment:** Use bright colours, sounds or tactile lines to help guide players
 - **People:** Adjust group size if needed and use buddies or guides to support movement
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Activity 10

Championship round

Equipment: None

Activity

- > Continuous 'all out' shadow boxing to win the final round
 - > Pupils play roles of boxer, trainer and judge
 - > Boxer – shadow boxes at maximum effort for 30 seconds
 - > Trainer – motivates continuously for 30 seconds
 - > Judge – gives boxer a score out of 10 for effort
 - > Rotate roles after 30 seconds until all three have been the boxer
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STEP adaptations

- > **Space:** Adjust the size of the area, think about sensory impact and use clear zones to help players understand the space
 - > **Task:** Let each player show movements that work for them. Focus on keeping the activity safe and fun for everyone
 - > **Equipment:** Use visual markers or cue cards to support understanding
 - > **People:** Work in pairs or small teams and encourage players to respect and praise each other's different ways of moving
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Additional ideas

- **Mirror the champ** – boxers mirror the champ's actions
 - **Benn balance** – boxers have to hold various balances whilst shadow boxing
 - **Foot fire** – boxers follow fast footwork patterns (dance-off style)
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