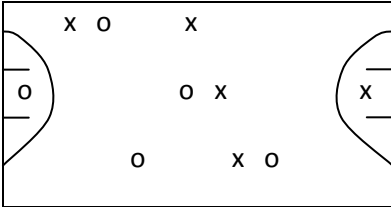


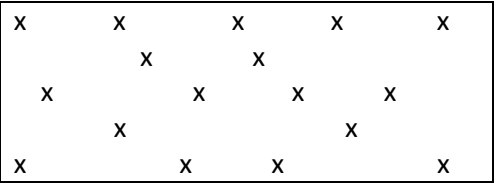
SoR activities (Courtesy of Aspire to Inspire)

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| <p>End Ball</p> | <div style="display: flex; align-items: center;"> <table border="1" style="border-collapse: collapse; text-align: center; width: 150px; height: 130px;"> <tr> <td style="width: 20px;"></td> <td style="width: 20px;">x</td> <td style="width: 20px;">o</td> <td style="width: 20px;"> </td> <td style="width: 20px;">x</td> <td style="width: 20px;"></td> </tr> <tr> <td style="width: 20px;">o</td> <td></td> <td></td> <td></td> <td style="width: 20px;">o</td> <td style="width: 20px;">x</td> </tr> <tr> <td></td> <td></td> <td style="width: 20px;">o</td> <td style="width: 20px;"> </td> <td style="width: 20px;">x</td> <td style="width: 20px;">o</td> </tr> </table> <div style="margin-left: 20px;"> <p>Teams of 4 or 5</p> <p>Pitch size is dependent on the ability of attendees and focus of the game</p> <p>Aim is to get the ball to the end zone to their team mate</p> <p>Attendees cannot move with the ball</p> <p>Pass in any direction</p> <p>Non contact, interception only</p> <ul style="list-style-type: none"> • Turn over, if defenders touch the ball carrier • Smaller, larger, change shape of goal • Team must select a goalie • Goal can be scored by passing to a goalie or any player can run into the area and receive the ball • Over head, underarm, below knees, one handed passes </div> </div> | | x | o | | x | | o | | | | o | x | | | o | | x | o | |
| | x | o | | x | | | | | | | | | | | | | | | | |
| o | | | | o | x | | | | | | | | | | | | | | | |
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| <p>Capture the Flag</p> | <div style="display: flex; align-items: center;"> <table border="1" style="border-collapse: collapse; text-align: center; width: 200px; height: 80px;"> <tr> <td style="width: 50px;">○ A1</td> <td style="width: 50px;"></td> <td style="width: 50px;"></td> <td style="width: 50px;">B2○</td> </tr> <tr> <td>○ A2</td> <td></td> <td></td> <td>B1○</td> </tr> </table> <div style="margin-left: 20px;"> <p>Two teams A and B</p> <p>Area is dependent on the age of the participants, ranging from 1/8th to a whole pitch</p> <p>Two cone circles in each side</p> <p>A1 and B1 with a ball in it (bank)</p> <p>Teams have to cross the middle line going into the oppositions area, run to the bank, collect it and run back to their area</p> <p>As soon as a player crosses the middle line they can be touched by defenders. Once</p> </div> </div> | ○ A1 | | | B2○ | ○ A2 | | | B1○ | <ul style="list-style-type: none"> ✓ Do they work hard throughout the game? ✓ Are they able to assess the risk? ✓ How do they deal with the rules and the tactics of the game? ✓ Are they quick and able to dodge the defenders? ✓ Can they stay on their feet whilst dodging and tagging? ✓ Can they create and exploit space? | | | | | | | | | | |
| ○ A1 | | | B2○ | | | | | | | | | | | | | | | | | |
| ○ A2 | | | B1○ | | | | | | | | | | | | | | | | | |

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| | <p>touched they raise their hand and walk to the jail (A2 or B2) in their oppositions area.</p> <p>Players can be freed from jail by one of their team mates crossing the centre line and running into the jail and tagging all the prisoners (jail break)</p> <p>If a player collects the ball and is then touched whilst running back, they must place the ball down (which is returned to the bank) and then go to jail.</p> <p>Players are safe in their oppositions Jail and bank (defenders are only allowed to enter their own bank to place the ball back).</p> <p>Fair play must be introduced – if a player says you are touched then you are</p> <ul style="list-style-type: none"> • Introduce passing (ball can be passed in the oppositions area but must be run over the middle line) if the ball is dropped both passer and receiver go to jail • Introduce kicking ball can be kicked in the oppositions area but must be run over the middle line) if the ball is dropped both kicker and receiver go to jail | <ul style="list-style-type: none"> ✓ Do they make accurate and appropriate passes? ✓ Can they pass and receive under pressure? ✓ Can they kick and catch accurately? Do they kick tactically? ✓ Can they work as a team to defend? Do they understand the principals of defending? ✓ Can they outwit their opponents with footwork and creative passing? | | | | | | | | | | | | | | | | | | |
| <p>Ultimate Frisbee/NERF ball</p> | <table border="1" data-bbox="309 906 698 1114"> <tr> <td></td> <td>x</td> <td>o</td> <td></td> <td>x</td> <td></td> </tr> <tr> <td>o</td> <td></td> <td></td> <td></td> <td>o</td> <td>x</td> </tr> <tr> <td></td> <td></td> <td>o</td> <td></td> <td>x</td> <td>o</td> </tr> </table> <p>Teams of 4 or 5</p> <p>Pitch size is dependent on the ability of attendees and focus of the game</p> <p>Aim is to get the ball to the end zone to their team mate</p> <p>The attendees can take up to three steps after receiving the Frisbee/NERF Ball</p> <p>Pass in any direction</p> <p>Non contact, interception only</p> <ul style="list-style-type: none"> • Turn over, if defenders touch the ball carrier • Smaller, larger, change shape of goal • Team must select a goalie | | x | o | | x | | o | | | | o | x | | | o | | x | o | |
| | x | o | | x | | | | | | | | | | | | | | | | |
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| | <ul style="list-style-type: none"> • Goal can be scored by passing to a goalie or any player can run into the area and receive the ball • Over head, underarm, bellow knees, one handed passes | |
| Hand Ball |  <p>Teams of 4 or 5</p> <p>Pitch size is dependent on the ability of attendees and focus of the game</p> <p>Goal is score when the ball is thrown from outside the semi circle into the goal</p> <p>The attendees can take up to three steps after receiving the handball</p> <p>Pass in any direction</p> <p>Non contact, interception only</p> <ul style="list-style-type: none"> • Turn over, if defenders touch the ball carrier • Smaller, larger, change shape of goal • Team must select a goalie • Goal can be scored by passing to a goalie or any player can run into the area and receive the ball • Over head, underarm, bellow knees, one handed passes | |
| 13 Kick Tennis | <p>Two teams of 4 or 5, in an area 20m by 30m, split in half by a cone line (dependent on team size and age of participants)</p> <p>The team has to kick the ball over the middle line into a space, if the ball lands they get a point.</p> <p>If the defending team catch the ball, they can take steps forward before they kick it over the 'net'</p> <ul style="list-style-type: none"> • Rules can be adapted, one bounce, can be passed within the team | <ul style="list-style-type: none"> ✓ Do they work hard for the whole game? ✓ Can they put themselves into situations outside their comfort zone? ✓ Do they help their team to be the best they can (reviewing their performance and suggesting aspects to focus on) ✓ Can they process the cues given by the kicker and then positions themselves in the correct position to receive the ball? |
| 15 Rugby Netball | | |

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| | <p>Two teams of 4 or 5 in an area 20m by 30m Teams score by kicking the ball to a team mate standing in the end zone Players kick it between themselves but are not allowed to run with the ball</p> <ul style="list-style-type: none"> • Game can be adapted by introducing turn over if the ball is dropped and running with the ball until tagged | <ul style="list-style-type: none"> ✓ Do they catch the ball efficiently whilst balanced? ✓ Are they quick to make decisions? Where to run, kick or pass? |
| <p>16 Rugby Golf</p> | <p>Each attendee has a ball. Golf course set up with cones for the T off and for holes, alternatively trees, posts, goals or any other feature in the area can be used.</p> <p>Attendees have to get the ball from the T off to the hole in the least amount of kicks</p> <p>They can choose which ever kick they think will be appropriate</p> <p>Attendees have two rounds of the course which will allow further decision making to take place</p> | <ul style="list-style-type: none"> ✓ Can they find space by evading defenders? decision making, creativity ✓ Can they generate a force, kick accurately and fluently? ✓ Do they position their body correctly to catch, cushioning with arms and legs? ✓ Can they kick tactically to create an advantage for their team? |

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| <p>TAG rugby</p> | <p>Rough guidelines for pitches (age, size and ability dependent)</p> <p>4 v 4 15 x 20 metres</p> <p>5 v 5 20 x 30 metres</p> <p>6 v 6 25m x 45 metres</p> <p>Attendees are split into two teams and each has a tag belt Team scores, by getting the ball to the try line. They are allowed run with the ball and pass backwards or sideways</p> | <ul style="list-style-type: none"> ✓ Do they work hard in both defence and attack ✓ Can they generate ideas to improve success of defenders? ✓ Are they happy to experiment with ideas without the fear or failure ✓ Can they work as a team and cooperate with each other, following the principals of defence ✓ Do they accelerate and change direction with a fluid movement? ✓ Can they see, create and use space? ✓ Can they evade the defenders? ✓ Have they got the hand eye coordination to tag? ✓ Is their pass accurate under pressure? |
| <p>20 Crystal Maze</p> | <p>Area 10m by 15m</p> <div style="text-align: center;">  </div> <p>Coloured cones spread out in the square, attendees start at side 1 and run towards side 2. Partner of coach calls out 4 colours and the attendee has to visit them in the given order before they get to side 2</p> <ul style="list-style-type: none"> • Run by the cones | <ul style="list-style-type: none"> ✓ Do they persist even when task gets harder to succeed in ✓ Do they help motivate and coach others in their team. Do they listen and respond to coaching? ✓ Do they accelerate and change direction quickly and in balance? ✓ Can they coordinate their body in fine motor tasks? |

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| | <ul style="list-style-type: none">• Touch the cones with hands, one or alternate• Sidestep between two before moving forward• Using forwards and backwards movement | <ul style="list-style-type: none">✓ Are they aware of spaces and can they exploit them?✓ Are they quick to react to information that they see? |
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