



1



Warm up

Balloon keepie up

How to play

- Each player is given a large balloon.
- Participants move around the playing area, every few steps they stop to throw the balloon up in the air and then catch it with both hands.
- Once the balloon is caught, participants move to a new space and repeat.

Equipment

-  One balloon per participant (plus a few spare balloons)
-  Large playing area

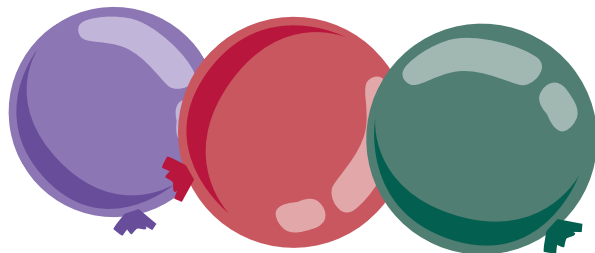




1. Warm up: Balloon keepie up

Using STEP

	Easier	Harder
Space	<ul style="list-style-type: none"> Increase the size of the playing area. 	<ul style="list-style-type: none"> Reduce the size of the playing area.
Task	<ul style="list-style-type: none"> Throw the balloon from a stationary position. 	<ul style="list-style-type: none"> Use different body parts to keep the balloon up. Continually tap the balloon whilst moving around the area.
Equipment	<ul style="list-style-type: none"> Attach string to the balloon. 	<ul style="list-style-type: none"> Replace the balloon with a beach ball.
People	<ul style="list-style-type: none"> Limit the number of participants in the playing area. 	<ul style="list-style-type: none"> Encourage players to perform the activity using rapid taps.



Impairment specific considerations

Blind and visually impaired participants

- Put rice in the balloon so it makes a noise when thrown (ensure the balloon is covered).
- Use brightly coloured, high visibility balloons.

Participants with a learning disability

- Give a practical demonstration for each instruction.

Deaf and hearing-impaired participants

- Use picture cards to communicate instructions.
- Use bibs / flags to signal when to start and stop the activity.

Participants with a physical impairment

- Attach a string to the balloon to keep it close.



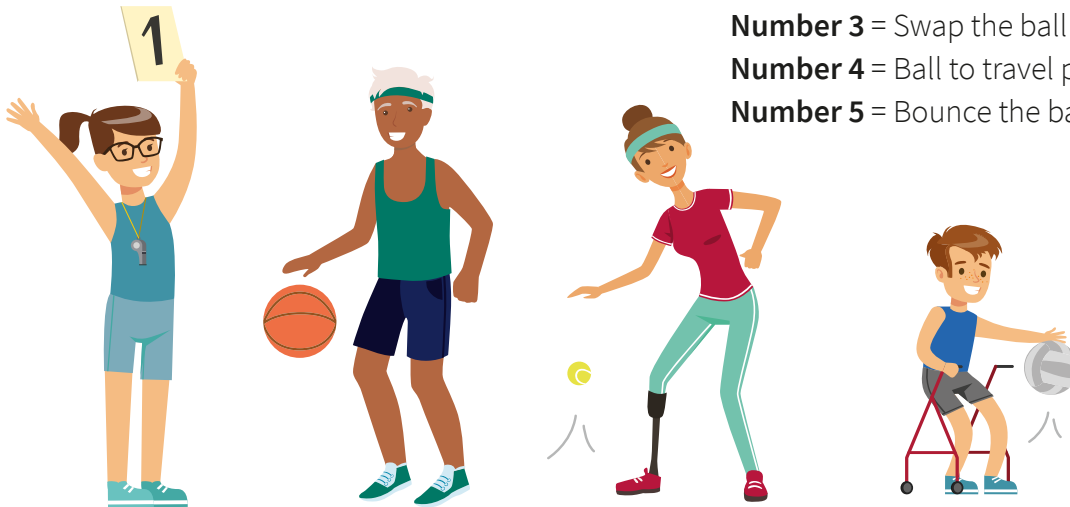
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Warm up

Number call

How to play

- Every participant has a ball.
- Numbers and markers are associated with specific actions and skills.
- Numbers are called out individually and participants complete the associated action or skill.
- Examples of number and marker instructions for participants to follow during a game:
 - **Red marker** = Stop.
 - Amber marker** = Slow pace.
 - Green marker** = Medium pace.
 - **Number 1** = Bounce the ball.
 - Number 2** = Throw the ball in the air and catch it.
 - Number 3** = Swap the ball with another player.
 - Number 4** = Ball to travel player's chest / waist.
 - Number 5** = Bounce the ball off the wall and catch it.



Equipment



A range of different sized balls

Challenge yourself - Have a go at:

1. Creating your own action for everyone to do.
2. Leading this activity in a small group.
3. Including adding and subtracting in this game.



2. Warm up: Number call

Using STEP

	Easier	Harder
Space	<ul style="list-style-type: none"> Increase the size of the playing area. 	<ul style="list-style-type: none"> Decrease the size of the playing area.
Task	<ul style="list-style-type: none"> Reduce the number of instructions. 	<ul style="list-style-type: none"> Increase the number of instructions.
Equipment	<ul style="list-style-type: none"> Use lighter objects. E.g. balloons. 	<ul style="list-style-type: none"> Use smaller objects. E.g. tennis or table tennis balls.
People	<ul style="list-style-type: none"> Limit the number of participants in the area. 	<ul style="list-style-type: none"> Increase the number of participants in the area.



Impairment specific considerations

Blind and visually impaired participants

- Introduce a buddy system.
- Use high visibility / colourful bibs and markers.

Participants with a learning disability

- Reduce the number of instructions.
- Use visual demonstrations for every call.

Deaf and hearing-impaired participants

- Use visual demonstrations for every call.
- Use visual signals to start / stop the activity.

Participants with a physical impairment

- Offer alternative or adapted actions if necessary.
- Ensure the playing area is suitable for wheelchair users and participants using mobility aids.



3

Warm up



Multi-catch

How to play

- Mark out a large playing area.
- Position half of the participants inside the area and half outside the area.
- Each participant outside the playing area has a ball or object.
- Each participant inside the playing area must receive a ball / object from an outside participant and return it back to them.
- All participants must use catch and throw skills to pass and receive the ball / object.



Equipment

-  Cones or markers
-  Range of balls and suitable objects that can be thrown between participants

Challenge yourself:

1. How many successful catches can you do in one minute?
2. Create a new rule for the game.
3. Think of a different way to return the object.
4. Work with a partner to practise and improve a skill you use in this game.



3. Warm up: Multi-catch

Using STEP

	Easier	Harder
Space	<ul style="list-style-type: none"> Reduce the distance between the throwers and receivers. 	<ul style="list-style-type: none"> Increase the distance between the throwers and receivers.
Task	<ul style="list-style-type: none"> Objects can be rolled or handed to participants. 	<ul style="list-style-type: none"> Change the type of pass. E.g. one handed, use non-dominant hand.
Equipment	<ul style="list-style-type: none"> Use a larger ball or object. 	<ul style="list-style-type: none"> Use a smaller ball or object.
People	<ul style="list-style-type: none"> All throwers have objects that are easy to catch. 	<ul style="list-style-type: none"> Throwers have different objects, and the receiver chooses who they go to.



Impairment specific considerations

Blind and visually impaired participants

- Introduce a buddy system.
- Use a high visibility ball and / or audible ball.

Participants with a learning disability

- Give a practical demonstration for each instruction.
- Use clearly visible markers to mark out the playing area.

Deaf and hearing-impaired participants

- Give a practical demonstration of the activity before you start.
- Use visual signals to communicate with players.

Participants with a physical impairment

- Objects can be rolled or handed to players.
- For some wheelchair users, use an object that can be propelled by their wheelchair.



4

Warm up

Netball tag

How to play

- Mark out a playing area or use a netball court.
- Group participants into pairs (2s) with one ball per pair.
- One pairing are given the role of defenders and position themselves in the playing area.
- Each attacking pair aim to move across the playing area to the safe zone without their ball being intercepted by the defenders.
- Participants cannot move whilst the ball is in their hands.
- If the ball is intercepted, the attacking pair become defenders in the area and the next attacking pair go.
- Repeat until all the attacking pairs have been caught.



Equipment



Large playing area or netball court



Netballs, or use a range of different sized balls / objects



Cones or markers



Bibs to identify defenders

Challenge yourself - Can you:

1. Adapt this activity for another sport?
2. Work together with a partner to identify each other's strengths and skills to improve?
3. Create some new rules to challenge players with different abilities?



4. Warm up: Netball tag

Using STEP

	Easier	Harder
Space	<ul style="list-style-type: none"> Increase the size of the playing area. 	<ul style="list-style-type: none"> Reduce the size of the playing area.
Task	<ul style="list-style-type: none"> Defenders can only move at a walking pace. 	<ul style="list-style-type: none"> Only certain types of passes can be used. E.g. bounce pass / shoulder pass or limit the number of passes participants can make to move across the area.
Equipment	<ul style="list-style-type: none"> Use a larger ball / object. E.g. beach ball. 	<ul style="list-style-type: none"> Use a smaller ball / object. E.g. tennis ball.
People	<ul style="list-style-type: none"> Remove the defenders. 	<ul style="list-style-type: none"> Increase the number of defenders in the playing area.



Impairment specific considerations

Blind and visually impaired participants

- Use a high visibility ball and / or audible ball.
- Start off at a slow pace.
- Use high visibility / colourful bibs, cones and markers.

Participants with a learning disability

- Give clear instructions and use practical demonstrations.
- Introduce rules one at a time and reinforce them during the game.

Deaf and hearing-impaired participants

- Give a practical demonstration of the activity before you start.
- Encourage the use of hand signals between participants and pairings.

Participants with a physical impairment

- Encourage defenders to move in different ways to slow down their pace.
- Reduce the distance the attacking pair need to move across to reach the safe zone.



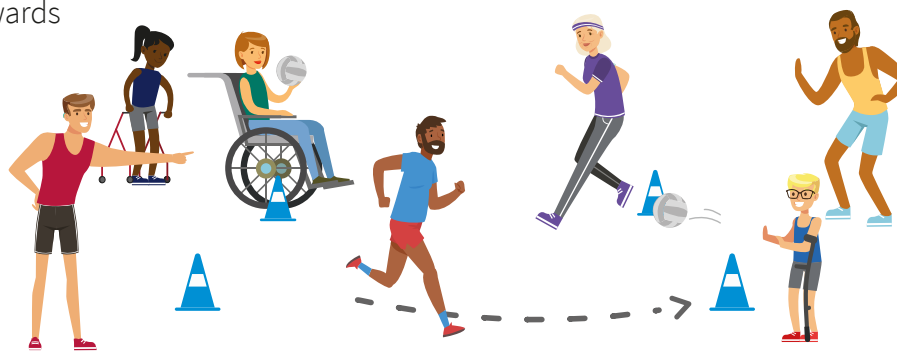
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Warm up



Four corners

How to play

- Mark out a square using a cone for each corner.
- Split the group into four smaller groups and position one group at each cone (corner of the square).
- Participants line up by their cone ready. The first participant throws the ball from a stationary position to a participant at the cone next to them.
- Participant receiving the pass moves from the cone towards the participant throwing the ball and they catch the ball whilst moving.
- The new participant with the ball, pivots and passes the ball to the participant from the next cone, who is moving towards the ball and catches whilst moving.
- Once a participant passes the ball, they join the back of the group they have thrown the ball to.
- The direction can be clockwise or anti-clockwise, and you could try changing halfway through!



Equipment

-  Cones or markers
-  1 ball. E.g. netball, beach ball, tennis ball

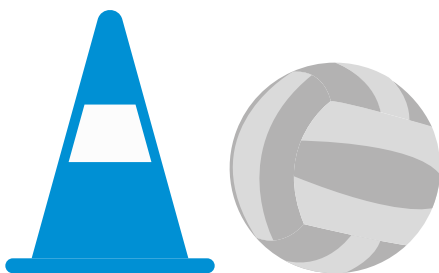
Challenge your peers to:

1. Try different types of passes. E.g. bounce pass.
2. Use this activity for a different sport. How about football or hockey?
3. Make this activity inclusive for players with different abilities / specific impairments.



Using STEP

	Easier	Harder
Space	<ul style="list-style-type: none"> Reduce the size of the square. 	<ul style="list-style-type: none"> Increase the size of the square.
Task	<ul style="list-style-type: none"> All participants must be stationary when throwing and receiving the ball. 	<ul style="list-style-type: none"> Change the direction of the game or allow participants to throw to any group in the square.
Equipment	<ul style="list-style-type: none"> Use a lighter ball. E.g. beach ball. 	<ul style="list-style-type: none"> Use a smaller object. E.g. tennis ball.
People	<ul style="list-style-type: none"> Everyone must move at a slow pace. 	<ul style="list-style-type: none"> Add a defender in the middle of the square to mark players and try to intercept passes.



Impairment specific considerations

Blind and visually impaired participants

- Use a high visibility ball and / or audible ball.
- Use verbal communication before passing the ball.
- Use high visibility / colourful bibs, cones and markers.

Participants with a learning disability

- Use floor arrows to clearly show which direction the ball is moving in the activity.
- Ensure good communication among players to encourage familiarisation of the activity.

Deaf and hearing-impaired participants

- Give a practical demonstration of the activity before you start.
- Encourage the use of visual signals between participants.

Participants with a physical impairment

- Players could be seated when throwing and receiving the object.
- Reduce the size of the square so less movement and shorter passes are required.