



# BIRMINGHAM SCHOOL GAMES 2020-21

## KS2 MULTI-SPORT



### KS2 Multi-Sport Activities:

1. Bull in the Ring
2. Ball Touch
3. Targets
4. Target Throw in Rugby
5. Fire Ball
6. Football Slalom

Log on to: [www.sgochallenge.com](http://www.sgochallenge.com)

- Register using your email address.
- Enter your unique code which your SGO will share with you via your school.
- Enter your school name and your year group.



Start Date: 2<sup>nd</sup> November 2020  
End Date : 16<sup>th</sup> December 2020

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# KS2 MULTI-SPORT

BULL IN THE  
RING ★

BALL TOUCH

TARGETS ★

TARGET THROW  
IN RUGBY

FIRE BALL

FOOTBALL  
SLALOM ★

Start Date: 2<sup>nd</sup> November 2020  
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## HOW DO I RECORD RESULTS?

Divide class of 30 pupils into 5 teams of 6.

We will only need scores at three stations:

- ★ - Bull in the Ring
- ★ - Targets
- ★ - Football Slalom

Head to [www.sgochallenge.com](http://www.sgochallenge.com) to record your scores!



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# KS2 MULTI-SKILLS

# HOW DO I COMPLETE THE CHALLENGES?

## BULL IN THE RING

5 players form a circle with 1 player in the middle. Players should stand approximately 1m apart.

Check groups are working in a safe space – not too close together  
How many passes can the players in the outer ring make before the player in the centre touches the ball?

Players in the outer ring cannot pass to the players next to them  
Players in the outer circle can only hold the ball for a maximum of 2 seconds.  
Each player stays in the middle for 60 seconds. Record the number of touches the player in the middle achieves in 60 seconds.

Choose you 5 best scores and add them together.



## BALL TOUCH

Create 3m x 3m playing areas using cones or playground markings.

1 player will be the 'chaser' and the others have to try to keep away from the 'chaser'.

The chaser holds a rugby ball in their hands at all times and chases the other players, touching them with the ball.

When a player is 'touched' they must stop and remain still until every player has been caught.

Check groups are working in a safe space – not too close together

How long does it take the chaser to catch all 5 players?

Players must remain in the playing area – if they step outside the area they are 'caught'.

Record the time it takes for the 'chaser' to touch all 5 players  
Each player has 3 attempts as the chaser to score their personal best.

### Adaptations

- Vary the types of pass used e.g. bounce or chest passes gives interceptor more chance to intercept the ball.
- Increase / decrease size of circle e.g. larger circle allows more time to react but more difficult for the interceptor more chance to touch the ball.
- Use different sized / textured balls e.g. a smaller ball is more difficult to intercept
  - Add more interceptors to challenge the passes.



### LEADERSHIP

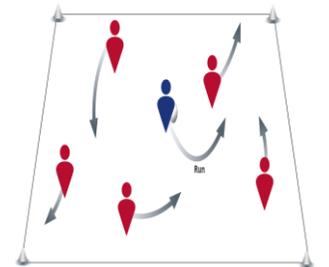
Can your young people:

- Count their own scores?
- Use a stopwatch in the ball touch activity?
- Set new personal best targets?



### Adaptations

- Increase / decrease size of area e.g. smaller makes it easier for 'chaser'.
- Determine where a player must be touched e.g. on their lower back etc.
- Use different sized/ textured balls e.g. a smaller ball can be held in one hand to make it easier.
- Increase number of players to be chased to make it harder for the 'chaser'.
  - Decrease the number to make it easier for the 'chaser'.



# KS2 MULTI-SKILLS

## TARGETS

Players should stand approximately 1m apart (use markers) and 2m from the goal area (SAFETY).

Player dribbles ball forward 5m, aims at goal to score through gate for 2 or 5 points: Collects ball and goes to the back of their line (SAFETY – DO NOT GO INTO GOAL when others are shooting).

Players waiting to go move forward to next spot / cone and wait their turn – they can start to dribble when player in front has shot towards the goal.

Players from both sides of the goal can go at the same time.  
How many points can your team score in 3 minutes?  
Record the number of points each team scores .



## TARGET THROW IN RUGBY

Divide the group into 2 lines of 3 children. Put two starting cones down for each group. Pace approx. 10m forward and place another cone down. Then pace 4m either side left and right and put hoops down either side.

Players should run forward with the ball.

As they get parallel to the hoops, turn to your nearest target and throw using the sideways action into the hoop target.

If the ball hits the target you get 5 points, if you hit the edge you get 2 points, if you miss you get 1 point.

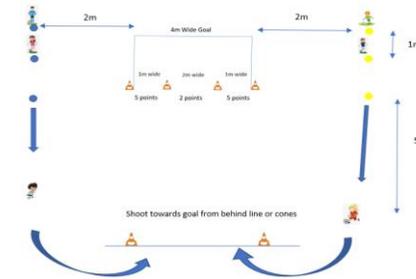
Collect your ball and then run around to the back of the next group, giving your ball to the person in front of you.

Remember to add up your personal score to add to the groups' total at the end.

# HOW DO I COMPLETE THE CHALLENGES?

## Adaptations

- Increase / decrease distance from the goal e.g. closer makes it easier to score.
- Use different body parts to score e.g. use hand to roll the ball into the target areas.
- Use different sized / textured balls e.g. a smaller ball more difficult to score.
- Decrease / increase number of people per team.



## LEADERSHIP

Can your young people:

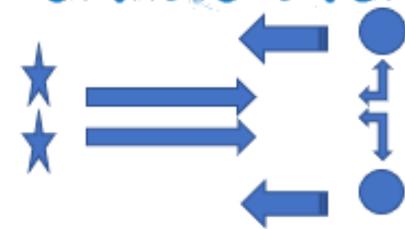
- Count how many points they can score?
- Add up all their points to generate a team score?
- Set new personal best targets?



## Adaptations

- Increase / decrease size of circle to make the target easier or harder to aim at. Increase / decrease the distance to the targets.
- The sideways throw needs to be done on the move, but it might help to stand still for a second before you attempt a throw.
- Use different sized/ textured balls e.g. ideally a rugby ball but other balls will do. Change the shape and size of the target, you could use a box as well.
- Get everyone to increase their pace to include their quickest turn.

## TOP TIPS FOR SET UP:



## KS2 MULTI-SKILLS

### FIRE BALL

This is a dribbling game, with players in teams playing in a defined area.

One ball required per player.

Players **WALK** dribbling their ball within the defined area and must maintain control of it while trying to knock other player's ball outside of the area.

Every time a player knocks an opponent's ball out of play they score a point.

If a player steps outside the area or their ball goes outside it, then they are out of the game.

Players that lose their ball, go and collect it and return immediately back into the game.

When the 60 seconds is up, add up all the scores of your group together.



### FOOTBALL SLALOM

Set cones out in a straight line 1m apart.

This is a football dribbling activity, with players in teams or as an individual moving in and out of their own set of cones  
One medium sized ball required per player.

Players use their foot to control their ball through the slalom.

They move through their pathway as in diagram

Every time the player gets back to their starting cone / point they score 1 point.

How many points can you score in 60 seconds?

Have 3 attempts and record your points score for each run.

## HOW DO I COMPLETE THE CHALLENGES?

### Adaptations

- Increase / decrease size of the area e.g. larger circle allows more time to react but more difficult for the interceptor.
- Vary the speed of each player. Start with a walking pace and then next time around, those that are confident can start to move more quickly.
- Use different sized / textured balls e.g. a smaller ball more difficult to intercept.
- Increase or decrease the numbers of players to match the space you have.



### LEADERSHIP

Can your young people:

- Count how many points they can score?
- Add up all their points to generate a team score?
- Set new personal best targets?



### Adaptations

- Increase / decrease the distance players have to travel to make it harder or easier depending on skill level.
- Use less or more cones to create more or less changes of direction more cones makes it harder.
- Increase / decrease the distance between cones – closer together makes it harder to move quickly. Use a smaller ball if more confident, use a larger ball to make it easier.
- Increase or decrease the numbers of players to match the space you have.

