



*playing for all*

# Activity Station: **Flip + Throw**

This station includes:

## **MOVEMENT GAMES**

**Movement Energisers:** Game 2: Mirror Mirror

## **WARM UP GAMES**

Flip It

Throw, Throw, Throw

# Movement Energisers

## SKILL FOCUS

Locomotor Movement | Balancing

# SPORTAUS

Special  
Olympics  
Australia



### GAME SUMMARY:

These warm up activities get players performing a variety of fundamental movement skills and movement patterns.

### Equipment needed:

- Coloured dots
- Gym mats (optional)



### GAME 1: EVERYBODY

Use the rules of 'Simon says' without eliminating players.

#### Game Setup:

Place coloured dots in front of the coach for players to stand on. Ensure all players can see the coach.

#### Coach Instructions:

"I will call out and perform different movements. I want you to copy me, but only if I say **EVERYBODY** before the movement, for example 'Everybody hop on one foot.'"

COACH INSTRUCTIONS

### GAME 2: MIRROR MIRROR

Players work in pairs.

#### Game Setup:

Place coloured dots in 2 rows, use a different colour for each row e.g. blue row and yellow row. Pairs stand on dots facing each other, one partner on blue dot and one on yellow dot.

#### Coach Instructions:

"If you are on the [blue] dot, you will be the leader. You need to slowly perform different movements for your partner to copy.

If you are on the [yellow] dot, you need to copy the movement that your partner is performing".

Swap leaders after 2 minutes.

Movements can include, hopping, jumping, balancing, stretching or coordination exercises such as patting the head while rubbing the tummy.

# BRANCH OUT! Tips to modify Movement Energisers

## Rules:

- > Challenge players by getting them to perform movement combinations.
- > **Everybody:** If players make a mistake, get them to perform a movement (e.g. 5 star jumps) then join back in.

## Teaching Style:

- > **Mirror Mirror:** Give **one on one coaching** to discretely help players develop movement skills.
- > **Allow players** to think of their own balances.

## Equipment:

- > Players can use equipment such as balls, hoops or skipping ropes.

## Environment:

- > Ideally play indoors and minimise distractions.

## ALTERNATE SPORTS & SKILLS

Use these games as a warm up or wet weather contingency activity for any sport. These games can also be used to develop balancing skills for gymnastics.



## SAFETY!

- > Use gym mats if performing floor movements and balances.
- > Ensure adequate space between players.
- > Start with low intensity, foundation movements and build up to more complex movements.
- > Balances and movements need to be appropriate to ability level of players.

# Flip It

## SKILL FOCUS

Locomotor Movement



### GAME SUMMARY:

Play in 2 teams. One team turns markers the right way up, the other team turns markers upside down. Teams try to have the most markers facing their team's way after a set time.

### Equipment needed:

> Field markers (at least 1 per player)

### Game setup:

Spread markers around the playing area. Place half the markers the right way up and half the markers upside down.

Split players into 2 even teams.



COACH INSTRUCTIONS

### STAGE 1

Assign each team with either 'upside down' or 'right way up' markers. You can also use fun names such as domes & dishes, builders & bulldozers, saucepans & lids or bunkers & shelters.

*"If you see a marker sitting in the other team's position, flip it over so it is sitting the same way as your team."*

Call **"STOP!"** after 30-60 seconds. Get teams to count the markers sitting the way of their team. The winning team scores a point.

### STAGE 2

Progression from stage 1.

*"Talk to your team about how you can work together to flip all the markers your way."*

Play for a set period of time and call **"STOP!"**

**ASK:** *"How did you work as a team to flip as many markers your way as possible?"*

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies & Tactics

# BRANCH OUT! Tips to modify Flip It

## Rules:

- > Vary the playing time.
- > Players can only touch one marker at a time.
- > Players cannot flip the same marker more than once.
- > Change the number of players on teams. Can have uneven numbers.
- > Change locomotor movement, e.g. players must jump or skip between markers.
- > Flip and run – players need to run and step over a boundary line after each marker they flip. This will spread the players out.

## Teaching Style:

- > Use **staff helpers** to assist each team.
- > Use **questioning** to encourage participants to think of their own strategies.

## Equipment:

- > Skittles or witches hats can be used instead of markers. Be mindful though that these are easier to knock over than to stand up so you may need uneven team numbers.

## Environment:

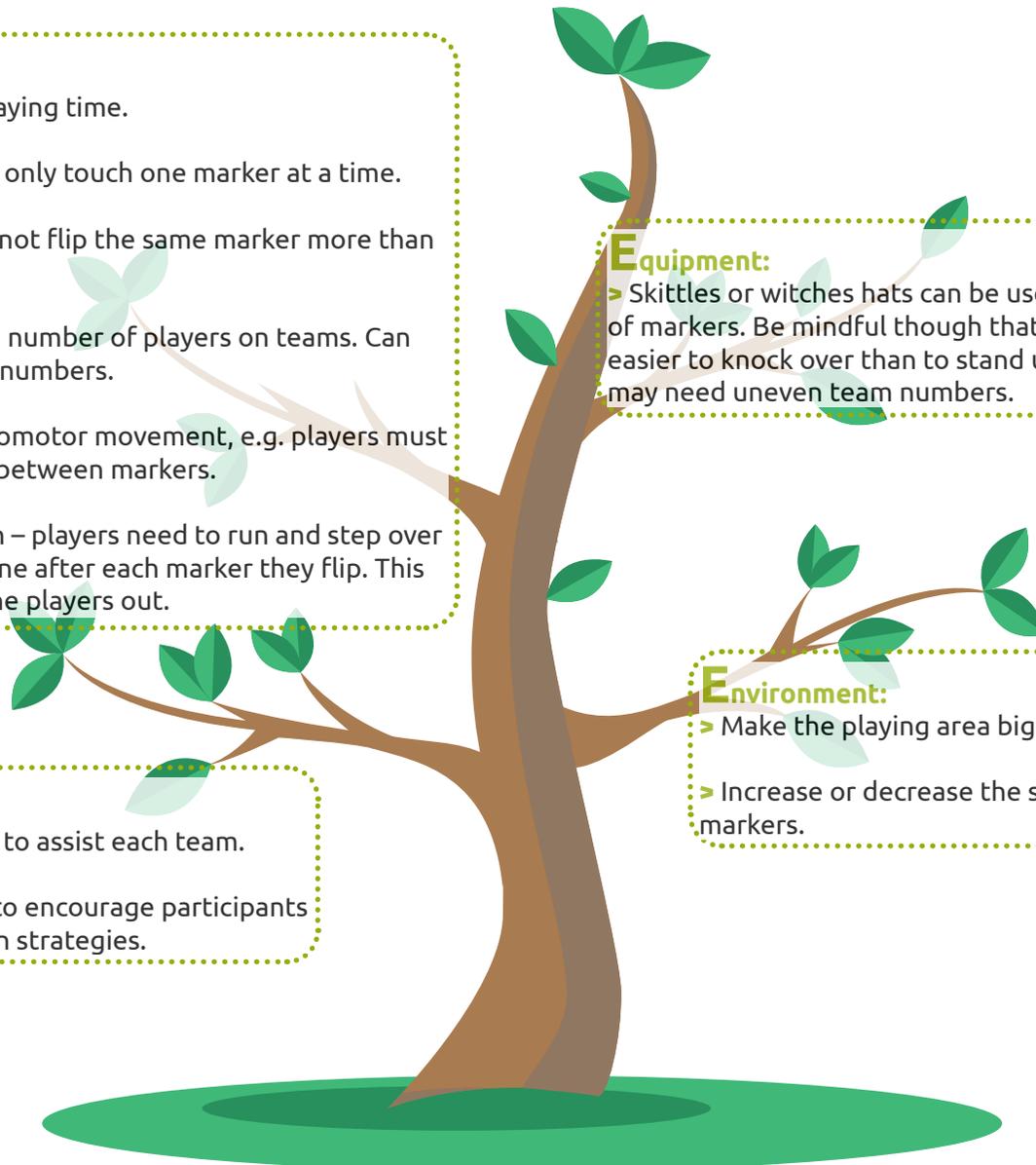
- > Make the playing area bigger or smaller.
- > Increase or decrease the space between markers.

## ALTERNATE SPORTS & SKILLS

This game can be used as a warm up for any sport.

## SAFETY!

- > Ensure playing area is free from obstructions.
- > Players need to be aware of others around them.
- > If the area is too confined, players can be restricted to walking for safety.



# Throw Throw Throw

## SKILL FOCUS

Throwing | Catching



### GAME SUMMARY:

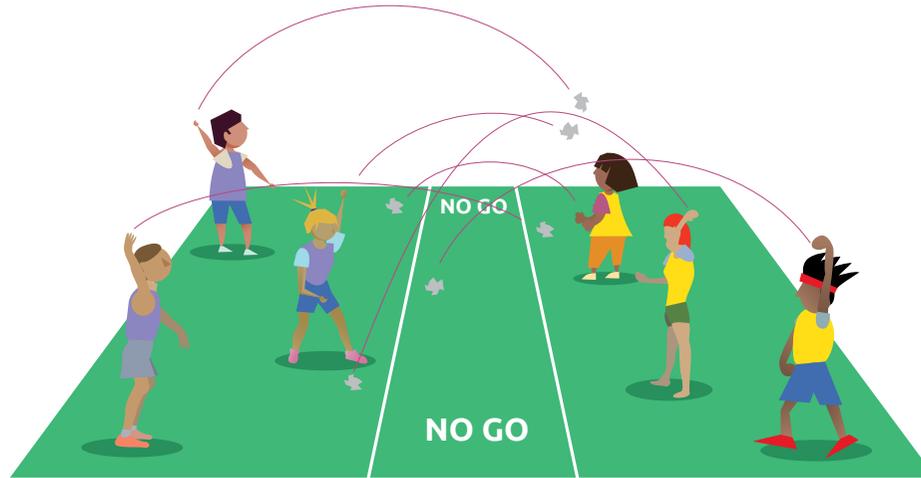
Players throw balls over a line in the direction of the opposite team. The team with the fewest balls at the end wins.

### Equipment needed:

- > 1 soft foam ball per pair (can be scrunched up paper)
- > Field markers

### Game setup:

Split players into 2 even teams. Mark out a No-Go Zone between the 2 teams. Teams stand on opposite sides of the No-Go Zone facing each other. Give each player a foam ball or scrunched up piece of paper.



COACH INSTRUCTIONS

### STAGE 1

"Pick up any ball on your side of the court and throw it over to the other team's side. Keep going until I say **STOP**."

Call "**STOP**" after 30 seconds. Get teams to count the balls on their side. The team with the least number of balls wins. Balls that land in the No-Go Zone do not count.

### STAGE 2

Progression from stage 1.

"Talk to your team about how you can work together to throw all the balls over to the other side."

Play for a set period of time and call "**STOP!**"

**ASK:** "Where can you throw the balls to make it hard for the opposition side to throw them back?"

"Can each player have a job such as collector or thrower?" "Will this help you throw the balls back quicker? How?"

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies & Tactics

### PHYSICAL LITERACY ELEMENTS

Object Manipulation | Muscular Endurance | Engagement & Enjoyment | Perceptual Awareness | Tactics

### AC:HPE CONTENT DESCRIPTIONS

ACPMPO08 | ACPMP025 | ACPMP043

# BRANCH OUT! Tips to modify Throw Throw Throw

## Rules:

- > Vary the playing time (30 seconds can be a lot of throwing!)
- > Vary type of throw, e.g. underarm, overarm, backwards over their heads.
- > Players can only hold one ball at a time.
- > Game can be played with players sitting.

## Equipment:

- > Vary the type and size of ball. Balls must be light and soft for safety.

## Teaching Style:

- > Use **visual aids** such as picture cards of a throw and catch to demonstrate the skill you want players to perform.
- > Use **staff helpers** to assist each team.
- > Use **questioning** to encourage players to think of their own strategies.

## Environment:

- > Change the dimensions of the playing space (increase or decrease length and / or width of space).
- > Increase or decrease size of No-Go Zone.

## ALTERNATE SPORTS & SKILLS

Use this game to develop throwing skills for sports such as cricket and softball. Balls can also be bowled to the other side or throw using bocce technique.



## SAFETY!

- > Players cannot enter the No-Go Zone during play.
- > Players should wait for the coach's signal to retrieve balls from the No-Go Zone and outside the playing area.
- > If using paper balls, ensure they are sufficiently loose to avoid hurting players.
- > Players must be aware of their team mates around them when picking up and throwing balls.