

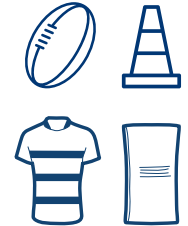


NZC Achievement Outcomes

- B1: We are learning to develop a wide range of movement skills, using a variety of equipment and play environments
- B2: We are learning to participate in a range of games and activities
- C2: We are learning to demonstrate respect through sharing and cooperation in groups

Warm-up: Stuck in the mud

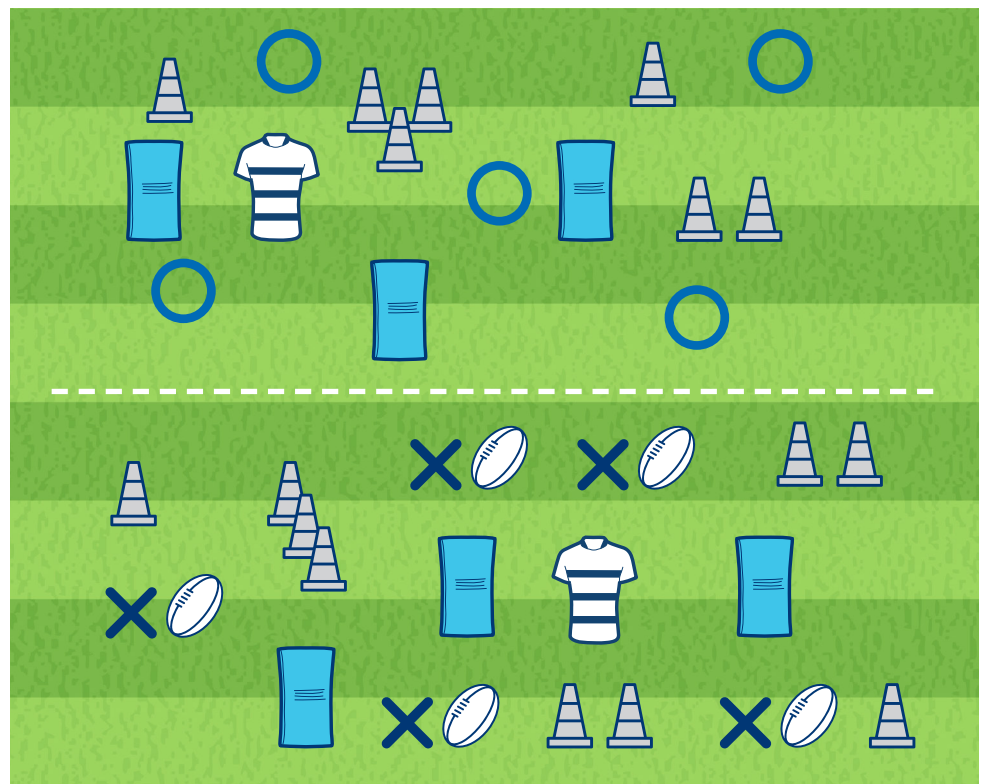
1. Select 2-4 players to be taggers (depending on group size)
2. The players who are in have balls and must run around and tag as many people as they can
3. When tagged, a player must freeze and stand with their legs and arms apart
4. The only way to be freed is for a non-tagged player to crawl through the tagged players legs
5. Players are safe while crawling under legs and cannot be tagged when in that position
6. Rotate the taggers and change the way in which players must move (i.e. skipping, bunny hopping etc)



Equipment required

Game 1: Cross the galaxy

1. Coach sets up 2 squares with a number of "targets" set out (i.e. cones, tops, markers etc) with a gap of about 1m apart - "the galaxy"
2. Players in pairs with a ball between the two of them
3. One of the pair is in one square and one is in the other square
4. Use your imagination and call different targets different names, with each worth different points (i.e. the sun worth 10 points, asteroids worth 20 points, stars worth 30 points)
5. Players try to throw/pass the ball to hit the target, while the other person in the pair tries to block them from hitting targets. If the ball lands in the "galaxy" it doesn't count if it then hits a target
6. Players try to score as many points as they can in the allotted time



Modifications

- Change what the targets are and how much they are worth
- Increase or decrease the distance of the galaxy
- Use different types of balls (i.e. tennis balls, soccer balls etc)

Can you see?

- B1: Players trying different ways of passing/throwing the ball to hit the target
- B1: Players throwing/passing the ball fast and hard
- C2: Players taking turns to pass the ball at the target

You could ask...

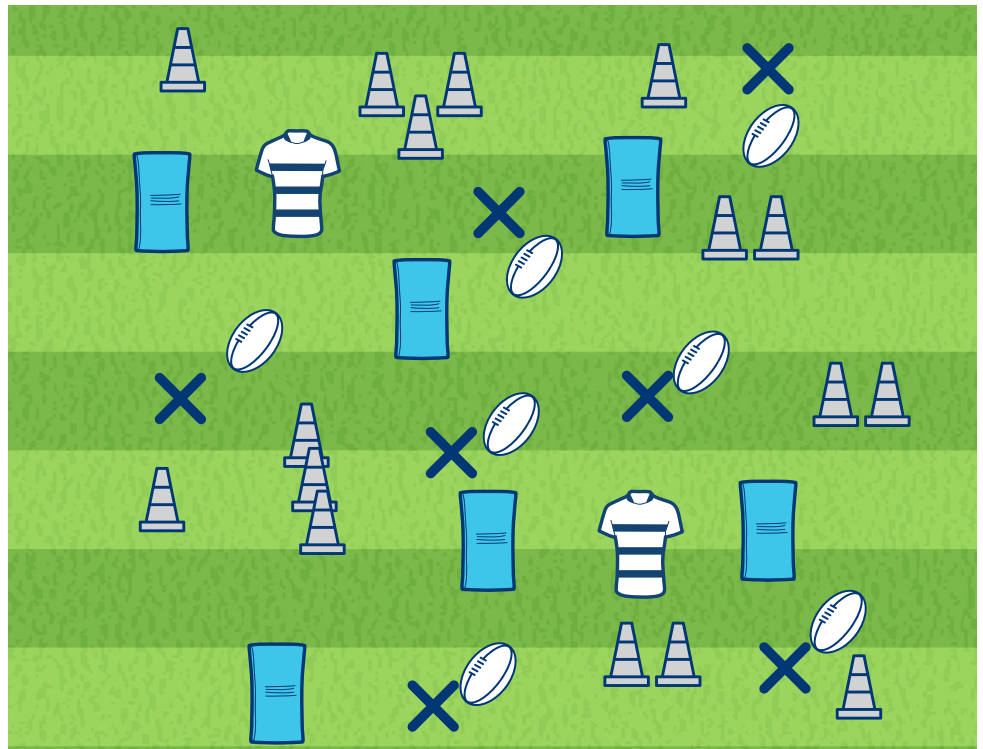
- B1: What helps you to make your throw hit the target?
- B2: What types of passes or throws help you to get across the galaxy?
- C2: What should you do once you've had your turn at passing?

Game 2 : Animal targets

1. Coach sets up targets for the players – these can be balls/ cones/markers
2. Players have a ball each and the aim is for the players to move around and hit as many targets by throwing/passing the ball into them as they can
3. Coach calls out a different animal i.e. bear, monkey, crocodile, duck, crab etc (use your imagination) and players must move in that way while trying to hit the targets with the ball

Modifications

- Add obstacles within the game
- Make a no-go zone around the targets, so players have to aim from further away
- Make the players only allowed to use one hand to hold and throw the ball



Can you see?

- B1: Players changing the way they throw the ball based on the animal they are
- B2: Players trying different ways to move like different animals
- C2: Players being aware of others when moving and throwing the ball

You could ask...

- B1: What helps you throw the ball into the target?
- B2: How does being a different animal make it harder or easier to throw the ball?
- C2: Why should you be aware of others when you're throwing the ball?

Game 3: Rip Rugby

1. Full Rip Rugby rules
2. Play on half the field
3. 6 rips per team (then turnover)
4. No kicking, scrums or lineouts

