

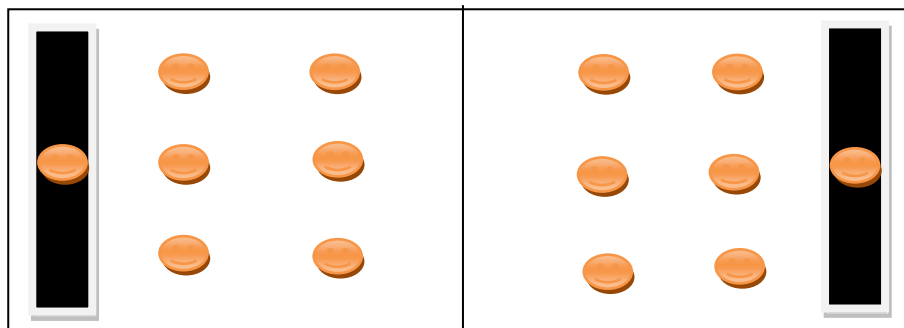
What Makes a Good Leader?



Write down what qualities you think are needed for a good leader!

Bench Ball

Name of Game:	Bench Ball
Equipment Required:	2 x benches, 1 x ball
Age Range:	Infant / Junior
Maximum Numbers:	No Limit

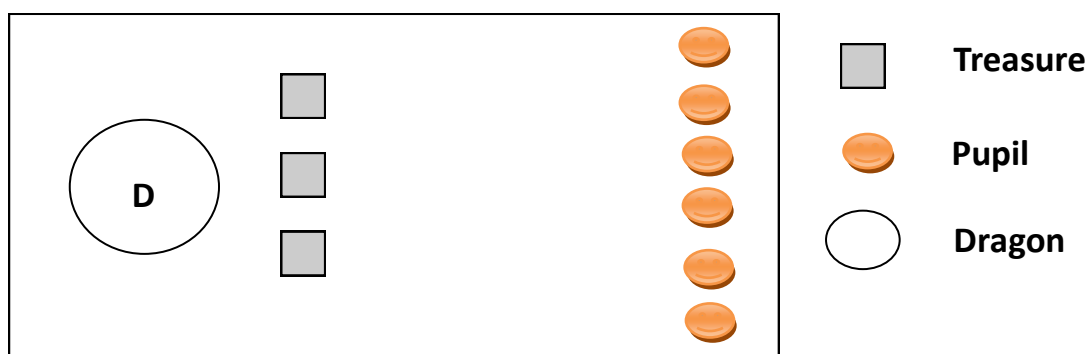


Split group into 2 teams. Split area into 2 sections with a bench at the end of each area. Choose 1 leader from each team to go and stand on the opposite bench.

Each team must pass the ball to their leader on the opposite bench; if the leader catches the ball without falling off or dropping the ball then the thrower joins their team mate on the bench. Both teams are not allowed over the half way line. Winning team is the team with all their leaders on the bench.

Dragons Den

Name of Game:	Dragon's Den
Equipment Required:	Bean Bags / 3 x hoola hoops
Age Range:	Infant / Junior
Maximum Numbers:	No Limit



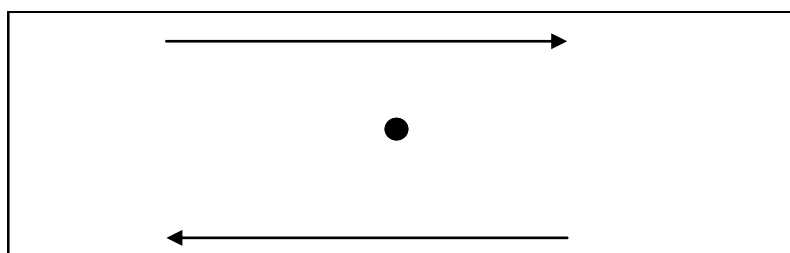
The Dragon protects their treasure (Bean bags in hoops). The dragon turns their back to the players who have to creep forwards towards the treasure. When the dragon turns round the players must freeze. If the dragon sees a player moving then that player will be sent back to the start.

If a player is successful in reaching the treasure without being caught moving, they can try to pick it up and return to the start without being caught by the dragon. Once the dragon has left their den to catch the player who has stolen the treasure the other players must remain still until the dragon returns.

Numbers

Name of Game:	Numbers—Basketball/ Football/Netball/ Rugby / hockey
Equipment Required:	Sports specific / cones
Age Range:	Infant / Junior
Maximum Numbers:	20

1 2 3 4 5 6 7 8 9 10
TEAM A



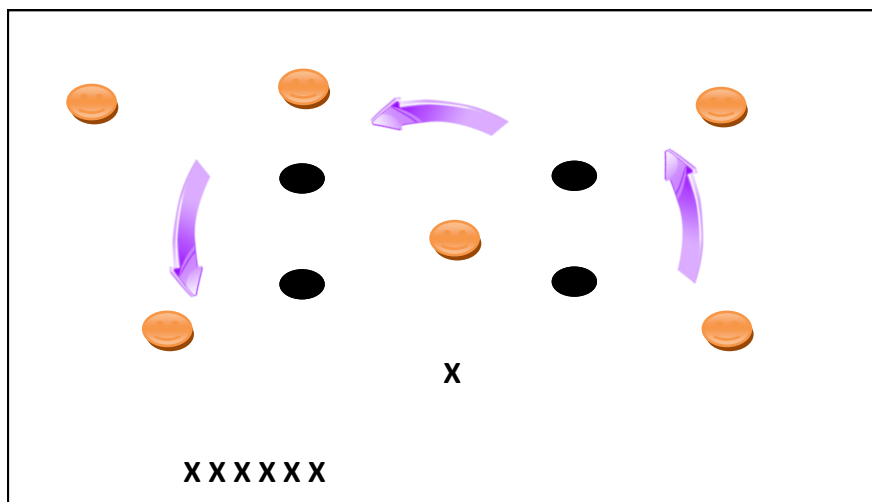
1 2 3 4 5 6 7 8 9 10
TEAM B

Place the ball in the middle of the working area. Shout out 3 or 4 numbers. The numbers that have been shouted have to run forwards from both teams, get the ball and try to score in their goal (shooting directions shown by arrows)

You can either play with the same numbers until a goal has been scored or set a time limit so that every game last 1min. After the goal/time the players return to their line and new numbers are shouted.

Caterpillar Rounders

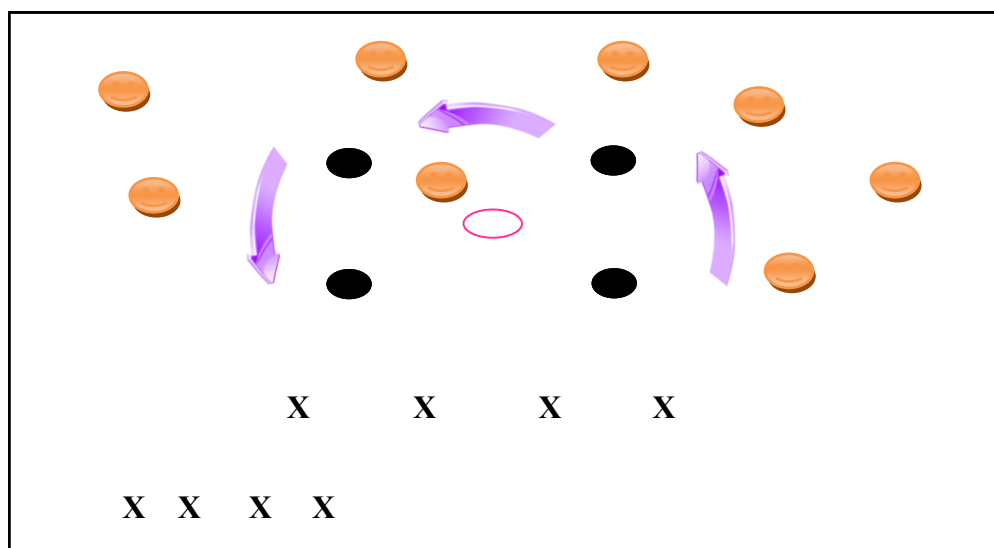
Name of Game:	Caterpillar Rounders
Equipment Required:	balls, cones various bats
Age Range:	Junior
Maximum Numbers:	20



There is a batting team and a fielding team. 1st batter hits the tennis ball. The aim is for the whole of the batting team (not just the batter) to run around all 4 bases over the line before the fielders can get the ball to a certain person, or pass it to everyone on the team.

Scatterball

Name of Game:	Scatterball
Equipment Required:	balls, cones various bats
Age Range:	Junior
Maximum Numbers:	20



There is a batting team and a fielding team. 4 batters stand on the 4 cones with 4 tennis balls. One at a time the batters have to throw the tennis balls. After the last batter has thrown their ball, they shout “Go”, on Go the 4 batters have to run around all 4 posts over the finish line before the fielding team get all the balls into the centre hoop.

Instead of throwing the ball, batters can use various bats/rackets to hit the ball.

Megs

Name of Game:	Megs
Equipment Required:	soft large ball
Age Range:	infants / Junior
Maximum Numbers:	20

All Players stand in a circle facing inwards with their feet wide apart touching the next persons foot at either side.

Keeping 1 hand behind their back, the players must bend over and guard the area between their legs with their free hand. Start with 1 ball. The aim of the game is to not let the ball go through your legs. If it does you must sit out. Players are only allowed to use their goalie arm to stop it going through. The person is the last person standing.

Warm Up Activities

What The Time Mr Wolf - Bunny Hops

1 pupil is chosen as Mr Fox, they sit at the other end of the hall/playground with their back to the group. The rest of the group line up behind the start line and shout "What time is it Mr Fox", Mr Fox will reply with a time e.g. "6 o'clock" The pupils count 6 bunny hops then stop still. If Mr Fox turns round after 6 counts and sees anyone moving they have to go back to the beginning. If Mr Fox Shouts "Dinner Time" they are allowed to run and catch the rabbits! If Mr Fox is tagged before dinner time the tagger becomes Mr Fox.

Treasure Chest

Split the group into 4 teams and separate the teams into a corner each. Make a treasure chest in the centre of the room filled with cones/bones, beanbags etc. On go 1 person from each group runs to the treasure chest and collects 1 item, they then run back to their group and the next person goes. The winning team is the team with the most Treasure collected at the end!

Dodgeball

Choose 1 person to be on, their aim is to hit as many children as they can in 2 mins. They can only hit someone from the waist down. If a child is hit they must sit out. Progression – have 2 people throwing.

Cones & Dishes

Split group into 2 teams. One team turns the cones up "dishes" one group turns the cones down "Cones" time them for 2 mins then they have to go back to their team zones. The team with the most cones/dishes.

Shapes

Get players into small groups of 5. The coach calls out different objects or shapes and the players have to try and perform that shape as best as they can as a group of 5

Caterpillars and Crabs

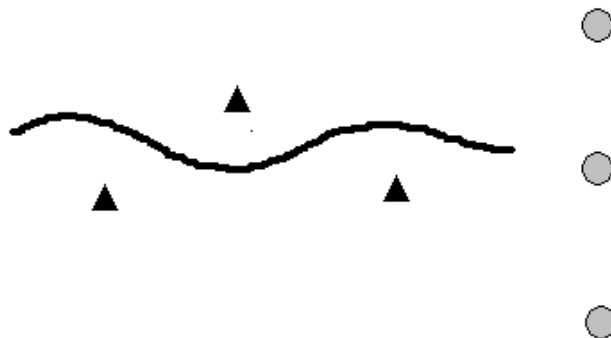
players walk on all fours in this exercise, on the command 'crabs' players travel in any direction on hands and feet facing upwards, on command 'caterpillars' players turn over into push up position, walk feet towards their hands then walk their hands away returning to push up position.

Cones Relay

Pupils find space on the outside of the coloured coned circle. Players run in single file around the circle. When coach holds up a coloured cone, the pupils have to run to the coloured cone nearest to them and stop. The last pupil there will be out. Pupils are not allowed to go backwards or cut across the circle. Last one left is the winner!

Fantasy Football

Name of Game:	Fantasy Football
Equipment Required:	1 Ball & Markers
Age Range:	Infant
Maximum Numbers:	8



Players dribble a ball around the cones and then try and score in one of the goals

Different points are awarded for each goal

3 attempts to score as many as possible

Fireball

Name of Game:	Fireball
Equipment Required:	1 Ball
Age Range:	Infant / Junior
Maximum Numbers:	6 - 10

The players stand in a circle and pass the ball around as quickly as they can – as if it were on fire.

Players lose a life if they drop the ball.

Different types of passes can be used and you can change the direction to make it more challenging

Up & Over

Name of Game:	Up & Under
Equipment Required:	1 Ball
Age Range:	Infant / Junior
Maximum Numbers:	6 - 10

Players stand in a line, one behind the other.

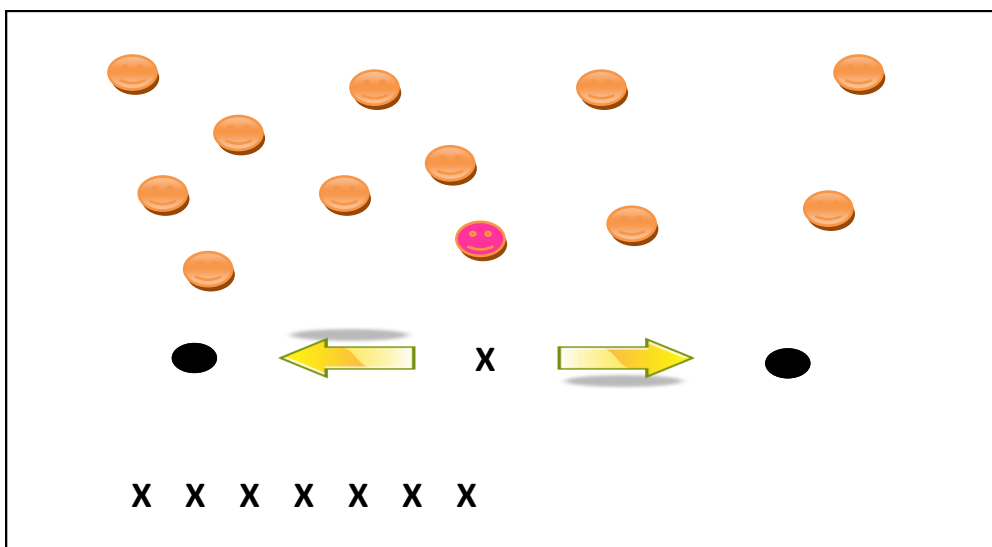
The 1st person in the line starts with the ball and passes it over the top of their head to the person behind them.

The next person passes the ball between their legs to the person behind them and so on.

Once the ball has reached the back of the line the back person runs, carrying the ball, to the front of the line and it starts again.

Kick Rounders

Name of Game:	Kick Rounders
Equipment Required:	1 Ball
Age Range:	Infant /Junior
Maximum Numbers:	No Limit



1 bowler and 1 batter, everyone else is a fielder.

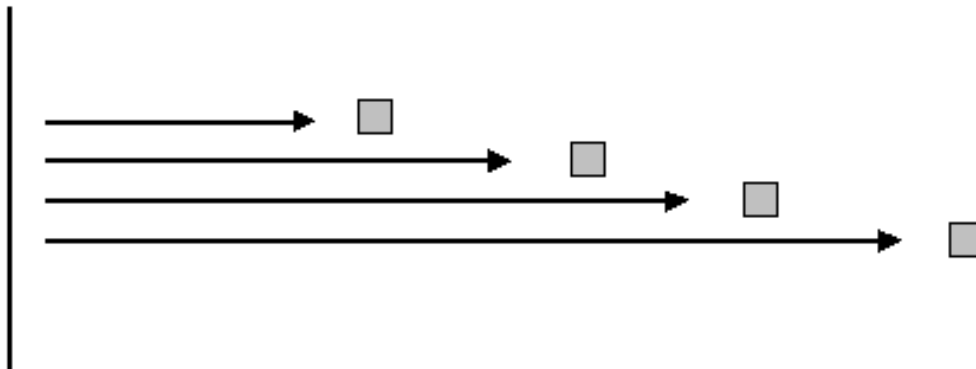
The bowler rolls the ball to the batter who kicks it as far as they can.

The batter has to run between 2 markers as many times as they can before the fielders get the ball and pass it back to the bowler.

Each batter has 3 goes.

Shuttle Run

Name of Game:	Shuttle Run
Equipment Required:	4 Beanbags or similar
Age Range:	Infant /Junior
Maximum Numbers:	No limit



Set out 4 bean bags at various distances on a straight line.

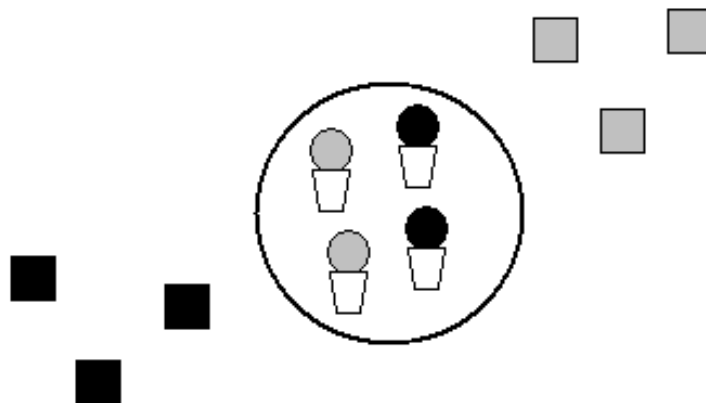
Players have to run from the start line to collect the first bean bag and return it to the start line.

Then they run again to collect the second bean bag and return it to the start line.

Run again for the third and so on.

Team Aim

Name of Game:	Team Aim
Equipment Required:	Balls, Markers & Beanbags
Age Range:	Infant / Junior



Children are arranged in teams of a certain colour.

Each team has bean bags of the same colour and they take it in turns to throw to knock the same coloured ball out of an upturned marker.

Winning team is the first to knock all their balls out of the circle

Session Plan—Template

Activity/ Game:

Venue:

No of Participants:

Equipment:

.....

How will you get people into groups or pick people for different roles?

.....
.....
.....

What are the main rules of your activity?

.....
.....
.....

Anything else you need to remember to do or say?

.....
.....

Draw the area you will use, showing the organisation of all equipment and where participants will stand.



EVALUATION SHEET—Peer Assessment

Names of Young Leaders _____

Please circle the number that best describes how well you think they did:
 1-fantastic 2-very good 3-good 4-ok 5-needs more work

Organisation of equipment
 before activity 1 2 3 4 5

Giving instructions 1 2 3 4 5

Using demonstration 1 2 3 4 5

Keeping everyone safe 1 2 3 4 5

Controlling the activity 1 2 3 4 5

Making sure everyone was
 involved 1 2 3 4 5

Making it fun 1 2 3 4 5

*The warm up 1 2 3 4 5

*The cool down 1 2 3 4 5

Name 1 thing you think they did really well or were really good at.

Name 1 thing you think they could improve or need to practice a bit more.
