# Ebook Code
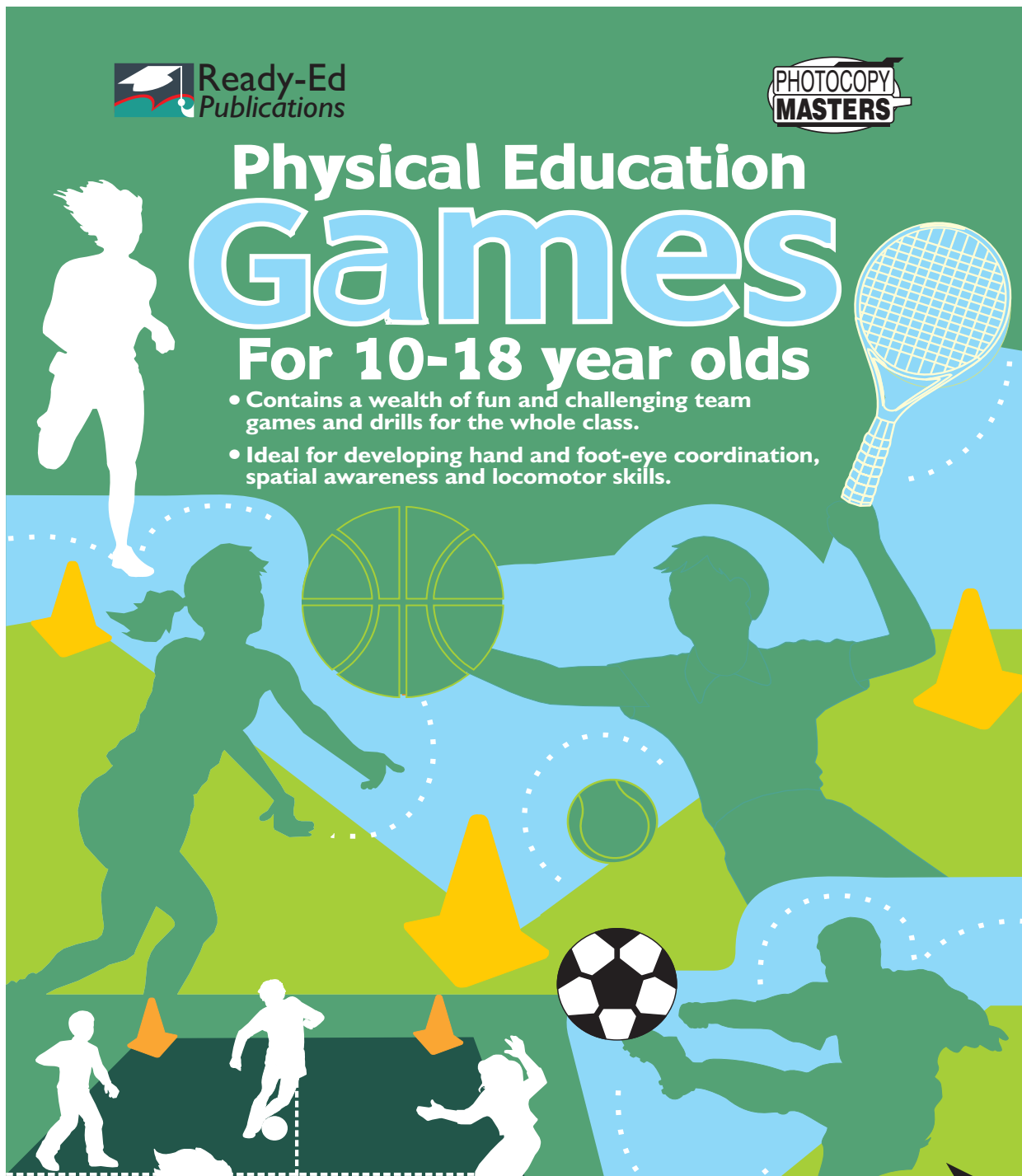# REAU6017



**Ready-Ed Publications**

**PHOTOCOPY MASTERS**

## Physical Education
## Games
## For 10-18 year olds

- Contains a wealth of fun and challenging team games and drills for the whole class.
- Ideal for developing hand and foot-eye coordination, spatial awareness and locomotor skills.

# Contents

# Skill Drills: Speed and Agility

**1.** Over a distance of 30 metres, use markers to mark 5 metre intervals. Have the players sprint the 30 metres, then spinning around to run forwards and then backwards at each marker.

**Do sets of 5 with a jog back recovery between each.**

Spinning Forward · Running Backward · Spinning Forward · Running Backward · Spinning Forward · Running Backward

30 m
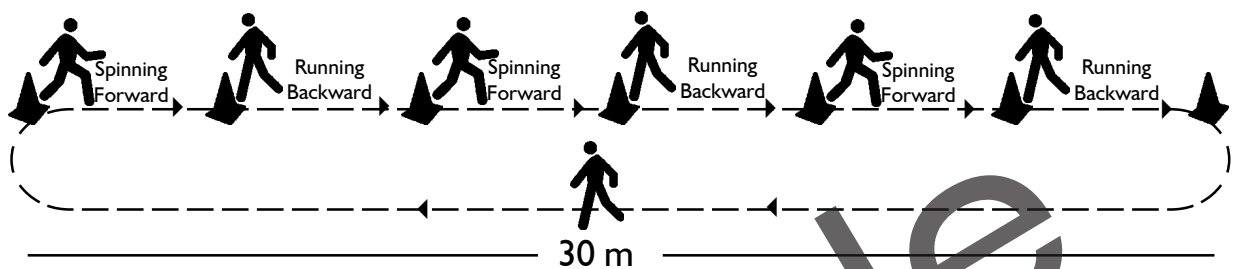
**2.** Over a distance of 40 metres, use markers to mark every 10 metres. Have the players complete this routine:
- *Sprint forward 10 metres, drop onto their stomachs;*
- *Spring up and run backwards 10 metres, then drop onto their backs;*
- *Spring up and sprint forward 10 metres, drop onto their stomachs;*
- *Spring up and run backwards 10 metres;*
- *Jog back to the start and repeat.*

**Do sets of 5.**

1.Sprint Forward · 3.Run Backward · 5.Sprint Forward · 7.Run Backward
2.Drop onto stomach · 4.Drop onto back · 6.Drop onto stomach
8. Jog back

40 m
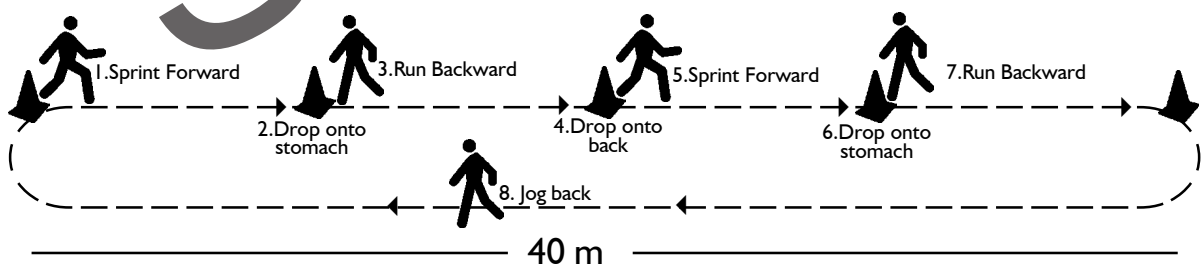
**3.** Over a distance of 20 metres:
- *Sprint in a straight line;*
- *Sprint with a side-step to the left or the right at the end;*
- *Sprint with a swerve over the last 5 metres;*
- *Sprint with a side-step every 5 metres.*

**Do 2 of each with a walk back recovery in between.**

# Skill Drills: Speed and Agility

**4.** Have 2 players lie 5 metres apart facing each other. Position a marker 10 metres apart behind each player. A playe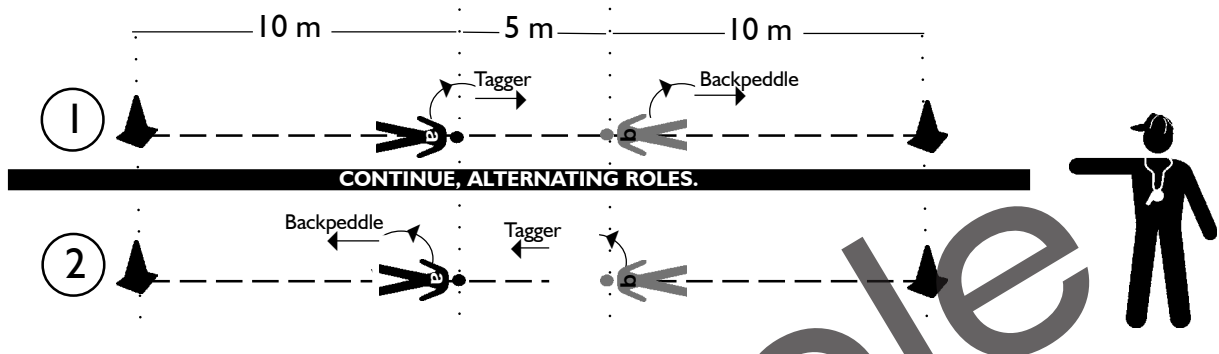r is nominated to backpeddle 10 metres to the marker before the player running forward can tag him. **Continue, alternating roles.**



**5.** Group the players in threes and position them as shown below:
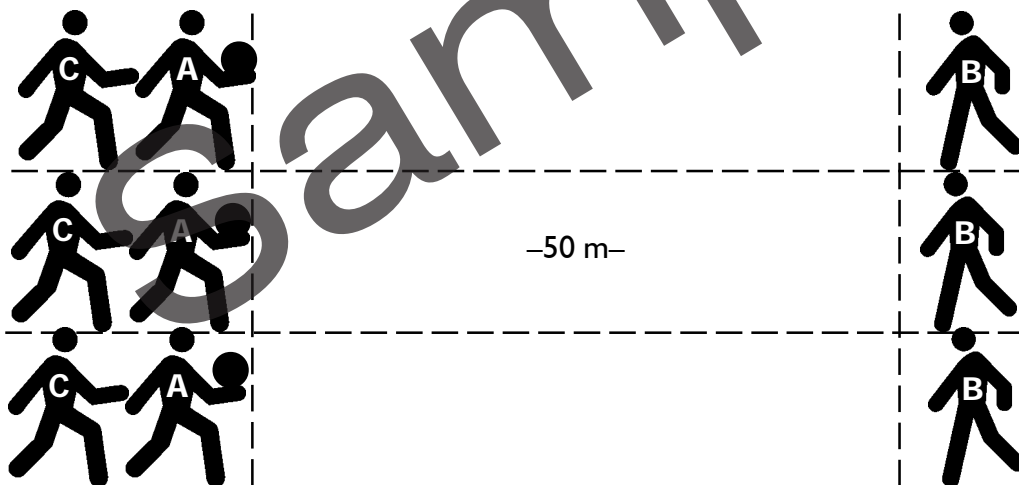


Player **A** sprints to player **B**, player **B** sprints to player **C**, and player **C** sprints to player **A** and so on. Introduce a ball and have students run and offload the ball.

**6. REFLEX SPRINTS**
Have the players (any number) stand on a baseline with their feet close together. On the call of "LEFT" the players must start sprinting on their left foot. The same applies for the "RIGHT" call. Vary the sprints between 10 and 20 metres.

# Gaelic Basketball

▸ **Equipment:** • Small witches hats
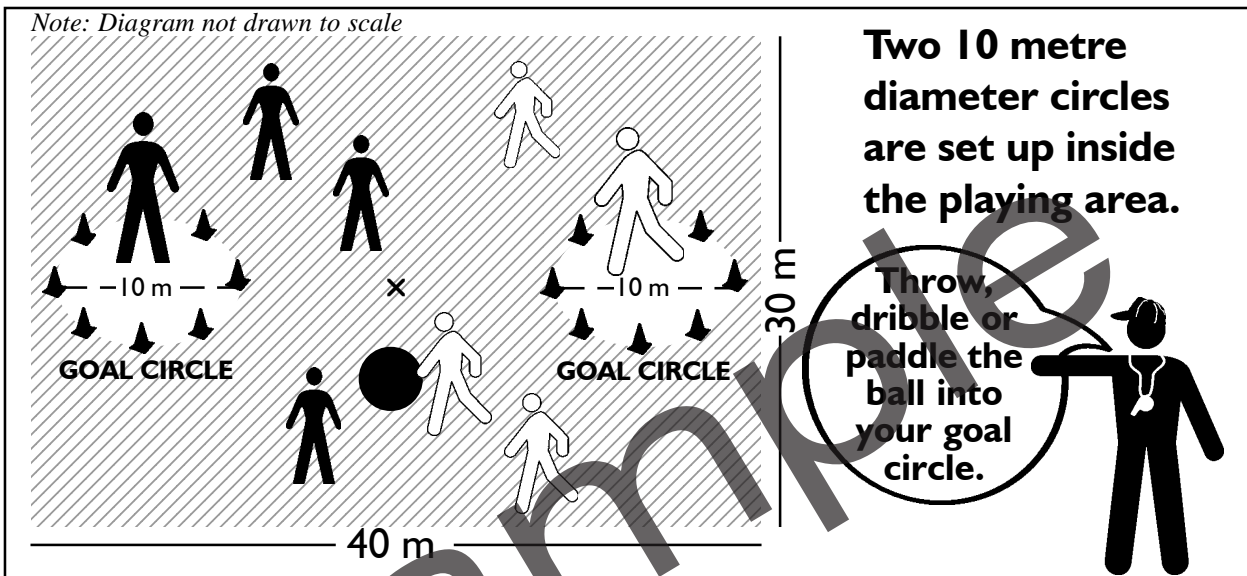• large gym ball (90 cm is a good size.)

▸ **Area:** Large, flat, grassed area approximately 40 m x 30 m.

▸ **Outcome:**
Consolidates and refines throwing, catching, dribbling and paddling skills in a game situation.

**Rules**

*Note: Diagram not drawn to scale*

**Two 10 metre diameter circles are set up inside the playing area.**

—10 m—

GOAL CIRCLE

30 m

—10 m—

GOAL CIRCLE

40 m

**Throw, dribble or paddle the ball into your goal circle.**

**Structure:** Divide the class into 2 teams. Each team has 1 goalie.

**Aim of the game:** The game begins with a 'bounce up' in the centre of the playing area. The players cannot run with the ball but can pick it up and throw it, paddle it or dribble it up the field. They must throw, dribble or paddle the ball into the opposition's goal circle to score a point. The game then recommences with a centre 'bounce up'. If the ball crosses the sideline the non-offending team throws the ball in with an overhead throw.

• Each team is allowed to have 1 'goalie' inside their goal circle. The goalie cannot catch the ball but can only deflect or paddle the ball out of the circle before it hits the ground.

• If, at any stage, the ball becomes stationary (i.e. 2 players have a hold at the same time) then the game resumes from a 'bounce up' on the spot.

• The use of sashes or vests to distinguish the teams is very helpful.
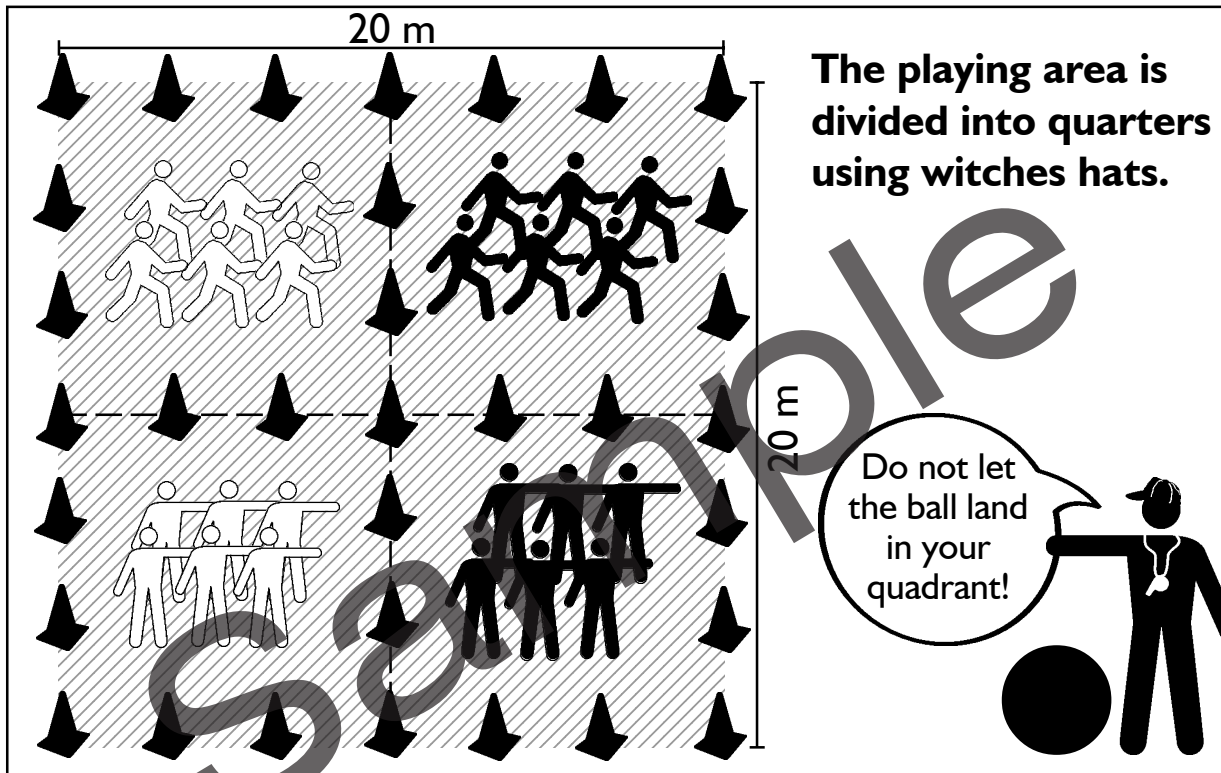
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# Grid Ball

**Rules**

▸ **Equipment:** • Witches hats
• I large gym ball or beach ball

▸ **Area:** A square 20 m by 20 m for gym ball and 30 m by 30 m for beach ball.

▸ **Outcome:** Develops skills in striking, paddling, teamwork and communication.



20 m

20 m

**The playing area is divided into quarters using witches hats.**

Do not let the ball land in your quadrant!

**Structure:** The group is divided into 4 teams of no more than 6 players.

**Aim of the game:** The aim of the game is to stop the ball from landing in your quadrant. If the ball touches the ground then that team (group) loses a point. Each team starts the game with **5** points. When one team has lost all **5** points the game is declared over and the team with the most points is deemed the winner.

• There is no limit to the number of times the ball can be struck in a quadrant before being propelled to another quadrant, but a player cannot strike the ball more than twice in succession.

• All strikes of the ball must be in an upward motion.

• If the ball is propelled out of the playing area by a team then they will lose a point for the offence.