



# BIRMINGHAM SCHOOL GAMES 2020-21

## KS1 MULTI-SKILLS



### KS1 Multi-Skills Stations:

1. 'Throw and Catch' relay
2. Move the Cone
3. 'Bean Bag in the Hoop' relay
4. Rebound Catch
5. 'Baton Exchange' relay
6. Letter Balance

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



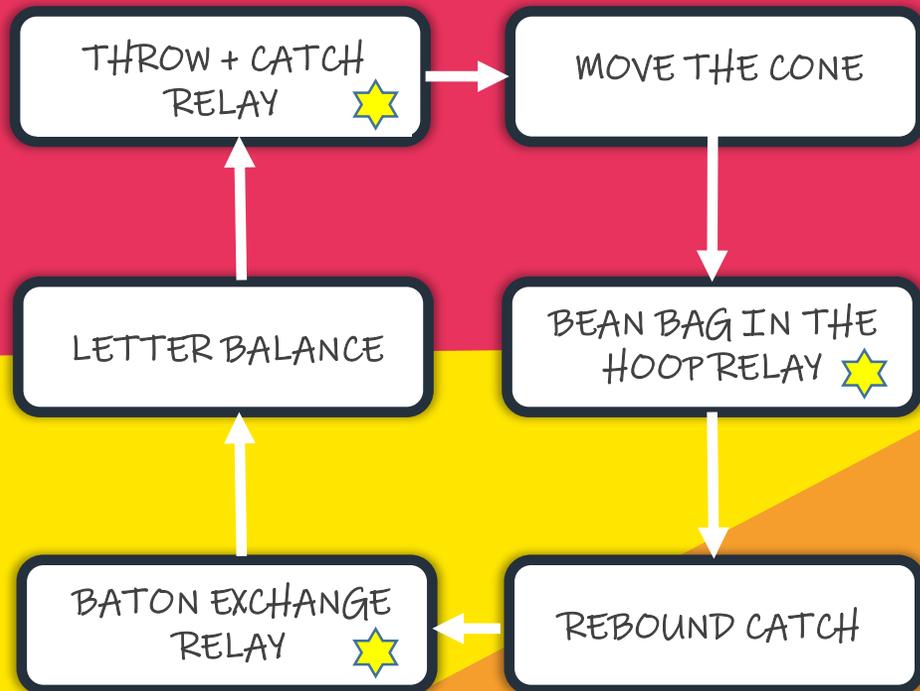
#backtoschoolgames



# KS1 MULTI-SKILLS



## HOW DO I SET UP THE EVENT?



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

## HOW DO I RECORD RESULTS?

This is a team event (10 pupils per team) and each team has 3 minutes to complete each challenge and score as many points as possible.

We will only need scores at three stations:

- ★ Throw and Catch relay
- ★ Bean Bag in the Hoop Relay
- ★ Baton Exchange Relay

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



#backtoschoolgames

# KS1 MULTI-SKILLS

## THROW AND CATCH RELAY

Divide your class of 30 pupils in to 3 groups of 10 (or 3 x 9 if you have 27 etc.)

Teams of 10 pupils are split in to 2 equal groups and they stand opposite each other, either side of a net, bench or line of cones (2 metres apart).

1 pupil starts with the ball and throws it over the net/bench to their team mate who attempts to catch it without it touching the floor.  
The pupil who threw the ball joins the back of their own line.

The pupil who caught the ball throws it back over the net/bench to the next person and then joins the back of their line.

Pupils continue throwing/catching the ball as many times as they can in the allocated time. A completed catch = 1 point.

How many points can you score in 3 minutes?



## MOVE THE CONE

Find a cone, marker, small book or any other small, suitable object you could use from home.

Sit down and place the marker/book on the floor next to you, nearly out of reach.

With your hands, move the cone to the other side of your body and place it on the floor, keeping your legs still. Don't worry if you sway a little bit!

Then move the cone back to the original side of your body, placing it on the floor.

Repeat this move as many times as you can in 30 seconds.

Get someone else to time you for 30 seconds, they could even join in.

# HOW DO I COMPLETE THE CHALLENGES?

### Adaptations

- Increase / decrease the distance for throwing the ball.
- Allow the ball to bounce before it is caught.
- Use a larger or smaller ball instead as required.
- Ask another pupil or an adult to help you if pupils need some support.

### LEADERSHIP

Can your young people:

- Count how many catches the team can do?
- How many bounces their partner completes?
- Set targets for personal improvement for their partner?



### Adaptations

- Increase / decrease the distance that the ball is thrown.
- Allow the ball to bounce before it is caught.
- Use a larger or smaller ball instead as required.
- Ask another pupil or an adult to help you if pupils need some support

# KS1 MULTI-SKILLS

## BEAN BAG IN THE HOOP RELAY

Divide your class of 30 pupils in to 3 groups of 10 (or 3 x 9 if you have 27 etc.).

Teams of 10 pupils are split in to 2 equal groups and they stand opposite each other, 10 metres apart, in front of a hoop or a cone.

One pupil starts by picking up the bean bag from their hoop/cone and runs and places it into the hoop/cone 10 metres away. This pupil then joins the back of that line.

Continue the relay between the two hoops/cones for the allocated time.

1 point every time the bean bag is placed in the hoop/on the cone.

How many points can you score in 3 minutes?



## REBOUND CATCH

Find a ball that you find easy to catch with. You could also use a balloon or scrunched up piece of paper.

Find a wall or safe barrier that you can bounce the ball on and stand 2 steps away from it.

Practice throwing the ball at the wall and catching it when it rebounds back to you.

Repeat this move as many times as you can in 30 seconds.

Get someone else to time you for 30 seconds, they could even join you and throw another ball at a different point on the wall.

# HOW DO I COMPLETE THE CHALLENGES?

### Adaptations

- Increase or decrease the distance as required.
- Hand the bean bag to your partner instead of placing it in the hoop/cone.
  - Use a large ball instead of a bean bag.
- Ask another pupil or an adult to help you if pupils need some support.

### LEADERSHIP

Can your young people:

- Count how many catches the team can do?
- How many bounces their partner completes?
- Set targets for personal improvement for their partner?



### Adaptations

- Increase or decrease the distance you are from the wall. Sit down and roll the ball at the wall and receive it. Use a different type of throw, overarm or through the legs.
  - Use a larger/smaller object or one that is easier/harder to catch.
- Ask another child or an adult to help you if you need some support. Your partner could do it next to you so that you can copy them (mirroring).

# KS1 MULTI-SKILLS

## BATON RELAY EXCHANGE

Divide your class of 30 pupils in to 3 groups of 10 (or 3 x 9 if you have 27 etc.).

Teams of 10 pupils are split in to 2 equal groups and they stand opposite each other, 10 metres apart, in front of a cone.

One pupil starts by holding on to a baton (or a bean bag etc.), then zig zags in and out of the cones and hands it to the next person at the opposite end. This pupil then joins the back of that line.

Continue the relay, zig zagging in and out of the cones for the allocated time.

1 point every time the baton (or bean bag etc.) is successfully handed over to the next pupil.

How many points can you score in 3 minutes?



## LETTER BALANCE

Think of some of the letters and sounds you know from your phonics lessons or alphabet. Write them down if you need to. 2.

Using different parts of your body try to make a letter or sound, so that someone else can guess what they are.

See if another child or adult can guess the letter/sound you are trying to make.

Repeat this move as many times as you can in 30 seconds. 5. Get someone else to time you for 30 seconds and see how many they can guess. 1 point for each correct answer.

# HOW DO I COMPLETE THE CHALLENGES?

### Adaptations

- Allow additional space for runners and for turning.
- Reduce the distance e.g. 8 metres. or allow pupils to run straight to the opposite end.
- Use a large ball instead of a baton/bean bag.
- Ask another pupil or an adult to help you if pupils need some support.

### LEADERSHIP

Can your young people:

- Count how many catches the team can do?
- How many bounces their partner completes?
- Set targets for personal improvement for their partner?



### Adaptations

- Can you do it on the spot and balance? Could you lie down and do it?
- Task Use your whole body or just your arms/legs. Can you spell out 2 letters or a blended sound?  
Could you spell a word and ask someone to guess it?
- Equipment Use some props/objects to make it easier/harder.
- People Ask another pupil or an adult to help you if you need some support. Ask two people or more.