

SKILLS 2 PLAY SPORT

Skills 2 Play Sport introduces children to a multi-skills approach to learning in and through striking and fielding 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 the playing of all striking and fielding games. The approach also helps children develop the five abilities of creative, cognitive, social, physical and personal development.

Here are the activities:

Activity	Main emphasis	Use as	Colour coding
A: Catch	A simple game of throw and catch	Warm up; Skill development; Game	<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: Balancing batters	Developing balance and stability	Warm up; Skill development	
C: Catch them out	A fielding game	Warm up; Skill development; Game	
D: Perfect pitch and brilliant bowl	Accuracy when pitching / bowling	Warm up; Skill development	
E: Special striker	Striking into areas	Warm up; Skill development	
F: Throwing strikes	Accuracy when throwing	Skill development	
G: Ultimate challenge	Putting, aiming and distance control	Skill development; Game	
H: Bullseye	Chipping, aiming and distance control	Skill development; Game	
I: Run them out	Fielding and running under pressure	Skill development; Game	
J: Rapid Runner	Running between wickets, bases and posts and catching under pressure	Skill development; Game	
K: Dazzling Diamond	Striking and Fielding using a diamond shaped pitch	Game	
L: Up the middle	Baseball / Softball specific activity	Game	
M: Continuous Cricket	Cricket specific activity	Game	
N: Designer Golf	Golf specific activity	Game	
O: Task rounders	Rounders specific activity	Game	
Multi-skill Festival cards	Various striking and fielding game skills	Assessment or a fun session of varied activities	



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The Skills 2 Play Sport cards are designed to be easy to use. Information on the front of the card can be used by the organiser initially and then by some of the older children. The back of the card contains information primarily for the organiser.

The front of the card

The front of the card has the following elements:

Movement outcomes

This lists simple outcomes that could be achieved through completing the activities.

What to do

The 'what to do' section lists all the information necessary to play the activity successfully.

Variation of the activity and differentiation for individuals through STEP

This lists ways of making the activities

easier and harder through the use of the STEP framework.

S Space **T** Task **E** Equipment **P** People

Organisation

This provides simple ideas on the organisation of the space and the children.

Your challenge

For those children that are ready, this lists simple ways to extend the activity by setting personal challenges.

Safety

Some 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. On the back of the card are ideas for how different equipment can help with differentiation.

Think INC

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

Timing icons

To give organisers some help on timings, icons have been included that indicate if an activity is suitable for individuals, pairs or groups and appropriate time periods for the activity have also been added.

The back of the card

The backs of the cards offer guidance to organisers about how to develop the five abilities and these are listed as:

Thinking Me

This is based on developing the children's ability to think about the activities they are doing. The statements can be developed into questions by the organiser.

Social Me

These are statements to help develop the children's ability to work with each other and to help with the activity.

Healthy Me

This ensures children develop awareness of the health benefits of the activity, and they learn to do the activity safely.

Physical Me

These are simple statements designed to improve performance.

Creative Me

These are statements to encourage children to be innovative when doing or changing the activity.

Sporting connections

This is designed to help organisers link the activities to the striking and fielding games that these cards support:

• **Baseball / Softball** • **Cricket** • **Golf** • **Rounders**

On some of the cards specific variations for different sports are listed.

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.

Sport specific cards

There are four sport specific cards. These feature sport specific activity and information about the National Governing Body on the reverse.



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Youth Sport Trust | Telephone: 01509 226600 | www.youthsporttrust.org

This resource has been developed with the support of:
BaseballSoftball UK, Cricket Foundation, Golf Foundation and Rounders England.

YST-S2PS-001 | © Youth Sport Trust 2014