



Progressivesports[®]
...raising standards

10

**COVID Safe Games
for PESS**

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Activity 1: Pirates of the caribbean

RESOURCES:

Cones for the grid

ACTIVITY:

Children must visit which different sides of the pirate ship (box). As they move around the pirate ship the captain (coach) will call out commands:

Commands:

- Scrub the deck (Children have to get down onto the floor)
- Shoot the cannon (Children squat down and pretend to shoot a cannon)
- Walk the plank (Children walk on their toes to the edge of the ship and balance)
- Hoist the sails (Children pretend to hoist a rope as fast as they can)
- Climb the rigging (Children pretend to chuld the rigging as fast as they can)

Stern

Starboard

Bow

Port

MAKING IT HARDER:

- The captain will perform the movement rather than shout the command.
- Call a sequence of commands

MAKING IT EASIER:

- Use different colour cones for each different side.

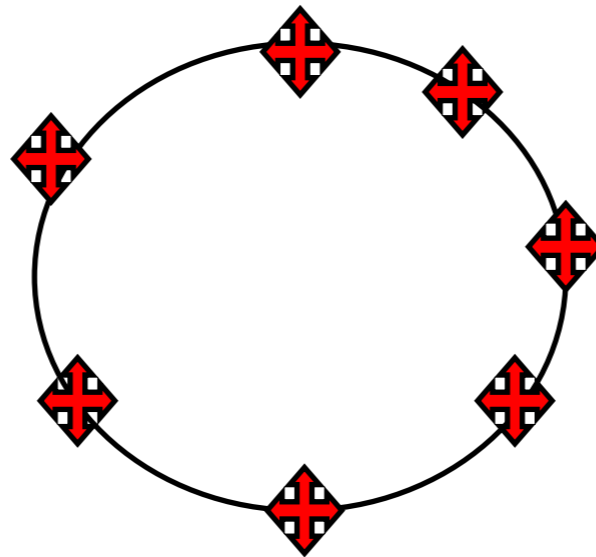
Activity 2: Time bomb

RESOURCES:

Cones to mark where children stand, variety of different size balls.

ACTIVITY:

Children stand on a cone in a circle, they must pass the ball to another child in the circle. If the ball hits the floor the children will count down from 10. When they get to 10 the person in possession of the ball is out. For the person to come back in they must complete a task (e.g. 10 star jumps, 2 laps of the circle).



MAKING IT HARDER:

- Use multiple balls of different sizes/ variety.
- Increase the difficulty of the task when children are out.

MAKING IT EASIER:

- Children must call the name of the person they are throwing towards.
- Use larger balls

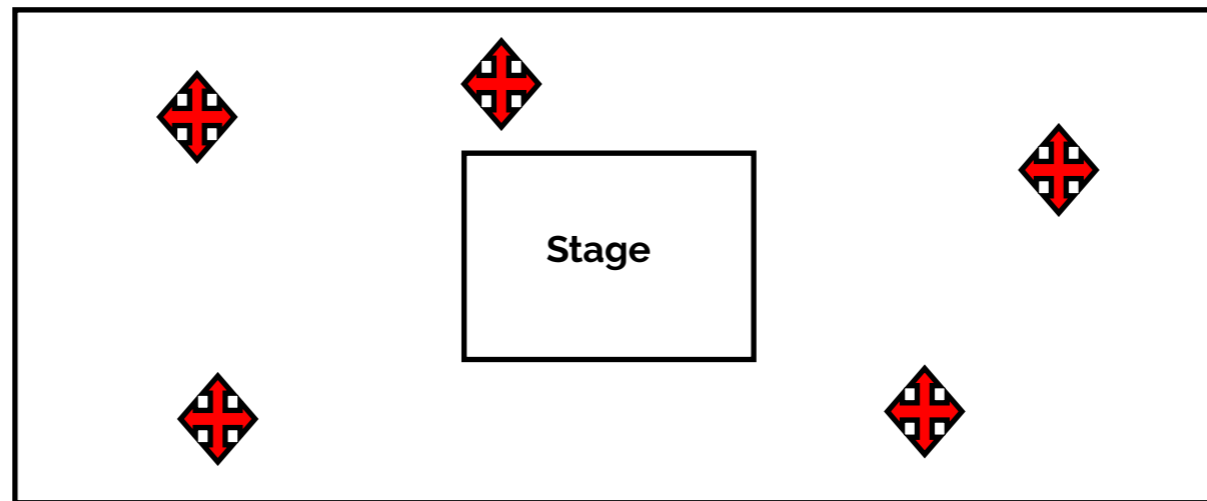
Activity 3: Showtime

RESOURCES:

Cones for a grid

ACTIVITY:

Children run around the area when the coach shouts "Showtime" followed by a child name (e.g showtime Ben). The selected child runs into the centre grid and performs/demonstrates a balance or a task. The other children must then copy the action and then continue moving.



MAKING IT HARDER:

- Call multiple children onto the stage, children must complete the actions in a sequence.
- Children must remember each activity and complete them in order as they were shown.

MAKING IT EASIER:

- The coach will tell them what task to show the rest of the group.

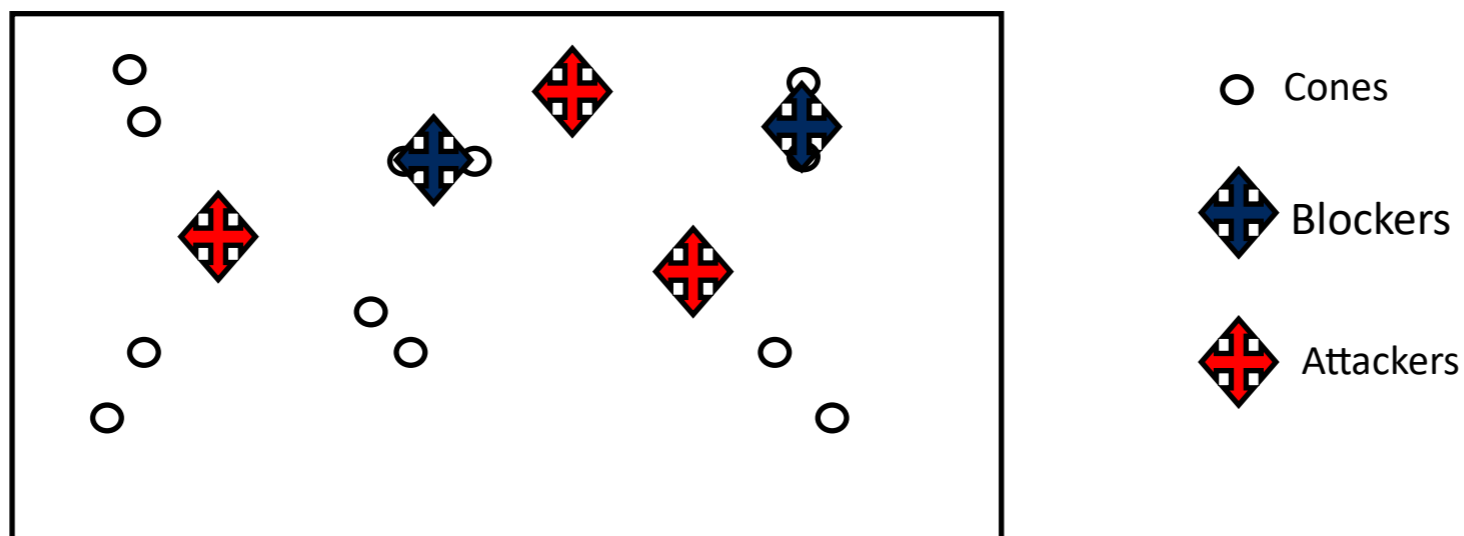
Activity 4: Star gates

RESOURCES:

Cones for grid and gates, bibs for defenders

ACTIVITY:

Children without a bib on must run through as many different gates as possible. Children with a bib on must attempt to block the other children by standing in the middle of the gate. There is no contact in this game. The blockers will move between the gates attempting to block as many children as possible. They will have 60 seconds.



MAKING IT HARDER:

- Take away a gate on each round
- Add more blockers
- Children have to pass through a different colour gate each time


MAKING IT EASIER:

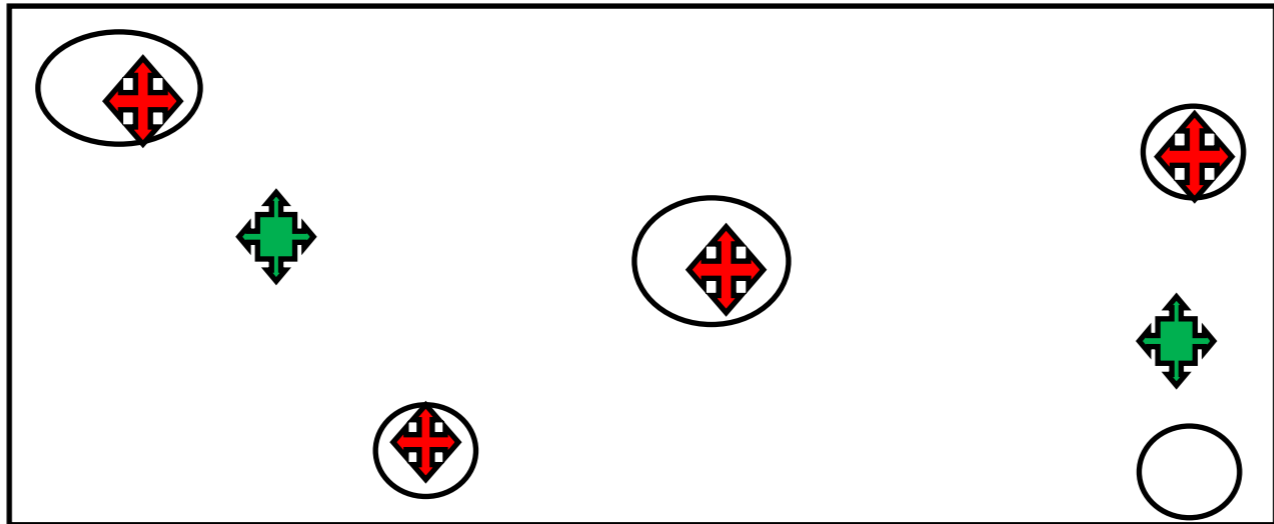
- Use less blockers
- Use more gates
- Use a larger area.

Activity 5: Alien invasion

RESOURCES:
Cones and bibs.

ACTIVITY:
Children will be split into aliens and non aliens. Aliens will have a bib which they will use to throw at the non aliens. All children will move around the alien ship. When the coach shouts "Alien invasion" the non aliens must run to an escape pod. The alien will try and stop them by hitting them with a bib. If a child gets hit they also become an alien. Winner is the last non alien standing.

-  Escape pod
-  Non aliens
-  Aliens



- MAKING IT HARDER:**
- Limit the amount of children allowed in each escape pod.
 - Remove an escape pod each round.

- MAKING IT EASIER:**
- Use multiple escape pods spread around the area.
 - Use a large area.

Activity 6: Curling

RESOURCES:
Cones for grid, bean bags and whiteboard.

ACTIVITY:
Children will be split into different teams. The children must slide the bean bag down their teams lane, the further they go the more points they get as they pass the different colour cones. The children must add up each score on the whiteboard for their team.

| | | | | | |
|--------|--|---|---|---|---|
| Team 1 | | 1 | 2 | 3 | 4 |
| Team 2 | | 1 | 2 | 3 | 4 |
| Team 3 | | 1 | 2 | 3 | 4 |
| Team 4 | | 1 | 2 | 3 | 4 |
| Team 5 | | 1 | 2 | 3 | 4 |

Red line = the line children must slide from.
The children get a points for which box their bean bag stops in.

- MAKING IT HARDER:**
- Move the first point box further away.
 - Make the highest scoring points boxes smaller.

- MAKING IT EASIER:**
- Move the start line to the start of the first point.
 - Children can also underarm throw the bean bag.

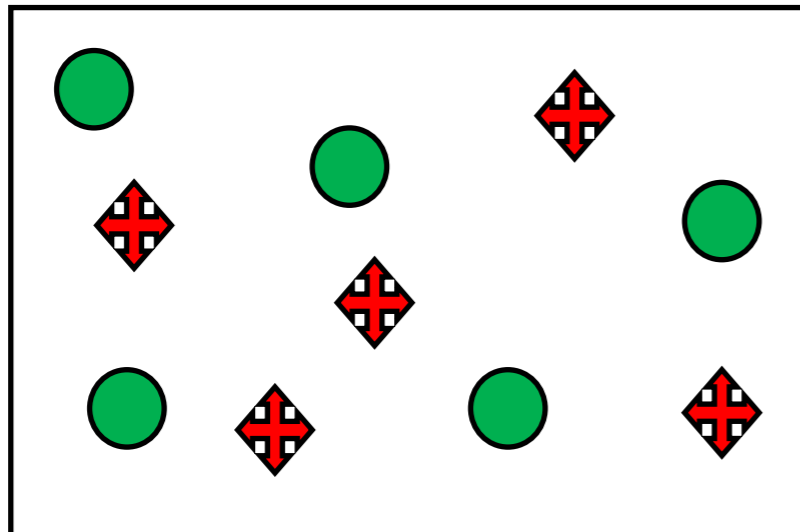
Activity 7: Zombie Tag


RESOURCES:

Cones for grid, Bibs

ACTIVITY:

Children who are not zombies must move around the area without getting hit by a zombie's bib. The zombie's must move around the area, legs straight with their arms out. If they hit a non zombie they return to being a human and the child hit will become a zombie.



 Non zombies

 Zombies

MAKING IT HARDER:

- Start with more zombies than children.
- Use a small area

MAKING IT EASIER:

- Declare safe zones for children to pause for 5 seconds in
- Non zombies must hop around the area making them slower for the zombies

Activity 8: Madagascar

RESOURCES:

Cones for the grid

ACTIVITY:

Children will move around the area waiting for the coaches command. When the coach shouts "out of the jungle" the children must run out of the grid.

Commands:

Gloria (Hippo)-Big slow heavy stomps

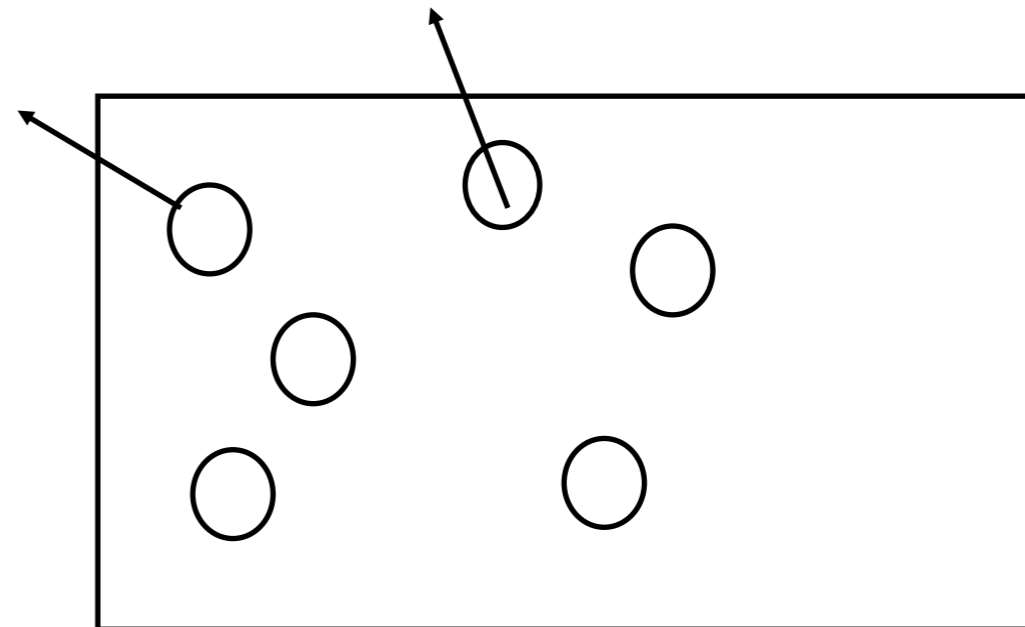
Melman (Giraffe)-Stand up one toes, reach as high as you can

Marty (Zebra)- Skip, Gallop

Alex (Lion)- Crawl slowly on floor

King Julian- Shake your body

Snake- Slither on the floor



MAKING IT HARDER:

- Call multiple names at a time for the children to do in a sequence.
- Select children to be team captains who shout out the commands

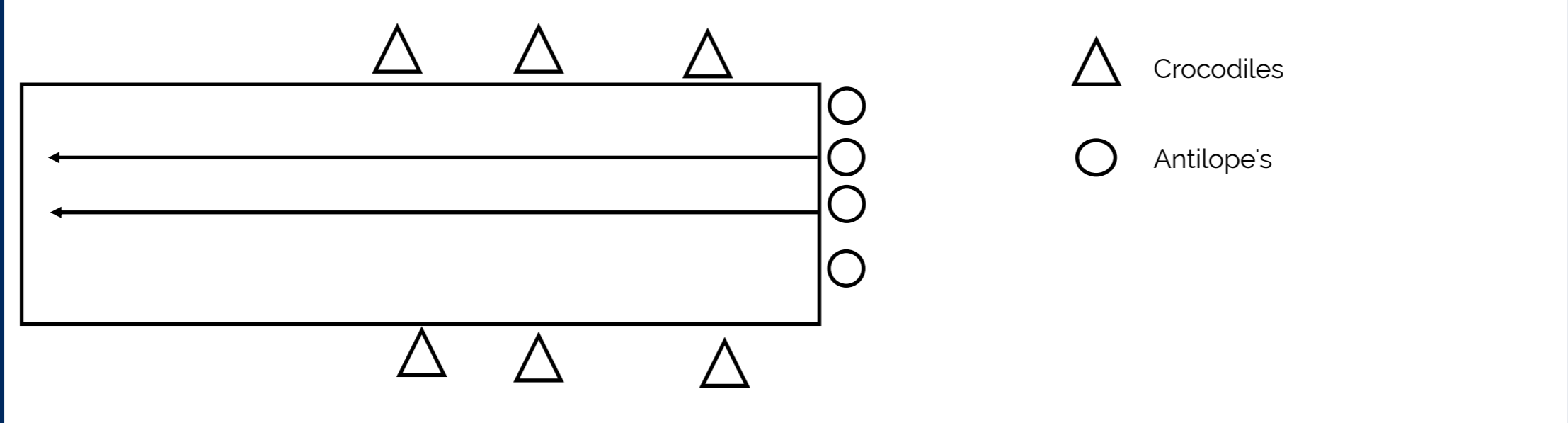
MAKING IT EASIER:

- Demonstrate the actions as they complete them
- Get children in pairs. They will take it in turns completing the commands

Activity 9: Cross the river

RESOURCES:
Cones for a grid, soft dodgeballs

ACTIVITY:
Children will be split into 2 teams, Team Crocodiles and team Antilope. Team crocodile must throw balls at the Antilope's to stop them crossing the river. If the Antilope's get hit they are out, the team switch after 5 rounds. The throwing team are not allowed to throw inside of the river.



- MAKING IT HARDER:**
- Make the area narrower
 - Set a time limit for the Antilope's to run across in.
 - Use more Crocodiles than Antilope's

- MAKING IT EASIER:**
- Make the area wider but shorter.
 - Crocodiles are only allowed to throw once per game and cannot fetch or throw another ball.

Activity 10: Alphabet Line

RESOURCES:

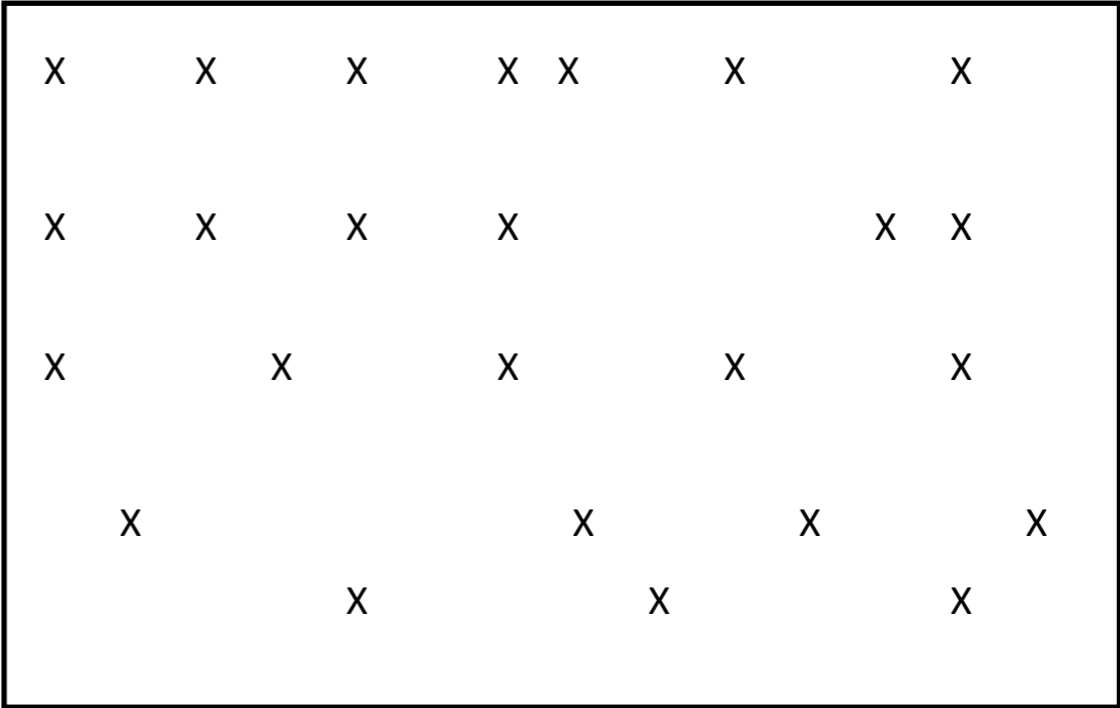
Cones for grid

ACTIVITY:

Children are moving around the area. Get children to use different movements such as running, walking, skipping, jumping, hopping etc.

The coach will then shout out a letter and the children must run and stand next to someone with that letter in their name.

Diagram- X is children



MAKING IT HARDER:

- Give them a time limit to find someone with that letter e.g 5 seconds, 3 seconds
- See if they can get into groups of people with that letter

MAKING IT EASIER:

- Instead of letters use colours, so children find someone with that coloured clothing on.