

Activity Program Plan 1

Activity Type	Duration of Activity	Perceived activity level	Set-up time
1. Warm up stretches, jogging on the spot	10 minutes	Gentle – warming up muscle groups	Immediate start
2. Ball tag – Two Activity leaders throw softball at kids – when hit sit help others to catch those who are still in the game until everyone is out.	5 minutes	Moderate – warms up muscle groups – gets kids running about – slightly out of breath	Two softballs for equipment
3. Team test – 4 teams – 4 markers, 4 footballs. Team member has to run to the last marker, then bounce the ball around the 4 markers and run back to the next team member.	5 minutes	Speed endurance and motor Dexterity.	Couple of minutes set up time plus demonstration.
4. Circular base training – bases such as 1) skipping, 2) bench step, 3) spinning the hoop, 4) Mini-trampoline, 5) Sit-ups, 6) mini-shuttle run over 5m, 7) Bean bag target practice – throw into containers, 8) Standing jump – try and beat own personal distance.	Whole event 20 minutes – each base takes approximately 2/2.5 minutes	Combines various stamina/ strength building tasks. Good level of activity – children should be out of breath/ increased heart rate by end of circular base session	Set up 10 minutes – one team member sets up whilst other half of hall used for team games.
5. Warm down	Warm down stretches – gentle running on the spot	Warm down muscles ready for normal activity	No set up time

Activity Program Plan 2

Activity Type	Duration of activity	Perceived activity level	Set-up time	Learning points
1. Warm up stretches, star jumps, jogging on the spot	10 minutes	Gentle warm – help muscle groups get warm – used to activity	Follow the leader format	Make sure followers in the class copy what the leader is doing – particularly important with stretches.
2. Grand Canyon crossing – gap zone 10-12 metres wide. Two catchers have to tag the children as they run between the tag zone. The ends of the rectangle are the safety zones. Those players who finish immediately run outside of the play area and return to the start line to try again.	5 minutes	Good level of activity – children will be out of breath after playing	Piece of chalk – draw rectangle – explain principles of game – 5 minutes	How many times can children cross without being caught? Who survives the longest without being caught?
3. Skittle knock down – 4 sets of skittles – 4 teams of 5/6. Run a short distance – pick up beanbags and knock down skittles with 4 shots.	10 minutes	Develops skill factor with aim and speed control	5 minutes	Encourage children to think about what they are trying to do. Think about position/force/speed and aim. Be gentle/skilful and not always forceful
4. Circular base training – bases such as 1) skipping, 2) bench step, 3) spinning the hoop, 4) Mini-trampoline, 5) Sit-ups, 6) mini-shuttle run over 5m, 7) Bean bag target practice – throw into containers, 8) Standing jump – try and beat own personal distance.	Whole event 20 minutes – each base takes approximately 2/2.5 minutes	Combines various stamina/ strength building tasks. Good level of activity – children should be out of breath/ increased heart rate by end of circular base session	Set up 10 minutes – one team member sets up whilst other half of hall used for team games.	Make sure all the kids are participating and not left out. Ensure the children have understood the instructions.
5. Quick warm down	2-3 minutes	Relaxing and calming the children down	None	Thank kids for taking part and remind them to be active

