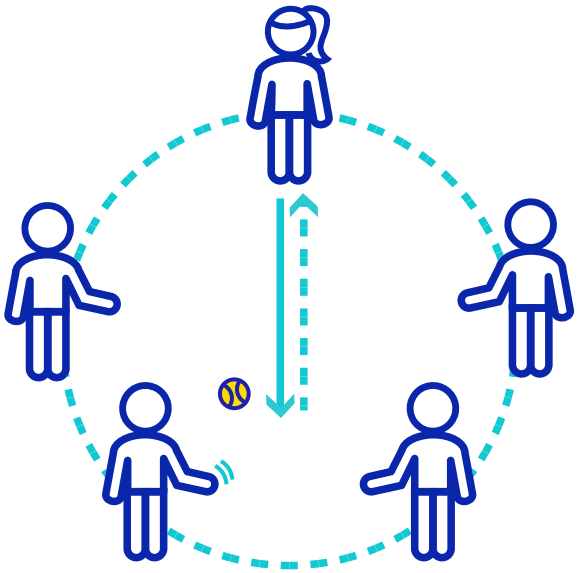
YOUTH SPORT TRUST | YOUNG LEADERS SECONDARY

Get Active Card 1
Beat the Feed



People
- At least 3 players plus 1 feeder

Time
- 2 mins per round

Safety
- Be aware of balls rolling into other areas of play

Equipment
- 1 ball – any type – or a rolled-up item of clothing

Aim

Get to the head of the semi-circle in 2 minutes.

How to Play

- Players stand or sit in a semi-circle. One feeder faces the players
- The left end of the semi-circle is the head. The right end of the semi-circle is the tail
- The feeder passes the ball to any player
- If you catch the ball with one hand, you move one place up the semi-circle (towards the head), swapping places with the player on your left
- If you catch it with two hands, you stay where you are
- If you drop the ball, you move one place down the semi-circle (towards the tail), swapping places with the player on your right
- Change the feeder after each round.

Plot twist – use the STEP ideas to adapt the challenge and/or include everyone

STEP ideas

(Space, Task, Equipment, People)

S Feeder is nearer to or farther from the players. Semi-circle is larger or smaller.

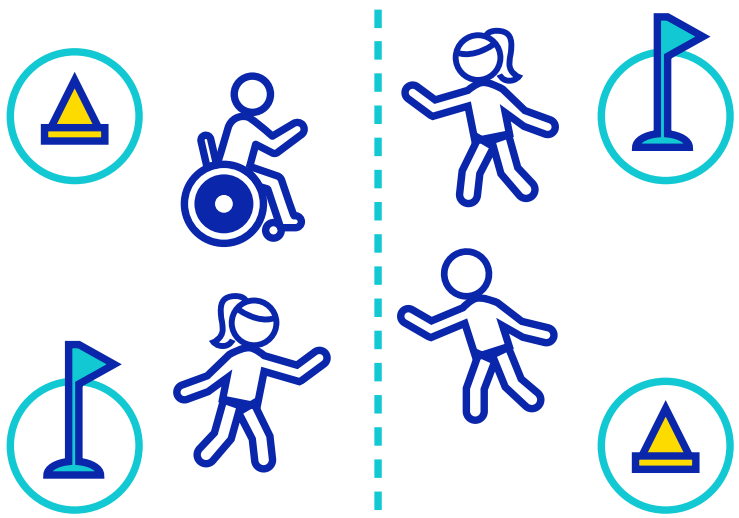
T Roll or kick the ball instead of throwing. Clap before making the catch.

E Change the size, weight, colour or texture of the ball. Roll a bell ball. Tap a balloon.

P Increase or decrease the number of players. Alter where each player starts.

YOUTH SPORT TRUST | YOUNG LEADERS SECONDARY

Get Active Card 2
Capture the Flag



People
- 2 teams – any number of players

Time
- First team to 5 points or set your own time or points limit

Safety
- Be aware of other people moving in the space

Equipment
- 2 flags e.g. balls
- 4 hoops or markers
- Cones or chalk lines

Aim

Capture the opposition's flag and get it back to your base.

How to Play

- Split the area into two halves. Set up a base, jail and flag for each team
- Defenders must stay at least 2 metres from their own flag
- Capture the other team's flag and return it to your base to score
- If tagged in the opposition's half, go to their jail
- A teammate can free you with a high-five
- Players in the opposition's base cannot be tagged
- If tagged while carrying the flag, return it before going to jail
- Reset the flag after each point. First team to 5 points wins.

Plot twist – use the STEP ideas to adapt the challenge and/or include everyone

STEP ideas

(Space, Task, Equipment, People)

S Have different size team areas. Move the base within the area. Place the flag higher.

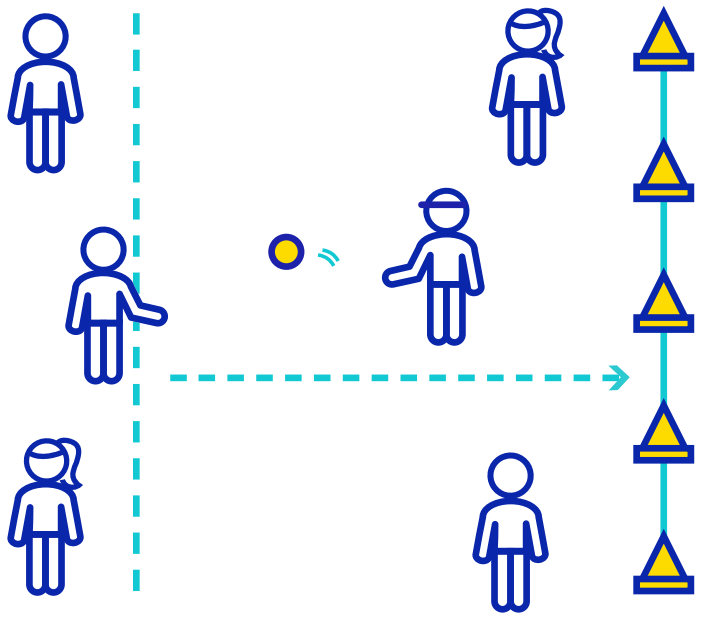
T Capture the flag without taking it to your base. Walk, not run. Pass the flag.

E Use different objects for the flag. Use tactile markers for the base and jail.

P Allow uneven teams. Switch players between teams. Have referees.

YOUTH SPORT TRUST | YOUNG LEADERS SECONDARY

Get Active Card 3
Longball



People
- 2 teams – any number of players

Time
- 3 lives lost per team – or set your own time limit

Safety
- Tag below shoulder height
- Do not throw at batters

Equipment
- 1 small throwing object
- Marker cones/chalk

Aim

Get across the space and back again without being tagged by a fielder holding the object.

How to Play

- The fielding team spread out around the area. The batting team start at the baseline
- One fielder bowls the object. One batter hits or kicks it into space
- The batter moves to the line of cones
- As soon as the batter reaches the line, the rest of the batting team follow. This can be played walking, running or seated by shuffling
- Meanwhile, the fielding team retrieve the object and try to tag the batting team
- Fielders may run with or pass the object, but must be holding it to tag a batter
- Batters dodge the fielders as they move to the cones and back to the baseline
- If a batter is tagged, they lose a life but keep playing.

Plot twist – use the STEP ideas to adapt the challenge and/or include everyone

STEP ideas

(Space, Task, Equipment, People)

S Move the cones nearer or farther. Change the width of the area.

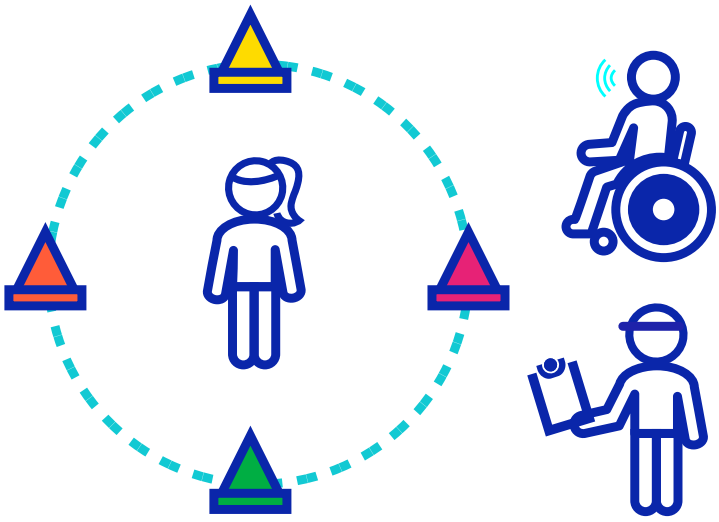
T Roll the ball instead of bowling. Don't move with the object. Only go to the cones (one way).

E Change the object, e.g. ball, shuttlecock. Use a bat or hand. Strike from a tee.

P Have uneven teams (e.g. more batters than fielders). Keep the same bowler. Batters could have a runner.

YOUTH SPORT TRUST | YOUNG LEADERS SECONDARY

Get Active Card 4
Cone Call



People
- At least 3 people per station: player, caller and scorer

Time
- 30–60 seconds per round
- 3 rounds per player

Safety
- Move with control
- One player goes at a time (at each station)

Equipment
- 4 cones per station – each of a different colour

Aim

Reach the correct cone for each call.

How to Play

- Set out 4 cones per station. Set up multiple stations if there are lots of players
- The player starts in the middle of the cones
- The caller shouts a colour
- The scorer watches and counts: 1 point for each correct match
- You react as quickly as possible by moving to and/or touching the matching cone
- Return to the middle each time
- Play for a set time (30–60 seconds) and see how many correct matches you can make
- Swap roles so everyone takes a turn
- In the next round, see if you can beat your previous score.

Plot twist – use the STEP ideas to adapt the challenge and/or include everyone

STEP ideas

(Space, Task, Equipment, People)

S Change the distance to the cones. Have uneven distances or angles between cones.

T Move in different ways, e.g. jump, stretch

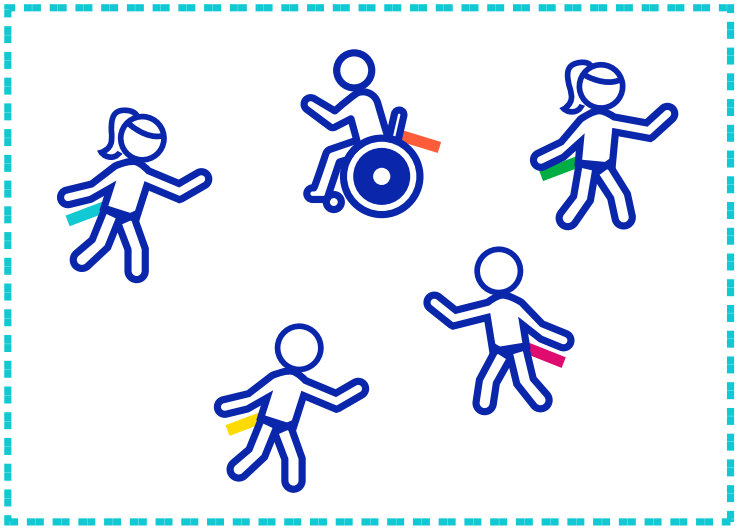
Use compass points or numbers instead of colours. Sit, kneel or stand.

E Change the number of cones. Use taller cones. Touch objects on a table.

P A player claps by each cone instead of a caller. Aim for the best team score.

YOUTH SPORT TRUST | YOUNG LEADERS SECONDARY

Get Active Card 5
Tail Tag



People
- At least 4 players

Time
- 2 mins per round.

Safety
- Be aware of other people moving in the space.

Equipment
- 1 tail per player, e.g. bib, scarf, tie

Aim

Steal as many tails as possible while keeping your own.

How to Play

- Everyone is a tagger.
- Each player tucks a tail into the back of their waistband.
- Move around the space and try to steal other players' tails, you can play standing (running or walking only) or seated moving by shuffling.
- If you steal one, tuck it into your own waistband.
- You must not hold or hide your tail to protect it.
- You must not push a player away if they are stealing your tail.
- Keep playing even if your own tail has been stolen.
- You are aiming to be the player with the most tails when time is up.
- Remember to keep time!

Plot twist – use the STEP ideas to adapt the challenge and/or include everyone

STEP ideas

(Space, Task, Equipment, People)

S Increase or decrease the space. Have a 'safe' zone for 10-second time-outs.

T Stay in one place and try to grab a partner's tail. Share stolen tails with team mates.

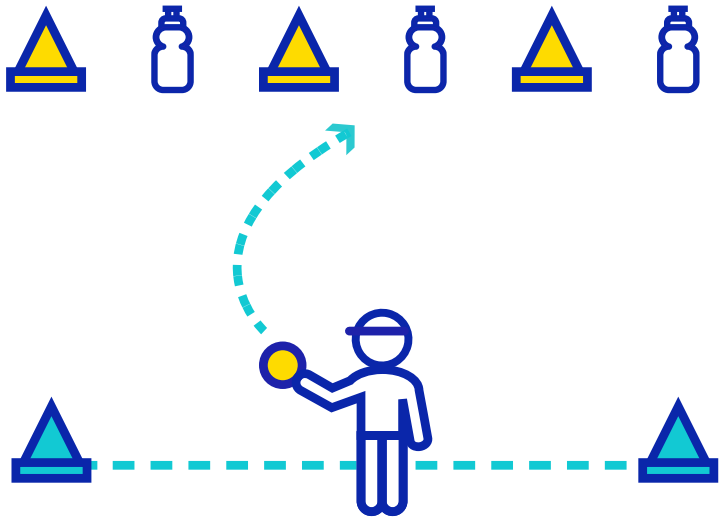
E Some players start with more tails. Give different colour tails different points.

P Play as individuals, in pairs or in teams.

Have a timekeeper.

YOUTH SPORT TRUST | YOUNG LEADERS SECONDARY

Get Active Card 6
Knockdown!



People
- 2-4 players per station
- Multiple stations

Time
- 30 seconds per player per round

Safety
- Stop balls rolling into other stations

Equipment
- 3-5 targets per station, e.g. cones, plastic bottles.
- Ball

Aim

Hit as many targets as possible in the time.

How to Play

- Place the targets in a line from left to right. Spread them out
- The player stands or sits behind a throw line
- You roll, kick, throw or push a ball at the targets
- See how many you can hit in the time.
- A point is only scored if the target is knocked over or moved out of place
- Replace the targets for the next player
- See if you can beat your score in a second round or
- Arrange the targets in a different pattern, e.g. zigzag, to change your challenge.

Plot twist – use the STEP ideas to adapt the challenge and/or include everyone

STEP ideas

(Space, Task, Equipment, People)

S Move the throwline. Place the targets at different distances or angles.

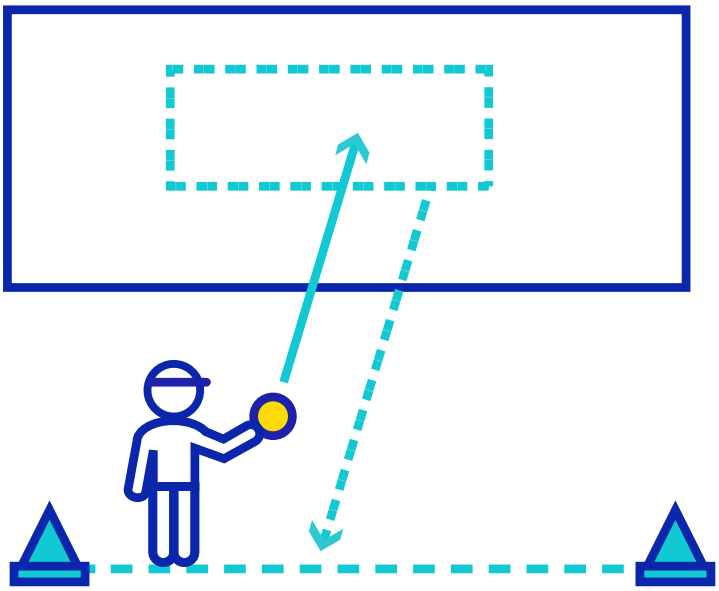
T Give different targets different points. Sit, kneel or stand. Allow more time per player.

E Change the number, size or weight of targets. Use a chute to roll a ball.

P Play individually, in pairs or as a team. Have a scorer. Ask a buddy to clap behind a target to show its location.

YOUTH SPORT TRUST | YOUNG LEADERS SECONDARY

Get Active Card 7
Wall Rally



People
- 2-4 players per station
- Multiple stations

Time
- 30 or 60 seconds per person per round

Safety
- Be aware of balls rebounding or rolling away

Equipment
- 1 ball
- 2 cones
- Chalk, tape or paper to mark the target

Aim

Complete as many controlled rallies as possible in the time.

How to Play

- Mark a target zone on a wall (or use a kerb if playing outdoors)
- Mark a player zone on the floor – a line between 2 cones – a safe distance from the wall
- One player plays at a time
- You throw, roll or strike the ball against the wall so that it rebounds
- Control the rebound before throwing, rolling or striking again
- For a successful rally, you must hit the target zone, control the rebound and stay in the player zone (behind the line and between the cones)
- See how many successful rallies you can do in the time
- Give each player a turn before trying to increase your score in a second round.

Plot twist – use the STEP ideas to adapt the challenge and/or include everyone

STEP ideas

(Space, Task, Equipment, People)

S Increase or decrease the target area, the player zone or the distance between them.

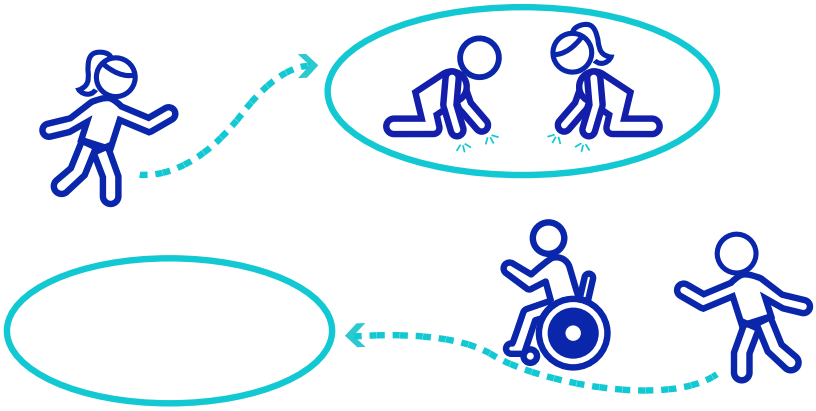
T Allow a bounce before catching. Stand, sit or kneel. Give players more time.

E Change the size, weight or type of ball. Use a balloon. Use a racket or bat.

P Add scores as a team. Play as pairs, alternating throws and catching rebounds.

YOUTH SPORT TRUST | YOUNG LEADERS SECONDARY

Get Active Card 8
Number Crunch



People
- Any number of players

Time
- As many rounds as you wish

Safety
- Avoid bumping heads. Keep body-part commands safe and appropriate

Equipment
- 4-6 zones, e.g. marked with hoops, cones, chalk, paper

Aim

Get the correct number of body parts in each zone.

How to Play

- Create a number of small zones around the area, e.g. the size of a large hoop.
- Make sure there is space to move between and around them.
- Players start by moving around the area. Play some music if you wish!
- A caller shouts a command containing a body part and a number, e.g. put 15 fingers in a zone, put 3 heads in a zone or put 7 elbows in a zone.
- Players must organise themselves across zones to match the command, e.g. 15 fingers might be 3 players with 5 fingers each or 5 players with 3 fingers each in a zone.
- Don't worry if you get the maths wrong. Try as many creative combinations as you can!
- Move and play again. Change callers after 3-4 rounds.

Plot twist – use the STEP ideas to adapt the challenge and/or include everyone

STEP ideas

(Space, Task, Equipment, People)

S Make the zones larger or smaller. Increase or decrease the number of zones.

T Challenge players to move in different and creative ways between rounds.

E Use tables or benches for zones in small spaces. Count mobility aids as body parts.

P Cooperate as a whole group to crunch the numbers or compete in small teams.