

Ready 4 Action

The focus (connect), the activity number (2) and the game name (The Link).

Simple instructions on how to play the game

Use the QR code view the activity video for:

- how to play
- changes
- key questions and discussion

Activity 2
CONNECT

The Link

Ready 4 Action

How to play:
Work in small teams, with linked hands to move the hoop from player to player. Do not break the link!

The aim:

- Work together
- Discuss plans/ideas
- Find solutions together
- Be positive
- Give instructions
- Use kind words
- Be resilient

Video Link

Changes:

- Whole group
- Extra hoops
- Time limit
- Beat your team time
- Face outside the circle

Equipment:

- hoops
- spots

Ready 4 Anything
The activity relates to times when a solution must be found by a group - to **collaborate** means to work well as a team.
When might you need to collaborate well today?

ActiveEssex | the Castle Point & Rochford School Sport Partnership | SSE

A list of the equipment needed

Some ideas on how to adapt the activity across the session

On opportunity to finish the session with discussion - try to relate the activity to their day and experiences outside of PE/clubs

Focus on a few of the aims during the session - make the focus about SOCIAL not physical!

CONNECT (activities 1-5)



The aim:

- Work together
- Discuss plans/ideas
- Find solutions together
- Be positive
- Give instructions
- Use kind words
- Be resilient



[Video Link](#)



Activity 1



CONNECT



Tidy Up



Equipment:

- spots
- bibs



Ready 4 Anything

The activity shows us that working well on your own is important, but when we are in a group **connecting** will prove to be even more successful.

What skills did you use best today? How will you use this today?

Ready 4 Action



How to play:

Work in teams to tidy your room. Throw bibs into the opposition's room. Can you try the challenges to help your team even more?



The aim:

- Work together
- Discuss plans/ideas
- Find solutions together
- Be positive
- Give instructions
- Use kind words
- Be resilient



[Video Link](#)



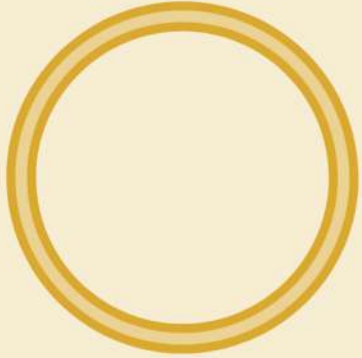
Changes:

- More rooms
- Personal challenges
- Team challenges
- Team captain
- Play for 2, talk for 1

Activity 2



CONNECT



The Link

Ready 4 Action



How to play:

Work in small teams, with linked hands to move the hoop from player to player. Do not break the link!



The aim:

- Work together
- Discuss plans/ideas
- Find solutions together
- Be positive
- Give instructions
- Use kind words
- Be resilient



[Video Link](#)



Changes:

- Whole group
- Extra hoops
- Time limit
- Beat your team time
- Face outside the circle



Equipment:

- hoops
- spots



Ready 4 Anything

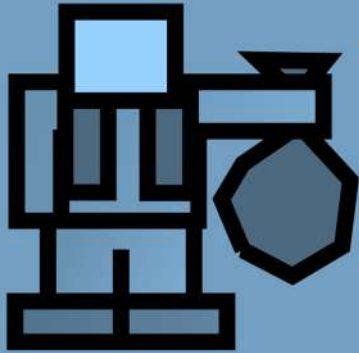
The activity relates to times when a solution must be found by a group – to **collaborate** means to work well as a team.

When might you need to collaborate well today?

Activity 3



CONNECT



Cops & Robbers

Ready 4 Action



How to play:

Work in teams to steal the treasure (robbers) and collect in the safe or tag the robbers (cops). Time to see how long it takes for the robbers to collect all the treasure.



The aim:

- Work together
- Discuss plans/ideas
- Find solutions together
- Be positive
- Give instructions
- Use kind words
- Be resilient



[Video Link](#)



Changes:

- More/less safes
- Personal challenges
- Team challenges
- Team captains
- Play for 2, talk for 1
- Team coaches



Equipment:

- hoops
- bibs
- tennis balls



Ready 4 Anything

Being positive can be a real help to others and ourselves. Find a time today to practise your positivity...

When might be a good time?

Activity 4



CONNECT



Banana Tag



Equipment:

- cones



Ready 4 Anything

The activity shows us that we all get stuck at different times, but helping each other is important along with being positive and resilient.
When might you get stuck today? How could you get unstuck?

Ready 4 Action



How to play:

Work together to keep each banana whole – don't let your teammates get peeled! Peelers need to tag bananas so they are peeled/stuck whilst bananas keep safe and save each other.



The aim:

- Work together
- Discuss plans/ideas
- Find solutions together
- Be positive
- Give instructions
- Use kind words
- Be resilient



[Video Link](#)



Changes:

- More/less peelers
- Personal challenges
- Team challenges
- Team captains
- Team coaches
- Safe zones for bananas

Activity 5



CONNECT



Connect 3



Equipment:

- cones
- bibs



Ready 4 Anything

The activity shows us the strength of a team relies on having a variety of skills.

What skills were most useful in this game? What was your biggest strength? How might you use this 'power' today?

Ready 4 Action



How to play:

Work in teams to connect a line of 3 (horizontal, vertical or diagonal) using bibs to mark the cones with your team colour. If there is no winner, take turns to change 1 bib at a time.



The aim:

- Work together
- Discuss plans/ideas
- Find solutions together
- Be positive
- Give instructions
- Use kind words
- Be resilient



[Video Link](#)



Changes:

- Team size (1v1/2v2)
- Team talk
- Team captains
- Team coaches
- Larger grids (4x4 'Connect 4' or 5x5 'Connect 5')

LEAD & RESPECT (activities 6-10)



The aim:

- Encourage and praise others
- Work with others to manage my game
- Give instructions
- Listen carefully
- Be a role model
- Create and share ideas



[Video Link](#)



Activity 6



LEAD & RESPECT



Stepping Stones



Equipment:

- spots
- hoops



Ready 4 Anything

This activity is about listening and decision making. How did you get on? Were there moments that challenged you?

Will there be times in school when listening and making good decisions are important?

Ready 4 Action



How to play:

Listen and respond to the clap to move safely along the stones. Avoid other players and try to reach the target areas.



The aim:

- Encourage and praise others
- Work with others to manage my game
- Give instructions
- Listen carefully
- Be a role model
- Create and share ideas



[Video Link](#)



Changes:

- More than one step
- Point Snatchers
- Talk time
- Travel in different ways
- Team coaches
- Collect treasure

Activity 7



LEAD & RESPECT



Jelly on a Plate



Equipment:

- spots
- cones
- hoops



Ready 4 Anything

Being creative can prove to be very successful in this game. Are you someone who likes to create new ideas and plans?

Can you think of a time where being creative would be a useful skill today?

Ready 4 Action



How to play:

Balance your jelly as long as you can without dropping it. Can you sabotage other players for points? Can you avoid others?



The aim:

- Encourage and praise others
- Work with others to manage my game
- Give instructions
- Listen carefully
- Be a role model
- Create and share ideas



[Video Link](#)



Changes:

- Pairs
- Teams
- Coach a friend
- Personal challenges
- Team challenges
- Safe zones

Activity 8



LEAD & RESPECT



Foxes & Hares

Ready 4 Action



How to play:

As a hare you must try to escape the foxes and stay safe.
As a fox you must collect the tails of the hares.



The aim:

- Encourage and praise others
- Work with others to manage my game
- Give instructions
- Listen carefully
- Be a role model
- Create and share ideas



[Video Link](#)



Changes:

- More foxes
- Talk time
- Personal challenges
- Team challenges
- Team captains
- Team coaches
- Safe zones for hares
- i



Equipment:

- hoops
- bibs
- cones



Ready 4 Anything

How does praise and encouragement help you? Is it useful all the time?

Consider a time across the day where you need some kind words – who could help you out?

Activity 9



LEAD & RESPECT



Cone Wars



Equipment:

- cones
- balls



Ready 4 Anything

The activity shows us that being creative and thinking carefully can really help us achieve well.

When might creativity help you today?

Ready 4 Action



How to play:

Play against one another or in small teams to hit the opponent's targets. Can the pupils lead the activity by agreeing and setting the rules? Can pupils create a respectful environment in their game?



The aim:

- Encourage and praise others
- Work with others to manage my game
- Give instructions
- Listen carefully
- Be a role model
- Create and share ideas



[Video Link](#)



Changes:

- Less/more cones
- Cone set up (line/battleships)
- Rules (created by players)
- Designated roles (referee, captain, coach etc)

Activity 10



LEAD & RESPECT



You Decide!



Equipment:

- cones



Ready 4 Anything

The activity is about creating something of your very own. Working as part of a team or on your own can be really enjoyable, especially when you share ideas and contribute.

What games did you enjoy most? Why?

Ready 4 Action



How to play:

With a selection of equipment, challenge pupils to be creative and respectful to create and lead their own games/activities.



The aim:

- Encourage and praise others
- Work with others to manage my game
- Give instructions
- Listen carefully
- Be a role model
- Create and share ideas



[Video Link](#)



Changes:

- Coach support
- Ideas related to previous activities
- Copy and change (use another group's idea)

Ready 4 Action

