

Mutli-Sports Ideas for Out of School Clubs

Warm up games

4 Walls

Touch all 4 walls in the room and back to the middle of the room as fast as u can.

- This is a great way to get a rowdy groups attention
- Good for getting all the kids into you nice and quickly

Clap Catch

Get the kids in a circle around you, throw the ball to each of them ensuring they clap before catching the ball. Make sure everyone gets a practice go to get used to the concept.

Time to add in the rules. If they catch the ball without clapping, they are out!

Also, if you can make them clap without throwing them the ball they are out!!

Whittle the group down to the last few contenders; bringing them closer to you and each other for the final, last one remaining wins.

- Good, fun game to start of finish a session as it is not too active but very engaging.
- Allows you to think of creative ways to get them out.

DVD Player

Simply control the groups movement around the room calling out buttons on a DVD players remote.

Play = Jog around the room in any direction

Pause = Freeze on the spot

Rewind = Run backwards (stress safety points to look where they are going)

Fast Forward = Run Faster

Slow Motion = Slow as possible

Eject = Jump in the air

Stop = Sit on the floor

- Great way to get the group warmed up as it involves big active movements.

Main Games

Foxes and Rabbits

Pick a couple of participants to be foxes (catchers), the rest of the group will be the rabbits. Rabbits will have to tuck bibs into the side of their trousers/ tracksuit bottoms to act as tails; jumpers can be used if bibs aren't available.

On your word, the foxes can be released to chase the rabbits trying get as many tails as they can. The last participant with a tail is the winner.

- Great game to get all the kids involved and active

Relay Races

Great way to encourage a healthy competitive environment whilst utilising spaces and keeping resources low.

Human Knot

Get all the children to cross their arms and hold hands in a circle they then need to untangle themselves without letting go of each other.

- Great for teamwork and big active movements

Letter and Number Bodies

Put the children into groups of between 3-5. Give the children a letter or number that they need to re-create using their bodies, either standing up or lying down. The first group to make the letter or number wins.

- Great for teamwork and big active movements

Cooling Down Games

1-10

Get all the participants to sit on the floor getting them to count from 1-10 out loud saying one number per person. If at any point any 2 people say the same number at the same time, the game starts from 1 again.