

Content outline

This activity aims to develop basic leadership skills to create and deliver a game-based warm up

- Communication
- Problem solving
- Principles of a warm up
- Knowledge of Health and Safety



This resource and supporting video have been created by:

James Panayi, Sprowston Community Academy

This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



Space

- Increase the playing area you are using (to make it harder)
- Decrease the playing area you are using (to make the task easier)
- If completing indoors, make sure the area is clear of trip hazards and any objects which could cause harm



Task

- Add / remove different rules to make the game simpler / more complicated
- Add time limits to put participants under pressure
- Use very concise / simple instructions for any younger participants
- Include complex tactics / strategies if working with very able participants



Equipment

- Use different household items (Eg. cushion, small soft toy, items of clothing) to use during the games
- Change the size of the items – smaller items are harder to collect, heavier items may be used for older participants
- Add some additional obstacles or zones to make the game more creative – could some items be used to create things to dodge / avoid?
- Could additional zones be added which could be used within your scoring system?



People

- If you have other people in your house, ask them to be your participants to lead to
- Describe your game a friend online – could they understand your activity?
- How can you adapt this activity for more people to take part?

Learning intention

Physical:

- To develop knowledge of the principles of an effective warm up
- Deliver a game-based warm up

Personal:

- Creativity
- Leadership

Learning questions:

- How could you adapt your idea for being indoors?
- What might you do if someone is not motivated to take part? How could you get them more involved?
- If outside and the ground is wet, what H&S measures might you include?
- Create your own version of this activity and lead it to everyone in your household - then get their feedback; how would you improve the activity you delivered?