

SKILLS 2 PLAY SPORT

Skills 2 Play Sport introduces children to a multi-skills approach to learning in and through athletics activities that focus on the fundamentals of movement.

This approach focuses on the development of movement and skills that are then applied to suitable small sided games that support development into playing of all athletics games.

The approach also helps children develop the five multi-abilities of creative, cognitive, social, physical and personal development.

Here are the activities:

Activity	Main emphasis	Use as	Colour coding
A: Accelerate	Running	Skill development	<p>The cards offer a simple colour coding system with coloured tabs on the right hand side of the card:</p> <p>Red: Warm up</p> <p>Orange: Skill development</p> <p>Green: Games</p> <p>Warm ups Many of the activities on the cards would make suitable warm ups, and have a red tab.</p> <p>Skill development These cards focus on the development of movement and games skills and have an orange tab.</p> <p>Games These cards show suitable small-sided games and have a green tab.</p>
B: Obstacle runner	Running	Skill development	
C: Scavenger hunt	Running	Warm up and Game	
D: Baton buster	Running	Skill development	
E: Here we go	Running	Skill development	
F: Jump start	Jumping	Skill development	
G: Animal magic & Jumping for height	Jumping	Warm up and Game	
H: Jumping combos	Jumping	Skill development	
I: Jumping surprise	Jumping	Skill development	
J: Jumping trail	Jumping	Skill development and Game	
K: Throwing challenge	Throwing	Skill development	
L: Cross the line	Throwing	Skill development and Game	
M: Hot shots & High shots	Throwing	Skill development	
N: Catch chase	Throwing and catching	Warm up and skill development	
O: Catch tennis	Throwing and catching	Skill development and Game	
Multi-skill Festival cards			



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The Skills2PlaySport Athletics cards are designed to be easy to use. Information on the front of the card can be used by the organiser and then by some of the children. The back of the card provides stimulating questions to ask the children which will help them to develop their knowledge and understanding of the athletics activities.

The front of the card

The front of the card has the following elements:

Athletic outcomes

This lists simple outcomes that could be achieved through participating in the athletic activities on the card including physical, social and thinking skills.

What to do

The 'What to do' section provides all the information necessary to set up and deliver the activity successfully.

The STEP framework **S** Space **T** Task **E** Equipment **P** People

This lists ways of changing the activities to engage ALL participants fully.

Your challenge

This provides ideas to help children to set personal or team challenges.

Safety

Many athletic activities need specific safety advice and this is given on the card.

Equipment

The equipment suggestions on the front of the card give ideas for equipment needed to start the activity.

Think INC

This section contains advice for ensuring everyone has an appropriate role within an activity.

The back of the card

Skills2playSport Athletics is designed to help develop the whole child, their thinking, social, health, physical and creative abilities through athletics. The backs of the cards provide examples of open questions that organisers can ask participants. These can help them to develop their knowledge and understanding of athletics and help them to improve. The headings are:

Thinking Me

This is based on developing children's thinking skills such as planning, judging, comparing.

Social Me

These questions help to develop the children's ability to work in pairs, in teams, to communicate and help others.

Healthy Me

This ensures children develop awareness of the health benefits of the activity.

Physical Me

These questions help children to learn and understand what the body does and why during the activities.

Creative Me

These questions enable children to develop their creative abilities through helping them adapt, be flexible and innovate when participating in the activity or working out how to overcome a challenge.



Technique Top Tips

These provide top tips to support participants improve their technique in each of the athletic events.



Links to other cards

Some cards provide suggested connections to other cards within this set. This can help with planning, progression and organisation. But remember you can use any of the cards within sessions there are many combinations that work together. Others are suggested as warm up activities.

Spirit of the Games

On each card at least one of the six spirit of the games values is mentioned. Organisers may well wish to emphasise other values during the activity and ensure that all children know the values before the activity session starts.

