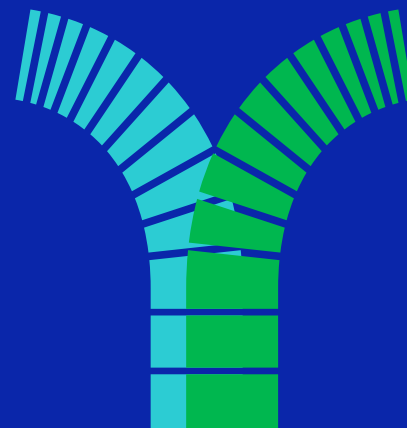


Get Active Card 1

Not in my backyard



 	 	People • 2 teams • 2-8 players per team Space • Large and flat • No obstacles • No slippery surfaces Time • 2 mins per round • As many rounds as you wish Equipment • Marker cones • Small, soft throwing objects
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Aim

A quick team game where players keep their own yard clear by throwing the "rubbish" into the other team's yard. Finish with less rubbish than the other team to win.

How to Play

- Divide the play area into 2 halves. These are the backyards.
- Spread 10-20 throwing objects in each yard. This is the rubbish.
- Sort the players into 2 teams – one team in each yard.
- When you shout "Clear!", each team throws the rubbish into the other team's yard. They try to keep their own yard clear of rubbish.
- Shout "Stop!". The team with the least rubbish in their yard wins.
- Ensure objects are only thrown in the yard and not at people.

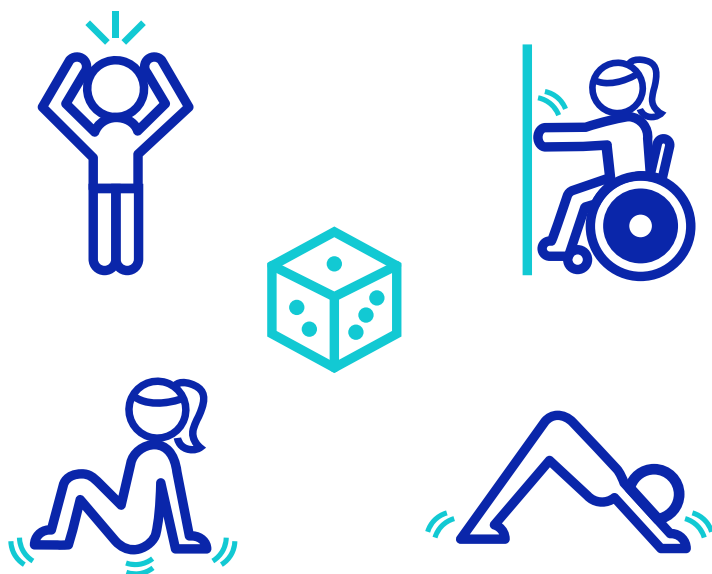
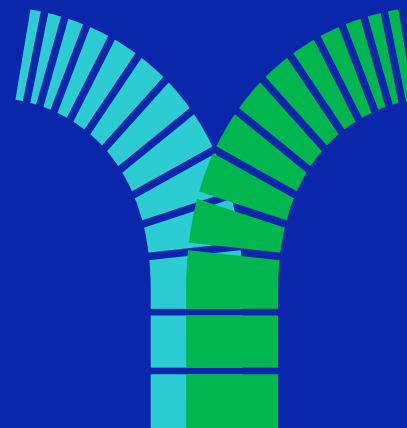
STEP ideas

(Space, Task, Equipment, People)

- S**
- Larger or smaller yards
 - Different size yards for teams
- T**
- Throw, roll or kick objects
 - More or less time per round
- E**
- Net to throw over or under
 - Start with more objects in one yard
- P**
- Different size teams (e.g. 5v7)
 - Give children collector or throwing roles

Get Active Card 2

Strike a pose



- 1 captain
- Any number of players



- Players are an arm's length from each other



- Any length
- Swap captains after 6 throws



Equipment

- 1 large dice

Aim

Challenge your creativity as an individual or in teams to create poses using contact points.

How to Play

- Spread players around so they don't bump into each other.
- As the captain, roll the dice and shout out the number it shows.
- Players make a pose using that number of contact points. E.g.
 - 1 = 1 foot on floor, 1 bottom on chair, 1 knee on bench.
 - 3 = 2 knees and 1 elbow on floor, headstand (2 hands and 1 head).
 - 6 = 5 tippy toes on floor and 1 hand on wall, 1 bottom and 5 fingers.
- Be as creative as possible! Try not to wobble! You can play as an individual or work in teams.

STEP ideas

(Space, Task, Equipment, People)

S

- Use walls as well as the floor
- Pose at different heights, e.g. low, medium, high

T

- Show players a pose to copy
- Link poses to make a routine

E

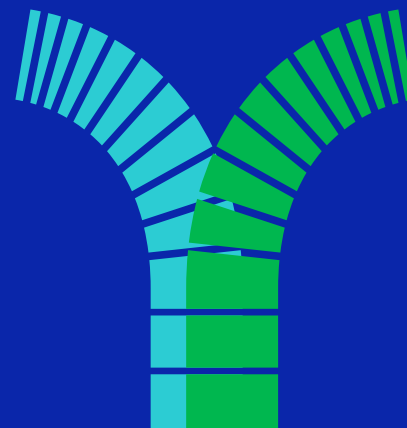
- Count mobility aids (e.g. crutch) as a contact point
- Balance on apparatus

P

- Make a pose with a partner
- Change or keep the captain

Get Active Card 3

It's a knockout



- 2-8 players



- Mark out a large circle with chalk, tape or cones



- Restart if there is no winner after 1 minute



- Large light ball
- Small balls or beanbags

Aim

Defend your space and knock the ball out of the circle to win the game!

How to Play

- Spread players around the outside edge of the circle (the circumference).
- Place the large ball in the centre of the circle.
- Give each player 3-5 balls or bean bags.
- Shout "Go!". Players try to knock the large ball out of the circle, using their small balls.
- The player who knocks the large ball out of the circle is the winner.

STEP ideas

(Space, Task, Equipment, People)

S

- Larger or smaller circle
- Rectangular court with 2 halves instead of a circle

T

- Throw, roll or kick balls
- Keep the target ball in the circle instead of knocking it out

E

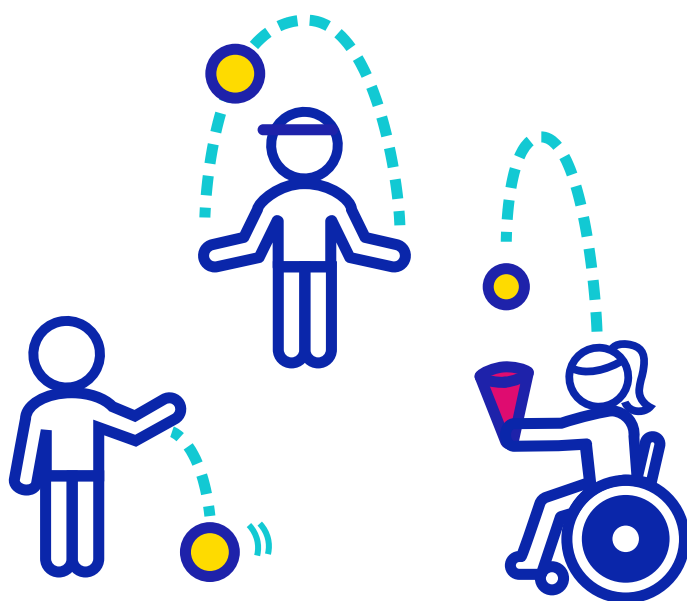
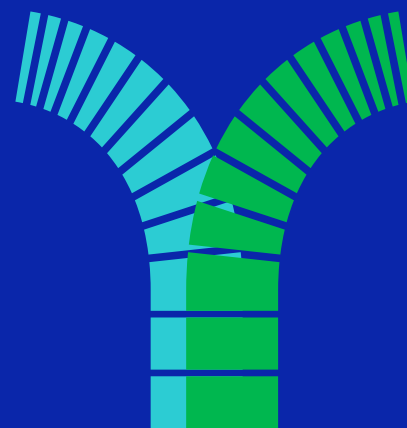
- Target ball is a jingle (bell) ball
- Fewer or more small balls for some players

P

- Play in 2 opposite teams
- 2 different jobs: keep-it-in v knock-it-out

Get Active Card 4

Crazy catch challenge



- Any number of players



- Players are 2 arms' length from each other



- 1 min per round
- As many rounds as you wish



- Balls, bean bags, scarves, balloons

Aim

Set a catch challenge, the more creative the better!
Can you beat your own score?

How to Play

- Spread players around the space. Let them choose one type of ball.
- Draw some catching challenges on a poster and/or show them. E.g.
 - Throw, clap, catch – how many claps can you do before catching?
 - Hand to hand – how high can you throw between left and right hands?
 - Jump ball – can you throw and jump and catch the ball before landing?
 - Cone catch – can you throw and catch the ball with a cone?
 - Roll chase – can you roll the ball and catch it before it stops?
- Ask players to choose a challenge and play it for 1 minute. Can they beat their score in the next round?

STEP ideas

(Space, Task, Equipment, People)

- S**
- Sit or stand in one space
 - Move around as catching

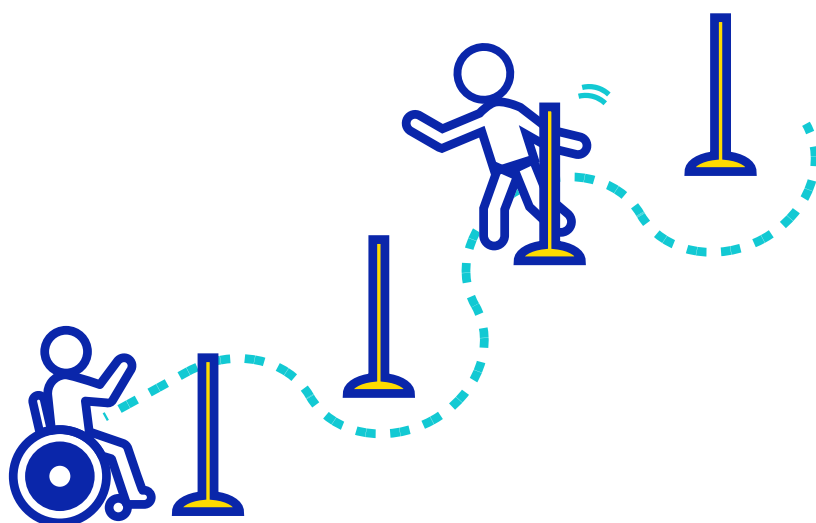
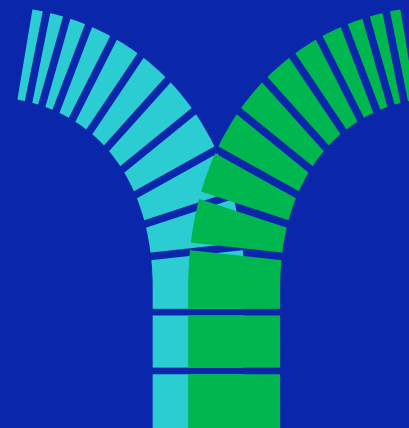
- T**
- Try a new challenge each time
 - Players make up their own challenges

- E**
- Use bats or rackets, not hands
 - Throw into or onto targets

- P**
- Play in pairs
 - Be players, scorers or timers

Get Active Card 5

Twist and turn



- Maximum of 6 players per team



- Large and flat
- No obstacles
- No slippery surfaces



- As long as you wish



- Marker cones, slalom poles, chalk marks

Aim

Be the quickest team to beat the slalom course.

How to Play

- Set out 4 markers – in a line – for each team. This is the slalom course.
- Half of the team waits at one end. The other half waits at the opposite end.
- On "Go!", player 1 zig zags through the slalom to the opposite end and tags player 2 who zig zags back and tags player 3. Continue until all players have been through the slalom. How quickly can each team do it?
- Add a new challenge for the next round. E.g.
 - Travel sideways or backwards through the slalom.
 - Balance a bean bag on your head as you travel.

STEP ideas

(Space, Task, Equipment, People)



- Alter the gap between markers
- Shorter or longer course



- Walk, run, skip, hop or jump
- Set a time limit – can the team do more runs each round?



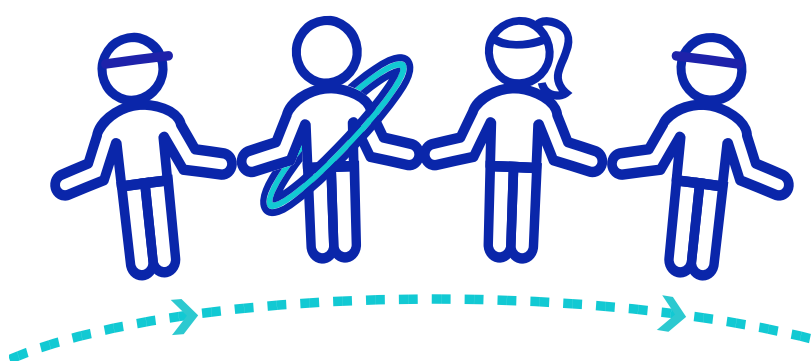
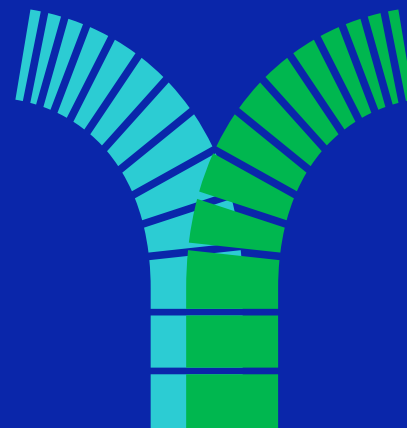
- More or fewer slalom markers
- Carry a ball on a bat as travel



- Different number of players in teams
- Some players go twice

Get Active Card 6

Help the hoop



- Maximum of 10 players per circle



- Any



- As long as you wish



- Hoops

Aim

Pass the hoop around the team to complete the challenge.

How to Play

- Players stand in a circle, holding hands.
- Add a hoop between 2 players – so it hangs from their arms.
- Players pass the hoop around the circle – without letting go of each other's hands. Encourage them to help each other.
- Give them time to practise then see how quickly they can do it.
- Add a second hoop. This one goes in the opposite direction to the first.

STEP ideas

(Space, Task, Equipment, People)

S

- Stand in a line instead of a circle

T

- Pass a squeeze (of hands) instead of the hoop so players have to concentrate

E

- Smaller or larger hoops
- Rope or elastic hoop if any players use mobility aids

P

- More or fewer players
- Be a player, timer or motivator