

Playing for All

Suitable for Years 3 to 12

playing for all



Playing for All - Activity Cards

The ***Playing for All*** activity cards develop Fundamental Movement Skills that can be used across different sport environments.

These 8 selected activity cards can be played individually, or with a family member, and are a great way to ensure Physical Education can continue to be a part of a student's learning at home.

Playing for All activity cards

- ✓ Include 3 stages of complexity that students can choose from to suit their own ability
- ✓ Promotes the development of thinking and tactics in modified games
- ✓ Develops Physical Literacy outcomes in fun, engaging environments

Special Olympics Australia – *Inclusive Sport in Schools*

 www.schools.specialolympics.com.au

 schools@specialolympics.com.au

Back to Back Pass

SKILL FOCUS

Passing



GAME SUMMARY:

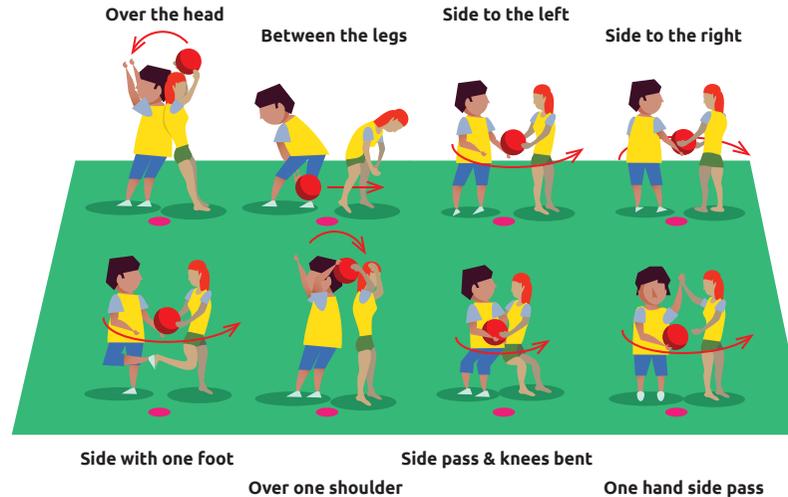
Players work in pairs. Pairs stand back to back and make as many passes as they can in a set period of time.

Equipment needed:

- > Balls (1 per pair)
- > Markers

Game setup:

Split players into pairs and give each pair a ball. Pairs stand back to back. Players perform passes from the options below.



COACH INSTRUCTIONS

STAGE 1

Pairs remain stationary.

*"Pass the ball between you and your partner until I call **STOP!**"*

Scoring Optional: Pairs count how many passes they can make in a set period of time.

Repeat game, pairs see if they can beat their previous score.

STAGE 2

Pairs pass then move. Spread out several markers around the playing space.

*"Pass the ball 10 times between you and your partner. Run to another marker and make another 10 passes. Keep going until I call **STOP!** Count how many markers you get to."*

Repeat game, pairs see if they can beat their previous score.

ASK: *"How can you and your partner work together to pass quickly and get to more markers?"*

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics



Catching Challenge

SKILL FOCUS

Catching | Throwing



GAME SUMMARY:

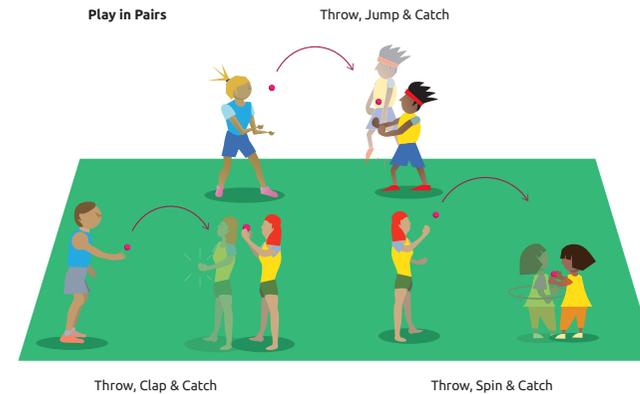
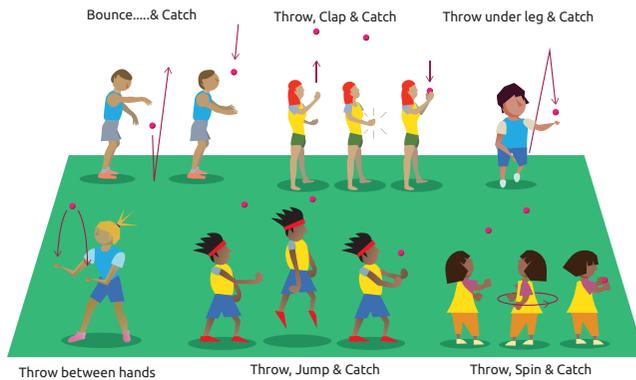
Players throw and catch a ball, trying progressively harder catching challenges.

Equipment needed:

> Balls - 1 per player

Game setup:

Players spread out ensuring they have sufficient space between each other. Give each player a ball.



STAGE 1

Play individually. Follow the coach.

STAGE 2

Progression from stage 1 - make up own movements.

STAGE 3

Play in pairs.

COACH INSTRUCTIONS

"I will throw the ball in the air. Before I catch it, I will do a movement. See if you can copy me."

"See if you can think of your own movement to perform before you catch the ball. Make sure you throw underarm and keep your eyes on the ball."

"Throw the ball to your partner. Your partner needs to perform a movement before they can catch the ball. See if you can think of a new movement to perform."

Players practice a skill then perform it to the coach.

Pairs practice a skill then perform it to the coach.

Scoring Optional: Give players a score out of 10 for performance.

Scoring Optional: Give players a score out of 10 for performance.

ASK: "How high do you need to throw the ball to be able to perform a movement before catching it?" "Why is it best to throw underarm?"

ASK: "Where is the best place to aim your throw so your partner can catch it?" "How should you hold your hands ready to catch?"

Some movements players can perform before catching the ball include: clapping, hopping, spinning around, jumping, touch the floor etc. Other throwing and catching challenges can include throwing the ball between legs or around the back, bowling the ball overarm into the ground and catching after 1 bounce or throwing the ball from hand to hand like juggling.

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

Pairs Passing

SKILL FOCUS

Throwing | Catching



GAME SUMMARY:

In pairs, players pass to each other for a set amount of time or passes before moving on.

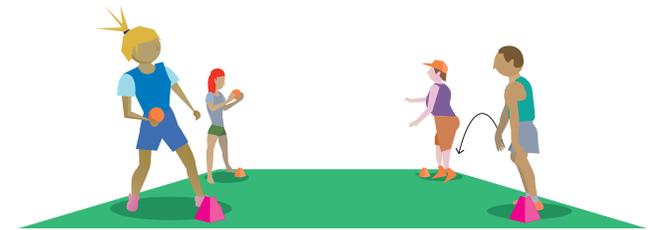
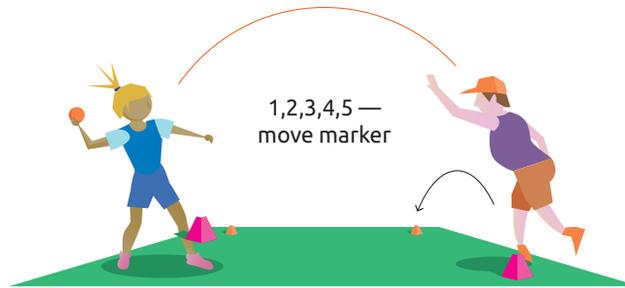
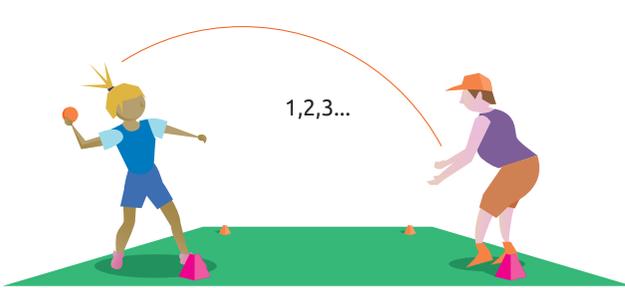
Equipment needed:

- > Markers or dots
- > Variety of balls (1 per pair)

Game setup:

Set up several pairs of markers of the same colour (approximately 1.5m apart) around the playing area. At least 1 set of markers will be needed per pair, with a few extra sets.

Put players in pairs and ask them to stand next to the markers. Alternatively, coloured dots can be used and players stand on the dots. 1 person from each pair has a ball.



COACH INSTRUCTIONS

STAGE 1

"Pass the ball between you and your partner until I call STOP."

Call **"STOP"** after 30 seconds.

"Move with your partner to another set of different coloured markers. Pass again until I call STOP."

Repeat.

Scoring Optional: Pairs count how many passes they can make in 30 seconds. See if they can beat their score at the next markers.

STAGE 2

"Pass the ball 5 times between you and your partner. Run to another set of markers and make another 5 passes. Count how many sets of markers you and your partner can get to in 2 minutes."

Repeat. See if pairs can beat their score.

ASK: *"What can you do to help you and your partner pass quickly so you can get to more sets of markers?"*

STAGE 3

"Pass the ball 5 times between you and your partner. After you have passed the ball 5 times, if you are holding the ball you stay where you are. If you are not holding the ball you need to run and find another player who is holding a ball and waiting for a new partner. Make 5 passes then do the same again."

Repeat.

ASK: *"How can you help other players know that you need a new partner?"*

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

L-o-n-g Target Throw

SKILL FOCUS

Throwing | Accuracy | Fielding



GAME SUMMARY:

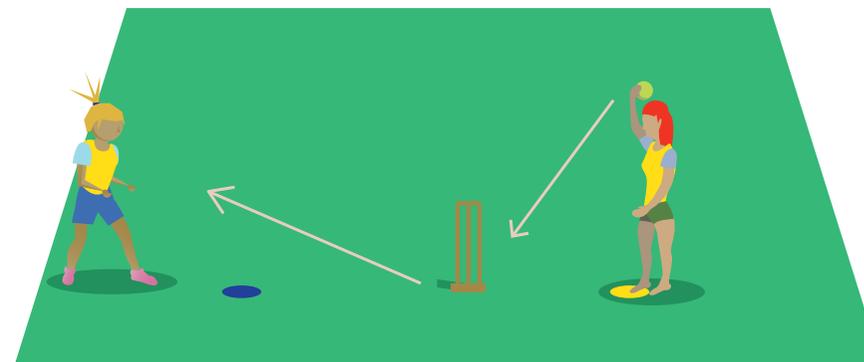
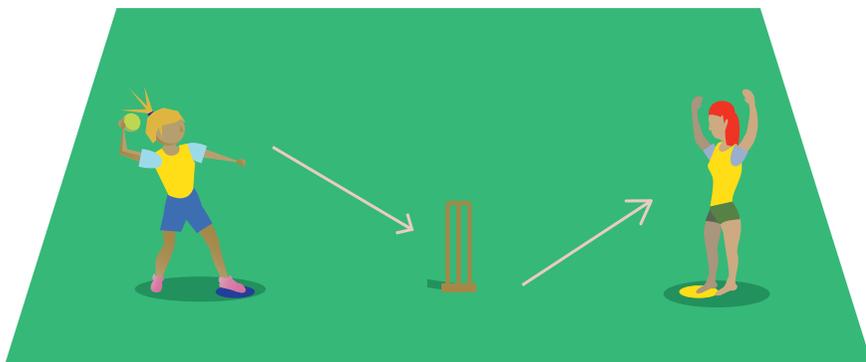
Players throw their ball at a target. If they hit the target they take a step back.

Equipment needed:

- > Targets (cricket stump or witches hat)
- > Coloured dots / markers
- > Tennis balls (1 per pair)

Game setup:

Players work in pairs. Each pair starts with players standing on coloured dots approximately 3 – 4 metres apart with a target half way between them.



COACH INSTRUCTIONS

STAGE 1

TO PLAYER 1: "Throw the ball at the target."

TO PLAYER 2: "Try field the ball before it gets past you. Pick up the ball, go back to your dot and throw it at the target."

Players take it in turns to throw. Play for 1 minute, then move the dots back 1 metre. Repeat.

Scoring Optional: Players count how many times they hit the target in a minute.

STAGE 2

TO PLAYER 1: "Throw the ball at the target. If you hit the target, take a step back. If you miss the target, stay where you are."

TO PLAYER 2: "Try field the ball before it gets past you, go back to your spot and throw the ball at the target. If you hit the target, take a step back. If you miss the target, stay where you are."

Play for 2 minutes. At the end of 2 minutes, players place a marker where they are standing. Repeat the game and see if players can get further away from the target.

FOUNDATION:

Skill Development



COMPLEX:

Strategies & Tactics

Pairs Mini-Bocce

SKILL FOCUS

Throwing | Bowling | Accuracy



GAME SUMMARY:

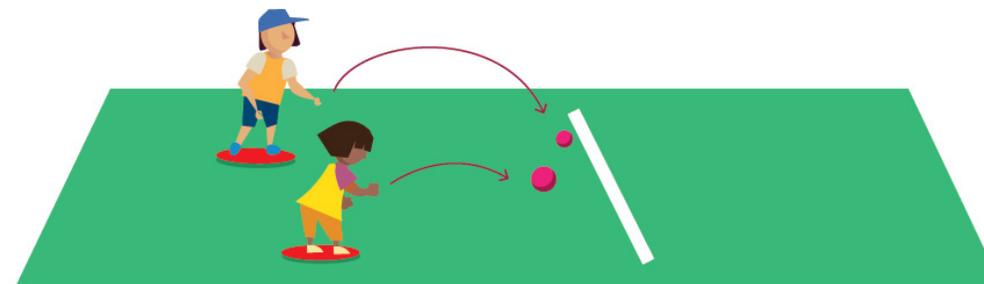
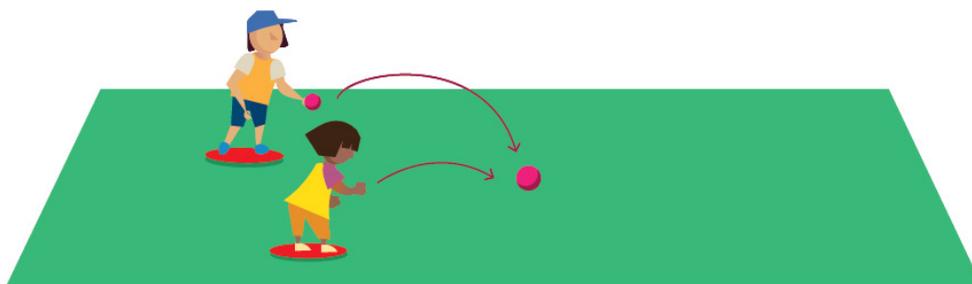
Playing in pairs, players try to hit the target thrown by their partner.

Equipment needed:

- > Coloured dots
- > Balls (various sizes)
- > Tape or chalk to draw a line

Game setup:

For each pair, place 2 dots beside each other approximately 1 metre apart. Give each pair one small ball (e.g. tennis ball), one larger ball (e.g. volleyball) or a ball suitable to their ability. Players can roll the ball or throw it under-arm.



COACH INSTRUCTIONS

STAGE 1

Give Player 1 the small ball and Player 2 the larger ball.

TO PLAYER 1: "Throw/roll your ball and make it land in the space in front of you."

TO PLAYER 2: "Throw/roll your ball and try to make it hit your partner's ball."

Swap after each turn.

Scoring (optional): Players get 1 point for hitting the ball.

STAGE 2

Draw a line approximately 4 metres in front of each pair. Give each player a ball suitable to their ability level.

TO PLAYER 1: "Throw/roll your ball and try to make it land as close to the line as possible."

TO PLAYER 2: "Throw/roll your ball and try to make it land closer to the line than your partner's ball."

Players take it in turns to throw the first ball. The player who's ball lands closest to the line scores 1 point.

ASK: "How can you control how far you throw/roll the ball?"

FOUNDATION:

Skill Development



COMPLEX:

Strategies & Tactics

Wall Tennis

SKILL FOCUS

Throwing | Catching | Shot Placement



GAME SUMMARY:

Players have a rally by throwing a ball against a wall for their opponent to catch and throw back.

Equipment needed:

- Balls - 1 per pair (volleyball size)
- Markers
- Chalk or tape

Game setup:

Set up a court with 2 squares side by side against a wall. Play in pairs with 1 player in each square. Have 1 ball for each court. Mark out a square on the wall in the middle of the court approximately 1 metre up from the ground.



COACH INSTRUCTIONS

STAGE 1

TO SERVER: "Throw the ball at the square on the wall so it bounces into the other side."

TO RECEIVER: "Catch the ball then throw it back by making it bounce off the square on the wall."

Players have a rally. No restriction on number of bounces before the ball is caught.

STAGE 2

TO SERVER: "Throw the ball at the square on the wall so it bounces into the other side."

TO RECEIVER: "Catch the ball on the full or after 1 bounce. Throw it back by making it bounce off the square on the wall."

TO BOTH: "Count how many times in a row you can throw and catch the ball before it is dropped or goes out of bounds."

Repeat and see if pairs can beat their score.

STAGE 3

TO SERVER: "Throw the ball at the square on the wall to make it bounce into your opponent's side of the court."

TO RECEIVER: "Catch the ball on the full or after 1 bounce then throw it back."

TO BOTH: "Try to make it hard for your opponent to catch the ball. You get 1 point if your opponent can't catch the ball after 1 bounce, or if they throw the ball and it lands out of bounds."

ASK: "How can you make it hard for your opponent to catch the ball?"

"Where can you stand to make it easier for you to catch and return the ball?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

PHYSICAL LITERACY ELEMENTS

Object Manipulation | Agility | Self-Regulation (Emotions) | Perceptual Awareness | Strategy & Planning

AC:HPE CONTENT DESCRIPTIONS

ACPMPO43 | ACPMP045 | ACPMP061 | ACPMP063

Bat Tapping

SKILL FOCUS

Striking

SPORTAUS



GAME SUMMARY:

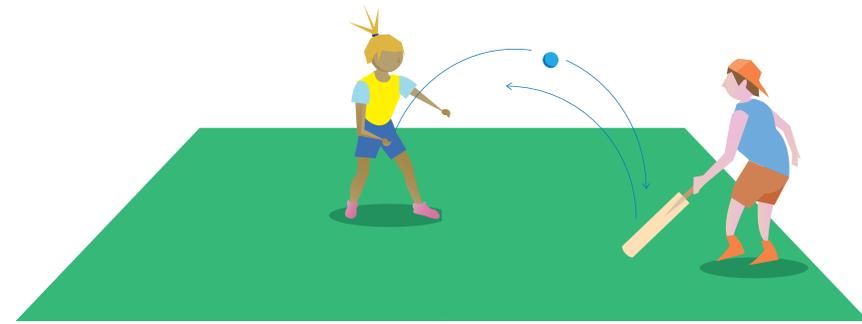
Players aim to tap the ball into the air with a bat as many times in a row as they can.

Equipment needed:

- > Bats or racquets - 1 per player
- > Balls - 1 per player

Game setup:

Players spread out ensuring they have sufficient space between each other. Give each player a ball and a bat or racquet.



COACH INSTRUCTIONS

STAGE 1

Play individually.

"Hold your bat / racquet flat. Try to balance the ball on your bat / racquet for as long as you can."

*"When I say **TAP**, try to flick the ball into the air then hit it again with your bat / racquet."*

STAGE 2

Play individually.

"Tap the ball into the air with your bat / racquet. Try to do small taps up and down. Count how many times in a row you can tap the ball. Make sure you keep your eyes on the ball."

If the ball drops, players pick it up and start counting again from the beginning.

ASK: *"Which part of the bat / racquet should you hit the ball with to make it go straight up in the air?" "How should you hold the bat / racquet to have the most control?"*

STAGE 3

Play in pairs.

"Throw the ball to your partner. Your partner needs to tap the ball back to you for you to catch. Count how many times in a row you can tap the ball back and catch it without the ball dropping."

Swap batters and throwers after the ball is dropped or after a set period of time. Pairs try to beat their score.

ASK: *"Where is the best place to aim your throw so your partner can tap it back?" "How should you hold your hands ready to catch?"*

FOUNDATION:

Skill Development



COMPLEX:

Strategies & Tactics

Body Balances

SKILL FOCUS

Balancing



GAME SUMMARY:

Players move around the playing space. On the coach's call, players perform a balance using specific body parts.

Game setup:

Mark out a safe playing space. When playing the game with pairs, match players of similar ability level.



STAGE 1

Play individually.

STAGE 2

Play in pairs.

COACH INSTRUCTIONS

"Move around the playing area. When I call **STOP** you need to freeze. You then need to perform a balance for 5 seconds with only the body parts I say touching the floor."

Some examples can be:

- 1 foot
- 1 foot, 2 hands
- 2 hands, 2 knees
- 2 feet, 1 hand

"Move around the playing space with your partner. When I call **STOP** you need to freeze. You then need to perform a balance for 5 seconds with your partner. I will tell you which parts of your bodies can be touching the floor. You have to be touching or holding onto your partner."

Pairs can only have the body parts called out combined touching the floor. Some examples can be:

- 3 feet, 2 hands
- 2 knees, 4 hands
- 2 bottoms, 2 hands, 2 feet

ASK: "Is it easier to balance when you're closer to the ground or further away?" "How can you work with your partner to hold the balance?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

