



playing for all

Activity Station:

Jump + Move

This station includes:

MOVEMENT GAMES

Movement Energisers: Game 1: Everybody

Frogs and Lily Pads

WARM UP GAMES

Rob the Nest

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.

Frogs & Lily Pads

SKILL FOCUS

Locomotor Movement



GAME SUMMARY:

Players practice two-foot jumping and landing technique by jumping between hoops.

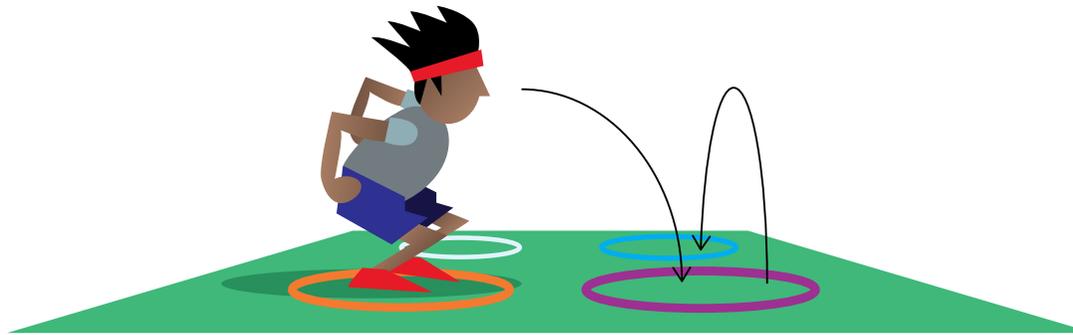
Equipment needed:

> Hoops

Game setup:

Distribute several hoops inside the playing area (at least 5 more than the number of players). Make sure hoops are an appropriate distance apart for players to safely jump from hoop to hoop. Players stand inside a hoop. Demonstrate how to perform a two-foot jump by swinging arms back to propel forward and land on two feet with knees bent.

OPTIONAL: Use fun names such as 'pond' for the playing space, 'lily pads' for the hoops and 'frogs' for the participants.



COACH INSTRUCTIONS

STAGE 1

"Jump into as many hoops as you can."

STAGE 2

"I will give you 30 seconds, count how many different hoops you can jump into. You must be the only person in your hoop."

Repeat and see if players can beat their score.

STAGE 3

Progression from stage 3.

"This time, I am a tagger (or 'shark'). If you jump into the same hoop as me your score goes back to zero."

Call "STOP!" after 30 - 60 seconds. Choose a player to become the tagger. Repeat the game.

ASK: "How can you make sure you keep away from the tagger?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics



BRANCH OUT! Tips to modify Frogs & Lily Pads

Rules:

- > Allow players to walk or jog in between the hoops if constant jumping is too difficult.
- > Rotate taggers - if a player jumps in a hoop with the tagger, they become the tagger.
- > Vary skill, e.g. players can take off from one foot and land on two feet.

Equipment:

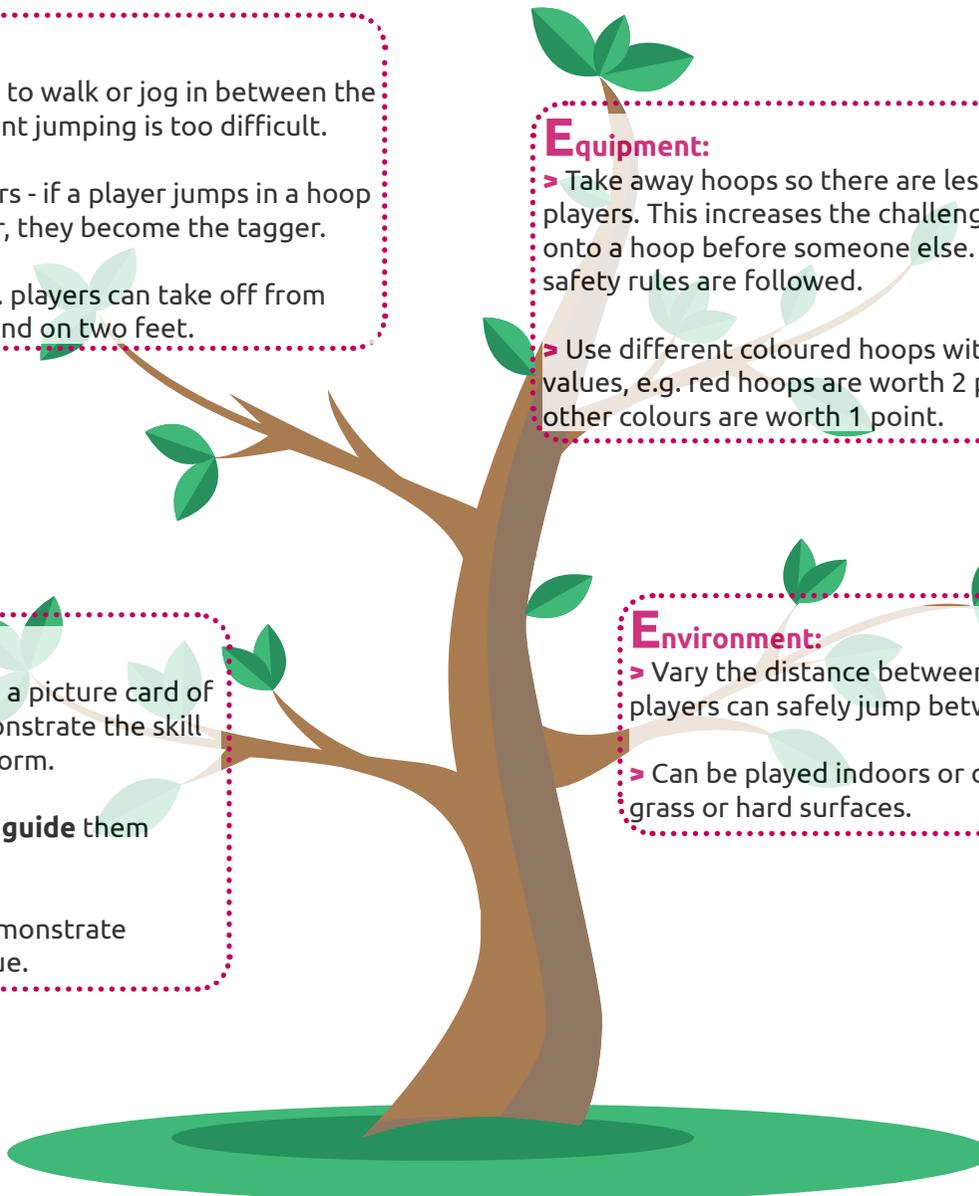
- > Take away hoops so there are less hoops than players. This increases the challenge of jumping onto a hoop before someone else. Ensure safety rules are followed.
- > Use different coloured hoops with different values, e.g. red hoops are worth 2 points and all other colours are worth 1 point.

Teaching Style:

- > Use **visual aids** such as a picture card of a two-foot jump to demonstrate the skill you want players to perform.
- > Jump with players and **guide** them through the skill.
- > Use **role models** to demonstrate correct jumping technique.

Environment:

- > Vary the distance between hoops (ensure players can safely jump between hoops).
- > Can be played indoors or outdoors, on grass or hard surfaces.



ALTERNATE SPORTS & SKILLS

Use this game to develop other locomotor skills such as hopping and leaping.

SAFETY!

- > Encourage players to look where they are jumping so they don't collide with another person.
- > Play on grass rather than hard surfaces for safety.
- > If playing on a hard surface, players must be careful to land in the middle of the hoop so it doesn't slide under foot.

Rob the Nest

SKILL FOCUS

Locomotor Movement | Throwing
Catching | Fielding



GAME SUMMARY:

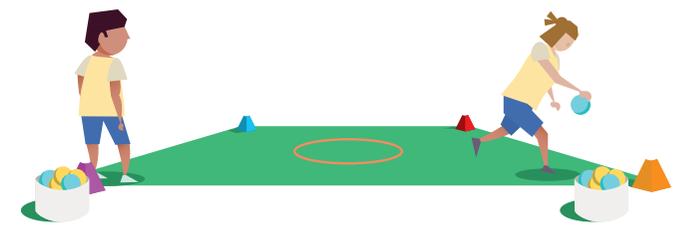
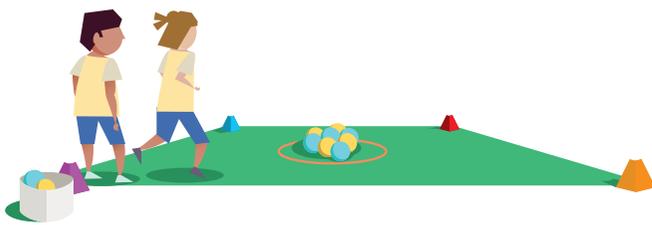
Players collect balls one at a time from the centre hoop and place them in their team bucket. Teams aim to get the most amount of balls in their bucket.

Equipment needed:

- > 4 markers or dots of different colours
- > 1 hoop
- > 15 - 20 balls of various sizes
- > 4 team buckets

Game setup:

Place 15 - 20 balls in a hoop in the middle of the playing space. Place 4 markers or dots of different colours at even distances from the hoop to make a square. Put a bucket next to each marker. Individuals or teams stand next to a marker (or on a dot). Where needed, have a staff helper for individuals / teams.



COACH INSTRUCTIONS

STAGE 1

"The first player in your team must run to the hoop, pick up a ball, then run back to your team and put the ball in your bucket. The next player in line then does the same. Take it in turns until all balls are gone from the middle."

Scoring Optional: Teams count how many balls they have collected. Repeat game where teams try to beat their score.

STAGE 2

Progression from stage 1.

"This time, when you pick up a ball from the hoop, turn around and throw it to the next player in your team. They catch the ball and put it in the bucket. Take it in turns until all balls are gone from the hoop. The team with the most balls at the end wins."

ASK: "Will it be easier for your team mate to catch the ball if you throw overarm or underarm?"

STAGE 2

Progression from stage 2.

"This time, once all balls are gone from the middle, you can steal 1 ball at a time from another team. You must take it in turns. When I call **STOP**, go back to your marker. The team with the most balls wins."

ASK: "How can your team collect the most balls?"

FOUNDATION:
Skill Development



COMPLEX:
Strategies & Tactics

BRANCH OUT! Tips to modify Rob the Nest

Rules:

- > Vary the throwing technique (e.g. overarm, underarm).
- > Change the locomotor movement (e.g. skipping, hopping).
- > Vary the method the ball is delivered back to the bucket (e.g. rolling, dribbling, balancing the ball on a racquet, carrying the ball with one hand).

Equipment:

- > Use a ball relevant to the sport you are coaching.
- > Vary the type of ball. Make it easier with a larger, softer ball. Make it more challenging with a smaller, harder ball (e.g. tennis ball). Bean bags can also be used.
- > Use hoops instead of buckets to collect the team's balls.

Environment:

- > Vary the distance the team markers are placed from the hoop. Make it easier by moving the markers closer for a shorter distance to run or throw. Increase distance to challenge players (ensure safety rules are followed).
- > Can be played indoors, outdoors, on grass or hard surfaces.
- > Minimise external distractions.

Teaching Style:

- > Use **visual aids** such as picture cards to show the skill you want players to perform.
- > **Run with players** and guide them through each step of the game.
- > Use **questioning** to encourage players to think of their own strategies.

ALTERNATE SPORTS & SKILLS

Use this game to develop other skills such as rolling or dribbling the ball back to their bucket.



SAFETY!

- > Use balls appropriate for ability level, i.e. start with larger soft balls and move onto smaller balls.
- > Ensure players throw safely for their partner or team mate to catch.
- > Players must be aware of other players and be careful not to run into others when collecting balls.

