

Developing Multi-Skills in Sport Award – ABCs Sample Activities**1. Compass (Balance)**

In 2s, children make a small diamond with 4 different colour cones. One child stands in the middle of the diamond while the other calls North, South, etc or colours. If we want to compromise balance more and work on counterbalances, have the child stand on one leg. The child calling the actions can also call a sequence instead of just one. We can also include a ball and have them pass and catch after every action.

2. Top Gear (Agility)

Children move around the playing area weaving in and out of each other. We assign a movement type to each 'gear' so when we call that gear they have to replicate that action.

Some examples:

- A) 1 = walking; 2 = jogging; 3 = jog backwards; 4 = quick; 5 = sprint
- B) 1 = walk; 2 one foot hop; 3 = bunny hop; 4 = sidestep; 5 long strides

3. Hi5-Low5 (Agility)

Children jog around and high 5 each other. Then low 5 each other. Then alternately. You can ask them to move in different ways or get them to achieve a set number and run it like a competition.

4. Mirrors (inc basic shapes) (Balance and Coordination)

Children work in twos. One is the lead and the other the mirror:

- The lead makes different shapes: pike, straddle, stork, etc
- The lead moves in different ways (like follow the leader but stationary)

5. Wall Throw (Coordination)

Children have a tennis ball each or between two and bounce it off the wall in different ways trying to catch the rebound

6. Throw/Kick and Fetch (Coordination and Agility)

Individually or in partners, children throw/kick in different ways and fetch their own ball or their partners

7. Beat the goalie (Coordination)

In twos or threes, children make a goal with two cones and throw a set number of times trying to score goals

8. Run of Doom (Coordination and Agility/Speed)

Children form two teams. One team makes a channel and has a softballs each. The other kids run through the channel trying not to get hit by the softballs.

9. Rob the Bank (Balance, Coordination and Agility/Speed)

Children split in 2-3-4 teams. Each team has a base (the bank). The aim is to run around stealing from the other teams' banks and bringing it back to your own bank. After the minute is up you count the number of items in each bank. Option of adding a police man who freezes people up onto a one point balance until a team mate goes under their arms

10. Shark Attack (Balance, Coordination and Agility/Speed)

Make a large square with cones. All the children bar 1 or 2 jog/dribble a ball inside the square and are small fish. The other two kids are the sharks and they swim (jog) around the square. When the coach says SHARK ATTACK! the sharks go in and start eating (tagging) the fish. When a fish gets eaten they have to hold a compromised balanced position. It keeps going until there is no fish left. Have new sharks and start again.

11. Zombie Night (Balance, Coordination and Agility/Speed)

Similar to Shark Attack, but the two zombies start in the middle of the square lying down until the coach says IT'S NIGHT TIME!!.

12. Simon Says (Balance and Coordination)

Coach (or a child) gives out instructions as in the Simon says game.

13. Animal Balance (Dynamic Balance and Coordination)

Coach shouts the name of an animal and the children move around imitating that animal (lion, elephant, giraffe, rabbit, etc)

14. Balance Battles (Dynamic Balance and Coordination)

In twos, children stand at either side of a line/cone and the coach's command:

- Push back to back to get over the line
- Pull each other over the line
- Push sideways (shoulder on) to get over the line
- Push forward with palm of hands (one/two?)

15. Feed the Monkeys (Coordination)

Children make two teams and monkey cage with cones (a channel 10-20 feet wide). One team is the monkeys. The other team has one half at either side of the monkey enclosure or one forth on each of the 4 sides (depending on numbers). They try to get bananas (balls) from one side to the other of the monkey enclosure without the monkeys eating them. Coach can condition the throws (underarm, roll, overarm, bounce...)

16. Pothole Dodge (also known as mine sweeper) (Dynamic Balance and Agility)

Put lots of cones, hurdles, hoops on the floor. These are the potholes. Children have to jump over the potholes. You can choose a different way of jumping/landing over different potholes

17. Touch Boxing (Dynamic Balance and Coordination)

In twos, children play to touch each other's knees, shoulders, backs...

18. Bench-Ball (Coordination and Agility/Speed)

Playing 3v3. In each team there is a target player and 3 field players. A goal is scored when the target players catches the ball. Normally the target player stands on a bench to avoid defenders being able to hog the goal.

19. Lost and found (Agility/Speed)

In pairs, they number themselves 1 and 2. When coach says 1, 1 chases two and vice versa.

20. 2v2 wheel barrow goal/bear walk goal (Dynamic Balance, Coordination and Agility/Speed)

2 teams of 4. Play handball while doing the wheel/barrow or the bear walk

21. Dodge Ball and Spanish Dodge Ball (Coordination and Agility/Speed)

In Spanish dodge-ball, one team is the middle and the other one is split in two halves at each end. The outside team is the only one throwing.

22. Team Tag (Coordination and Agility/Speed)

2 teams in a relatively small space. One team has a ball and is trying to tag the other team with it. The team with the ball can't run so they have to tag people through passing.

23. Home Ball (Coordination and Agility)

Teams of 5. One child is IT and tries to tag the others. He can only tag children who are not holding the ball. The other kids have to make sure they pass the ball to the person being chased. It can also be played so IT tags can only tag the person carrying the ball making for quick decision making.

24. The Circle of Life (Balance and Agility)

In groups of 4-5. One child is the Lion. The other 3-4 form a circle holding hands and one of them is the rabbit. The lion has to try to tag the rabbit running around the circle. The group spins around trying to keep the lion away from the rabbit.