

Potted Sports Activities

BODY



fit for fun



No maximum number
depending on adequate
supervision



5 minutes for each game

Organisation

1. Games should be set up around the hall(s). If space is limited you may need to amend some of the distances which are given for each game.
2. Each team will start at a different game. Each game should be played for between 2-4 minutes and then time is given to change-over. It is suggested that the following times be allocated:

1st whistle Teams are at designated game and are instructed in 1 minute how to play it
2nd whistle Game begins and is played for designated time
3rd whistle Games stops and team moves to next game
3. A time-keeper should be appointed to signal the appropriate times as above.
4. A leader should be assigned to each Game. The role of the leader will be to:
 - Explain briefly to each team how to play the game
 - Supervise each team as they play the game
 - Keep the score for each team
 - Ensure that the 6 boys rotate in order during the game
5. At the end of each game the leader will fill in a score-sheet for each team. A copy of a suggested score sheet is enclosed. This should be photocopied for each team taking place and cut up into 'games'. The score-sheets should be collected at the end of each time period and scores for each game put in 'place order'.
6. The scoring system will be on a points basis, based on the number of teams, ie. if there are 5 teams competing in the competition the winners of each game will get 5 points, 2nd 4 points, etc. The overall winner will have the highest points score. In the event of a tie for the overall winner, the team with the greatest number of 1st places will be declared the winner.

Game 1 – Bean Bag Throw

Equipment:

- 1 chair
- 6 bean bags
- Masking tape/chalk

Layout:

The chair is placed 2 metres from the start line. The chair should be placed sideways so there is no 'back' on it.

Instructions:

From the start line boy 1 throws the 6 bean bags, one at a time, on to the seat of the chair. The number of bean bags remaining on the chair at the end of his turn are counted. He collects all 6 bean bags and gives them to the next boy. Each boy continues in turn until the time is up.

TEAM SCORE

Total number of bean bags



Watch for polished floors,
trip hazards and boys
bumping in to each other

Game 2 – Side Jumps

Equipment:

- Masking tape or chalk

Layout:

2 lengths of masking tape 0.5metres apart are placed on the floor.

Instructions:

Boy 1 does 10 side jumps followed by boy 2 etc. until the time is up.

TEAM SCORE

Total number of jumps

Game 3 – Quoit and Stick

Equipment:

- 1 chair
- 1 rubber quoit
- 1 stick (eg.short brush shaft)
- Masking tape/chalk

Layout:

A chair is placed on the floor with the start line being marked at a distance of 2 metres from the chair.

Instructions:

The quoit is placed on the start line. Boy 1 places the stick inside the quoit and propels the quoit once, aiming to put it between the legs of the chair. One point is given for each successful attempt. He retrieves the quoit and gives it and the stick to the next boy. Each boy continues in turn until the time is up.

TEAM SCORE

Total number of successful attempts

Game 4 – Pass and Sit

Equipment:

- 1 games ball
- 1 small hoop
- Masking tape/chalk

Layout:

The hoop is placed on the floor 2 metres from the start line. Boy 1 stands in the hoop with the ball. Boys 2,3,4,5,6 line up behind the start line.



Instructions:

Boy 1 throws the ball to boy 2 who catches it, throws it back to boy 1 and sits down. Boy 1 then throws the ball to boy 3, over the head of boy 2. Again Boy 3 throws the ball back to boy 1 and sits down. This continues until boy 6 catches the ball. He runs to take the place of boy 1 while boy 1 joins on in front of the team ie. in front of boy 2, behind the line. Continue in this way with the back boy replacing the 'thrower' as appropriate.

TEAM SCORE

Total number of good 'throw and catches'

Game 5 – Shuttle Bucket

Equipment:

- 1 badminton racket
- 3 shuttlecocks
- 1 bucket/basket
- Masking tape/chalk

Layout:

The bucket is placed 1.5 metres from the start line.

Instructions:

Boy 1 hits each of the 3 shuttlecocks in turn with the badminton racket, aiming to get them into the bucket. 1 point is scored for each shuttlecock which lands in the bucket. He retrieves the shuttlecocks and gives them to the next boy. Each boy continues in turn until the time is up.

TEAM SCORE

Total number of shuttlecocks which landed in the bucket

Game 6 – Football Dribble

Equipment:

- 1 games ball
- 6 skittles/cones/games posts
- Masking tape/chalk

Layout:

The 6 obstacles are placed in a line on the floor at a distance of 0.5 metres apart. The start line is drawn 1 metre from the first obstacle.

Instructions:

Each boy in turn dribbles the ball up and down the course, through the obstacles as appropriate.

TEAM SCORE

Total number of times the course is completed

Game 7 – Ping Pong Bounce

Equipment:

- 5 table tennis balls
- Small basket
- 5 plastic cups
- Small hoop

Layout:

The hoop is placed on the floor and the start line is marked 1.5 metres from the front of the hoop. The basket with the table tennis balls is placed beside the hoop.

Instructions:

Boy 1 stands in the hoop and boy 2 stands on the start line facing him with boys 3,4,5,6 behind him. Boys 2 – 6 hold a plastic cup each. Boy 1 bounces a table tennis ball and boy 2 attempts to catch it in the cup. 1 point is scored for each successful catch. Boy 2 replaces the ball in the basket and joins the end of the line. Boy 1 repeats for Boys 3-6 and is then replaced by boy 2 (boy 1 goes behind boy 6). Continue until the time is up.

TEAM SCORE

Total number of catches

Game 8 – Running Round Relay

Equipment:

- 1 baton or short stick
- Chalk
- Masking tape

Layout:

A large circle is drawn on the floor of the hall (size of circle depends on space available). 6 marks at regular intervals are made around the circle, with masking tape.

Instructions:

Boys are positioned on the marks around the circle. Boy 1 runs with the baton round the outside of the circle, behind the other boys, in a clockwise direction. When he returns to his place he passes the baton/stick to the boy on his left, who continues as before. 1 point is scored as each boy completes the circuit. Boys continue in turn until the time is up.

TEAM SCORE

Total number of circuits completed



Game 9 – Target Shoot

Equipment:

- 3 games balls
- 5 skittles
- Masking tape

Layout:

The skittles are placed in a straight line 0.5 metres apart. An X is marked on the floor with masking tape 2 metres from the line of skittles, opposite the middle skittle. (Mark floor where each skittle stands to make it easier to replace them).

Instructions:

From the X boy 1 kicks each of the 3 balls, aiming to knock down a skittle with each ball. 1 point is scored for each skittle knocked down. The boy retrieves the balls and gives them to boy 2. The Officer replaces the skittles. Each boy continues in turn until the time is up.

TEAM SCORE

Total number of skittles knocked down

Game 10 – Hoop Catch

Equipment:

- 1 tennis ball

Layout:

The team forms a circle, arms length apart. Boy 1 holds the tennis ball. The others, clasping their own hands together, hold out their arms in front of them to represent a hoop.

Instructions:

Boy 1 drops the ball through the 'hoop' of the boy on his right, lets the ball bounce, catches it again and proceeds round the circle this way until he reaches his own place. He gives the ball to the boy on his right and makes a hoop himself. Boy 2,3,4..... continue in the same way until the time is up.

TEAM SCORE

Total number of times the ball is caught