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Book 2

Physical Education Games for 9 - 11 Year Olds

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Circular Relay

Locomotor Skills

Learning Outcome:

Students develop skills at running in a circular direction in a relay situation.

Equipment:

Markers or witches hats to define circle

Area:

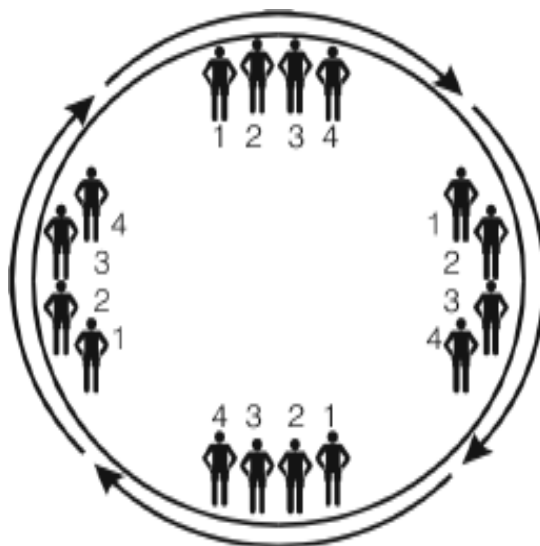
Flat grassed area

Activity:

Children are put into 4 teams of 4 children. Each child is numbered 1, 2, 3 and 4.

On 'go' No. 1 runs clockwise around the circle and back to their place and sits down. Then No. 2 does the same and so on to No. 4. When No. 4 sits down, No. 1 jumps up and runs around the circle and back to stand in their original spot. This continues until all runners are standing up again.

The first team to be all standing again wins. For a variation winning teams can be handicapped by starting after the other teams.



Beat the Ball

Locomotor Skills

Learning Outcome:

Students explore ways of accelerating quickly over a short circular course.

Equipment:

Markers or witches hats to define circle and 1 small rubber ball

Area:

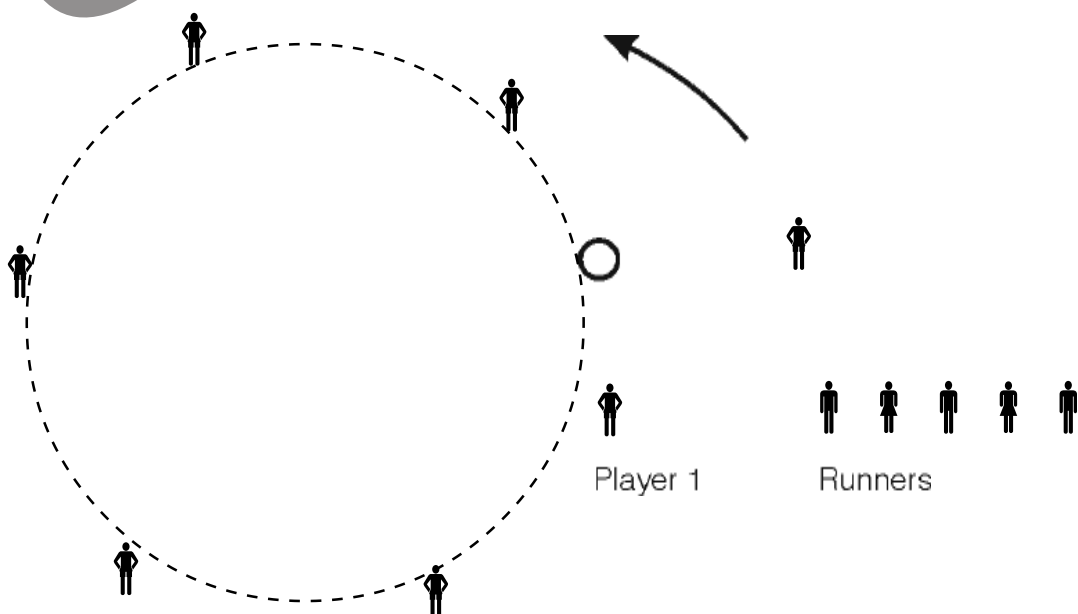
Small grassed area

Activity:

Children are put into two teams of 5 or 6 (depending on class size) while the others watch and wait for their turn. One team forms a circle and player 1 starts with the ball. The other team form a line behind player 1.

The aim of the game is for one team to throw the ball around the circle as many times as possible in the time it takes each member of the other team to run around the outside of the circle.

Each team's player 1 keeps score of how many circuits the ball takes. Change team positions and repeat, then swap with two more teams from those watching. See which team can get the record.



Pass the Hoop Relay

Non-Locomotor Skills

Learning Outcome:

Students explore different ways of passing a hoop by moving their arms and bodies.

Equipment:

1 hoop per team (3 - 4 teams)

Area:

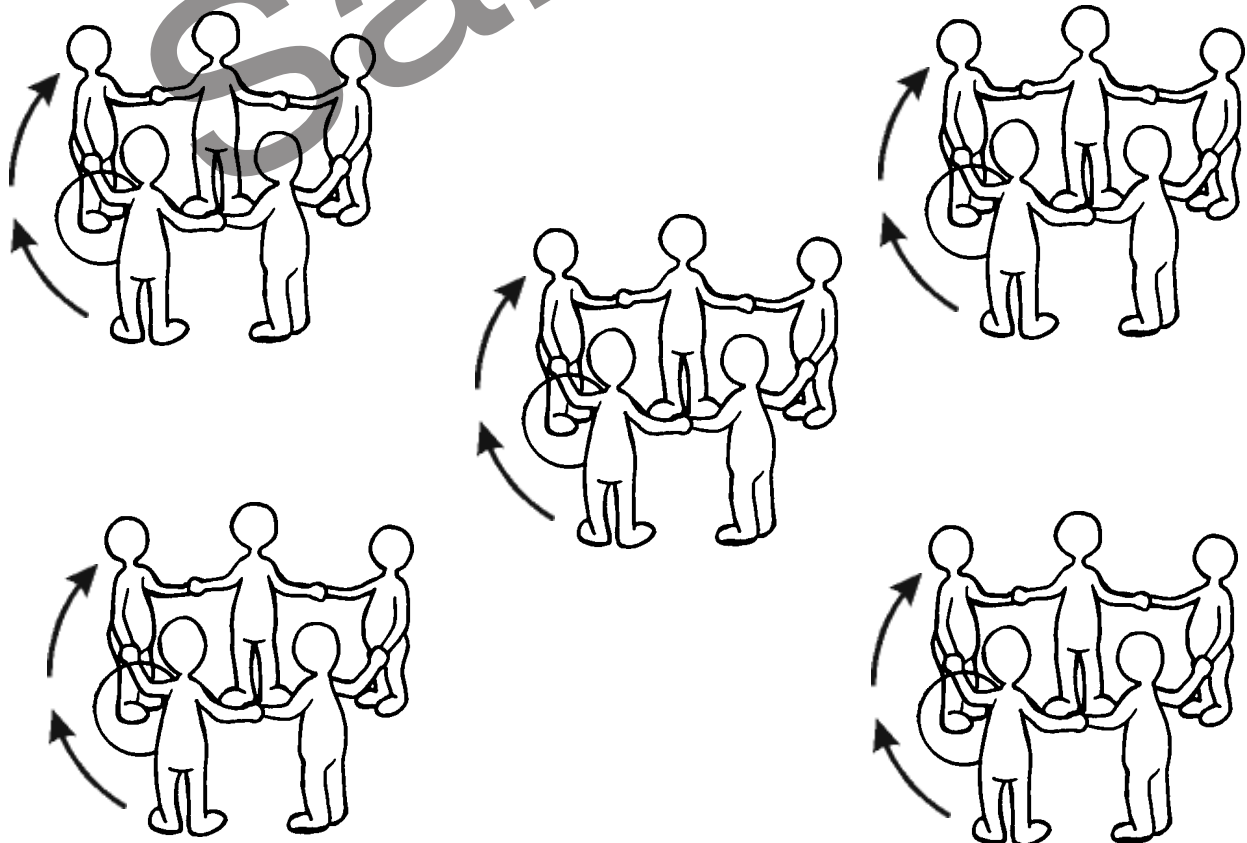
An area large enough for 3 - 4 groups in small circles

Activity:

Each team of 5 - 6 children joins hands and forms a circle. A hoop is placed over the linked hands of 2 of the children.

On 'go' each team must pass the hoop around the circle and back to the start without letting go of their hands or breaking the circle.

A variation is to have relays lasting 5 or 10 rotations of the circle. A further variation is to have 2 or 3 hoops moving around the circle.



Square Relay

Spatial Awareness

Learning Outcome:

Students explore moving within boundaries by running in a square pattern.

Equipment:

8 witches hats

Area:

A grassed area using 4 witches hats to mark out a 15 m square

Activity:

Children are put into 4 equal teams. Each team lines up behind the outside witches hat near their corner of the square.

On 'go' the first runner runs in a clockwise direction around all 4 hats then tags the next member of their team. The team to have all their runners home first is the winner.

Teams can then be handicapped by starting on 2, 3, etc. so the other teams have a chance of winning.

A variation is to use formations other than the square.

