

WARM UP ACTIVITIES

DRAGON'S TAIL

Students are in groups of 4 or 5. All students except one stand in a single file line facing one direction with their hands on the waist of the person in front (no tickling). They form the dragon's body.

The single student stands facing the others – they are the dragon's head.

X X=X=X=X

On a command from the teacher, the dragon's head tries to tag the dragon's tail. The body of the dragon endeavours to stop this from happening by moving back and forwards between the head and the tail. They must remain joined at all times. The first person in the line may not grab the dragon's head to stop them reaching the tail nor use their arms to obstruct the head.

When the head tags the tail, the head joins the beginning of the line and the tail becomes the head – start again. If a group is having difficulty tagging they may just swap after a designated time.

FASTEST GAME OF TAG

The game is played in a designated area i.e. confines of basketball court or marked out space on a field.

Everyone is **IN**. One the command of go or a whistle, everyone begins to chase and try to tag everyone else while trying to avoid being tagged themselves.

If you are tagged you sit down on the spot. Runners need to be aware of tagged people on the ground for safety purposes.

The game continues until there are only a few people left trying to tag or until the teacher deems it is time to start over. Be mindful of not continuing one game for too long as the children who are seated will not get much of a warm up. The idea is fast and furious and keep starting over.

Everyone is then in again and the game begins afresh. You can play this game five or six times in the space of a warm up as each game will only go for a minute or so.



THE SNAKE GAME

Type of game: warm up activity

Resources needed: four witches hats or an outlined field

Aim: to link as many students to your team

Instructions: two students are chosen to go in the middle of the square (size of square depends on the amount of students participating), the rest of the students are to avoid getting caught by these two students. When a student is caught they must hold onto the other student's waist. These two students are now a team and must work together to catch the rest of the students however; they must be linked up at all times and only the student in the front of the link is allowed to catch other students to join their link. The winning team is the team that has the longest link when no students are left to catch.

THE KNEE TAP

Break up into pairs and face your partner.

Each person attempts to touch one of the knees of their partner without being touched on the knee themselves.

Go for 30-45 seconds.

Change partners and repeat.

WRIST TO HIP

Students break into pairs and face their partner.

They are to hold opposite hands in a tight grip.

On go each person is to try and pull the other person's wrist/arm towards them to touch their hip. At the same time their partner is trying to stop them so they can do the same thing.

Go for 20-25 seconds.

Change partners and repeat.



ORIGINAL & HYBRID ACTIVITIES

TROPHIES

The aim is to collect all 10 trophies **OR** as many as possible within a set time limit.

5 trophies are placed in the zones at either end.

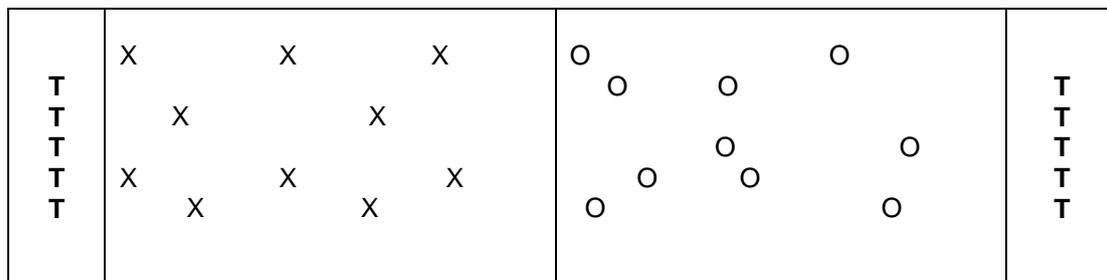
Players must run from their own playing zone and without being tagged, collect trophies from the opposite trophy zone and return them to their own trophy zone.

Players can only be tagged on the way *to* collect the trophy *not* while in the trophy zone *or* while returning it.

If tagged on the way to collect a trophy, the player becomes a 'human' trophy and must stand in the opposite trophy zone. Fellow team members must collect human trophies before inanimate trophies. Once a human trophy is collected or 'saved' by a team mate, they return to the game as full participants.

Once a player advances past half way they are committed to keep going to collect a trophy

Some rule variations can include: the way to define a tag (one hand, two hand, Velcro tags); restrictions on the distance players are permitted to defend from their trophy zone; time limits on how long players are permitted to wait before attempting to obtain a trophy etc.

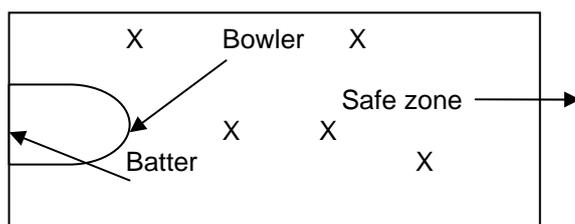


T = Trophies; X = Players; O = Opposition players



SWEDISH LONGBALL

- Two teams – one batting and one fielding. They don't necessarily have to be completely even.
- Played on a basketball size area (longways). Court markings are useful but not critical.
- Batting team bats with their fist a squishy ball (nurf ball or similar) that is bowled under arm to them by the fielding team. The bowler stands in a similar position on the court to the basketball free throw line and bowls towards the end line of the court.
- Six bowls to an over and then swap.
- Hit and run.
- To score a point, the batter must run all the way to the far end of the court and back again BUT they do not have to do this all at once.
- Batters may stop at the far end of the court and are safe as long as they have their hand on the far wall or they are behind the court end line.
- People in this safe zone may 'sneak' to attempt to score a run but once they have left the safe zone they may not return.
- There must be no more than three people from the batting team in the far safe zone at a time. If three – at least one must run on the next bat.
- Any balls batted behind the batter are fouls and NO ONE can run on a foul.
- Five out – all out.
- If you get out and your team is still batting you may join the end of the batting line and bat again if not all your team is out when it is your turn again.
- **How do you get out?**
 - caught out on the full
 - caught out from a rebound on the full with one hand
 - tagged with the ball by a fielder (Fielders CANNOT run with the ball)
 - branded with the ball below the shoulders by a fielder
- Fielders can only run in to get a batted ball AFTER the ball has been hit by the batter. You may need to set up an area around the batter for this i.e. indoor hockey or netball marked half circles.
- At some stage during the game have the people fielding at the back of the court area move and swap places with the people at the front to ensure everyone is as active as possible.
- Students will develop strategies and tactics to suit the game – this can be used as a good discussion point for transfer to other games.
- This is a really flexible game so adjust any of the rules to suit the needs, abilities and interest levels of your students.



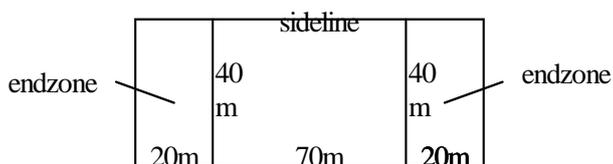
Batters wait here O O O O O O O

ULTIMATE FRISBEE

Ultimate is a fast, free flowing game that combines elements of netball, soccer, gridiron and touch footy. The basic idea of the game is very simple. The aim is for the team with the Frisbee to pass it up the field without dropping it and catch it in an end zone, which scores a point. The other team tries to intercept the disc or knock it down. The sport is non-contact and teams are generally mixed - both men and women play on the same team. The other important aspect of Ultimate is that there are NO REFEREES. The players are trusted to make all decisions by themselves.

Field

Ultimate is usually played on an approximately half-width football field, with two teams of seven players (plus



substitutes) lining up against each other. Any size field can be used, however, depending on space available, and a good game can be had with as few as four players a side. Cones are generally used to mark the corners of the zones and the sidelines.

Scoring

To start a point, the defending team “pulls” (throws) the disc from their end zone to the offensive team, who stand in the opposite end zone. The object of the game is for a team to connect passes down the field until the disc is caught in their opponents’ end zone, scoring one point. Teams change ends at the end of each point. Games are usually to 15 or 21, with a time cap of around 90 minutes, but play as long or as short a game as you like.

Quick Rules

- There is no running with the Frisbee. The Frisbee can only be moved up the field by passing it. When a player catches the disc they must establish a “pivot” foot before throwing, a little like basketball.
- The person with the Frisbee has 10 seconds to throw. A defensive team member marks them and counts out loud, “stalling...one...two...three...”
- No physical contact is allowed between players. Contact results in a foul. In practice, small amounts of accidental contact are usually tolerated.
- A “turnover” occurs when the Frisbee hits the ground, goes out of bounds, is dropped or intercepted. Unlike touch footy, if the Frisbee is knocked down, the team that last **held** the Frisbee loses it, regardless of who knocks it down. The defensive team takes possession of the disc at that point and becomes the offensive team.
- Unlimited substitutions are allowed between points, although none during points.

Fouls

Players call their own fouls when rule violations or contact occurs - there are no referees. A player disagreeing with a foul call can usually “contest” (dispute) the call, in which case the play is redone and the disc returned to the thrower. Players endeavour to be fair in their calls, so calls are rarely contested.

“Spirit of the Game”

Unique to Ultimate, and central to individual and team conduct, is the underlying Spirit of the Game, which embodies the sportsmanship which has sadly been lost from other sports. Players undertake to be competitive but fair and truthful, physical but careful, intense but friendly and courteous.

Taken from the Australian Flying Disc Association
www.afda.com/showcontent.php?page=rules_simple
Accessed August 18th 2008



SPEEDBALL

Suitable for adapting skills from soccer, netball and basketball

The aim is to score by kicking or throwing the ball into either the soccer goal or the basketball goal.

The ideal ball is soft fluorescent indoor soccer ball.

A small soccer goal is placed beneath the basketball goal. Points are scored in the following way: Soccer goal by kicking = 5 points; by throwing = 3 points. Basketball goal by kicking = 10 points; by throwing = 2 points.

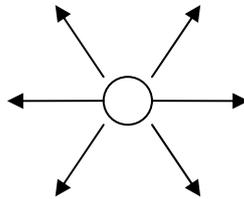
Rules are that the ball cannot be picked up from below the waist. As a result, soccer is played when the ball is below the waist and when the ball is above the waist it can be caught and passed. However, there is no running while holding the ball. When the ball is caught, a ‘pivot’ foot must be established and only the other foot can move.

Rule variations are possible. Players may be allowed to kick the ball up to themselves to change the game to a throwing/catching one or drop the ball to themselves to change it to a kicking one. Alternatively, a restriction may be put in place to allow the fluctuation of skills to occur naturally.

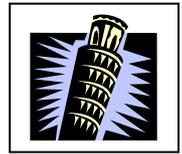


CIRCULAR RELAY

- Minimum of six teams (no set number in teams – dependant on class size)
- Equipment – 6 relay batons (2 x 3 different colours) & 6 markers
- Set up the teams in the following formation:



- Each team is chasing the team opposite them who will have the same colour baton as them
- On the command to 'GO' the first person in each team will run in an anti clockwise direction around the circle.
- They are to complete one lap of the circle only and when they reach their team they hand the baton to the next person in their team and move to the end of the line.
- Each person in the team completes one lap of the circle when it is his or her turn to run.
- The aim of the game is to try to catch the runner of the other team that has the same colour baton as you.
- Once your team has caught the other team or has been caught, everyone in both of those teams sits down in the circle however, the other 4 teams continue to run until they have caught or been caught.
- Points are awarded as follows:
 - 1st team to catch – 6 points*
 - 1st team to be caught – 1 point*
 - 2nd team to catch – 5 points*
 - 2nd team to be caught – 2 points*
 - 3rd team to catch – 4 points*
 - 3rd team to be caught – 3 points*
- After the first round change the team starting positions so that each team is now chasing a different team.
- The relay can continue till all teams have chased each other. The team with the most points is the winner
- Safety considerations:
 - When students are not running they must stay in the middle of the circle
 - Change directions of running every few rounds
 - Students are not to interfere with other runners
 - Correct running shoes to be worn
 - Be mindful of students with asthma
 - Sufficient space needed to conduct the activity – if inside ensure the runners are away from walls etc



BOCCE RULES

- The game of Bocce is closely related to lawn bowls and is usually associated with Italy. It has been around since the days of the Roman Empire.
- The game is played quite casually and there are many variations on the rules that can be easily adapted to suit the players, the area etc.
- Bocce is played with 9 balls – 1 small ball known as the **pallino** & 8 larger balls known as the **bocces or heavies**.
- The game is meant to be played on a hard surface with backstops at each end but realistically can be played on any flat surface available.
- The playing area should be approximately 20m long and 4m wide but this can be altered to suit the space you have. A line should be marked at the throwing end beyond which a player cannot step.
- **Object** - to get as many bocces as close as possible to the pallino without allowing the balls of the opponents to interpose themselves.
- Teams consist of a minimum of 1 & a maximum of 4 players. With teams of 2 or more a player rotation is maintained throughout the game.
- A toss of the coin starts the game. The winning team gets to throw the out pallino to start the game. The player who throws out the pallino also throws out the first bocce aiming to get it as close as possible to the pallino.
- The opposing team now throw their bocce's in rotation trying to get them closer to the pallino. This is called getting '**inside**' your opponents ball.
- Once a bocce is 'inside' the opponents ball play then returns to the first team who must try to get their ball 'inside' that ball.
- In each case, throwing by each team continues (in rotation) until a ball gets 'inside' or all four balls are tossed.
- The remaining balls of the opposing team are then rolled to try and get inside any opposing balls for points. There is no minimum distance to the pallino. Any measuring device can be used.
- After all bocce's are thrown, the team with one or more balls closer to the pallino than the other team's closest bocce scores one point for each ball. This concludes a **frame** and then other frames are played till a team reaches a predetermined score. The team that scores in a frame throws the pallino in the next frame.
- **Scoring** – 1 & 2 players teams play to 12 points, 3 & 4 player teams play to 16 points. You can play to 21 points & can also use a 'win by 2 points' rule.
- Balls may be thrown with a hand over the top or rolled like in lawn bowls.

Class Organisation for Bocce

- Bocce sets are available at quite reasonable rates from toy stores, Rebel Sport etc. Obviously the more sets you can obtain the more active your students will be.
- Once your class is in groups with a Bocce set each, try some of these ideas and variations
 - Game 1 – Groups of 4 playing as individuals with preferred hand. A knock out competition (1st & 2nd move and then 1st only moves on)
 - Game 2 – Groups of 4 playing as teams with non preferred hand. Round Robin competition
 - Game 3 – Groups of 4 playing as teams bowling the bocce's through the legs.

SOCCERNET

Equipment

1 soccer ball

Braids

Portable soccer goals or markers



Form 2 equal teams of no more than 8-10 players per team. The aim is to score a goal either in the netball/basketball rings or the soccer goal at each end. It works best by using a double basketball court (side by side) with 2 basketball rings down each end. Then set up a soccer goal at each end in the middle of the 2 basketball rings. You can use markers as a goal. You can also use netball posts or can set up the game on a field. Clearly defined boundary lines are essential.

Play starts as netball in the middle of the court. The students must start on their half of the field. The students pass to each other following netball rules until the ball is dropped or hits the ground, then it becomes soccer.

They continue playing soccer until the ball is flicked up and is caught where it becomes netball again. The only way that it can turn from soccer back into netball is if the ball is kicked up to another member of the team who catches it on the full, it is flicked against the fence and caught off the fence or if you can flick it up to yourself. Players cannot pick the ball up directly from the ground.

When it is netball, the goals must be shot in either of the netball/basketball rings, depending on which side of the court they are playing on. When it is soccer the ball must be kicked in the soccer goals. The ball can be intercepted by the other team at any time.

Each team has 1 goalie in the soccer goals. They are the only team member who can use their hands during the soccer component of the game.

You can decide to make the goals worth different amounts if you wish, depending on whether student skill level is more in line with soccer or netball. For example if they are good at soccer – make the soccer goals worth 1 point and the basketball/netball goals worth 2 points.

At any break in play or whistle blow – the play will always start as netball. Depending on ability level, the majority of the game usually ends up being soccer because the students drop the ball quite regularly.

You will find that a lot of them automatically go to pick up the ball when it is dropped, so you need to keep calling out soccer or netball to keep them on track. If students deliberately drop the ball to make it soccer, the other team will be awarded the ball.

Once a goal is scored it is back to a centre netball pass for the opposing team.

KICK BALL

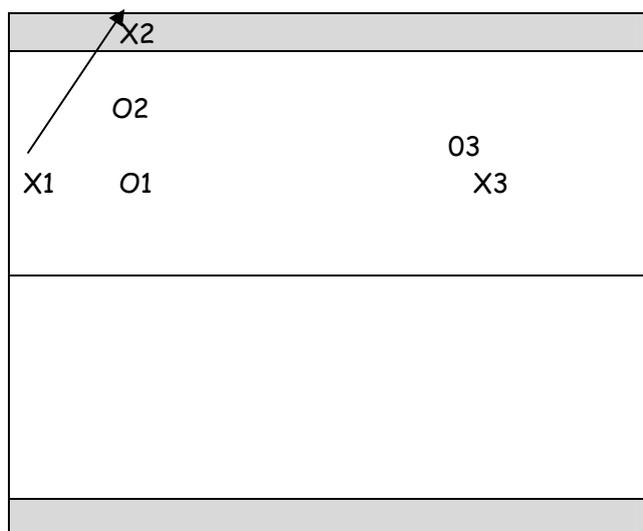
- 2 teams play on a 50m space if possible with an egg shaped infield space (marked out with witches hats). Size varies depending on numbers but about 25m in length and width.
- 2 witches hats about 8m apart are placed at each end of the infield space. At the 'home' end an indoor soccer type ball (not too hard) is placed between the 2 hats. The kicking team sends up their first kicker who aims to kick the ball forward or sideways into fair territory (not backwards) and run to the other end while the fielding team try to field the ball and hit the runner below the waste with the ball or catch the ball on the full. The runner has the choice to stay at the far end (as they are safe once over the back line) or turn around and run back to home.
- One team point is scored every time a runner gets back home safely.
- Only 3 players are allowed behind the back line before someone has to run home.
- The ball has to touch the ground before it goes into the outfield area otherwise they are out.
- 3 out, side away (like softball). To be out; ball can be caught, runner can be branded, more than 3 over back line, ball hit into outfield on the full.
- The number of innings played depends on time available. Score is tallied and the team (on even innings) with the highest score wins.
- This game can be modified for different sports.



END ZONE

End Zone is a very adaptable minor game in which the rules and conditions of the game can easily be changed to suit your aims/focus of the lesson. It is especially good for teaching the principles of invasion games.

At the most basic level players can travel anywhere and score by controlling the ball in the End Zone. In the diagram X1 passes to X2 to score.

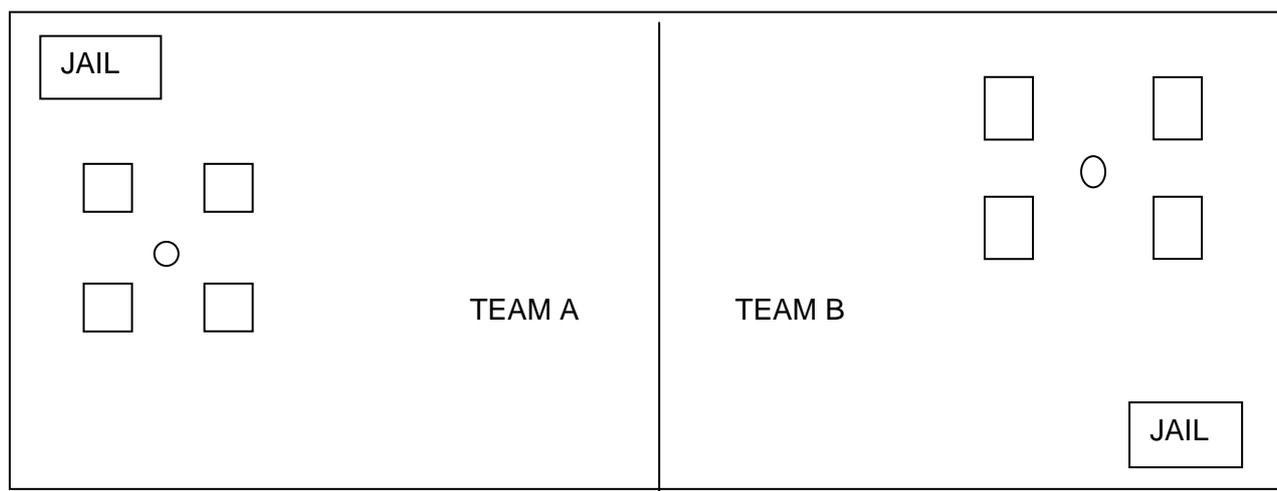


Possible conditions

- You cannot move when you are in possession of the ball
- You have to make 5 passes before you can score
- If you score you keep possession and attack the other end zone
- Limit time or touches on the ball



CAPTURE THE FLAG



 = marker

 = vortex/footy etc

Equipment

Markers for centre line plus four for boxes at back and two for jail, Oz tag belts and two vortex

Aim:

One team aims to get into the opposition's half and into their box to get the vortex and either:

- Run it on the full over half way
- Throw it to a team member in their own half on the full who successfully catches it

When this happens the game is reset and one team gets a point

Rules

- If a player is in the opposition's half and is tagged (one only is needed; you can't get tagged in own half) they must go to the opposition's jail and place one foot on the marker and form a chain as next people come in (hold hands)
- To be freed from jail one of your players who hasn't been tagged runs and tags the end person and the players with hands on head walk back over half way (into own half) then are back in game (can't run from being freed from jail to get vortex)
- Players can 'palm' opposition below neck height depending on participants (negotiable)
- Emphasis can be on strategy and making sure all participants have an opportunity to be involved in their own way (fast runner, intellectual leader, physical leader, good communicator, good defender etc...)
- Gym can be used all the way up to full footy field, forest, paddock, as long as boundaries are established and territory is clearly marked.
- No defending player is allowed in the square they defend and the attacking player has only 10 seconds to throw or run out of the square

Outcomes

Great team work, communication and high activity level without students necessarily realising it. Students can also add variations to this game - no limitations to the imagination.

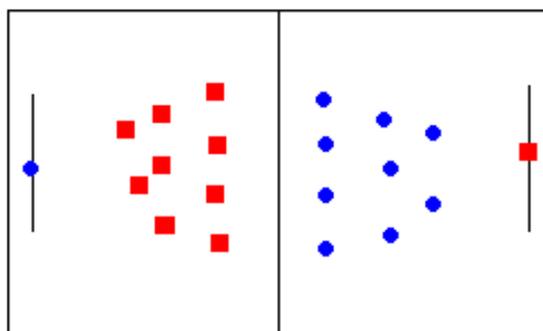
BENCH BALL

Equipment

- 2 benches (stable enough to hold 8 or so students)
- 1 netball
- 2 sets of braids

Getting Started

- Split your class into 2 teams and assign braids.
- Bench ball is played on an area the size of a netball/basketball court. The benches should be placed (one at each end) about 2-3 metres from the base line. Use of gym mats instead of benches is an alternative that also works effectively.
- There is no limit to the number of players (the more there is the harder it becomes)
- One student from each team starts on the bench (standing on it)



Aim

The aim is to get your whole team onto the bench.

How to play

Using a combination of rules from netball and basketball, students need to pass the ball between players with the goal of passing to their teams' representative on the bench. The player that makes the final pass to the representative on the bench then joins that player on the bench. This continues until one team gets all its players on the bench.

Once a student has the ball, they can not move until they have passed the ball. In defence students can knock the ball out of other players' hands legally.

As soon as a team is down to only one player on the court, that player may run with the ball to half way and then must make the throw from the half way line. Therefore the strongest player should be left till last.

If the students on the bench fumble the ball and drop it, the pass does not count. After a player has joined the bench, play starts again from the base line.

BALL COURT

Equipment

- 1 netball
- Braids
- Portable soccer goal

- On half a basketball court, set up a portable soccer goal underneath the basketball ring.

- Pick 2 equal teams of no more than 6 players (so it doesn't get too crowded).

- The basic aim of the game is to pass the ball up the court (netball passes) and when you get to the 3 point line you can either try to shoot the ball in the basketball ring or throw the ball in the soccer net (European handball throw).

- Only 1 person from each team is allowed in the goal circle and neither of them can shoot a goal. Depending on which team is attacking, the other goalie can defend the goals. If possession is changed during the game then the other team must pass the ball back up to the half way line before attempting to work the ball back up the court.

- Can be played on a full court with each team going in different directions. Rules would have to be modified because the team would not have to take it to half way before having their turn now.

- You could mix it up by adding in basketball dribbling instead of netball passing.

Rules

Netball rules apply in the general game play.

If an attempt at the soccer goal is made and goes out over the back line it is a goalie throw to the opposing Team.

If an attempt is made at a basketball shot, whichever goalie catches it can throw it to their own team mates to continue play – unless it goes out over the back line – then it is the team who didn't touch it last's free throw.



THE EQUIPMENT GAME

Equipment

- 6 soft balls
- 20 pieces of equipment – anything you would like
- stopwatch

Description

- Two teams
- One team is the running team and the other the throwing team
- Use a basketball/netball court

Rules

Running team starts at one end of court (near goal posts) and aim is to run to the other end pick up a piece of equipment and run back with it. Throwing team can stand on sidelines but not cross line and throw the ball underarm to try and hit the runner (no higher than the hip). If runner gets hit, then they must return to end of their line to have another go. You must return equipment if hit. Running team can use equipment to stop ball from hitting them. Only one runner can run at a time.

When all of the equipment is down the other end, stop timer. The two teams swap and the 2nd team tries to beat the 1st teams time.

Progressions

If you want a quick game get two runners to run at once.

Overview

Great game to play for fun, agility, wet weather and strategy.



FRESH

PDHPE links

- Fundamental Movement Skills – running / sprinting
- Warm-ups
- Skill-related Component of Fitness – agility + speed
- Game Sense and discussing defensive and offensive strategies, particularly teamwork and line defence.

Court Size: With a class of 30 students the size of a basketball court is adequate. The size may be increased or decreased.

Aim: The purpose of the game is to capture everyone from the opposing team, by tipping them and escorting them to 'prison'.

Organisation: class is divided into 2 teams (boys v girls works well with yr 7, mixing it up well with other years). Teams line up opposite each other at opposite ends of the basketball court. The left hand corner of their safety zone acts as their prison.

Rules:

Each team must tip people when they are not behind their safety line in order to capture them. A person may ONLY tip another if they are FRESHER than that person, i.e. they have left their safety zone AFTER the person they are tipping has left theirs. Put another way, the person tipped is the one who has spent more time away from their safety zone than their captor.

If a person from Team A tips a person from Team B, they must escort their prisoner to Team A's prison. The player from Team B then lines themselves along the sideline, with one foot touching the safety line, stretching towards Team B's safety zone. When more people from Team B are captured, they form a chain along the sideline, with one person touching Team A's safety line.

Once all players from Team B have been caught, Team A wins.

FREEING PLAYERS THROUGHOUT THE GAME: You are able to free people from prison during the game. There are 2 ways in which this can occur:

Tagging the prisoner at the end of the chain. If a Team B player is able to avoid getting tipped by Team A, and tags their team-mate at the end of the prisoner chain, that prisoner is free. Both players are then allowed a free walk back to their safety zone, in no danger of being captured. This method allows 1 player to be freed at a time.

Breaking the opposing team's line. If Team B has 10 players in prison, and a Team B player not in prison is able to cross Team A's safety zone line, then all 10 players in prison are free. All players get a free walk back to their safety zone during which they are in no danger of being captured.

REFRESH: Every time you come back to your safety zone, you are 'Refreshed' and are able to go and tip players again.

Hints and Tips:

- PETROL CAR – a good metaphor for explaining the game. If two cars are driving around, one left at 1 o'clock and the other at 2 o'clock – which one has more petrol at 3 o'clock? Fresh works on the same principle.
- It's good to employ partner strategies, e.g. to suck a player from the other team close to your line, then have your partner comes out fresher and tip the chaser.
- Line defence is important to emphasise.
- Allow a few attempts for the game to become as second nature for the students. When it does, it is excellent.

Safety: Emphasise looking where you are running, not turning blindly, no sliding/diving to tip, and be wary of how hard to tip someone.



FAST BREAK

Players: 2 groups of 8-10

Equipment: 1 basketball per 2 groups

Area: Hard surface open space.

Activity: The groups divide into 2 groups. Each person in a group marks another person from the opposite group, which split evenly to opposite sides of the area. The object is for students in the group at an end to pass the ball to their group on the other side of the neutral zone. Basketball rules apply. Opposing group members try to knock down the ball or intercept it before it can be caught.

Variations: Use more than 1 ball; widen the neutral zone

BASKETBALL DRILL

- Students form two even lines down the middle of the basketball court about 3-4 metres apart, facing each other and the centre ball.
- 2 balls are placed in the centre circle.
- Each student in each line is given a number.
- When a number is called, 2 people (one in each line) will run into the centre pick up a ball and dribble it down the court and try and shoot.
- The first one to shoot wins the point for that team.
- Modifications to the two balls version listed above:
 - Have only one ball and one has to dribble and the other has to defend.
 - You can have 2 sets of numbers called (4 students) and they can use Team work and defending to get their goal in.
- If the first students are struggling to get it in after a while call another set of numbers to take over. For example call out 'tag team number 7'.

CATCHING/THROWING DRILL

Corners

This warm up game/skills drill can be used for netball or basketball or even modified for soccer, AFL and rugby.

Equipment

2 balls appropriate to sport being taught

Cones/Markers

Rules

- Divide the class into 4 even groups
- Put out 4 cones to mark out for even corners for a square
- Each group lines up at a cone
- 2 groups opposite each other get the balls
- The leaders of the other 2 groups are to run towards each other and once in the middle they will receive a pass from their right just in front of them so they can run onto the pass
- Once they have received the pass they then pass the ball to the person in front of them who they are running towards
- They then join the end of the line to where they were running to and where they through the ball
- The new people with the ball then pass to the person who is running towards the middle so they can catch to the right
- Keep on going until the group has done it and they are not dropping it
- Start the activity with participants walking through the activity and then built up the speed
- Modify for appropriate sports



PONY EXPRESS

Equipment

2-3 soft balls
Volleyball court
1 cone
1 relay batten

Aim

To get as many points as you can by running the batten around the cone and back to the start

How to Play

Divide students into two equal teams

Team 1 (Indians)

Students need to stand either side of the volleyball court and must try and stop the Pony Express from making the trip around the cone by throwing the ball at them. They must stay behind the sideline at all times when throwing. Students may retrieve the ball from the inside of the court but must return back behind the sideline to throw the ball

Team 2 (Pony Express)

Students need to stand at the baseline of the volleyball court. They must carry the batten safely up the court and around the cone and back to the next person without being hit – cannot block with the batten. If you get hit along the way you must stop and stand still. The next person from the Pony Express team will run, collect the batten and run around the cone and back home. When they get hit along the way they are still apart of the game as they become a barrier to help their team. Their feet must remain in the same position but they can move their hands, arms and twist their body to protect their team as they run up the court.

If a player deliberately throws the ball away or moves their feet while trying to protect their teammates then the runner is also out.

The game keeps going until all the team is out or time is up.



THREE HATS

PURPOSE

To assist students to gain an insight into, and an appreciation of, the basic offensive and defensive strategies used in fielding and run scoring games, such as baseball and softball.

SKILLS DEMONSTRATED

Throwing, catching, hitting

SUGGESTED TIME

Approximately 20 minutes

EQUIPMENT

3 waffle balls

3 tee ball tees

3 bases

1 pitches plate

20 cones

Catcher's Safety gear



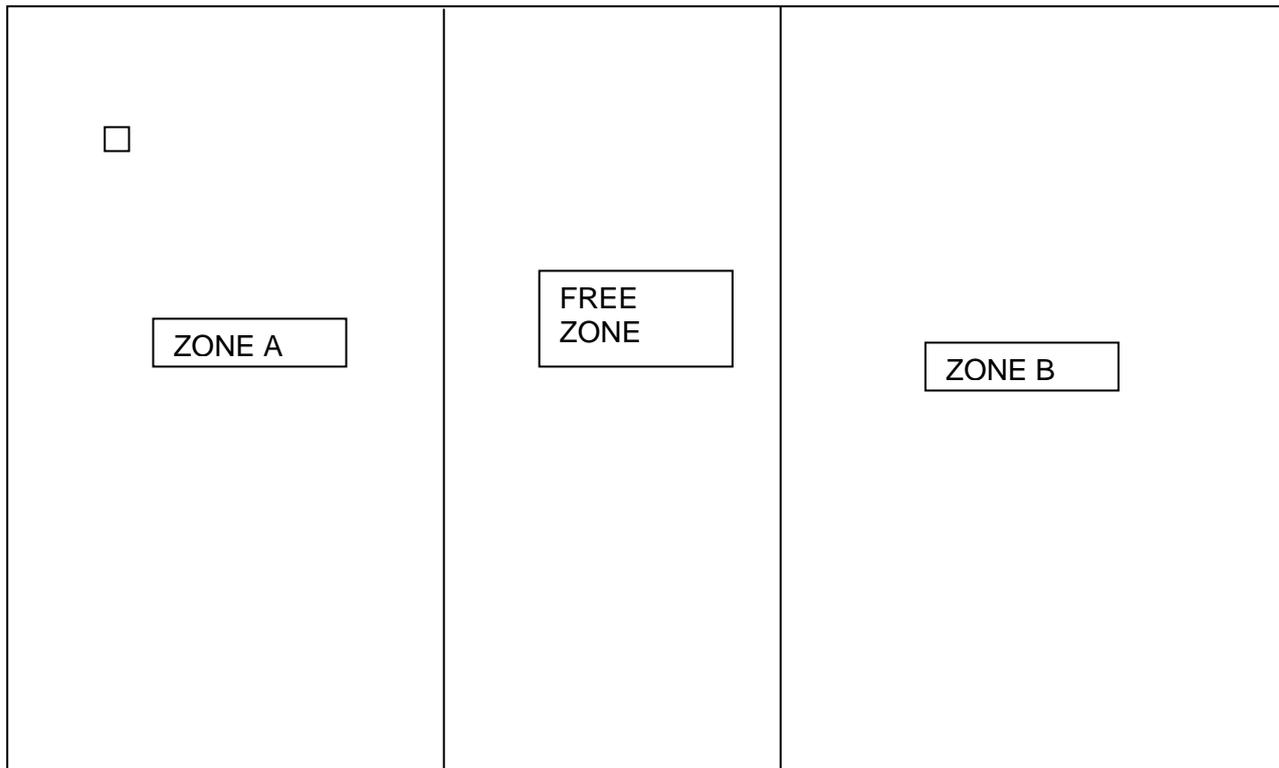
HOW TO PLAY

- Class is divided into two teams
- The 3 tees are set up in the batting area one next to the other
- The field is set up in a diamond formation as for softball with a row of witches' hats 10 metres in front of the three tees. (this is the line that the fielders need to stand behind for safety).
- The fielding team should have someone standing in the catches position with full safety gear on.
- The batter hits all three waffle balls one after the other and then runs around the bases.
- The fielding Team can not move until the last ball has been hit.
- If any of the balls are caught on the full the batter is automatically out.
- Once the last ball has been hit the fielders attempt to get the balls all back on the tees before the batter gets safely onto a base or home. If they are successful the batter is out.
- The batters can load the bases. (that is they can have more than one player on a base at a time.)
- The batting team may also go around the diamond more than once to score more runs for their team. (the only rule being that they cannot rest on home plate).
- The rules are the same as for softball. Three up and three down.

NEWCOMBE BALL

Object: Improve kicking, throwing and catching skills

Equipment: any size ball, markers, tennis court, grass area or hall.



Rules

Pick 2 sides and scatter them in zone A and zone B. Set up markers according to ability.

Teams throw a ball from one zone to the other. If the ball is caught the game continues.

If the ball is dropped the throwing team gain a point or the player who dropped it is eliminated. If the ball lands in the opposing zone and no one catches it then the player nearest to where the ball landed is eliminated.

The throws can not land in the middle free zone and they need to land in the opposing zone designated by markers or lines. Once a team loses all its players a new game starts.

Variations

- A** Kicking either a rugby ball or soccer ball
- B** Variation on throws underarm, over arm, volley ball serves
- C** Rolling the ball

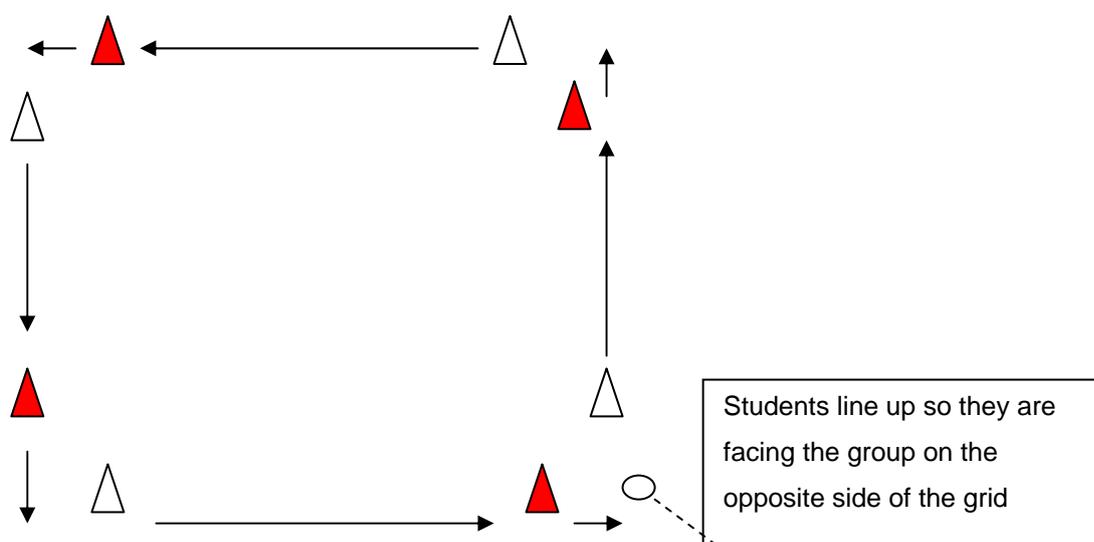
GRID ACTIVITIES

An excellent activity that can be used for skill development across a number of major sports. For example:

- Basketball - dribbling and passing
- AFL – handball and running with the ball
- Soccer – dribbling and inside foot pass
- Hockey – dribbling and passing

Equipment: 8 Markers and appropriate sporting equipment

Set up Grid as follows:



At the red marker students kick/pass the ball to the next player who will receive the ball on the move.

Grid is to be used clockwise and anti-clockwise to improve ability to use both sides of the body.

Options: 2 balls on 2 corners to begin activity or for lower ability

SIT BALL

- Students stand in free formation in a designated area, e.g. basketball courts.
- One student has a sponge ball (dodge ball style). He/she can run with the ball and throw the ball at any student playing the game. The ball must be released i.e. you can not simply tag another player.
- You eliminate players by hitting them between the shoulders and feet.
- If the ball hits another student they must sit down on the ground. (They must remember who hit them)
- You can eliminate as many people as you can.
- The object of the game is to be the last one standing with the rest of the class sitting.
- If you are sitting down and the person who eliminated you is hit, you return to the game.

Variations

Introduce another ball

Divide class into two teams.

THREE LEGGED SOCCER

Equipment

A small soccer field with goals at each end

Ties to tie the legs of participants together

Braids to distinguish teams

Soccer ball

Game

Divide the class into equal teams.

Place pairs of people into regular soccer positions (centre, wings, goalie etc.)

Participants are to play soccer while coordinating themselves with their partner.

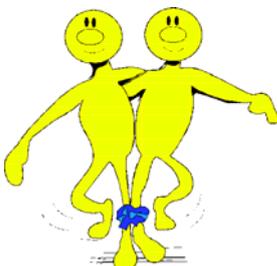
Participants are to only use their feet (or heads), no hands to pass the ball between players and to score a goal.

Safety Consideration

Allow participants time to practice walking and running with their partner.

Ensure the ties around the legs are not too loose so that participants are not tripping.

This activity has been enjoyed by many secondary classes. Participants must work together to be able to be an effective member of their team.



ULTIMATE OZTAG

Description of the Game

The game is modelled off the rules for Ultimate Frisbee but uses skills of passing and grubber kicking which are predominant in Oztag. The game is played between two teams of 8-12 people on field approximately the size of a touch footy field. The aim of the game is to get the ball across the oppositions try line. The ball can be either passed or grubber kicked to an awaiting team member in the in goal area. 1 point is given for a pass, two for a grubber kick.

Important Rules

- Upon receiving the ball players cannot run with it, much like netball they can only take one step.
- Players must pass or grubber kick the ball to a fellow team member.
- If you drop the ball the other team then has possession.
- It is non-contact.
- Players are to be marked one on one.
- Defenders must stay at least 3-5 metres away from the attacking player that they are marking.

Equipment needed

Whistle, Markers, Rugby League Balls, Bibs

Possible Variations

Can be used for Aussie Rules, European Handball, or using a Vortex or Frisbee. Using markers the field or court can be split into zones with players limited to a particular zone encouraging spatial awareness & positional play.

Aussie Rules

Apply the same rules as Oztag game but use hand passes and flat punts instead. Goals could possibly be introduced at a later stage, with varying points for getting the ball to a player in the goal area and behind areas.

European Handball

In this case the game can be used on a basketball court with fewer players due to the smaller space. Players use a European Handball and one handed overhead passes in order to move the ball. Possible progressions could include:

- The introduction of a goal zone using the three point line.
- Goals and a goalie.

Vortex or a Frisbee

The rules are the same but a Vortex or Frisbee is passed to each player instead.

Safety Considerations

Players are not to tackle grab or hold a player.

When marking a player there must be sufficient distance between them and the attacker in order to prevent the defender from being struck by the ball or the attacker.

AUSSIE FLYBALL

Description

Flyball is a fast vigorous team game providing non stop action. It is played by 2 teams of 12 players plus 5 interchange players. Played on a regulation size hockey field, it is an invasion game combining the tactics and skills of European handball, netball, AFL, basketball, soccer and hockey. Players use a size 3 soccer ball or European handball and advance the ball up the field by a combination of running and passing, and score by propelling the ball into a hockey size goal. An important restriction is the Two Line Rule where a player cannot run or propel the ball over 2 consecutive 'Lines'.

Playing the Ball

- Players may propel/carry the ball with any part of their body except their legs below the knees.
- Play starts with a 'Ball up' at the beginning of each quarter. After a goal has been scored, play recommences with a throw from the centre line (as per hockey hit off)
- Players (except the goal keeper) cannot propel the ball over two consecutive lines. i.e. The goal circle, the 22 metre line, or the halfway line. They CAN run past one line, and propel the ball over the next, as long as they are not the player to next regather the ball.
- Players must pass or bounce the ball every 10 steps.
- Goals must be scored from within the 15 metre circle.
- Only goalkeepers are permitted within the 6m circle & only goalkeepers can use their feet.
- Goalkeepers can clear the ball by throwing or kicking the ball and are not restricted by the 2 line rule if clearing from inside the 15m circle. Goalkeepers cannot be tackled inside the 15m circle or 6m circle.
- If a player 'marks' a ball kicked by the goalkeeper, they are awarded an 'unlimited throw' at that mark.
- Throw ins – players must keep one foot behind the line, the two line rule applies. The ball is out when it contacts the ground outside the field of play, or the player in contact with the ball touches the ground outside the field of play (as per basketball). On the line is in.
- Restrictions on positions may be placed on players. 3 forwards, 3 midfielders, 3 defenders, 2 rovers and a goal keeper are the normal positions.

Tackling

- Players MAY be tackled using an AFL style 'smother' tackle (AFL tackle rules apply). Players are not to milk a penalty by dropping the ball. Players are not to be propelled into the ground. In school situations such as mixed games/younger students, 'Oz Tag' flags may be used effectively.

Penalties

- Free throws are awarded for breaches of the 2 line rule, overstepping, holding the ball, incorrect tackling, field position etc. Defenders must remain 5m away from the mark, and attackers 2m away.
- Unlimited free throws are awarded for marking the ball, or for breaches such as dangerous play, dissent, and time-wasting.
- Penalty throws are awarded for breaches inside the goal circle where a goal would have been scored, breaches of the 6m circle rule, or serious misconduct. They are taken 8m out from the goal line, and only the goal keeper and the attacking player are allowed inside the circle. The thrower must keep one foot on the ground behind the 8m line when shooting. The ball is alive after the throw.

BOARDBALL

Description of the Game

Boardball is a game that is a mix between basketball, European handball and netball. It is played between 2 teams of 9 with a European handball on a basketball court. The aim of the game is to score more points than the opposing team. The method of scoring involves throwing the ball and hitting the backboard of the basketball ring. Points are awarded based on which part of the backboard has been contacted by the ball. Points are deducted for missing the backboard altogether.

Equipment

1 x European handball

Braids

Important rules

- Game starts with a centre court jump ball (as is done in basketball)
- Ball movement - ball is passed using either one or both hands (as is done in European handball)
- Player that has the ball in possession is only permitted to take one step and the must either pass the ball or shoot within 3 seconds.
- Remainder of the players are free to move as much as they want.
- Once a team scores, play resumes with a throw in to the other team from the backcourt line (as is done in basketball)

Points

- 2 points are awarded when the ball makes contact with the centre square of the backboard
- 1 point is awarded when the ball makes contact with the remainder of the backboard (larger outside box and ring)
- Points are doubled when the shot is taken from behind the 3 point semi circle on the court (4 points for the centre square and 2 points for the remainder of the backboard)
- Points are deducted if any part of the backboard is missed altogether. 1 point deducted if the shot was taken within the 3 point semi-circle and 2 points deducted if the shot was taken outside of the 3 point semi-circle

Defending

- defenders must be at least 1m away
- defenders are not allowed to make any contact with the attacker
- defenders are not allowed to make contact with the ball once it is in the possession of the attacker

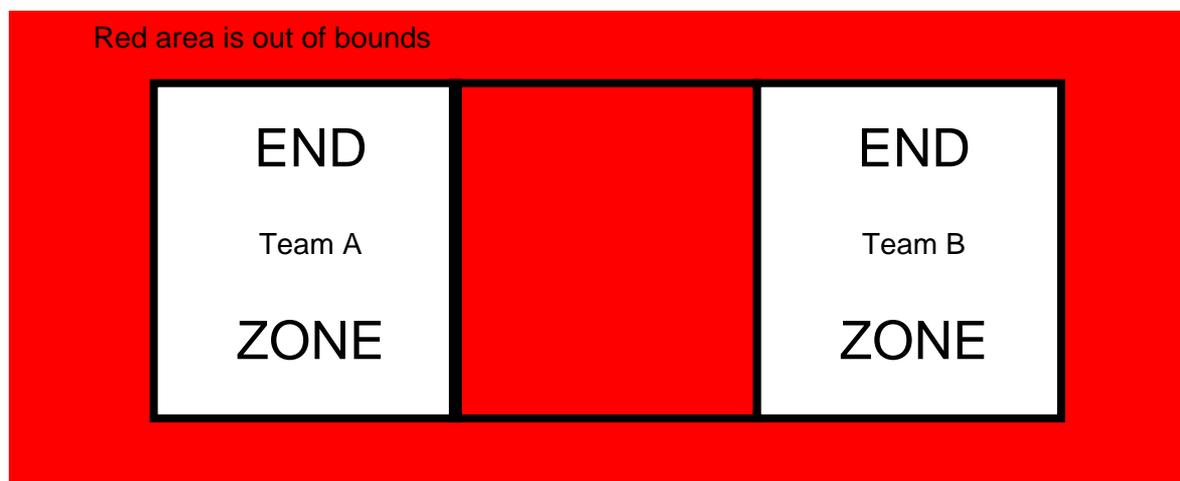
There are no off sides

Any infringements will result in a free pass/shot (with no defender) to the attacker where the infringement occurred

END ZONE ELIMINATION

Description

The aim of end zone elimination is to eliminate all players from the opposing team. Players are required to throw the ball from within their team's end zone into the opposing team's end zone. Any time the ball lands on the ground within a team's end zone one player from that team is eliminated. Any area other than the two end zones is considered out.



Players are eliminated if they:

- throw the ball out of the designated area
- fumble or drop the ball (if the ball contacts the ground)
- are the closet player to where the ball lands inside their team's end zone
- are the first player to touch the ball if it is not caught successfully within the end zone
- step out of their end zone while holding the ball

If no player attempts to catch a thrown ball, the player closest to where the ball landed is out.

Rules

- Players are not allowed to move when they are holding the ball
- Up to three players on the same team can touch the ball before it must be thrown to the opposing team
- Teams alternate throws of the ball
- Only one player can be eliminated per throw (i.e. first person to break a rule)
- Eliminated players must stay in their designated area (on the side line at least 2m from field of play) until the game is over
- After each game, teams swap ends and the losing team starts with the ball
- Best of 5 games is played

Equipment needed

End Zone Elimination is played on a volleyball court (without a net) using a volleyball. Alternately, markers can be used to create a playing area to suit your individual needs.

FIELDING SOCCER

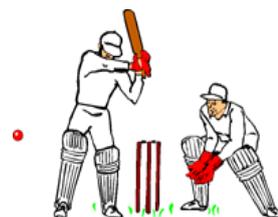
Description

- 2 teams are allocated by the teacher; they are identified by different coloured braids/patches.
- The aim of the game is to pass the ball (or other object e.g. vortex) between your team with the aim of scoring a goal. Goal scoring depends on the game e.g. for cricket stumps would be placed at each end, soccer there would be goals marked with markers.
- Questioning can be included in the game to get students to think about attack and defence tactics and game play. For example *what is an effective way to work as a Team to intercept the ball/gain possession? When attacking; where might you want to be in relation to team mates or defence? What type of pass is effective in passing to Team mates to avoid interception?*

Important rules

Depends on the game you are basing it on. In relation to cricket it would be:

- cannot take more than 2 steps with the ball
- must be passed underarm and no higher than waist height
- ball can be rolled along the ground
- if the ball is dropped or fumbled (ground ball) it is a hand over to the opposition
- must have at least 3 passes between team before shooting at stumps
- cones are placed around the stumps to avoid defence guarding them (i.e. 1.5m arc)
- no physical contact allowed



Equipment

- markers to mark field & place arc around stumps for the 'no go' zone
- 2 stumps
- 1 tennis or Incrediball or Kanga ball
- braids/patches

Variations

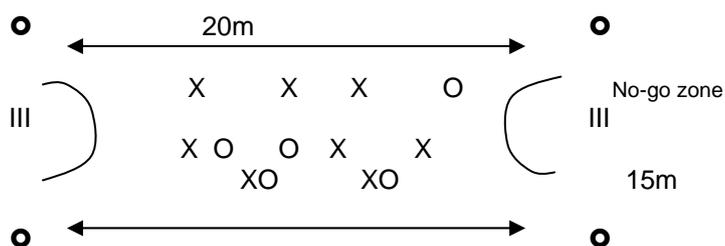
- change equipment to relate to sport eg soccer ball, vortex, scoop ball
- rule changes to increase difficulty eg must pass 5 times and one must be along the ground
- increase the 'no go' zone around the stumps so they have to shoot from further out
- change to no goals for netball & the aim is to put together 5 passes for a point

Safety

- no contact rule
- use of soft ball i.e. Kanga to prevent finger injuries or hard balls in the head
- appropriate space utilised for number of students i.e. may need to have 2 games going
- use of plastic Kanga Cricket stumps rather than wooden ones
- balls must be waist height or below

Field set up

Field size is approx 15m X 20m (depends on numbers).



HIT 4 AND GO

Modified game

Can be used for Baseball, Cricket, Softball and Teeball with a focus on improving striking and fielding skills.

Equipment

- A rectangular playing field
- One bat and 4 balls (type of bat and ball will depend on the sport)
- If using the game for baseball, softball or teeball, tee's can be used to make it easier for the students (4 tee's would be needed)
- 2 markers to indicate running zone

Description of game

- Divide class into 2 even teams (1 fielding and 1 batting)
- The batter throws hits the first ball off the tee into the field of play, then moves on to hit the other 3 balls
- Once all the balls are hit, the batter runs back and forth between 2 markers set up approximately 10m apart. Each time the runner runs up and back they receive 1 point
- The fielders retrieve each ball and throw it to home base as quickly as possible (the fielder at home base calls "stop" after catching the forth ball over home base)
- Each team member bats before swapping roles
- Batting team must keep score

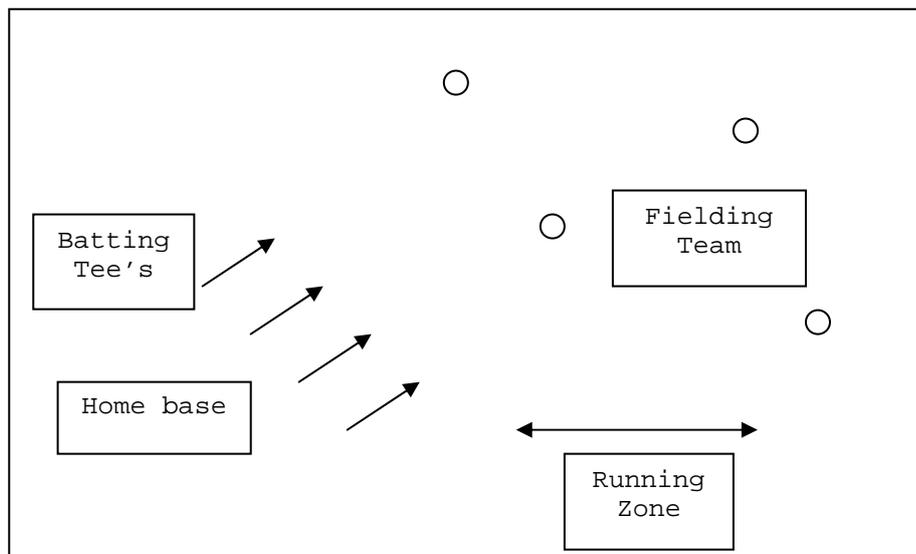
Safety Considerations

- Ensure the game is played on a smooth surface (eg on an oval or in a gymnasium).
- The running zone for the batter should be a safe distance from the fielders.

Variations

- The batter loses a point if any ball is caught on the full.
- Bonus points are awarded if the ball is hit so that it bounces in a set area.
- Move the markers further apart.

Diagram



FOREVER BALL

Description

This game is designed to develop catching, passing and kicking skills. Relationship exists to various forms of football (Touch, ARL or Union and soccer). Two teams are formed of around 7-10 players each. The object of the game is for teams to score points by either a touch football try or kicking a soccer goal.

The game begins in the centre of the playing field with one team playing a "tap" to begin with touch football. As the team progresses toward their try line/goal post, a player from the team in possession of the ball can change between touch football and soccer at any time provided they clearly call out "change".

The game encourages players to develop decision making and strategy skills as they make choices about when to change between soccer and touch football.

Important Rules

- When the game is in touch football mode, touch rules apply with the exception being there is only 4 touches allowed before a change over. When the game is in soccer mode soccer rules apply.
- To change from touch football to soccer the player must clearly call out "change" and the ball can be dropped to the feet and kicked.
- To change from soccer to touch football the player in possession must clearly call "change" and the ball MUST be lifted off the ground using the feet and caught with the hands of any player on the field.
- A point is awarded if a team either scores a try in the try zone area as per touch football rules OR the team kicks the ball through the soccer goal posts as for a soccer goal.
- The game can be played with or without a designated goal keeper.
- There are only 4 touches in touch football mode before the ball is turned over to the opposing team.
- To avoid a turnover the attacking team can change to soccer and the touch count returns to zero when the game is changed back to touch.

Equipment Needed

- Marker cones, Soccer ball, Braids, Small Goal Posts/nets (2m x 2m or close to is good)
- Grass playing area: depending on the size of Teams the dimensions of the area can be varied suit.

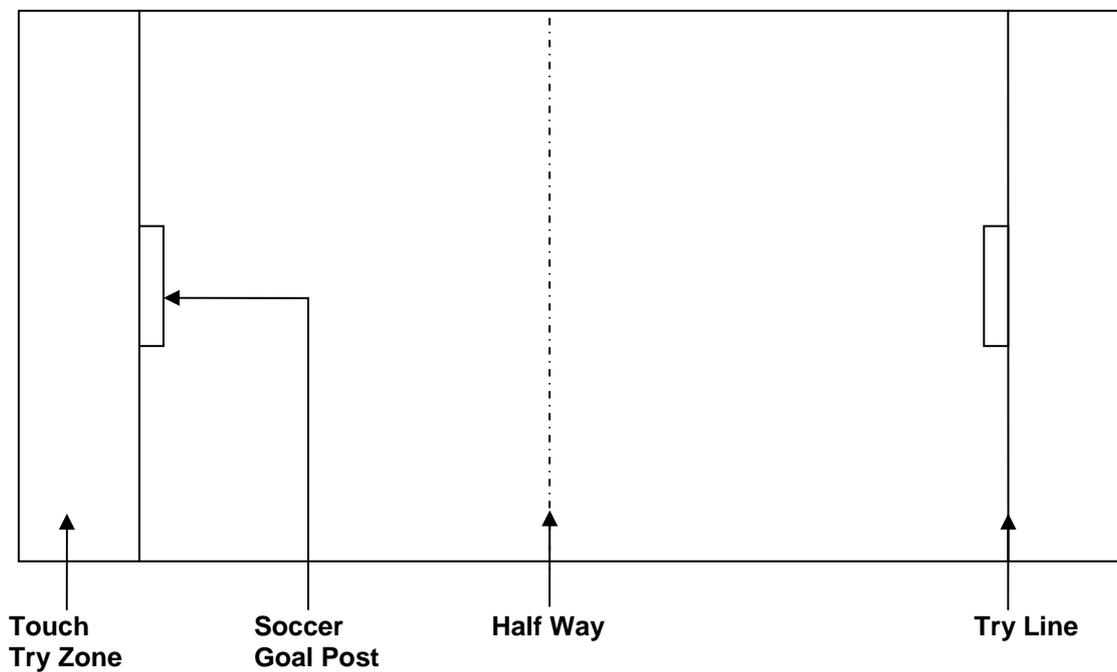
Variations

Variations can incorporate other games including AFL and Basketball depending on the skills needing to be developed. These games can be included as possible “changes” during game play.

Safety Considerations

Use padding around posts; where possible the game should be played on a grassed area.

Field Layout



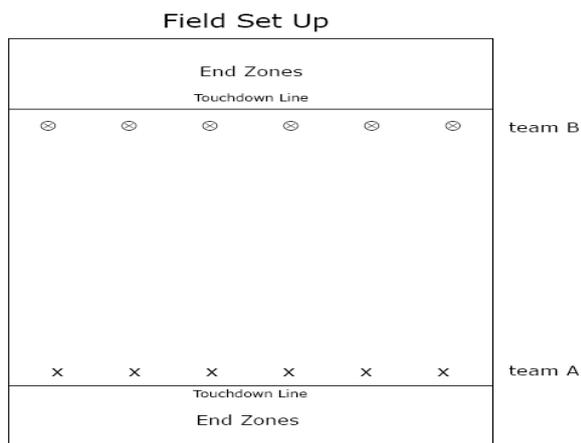
TOUCH DOWN

Equipment

- Playing field either court or oval
- Markers
- 2 sets of playing bibs
- Ball (soccer, netball, etc)

Number of Players

Depends on size of class and playing area



Description of the game:

One team attempts to score a touch down by transporting the ball from their end of the field to the opposition's end zone and scoring a touch down.

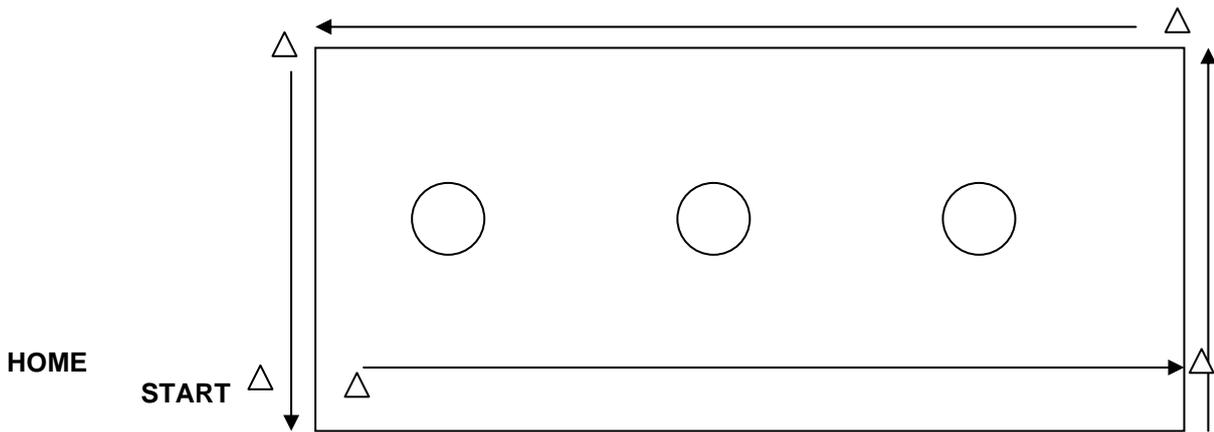
The game starts by Team A throwing the ball down to Team B (Teams start in above configuration). Team B transports the ball by throwing and catching i.e. you cannot run with the ball (like netball). Upon catching a pass you must stop and then pass again. Team B attempts to move the ball down the field and catch the ball in Team A's end zone.

If Team B drops the ball, runs with the ball or throws it out - Team A receives the ball. Team A can also intercept the ball. When Team A have the ball they become the attacking Team and attempt to score a touch down.

The defensive team cannot take (strip) the ball off the attacking team and should give them 2-3 metres room when passing the ball. This game is very similar to ultimate frisbee and the fair play/honesty philosophy should be encouraged e.g. students should be advised that if they drop the ball or run or progress the ball out of play they simply concede possession and retire 3 metres - so the opposition can restart with the ball.

If the ball is dropped by the attacking team in the end zone the defensive team restarts with the ball. If the defensive team drops the ball in the end zone they throw the ball out (like a line drop out) from the touch down line to the attacking team who resume their attack.

CHICKEN RUN



- You need a rubber chicken or similar
- 2 teams, runners and fielders/attackers
- 1 run per student that gets home without being hit by the ball
- 5 points every time the chicken makes it home
- At least one innings per team



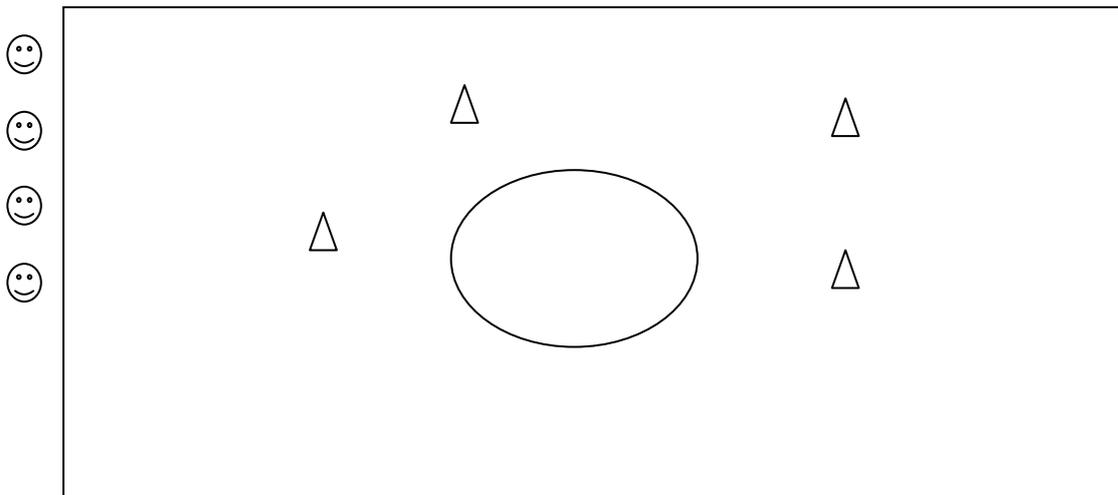
Throwing attacking team

- 6 students from the fielding team are allocated to be throwers, 2 throwers are allowed in each hoop
- The students in the hoops are the only team members that are allowed to throw the balls at the runners. Throwers are not allowed to throw the ball unless they have a foot in the hoop.
- The rest of the fielding team collects the balls and return them to the team throwers
- Aim is for throwers to hit the runners with the ball which prevents the other team from scoring a run
- Throwing team needs to target runner with the chicken

Running team

- Four runners are allowed to run at any time (teacher regulates).
- The aim for the runners is to get around the court without getting hit by any balls.
- Runners are safe when they reach the 'safety cones'. No limit on runners allowed on any safety cone.
- Runners are out when they get hit by a ball, once hit runner puts hands on head and returns to the start.
- The team has one rubber chicken; the team scores 5 points instead of 1 if the rubber chicken gets around the court.
- The chicken is allowed to be concealed by the runner. If the person with the chicken gets hit the runner has to drop the chicken where they were hit. The next runner can pick the chicken up when running past.

TEAM TAG



- Players are divided into two even teams.
- 1 team sits on the sideline and the other team runs around within a set area.
- The team sitting on the side are numbered 1-4 +
- The first person comes off the line and tags a player from the other team. The tagged person then sits in the centre circle. The tagger then goes back to his/ her team and tags the next person who does the same.
- As soon as the team in the middle are all tagged and therefore all seated in the centre circle the game ends or a time limit can be given "how many people can you tag in 30secs?"
- **Safety rules** – when there are people sitting in the circle, the person being chased can not go through the circle. They must run on the outside of the circle. He person doing the chasing must be careful if going through the circle or another sideline can be set for the players who get tagged.

Thanks to **Michael Wane** - Broughton Anglican College



SHOOT

Great for a warm up in Basketball and an excellent instant activity for subsequent lessons.

You need: Basketball courts & one basketball per student.

- The aim of the game is to keep shooting as many baskets as possible within the time limit (1 minute).
- Each student starts at a basket (you can use up to 6 baskets) using the free throw line as the starting point.
- Each student to keep a count of their own score.
- Students can shoot from anywhere on the free throw line - they don't have to wait for other students to shoot.
- On the signal (first whistle) - the student with the highest number of baskets advances on to the next basket (clockwise) towards an 'ace' basket - (only at the ace basket the student with the lowest number of baskets moves down).
- If the point score is a tie - paper, scissors, rock decides the winner and who moves on.
- Give 6 seconds for the transition – then signal a second whistle, this starts the next round, those students who didn't get to move on have a slight advantage, as they don't have to move, this ensures the student who won the first round has to work hard to catch up (instant challenge).
- Repeat for subsequent rounds

Extension - Use a lay up shot rather than set shot - or introduce a 3 point shot

Modification - take the top 2 or 3 students with the highest scores and they move on when working with larger groups, or increase/decrease the time frame

*Thanks to **Jennifer Hall** – Canberra Girls Grammar School*



MULTI-CONTINUOUS INDOOR/OUTDOOR SOFTBALL

- 2 teams - 1 batting and 1 fielding
- Similar set up to softball rules but no balls, no strikes - batter just makes contact with a large soft ball and the hit must be through the diamond.
- A batter can be out if: the ball beats the runner to a base and the base fielder has one foot on the base with the ball solely in their possession OR if the ball is caught on the full.
- 3 out side away rule.
- The batter can run to first base – no forced running and batters can steal a base once the ball leaves the pitchers hands. From then on, if a batter meets up with another batter around the bases, they must run as a team. As an individual or as a 'mini' team, if the runner/s makes all 4 bases to return home, they do not sit down. They then run with the next batter in the line up. Position a marker for the runners, away from the swinging bat, as a starting point.
- Running teams cannot: overrun a base - they must then proceed to the next base and possibly risk an 'out'; must touch each base with their foot and must have one foot on the base when there is a pause in play. If one team mate leaves the base - they all have to go!
- If a team gets 'out' it only constitutes one 'out', likewise if a team make it 'home' it only constitutes as one run. Students may receive a second bat if there are early 'outs'. If a team exhausts all their batters, and there are still 3 outs to be made and runners on bases - then the team can nominate a batter at each pitch.
- Play a number of innings.
- **Modification** - use crash mats as bases and an indoor bat

Thanks to **Jennifer Hall** – Canberra Girls Grammar School



NUMBERED NEWCOMBE BALL



There are two teams with a volleyball net in between them.

Markers are used to mark out square boundaries behind each team.

If teams are made up of 10 players, they number themselves from 1-10 without telling the other teams what number they are.

One team starts with the ball and do a two handed underarm throw over the net the other team, as the ball is in the air they call a number e.g. "3". If anyone in the opposition catches the ball, number 3 is safe. If the opposition drops the ball, number 3 is out. As students get eliminated each team needs to remember what numbers are still in and what numbers are already out. Teams need to devise a strategy so they can remember what numbers are still in and what numbers are out.

Other rules include:

- If a student forgets to call a number it is a wasted turn and the ball goes to the opposition
- If the ball hits the net it is a wasted turn and the ball goes to the opposition.
- If the ball lands out of bounds it is a wasted turn and the ball goes to the opposition.
- If the ball is touched before it goes out of bounds, It is counted as "it could have been caught" and therefore the number will be eliminated if ball was not caught on the full.
- The winning team is the team who eliminates all of the students from the other team.

*Thanks to **Olivia Nolan** – Tara Anglican School for Girls*

Please Note

Many of the games and activities included in this workshop are quite probably variations on ones developed or commonly used by others. There is no intention to claim responsibility for developing them nor is there any attempt to avoid acknowledging those responsible for their original development.

We thank all those who have contributed to the games in this booklet and hope to add to it over time with the assistance of PDHPE colleagues.