



Sample Indoor Activity Resources



INTRODUCTION

With weather being extremely unpredictable in the UK and especially during the Autumn term this can wreak havoc on PE delivery and cause an enormous amount of headaches for Teachers. We felt it would be great to support teachers be prepared for 'Wet Weather PE' and overcome these situations with ease.

The headache of having to change plans quickly, whilst checking if the hall is available can be a nightmare and can impact on the quality of your PE lesson. Our aim for this resource pack is to solve these issues and we have tried to think of all the potential barriers that teachers will be faced with when having to plan for indoor PE. The last thing we all want is for a lesson to have to be switched for something more manageable or worse abandoned altogether leaving teachers and pupils disappointed.

We have created some low resource quick, fun and impactful activities that deliverers can utilise when moving PE indoors. We have also linked with a few National Governing Bodies to support with the content of these resources. (Table Tennis England, England Handball and British Dodgeball) in addition

to the NGB involvement we have also created some Premier Education content (Multi Skills, Dance and some Brain Games that can all be completed in a classroom setting if needs be)

The resources can be printed off and left in a PE cupboard or handed to each teacher as a back up measure. There is also a section within these resources where the NGB partners have provided some 'special offers' or further helpful links to resources that can support your teachers and pupils. We really do hope these help....stay warm, dry and enjoy.

IN PARTNERSHIP WITH



HANDBALL ACTIVITY 2

Cage Ball



Equipment:

- Bibs
- Balls
- Throw down markers

Set-up and risk assessment:

- Ensure there is appropriate space for all participants to avoid collisions
- Check surface for anything which could cause slips and trips
- Ensure appropriate footwear and clothing is worn
- Safety zone clearly marked

Aim:

- Ball handling skills
- Passing and catching
- Gripping the ball

Starting activity:

Warm Up

- Each lesson should begin with a warm up. Warm-ups stimulate the muscles, increase flexibility and increase heart rate
- Each player in the group is given a number
- Players spread out in the playing zone.
- Players must pass the ball between themselves in number order, while on the move (1 to 2, 2 to 3, 3 to 4 etc.)

Ways to differentiate:

- Introduce a second ball
- Keep one ball between even numbers and one between odd
- Be creative in trying out your own variations to this activity!

Main activity:

Cage Ball

- Create a square zone/area (roughly 3x3m is enough)
- Establish two teams of four
- Two players of each team inside the square and two players of each team outside of the square (One player on each side of the square)
- Two minute game
- The two reds play "keep ball"
- One point per pass
- Pass to players on the edge for two points
- If the blues win the ball, they get to play "keep ball"

Ways to differentiate:

- Increase/decrease the number of players
- Change the space
- Use different size balls
- Limit the time available
- Define which hand to use
- Limit the number of steps in possession
- Limit the time in possession

MULTI SKILLS ACTIVITY 6

Invasion Games

Equipment:

- Cones
- Netballs
- PE mats
- Bibs

Risk assessment considerations:

- Ensure there is appropriate space for all participants to avoid collisions
- Check surface for anything which could cause slips and trips

Set-up of area:

- Ensure plenty of space around working area for player safety
- Ensure players are paired with children of similar size / ability
- Create a safe zone for children

Starting activity:

Adventure Island

- Children to move around the hall, activity professional/teacher to set the scene they are going to an adventure island
- The activity professional/teacher will call out commands whilst taking the children on the journey to the adventure island
- Some examples could be: driving to the airport, getting onto the plane, flying the plane, biking to the beach. activity professional/teacher to use imagination and ask for childrens examples too
- Make interactive and as fun as possible

Ways to differentiate:

- Ask the children to pick the destination or use an experience of their own
- Add in equipment to take and dribble whilst on the adventure (Netball)

Main activity:

Matball small sided games

- Split the class into four teams, split the hall into two pitches (if not enough space three teams and one pitch)
- Matball matches, netball rules but instead of scoring in a hoop, a team member is stood on a mat. If they catch the ball, the team member who threw the ball would join them
- The first team to get all their team members onto a mat wins the game
- The team who is off could act as wall players on the outside

Ways to differentiate:

- Set the outside team challenges whilst the game is on
- Add in competition (team names + points)
- Add in a specific type of throw to make a goal (chest pass only, bounce pass only)

MINDFUL MOMENTS

Mindful breathing is a simple but powerful act that works well on its own or as an introduction to calmer activities.

Time: 5-10 minutes.

Equipment required: An open space, mats or cushions, meditation music.

Benefits:

- Promotes relaxation for the body as well as rest for the mind.
- Enhances cognitive functioning (including memory, concentration and performance).
- Improves emotional regulation.

PREPARATION

1. Dim the lights and cover the windows.
2. Put on some ambiance/meditation music and take a moment to be quiet and relaxed.
3. Get yourself in a comfortable position. You could be lying on your back or sat up with your legs crossed.
4. Understand that breathing is important for your mind and emotions, and that controlled breathing can help you calm down.

THE EXERCISE

1. Begin by breathing slowly and deeply. Deep breath in, slow breath out.
2. Put a hand on your belly. You will be able to feel the rise and the fall of your breath.
3. After five breaths, guide yourself to any thoughts and feelings you may have.
4. Imagine that the thoughts and feelings are bubbles, floating away with each breath.
5. Stay like this for as long as is right, repeating the cues to feel each breath and let go of your thoughts.

HOW DO YOU FEEL AFTER BEING MINDFUL...



HIIT BINGO

For a quick burst of activity, work your way through the squares, completing each activity for 40 seconds with 20 second rest in between. Can you complete the entire board and get a full house?



WALK ON THE SPOT	JUMPING JACKS	PLANK	FROG JUMPS
WALL SIT	CRAZY DANCE	JUMP FROM SIDE TO SIDE	WALK ON THE SPOT
PLANK	SQUATS	JUMPING JACKS	LEFT LEG FORWARD LUNGE
RIGHT LEG FORWARD LUNGE	TOUCH TOES THEN STRETCH TO THE SKY	ARM CIRCLES	REPEAT...

