

# » Infant Agility

## intro

### » THE PROGRAMME

*Sportshall activities for younger children.*

Designed around a set of 12 activities, the programme supports teacher led delivery of the core physical skills at this age including; coordination and agility, core stability, spatial awareness and many more skills.

### » THE ACTIVITIES



**Balancer**  
encouraging concentration, control and stability



**Jumper**  
developing leaping, landing and explosive power



**Bouncer**  
a test of coordination, agility, rhythm and timing



**Launcher**  
a single arm throw activity to introduce technique



**Runner**  
focuses on speed and ability to make rapid direction changes



**Striker**  
promoting control and accuracy of kicking



**Pitcher**  
testing hand eye coordination



**Catcher**  
developing ball handling skills



**Bowler**  
supporting accurate sending skills



**Stepper**  
for footwork, agility, coordination and spatial awareness



**Thrower**  
a two handed throw for distance



**Skipper**  
develops spatial awareness and timing

### » THE SESSIONS

Sessions can be built around a particular activity (Balancing for instance) or can draw on a number of different activities to create a fun, interactive, fast moving lesson. Test sessions can be organised where the children rotate around a number of the activities.

### » THINK SAFETY

Before the start of any session the area should be briefly assessed to minimise the risk of bumps, bangs, slips and falls. Particular attention must be given to mats. Whilst every effort is made to ensure the mats do not slip, locally applied floor finishes, dust or spills can affect the movement of a mat. Before each session confirm for yourself that the mat will not slip.

## >> THE RESOURCE

This resource pack intends to empower Infant teachers to be able to provide Fun engaging activities within a controlled, bright and colourful setting.

Eveques Build it up ethos is essential when working with young children. Each activity is introduced in stages so children can learn at their own speed within pairs or small groups.

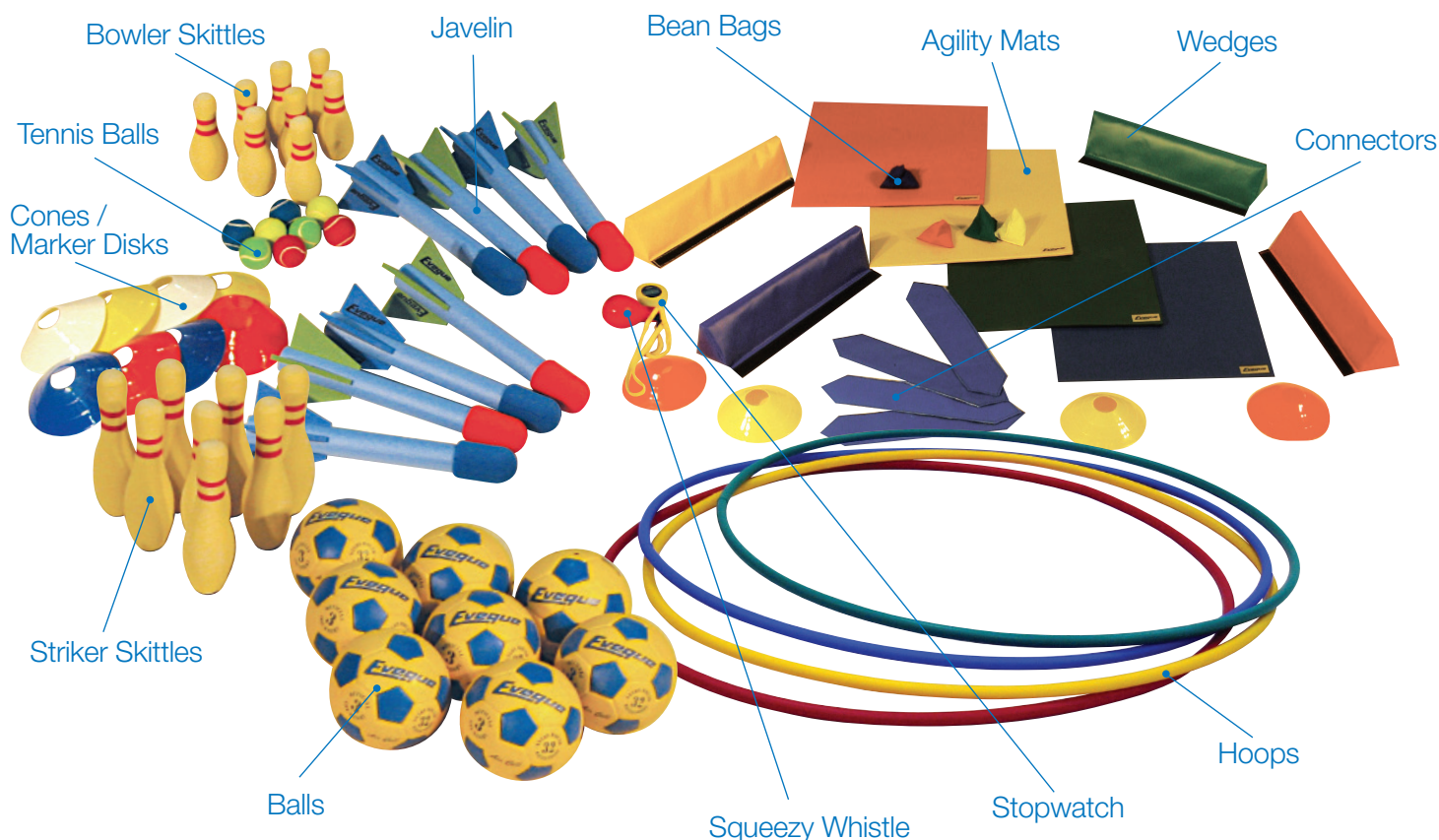
Game / activity ideas are provided throughout the resource to build on the skills involved in each core activity. The activities included are designed merely to show an example and may need to be tweaked for the age group involved. The versatility of the equipment means that you can create your own games to suit each class. **Let your imagination run wild!**

Award levels are provided for each activity but the focus of the programme is on participation and self improvement. The award levels should act as a guide but target attainment levels should be individually set.

## >> THE EQUIPMENT

The equipment has been developed specifically for use within an Infant school hall but can also be used within classrooms, outdoors or in a centralised venue (high school) to deliver a Festival activity.

The Agility Mats encourage small group work (a mat per pair) but also lend themselves to large group activities – in all cases they ensure the children are under control and focussed.



# » Balancer

The Balancer develops a sense of balance and stability on both sides of the body. Essential skills in the world of sport!

*'How long can you stand in one position like a statue?'*

1



## » WARM UP IDEA: STATUES

- Children asked to walk around avoiding the mats laid out randomly around the room
- When 'Freeze' is announced the children must freeze in their current position or in the position stated eg. one foot off the floor; one foot, one hand on the floor etc.
- Children asked to move in a variety of ways – hopping, skipping, big strides, star jumping

## » BUILD IT UP Children asked to find a partner and then find an Agility Mat...

Active child to stand on the mat. Partner stands next to the mat. Complete stages 1–4 then swap over.

1

- Stand very still on 2 feet
- Rise up to tiptoes
- Drop back down
- Repeat this with eyes closed

2

Facing partner, balance on one leg, touching fingers. Change Legs.



3

- Use partner's back as a 'wall'
- Balance on one leg and increase the amount of time you let go for

4

Balance on one leg. Change Legs.

# Balancer

## TAKE IT FURTHER

- Balance on one leg with eyes closed
- Balance without use of arms
- Hold your leg whilst balancing
- Hold your arm out to the side and then touch your nose whilst balancing
- Hold your ear whilst balancing
- Balance in a variety of ways, 'two feet, one hand', 'one knee, one hand' etc.

## TEAM RELAY

- Cones set out on both sides of the hall
- Children split up into teams of 4 – 8 members, lining up in their teams behind a cone
- Member 1 must walk in a straight line to the far cone and back to their team whilst holding a bean bag outstretched in each hand before passing them to member 2
- The first team sat down in a line are the winners



### Body Aware

- Balancer is relaxed and stable
- The arms and hips help the balance
- The focus is forwards rather than down



## THE INFANT ATHLETE – BALANCER ACTIVITY

- The Balancer stands on one foot using their partner initially to gain balance
- The stopwatch will start when the child lets go of the partners arm and will stop when the free leg touches the floor
- The maximum test time that a child can achieve is 15 seconds
- The child must try the activity with both legs – the maximum time achieved for the activity is 30 seconds

### You will need:

- Agility Mat
- Stopwatch

## RECOMMENDED BALANCER LEVELS

A child becomes an Infant Athlete – Balancer when they can complete the following standard:

Reception	10 seconds
Year 1	15 seconds
Year 2	20 seconds

# » Bouncer

2

The Bouncer develops core stability, balance, agility and rhythm. These vital skills will improve the child's lower leg speed and ability to accelerate.

*'Can you clear the wedge quickly and cleanly?'*



## » WARM UP IDEA: FROGS, RABBITS, KANGAROOS

- Agility Mats laid out randomly around the room
- Children asked to walk around the room avoiding the Agility Mats
- Children must bounce in the style of the action word: 'Frog' – crouch down low then jump high, 'Rabbit' – little bunny hops, 'Kangaroos' – big long jumps, 'Human' – back to walking

## » BUILD IT UP Children asked to find a partner and then find an Agility Mat...

Active child stood on the mat. Partner stood next to the mat. Complete stages 1–4 then swap over.

1

Bunny hop on the Agility Mat

2

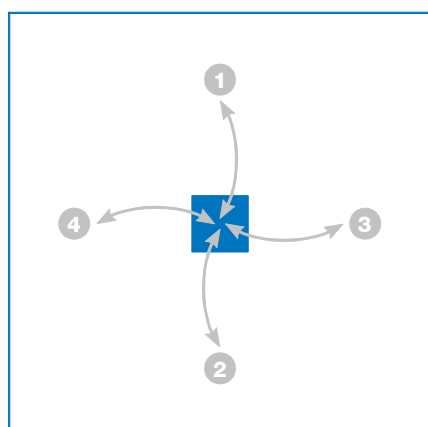
Bunny hop forward off the mat then backwards onto the mat

3

A sequence of bunny hops in different directions where the child returns to the mat after each hop

4

Bunny hop around the room to a mat of the same colour and back



# Bouncer

## TAKE IT FURTHER

- Use the mats and wedges to create a course – include forward bounces as well as side to side
- Connect two wedges side by side to make the bounces larger
- See how quickly a child can complete 20 bounces
- Connect 4 different coloured mats together in a square. The partner should call the colour to bounce on



## TEAM RELAY

- Children split up into teams, lining up behind a cone
- For each team layout - a Speed Bounce on one side of the hall, cones on the opposite side
- Member 1 must run out to the speed bounce, complete 5 bounces before running back to tag member 2
- The first team sat down in a line are the winners

### Body Aware

- Bounces are smooth
- Hips stay level; legs move
- Focus on a forward point
- Arms help with balance
- Start carefully and build a rhythm

## THE INFANT ATHLETE - BOUNCER ACTIVITY

- The Bouncer must jump from side to side over the wedge.
- The activity is started by a blast of the Squeezy whistle.
- Each child has 20 seconds to complete as many bounces as possible.

### You will need:

- 2 Agility Mats • Wedge • 1 Connector
- Squeezy whistle • Stopwatch

## RECOMMENDED BOUNCER LEVELS

A child becomes an Infant Athlete – Bouncer when they can complete the following bounces within the test period:

Reception	10 bounces
Year 1	15 bounces
Year 2	20 bounces



# » Jumper

3

The Jumper develops strength and co-ordination in the legs. The ability to jump is a core element of many games and sporting activities.

*‘Can you land comfortably on both feet?’*



## » WARM UP IDEA: RABBITS

- Agility Mats laid out randomly around the room
- Children asked to jump around the room jumping over the Agility Mats when instructed
- Children asked to jump around the room in a variety of ways (monster jumps, tiny jumps, high jumps and bunny hops)

## » BUILD IT UP Children asked to find a partner and then find an Agility Mat...

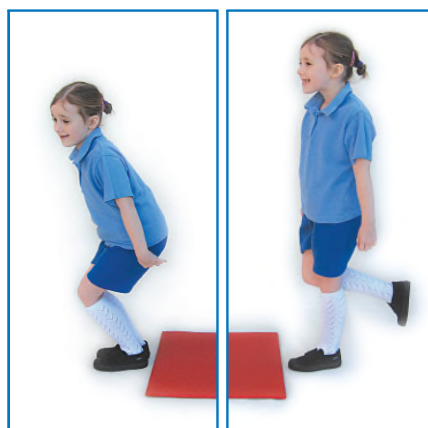
Partners stand one behind the other on one side of the mat facing the teacher. Each child completes each stage a few times before moving to the next stage.

1

Jumping on the mat  
Jump high  
Jump low to high

2

Jumping over the mat/river  
(jumping and landing on two feet)



3

Jumping from one foot and landing on two feet then, jumping from two feet and landing on one foot

4

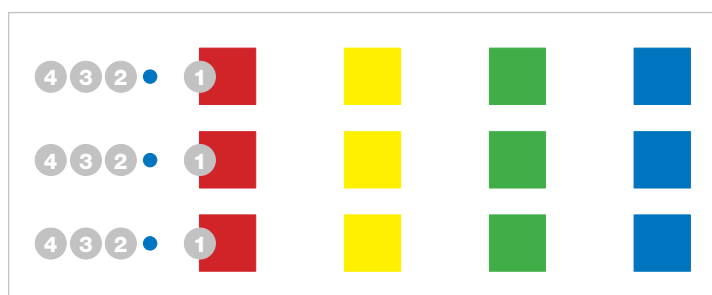
Jumping over the mat  
(jumping and landing on the same foot)

## >> TAKE IT FURTHER

- Increase the number of mats
- Introduce a wedge between mats 1 and 2 to provide a visual target, a wedge between 2 and 3 can be added later

## >> TEAM RELAY

- For each team – 4 Agility Mats laid out in a line, a metre apart to act as stepping stones
- Children split up into teams, lining up behind a cone
- Member 1 must step on to each mat before turning and jumping on each mat back to their team to tag member 2
- The first team sat down in a line are the winners



### Body Aware

- The body motions are smooth and powerful
- Arms assist the jump and in flight balance
- Landings controlled with bent knees

## >> THE INFANT ATHLETE - ACTIVITY

- The Jumper starts behind the edge of the first Agility Mat
- Both take off and landing should be with two feet
- Provide estimated measurement – each Agility Mat is 50cm square
- Each child has three jumps with the furthest taken as their score

### You will need:

- 4 Agility Mats • 3 Connectors

## >> RECOMMENDED JUMPER LEVELS

A child becomes an Infant Athlete – Jumper when they can jump the following distances:

Reception	Clear 1st mat	(50cm+)
Year 1	Toes on 3rd mat	(80cm+)
Year 2	Land completely on 3rd mat	(100cm+)



# » Stepper

The Stepper develops speed, agility and coordination and provides extra excitement to running activities. The wedges introduce the 'fast feet' action that is present in so many sports and games.

*'Can you clear each wedge quickly and cleanly with both feet?'*

4



## » WARM UP IDEA: HOP AND SKIP

- Agility Mats laid out randomly around the room
- Children asked to walk around the room avoiding the Agility Mats
- Teacher calls out a variety of instructions: 'Tiny Feet' – move forward slowly, 'High Feet' - bring knees to chest, 'Fast Feet' – move feet quickly, 'Big Feet' – large strides'

## » BUILD IT UP Children asked to find a partner and then find an Agility Mat and wedge...

Active child stood on the mat, partner stood next to the mat. Complete stages 1–4 then swap over.

1

Jogging on the Agility Mats

2

Jogging on the mat with high knees, holding hands at tummy level and trying to touch them with knees

3

Starting off the mat, complete two fast feet, two fast feet on the mat, then two fast feet on the far side of the mat

4

Jogging with fast feet to a mat of the same colour and back without bumping into anyone



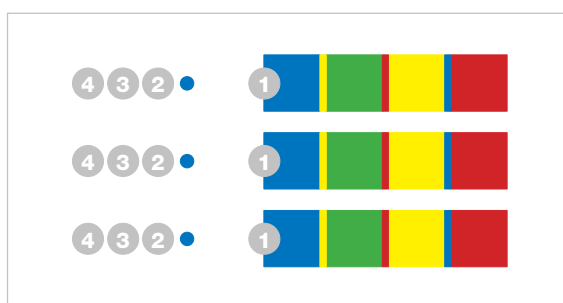
# Stepper

## >> TAKE IT FURTHER

- Join the mats and wedges to create a longer Stepper mat. Try 2, 4 or 6 mats
- Create different ways to negotiate the Stepper mat, hop scotch, two footed bounces, side bouncing etc.

## >> TEAM RELAY

- Children split up into teams, lining up behind a cone
- For each team - a course is created with cones with Stepper mat (made from 3-4 mats and wedges) placed in the middle
- Member 1 must negotiate the stepper, turn at the far set of cones before going through the stepper again and tagging member 2
- The first team sat down in a line are the winners



### Body Aware

- Change your tempo to suit your approach
- Use your arms – fast arms lead to fast feet
- Footwork needs to be light and quick

## >> THE INFANT ATHLETE - STEPPER ACTIVITY

- The Stepper starts between two cones facing two more cones placed at a distance of 8 metres
- Between these two sets of cones a Stepper mat made up from 4 Agility Mats and 4 wedges is placed
- The Stepper must start on a blast of the Squeezy whistle and negotiate the course four times, placing both feet one after another on each mat
- The child's score is the total time (in whole seconds) taken to complete the course

### You will need:

- 4 Agility Mats
- Squeezy whistle
- 4 Wedges
- Stopwatch
- 3 Connectors
- 4 Cones

## >> RECOMMENDED STEPPER LEVELS

A child becomes an Infant Athlete – Stepper when they can complete the course within the following times:

Reception	25 seconds
Year 1	20 seconds
Year 2	15 seconds

# » Pitcher

5

The Pitcher develops accuracy, concentration and hand-eye co-ordination when throwing. Pitcher is an exciting way of measuring the development of those skills.

*‘Can you get one of each bean bag onto the right coloured mat?’*



## » WARM UP IDEA: PASS AND SHOOT

- Agility Mats laid out randomly around the room
- A number of bean bags are given out to children
- Children asked to walk around the room avoiding the Agility Mats and change speed of movement on the teachers command
- When the teacher calls ‘Short Pass’ those with a bean bag must pass it to someone close, ‘Long Pass’ – someone further away, ‘Shoot’ – stop, and aim for the same coloured mat as the bean bag

» **BUILD IT UP** Agility Mats are spread out along one side of the hall. Children asked to find a partner and then find an Agility Mat. Each pair is given a bean bag...

One child from each pair is asked to stand on the Agility Mat with a Bean Bag with their partner facing them a metre or more away.

1

Pass the bean bag back and forth

2

Increase the distance between partners

3

Catch with one hand

4

Try to make the Bean bag land in between partners feet then increase the distance between partners



## >> TAKE IT FURTHER

- Increase the distance to the Pitcher Mat
- Set up a 'Pitch and Putt' course using mats and hoops to develop accuracy over larger distances
- Try your other hand

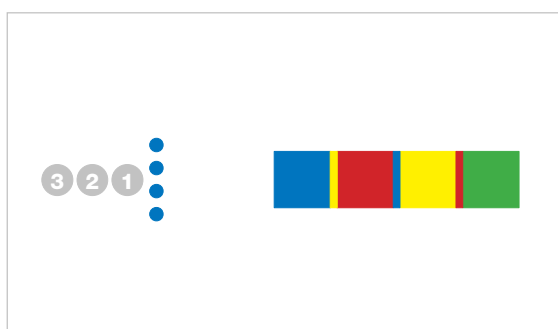
## >> TEAM RELAY

- Children split up into teams, lining up behind a cone
- For each team, a mat complete with wedge is placed on one side of the hall, with cones placed 3 metres away
- From standing, Member 1 must try to land a bean bag on the mat before retrieving on the teachers signal and passing to member 2.
- A point is scored for a hit with each team member having two attempts.
- The team with the most points are the winners

- Smooth arm action
- Balanced, stable body position
- Maintain a relaxed focus on the target areas
- Under arm action is often more accurate

## >> THE INFANT ATHLETE - PITCHER ACTIVITY

- The Pitcher starts behind the throwing line (up to 2 metres away) facing the target Pitcher mat
- The Pitcher must throw the 3 Red bean bags into the Red area followed by Yellow, Green then Blue bean bags (nearest mat first)
- The score is taken as the number of bean bags in the correct coloured area (1 point for each) – max score is 12



### You will need:

- 12 Bean Bags (3 Red, 3 Yellow, 3 Green, 3 Blue)
- 4 Agility Mats
- 4 Wedges
- 3 Connectors
- 2 Cones

## >> RECOMMENDED PITCHER LEVELS

A child becomes an Infant Athlete – Pitcher when they can achieve the following points:

Reception	5 points
Year 1	7 points
Year 2	9 points

# Runner

6

The Runner develops strength and endurance whilst providing a whole body warm up. This activity has a start-stop nature to it which adds to the benefits by developing leg strength, agility, and the ability to start, stop and change direction quickly.

*‘Can you run fast but change direction quickly as well?’*



## WARM UP IDEA: TRAFFIC LIGHTS

- Agility Mats laid out randomly around the room
- Children asked to walk around the room avoiding the Agility Mats
- When the teacher holds up a Green wedge the children can go. When a Red wedge is held up the children must stop. When a Blue wedge is held up the children must change direction quickly
- To start with the children are pedestrians, then cars, then motorbikes and finally planes

## BUILD IT UP Children asked to find a partner and then find an Agility Mat...

Active child stands on the mat. Partner stands next to the mat. Complete stages 1–4 then swap over.

1

Jogging on the Agility Mats

2

Jogging on the mat with high knees, then with heel flicks



3

Jogging through the gears.  
1 = Slow, 5 = Very Fast

4

Jogging to a Mat of the same colour and back without bumping into anyone

# Runner

## TAKE IT FURTHER

- Set up a course of cones and see how quickly each child can complete it
- Practice turning in different ways, turn low, touch the cone, run around the cone

## RELAY

- For each team - a course is created with cones (up to 8 metres)
- Children split up into teams, lining up behind a cone at one side of the hall
- Member 1 must run to the far set of cones before turning, running back and tagging member 2
- The first team sat down in a line are the winners

### Body Aware

- Change your tempo to suit your approach
- Use your arms – fast arms lead to fast feet
- Footwork needs to be light and quick

## THE INFANT ATHLETE - RUNNER ACTIVITY

- The Runner starts on a mat on one side of the hall facing another mat 10 metres away (cones can always be substituted for mats)
- The activity is started on the blast of the Squeezy whistle
- The runner must complete 4 lengths of the 10m course as quickly as possible
- The child's score is the total time (in whole seconds) taken to complete the course

### Think Safety

Ensure the mat does not slip on your floor

### You will need:

- 2 Agility Mats
- Squeezy whistle
- Stopwatch

## RECOMMENDED RUNNER LEVELS

A child becomes an Infant Athlete – Runner when they can complete the course within the following times:

Reception	17 seconds
Year 1	16 seconds
Year 2	15 seconds



# » Bowler

The Bowler is a target challenge activity which develops rhythm, focus, accuracy and hand-eye coordination in a fun and exciting way. These skills will transfer into a wide variety of games, challenges and activities.

*‘Can you knock all the skittles down?’*

7

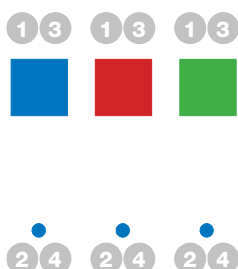


## » WARM UP IDEA: DODGEBALL

- Children asked to walk around the room avoiding the Agility Mats
- A number of children given a bean bag and asked to stand on a mat and throw the bean bag under arm below the knees of the other children
- If a child is hit with a bean bag they swap places with the child that threw the bean bag. If the thrower misses they must retrieve the bean bag and stand on another mat before throwing again

» **BUILD IT UP** Agility Mats are spread out along one side of the hall with cones facing roughly 3 metres away. Children asked to form groups of four, with members 1 and 3 lining up behind the Agility Mat and members 2 and 4 lining up behind the cones opposite...

In each stage, Member  
1 will pass to 2,  
2 to 3,  
3 to 4  
and 4 to 1.



1

Roll the Tennis Ball to the  
next member

2

Increase the rolling distance

3

Use other hand to roll  
and receive

4

Introduce a skittle placed  
between the group. If the  
skittle is knocked down the  
thrower must pick it up

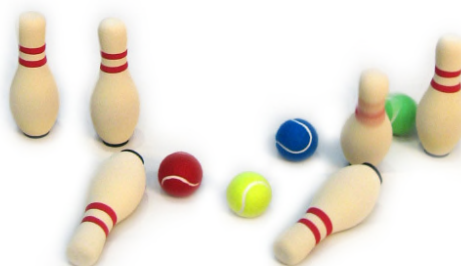
# Bowler

## TAKE IT FURTHER

- Increase rolling distance
- Introduce more skittles
- Try the other hand
- Put the skittles in a '6' pin bowling formation
- Spread the skittles out more
- Try 6 bowls at 1 skittle

## TEAM RELAY

- Children split up into teams, lining up behind a cone
- For each team – A skittle is placed opposite 3 metres away
- From standing, member 1 must try to hit their skittle by rolling the ball, before retrieving on the teachers signal, standing it back up if necessary and passing the tennis ball to member 2
- A point is scored for a hit with each team member having two attempts
- The team with the most points are the winners



### Body Aware

- The bowling action is smooth and uninterrupted
- Focus remains on the target

## THE INFANT ATHLETE - BOWLER ACTIVITY

- The Bowler starts kneeling down on an Agility Mat facing a set of 6 skittles placed up to 3 metres away.
- The Bowler has 6 attempts to roll the ball at the set of skittles
- For each skittle knocked down the child receives one point – maximum is 6 points (once a skittle is knocked down it is removed from the target area)



### You will need:

- Agility Mat
- 6 Skittles
- 2 Tennis Balls

## RECOMMENDED BOWLER LEVELS

A child becomes an Infant Athlete – Bowler when they can knock down the following number of skittles:

Reception	3 skittles
Year 1	4 skittles
Year 2	5 skittles

# » Catcher

8

The Catcher is a progressive challenge which develops hand-eye coordination. During Catcher, you will learn to combine other tasks with your throwing and catching – an ideal skill for taking into any ball game.

*‘Can you clap 3 times then catch the ball?’*



## » WARM UP IDEA: CLAP-CATCH

- Agility Mats laid out randomly around the room. Teacher stands in the middle of the room with a ball
- Children asked to walk around the room avoiding the Agility Mats
- The teacher will perform a type of catch (Bounce-Clap-Catch) whilst the children are watching, then will pass the ball to a child who must try to copy then pass the ball back
- More balls can be added and children encouraged to pass to each other

» **BUILD IT UP** Agility Mats are spread out along one side of the hall with cones facing roughly 3 metres away. Children asked to form groups of four, with members 1 and 3 lining up behind the Agility Mat and members 2 and 4 lining up behind the cones opposite...

In each stage, Member 1 will pass to 2, 2 to 3, 3 to 4 and 4 to 1.

1

Throw a bean bag in the air, catch it then pass it to the next member

2

Introduce a ball. Bounce the ball in front of your self, catch it then bounce it to the next member



3

Throw the ball up, clap, let it bounce then catch. Bounce it to the next member

4

Use a Tennis ball to complete stages 1–4



## >> TAKE IT FURTHER

- Use tennis balls to make the catching require more focus
- Add more claps and bounces
- Substitute touching your head or the floor instead of clapping

## >> TEAM RELAY

- Children split up into teams, lining up behind a cone
- Member 1 must attempt to throw, clap, catch before passing the ball over their head to the next member to attempt the same.
- The first team to have all completed the task and sat down are the winners

### Body Aware

- Use a relaxed but stable position
- Movements are smooth
- Tasks are controlled – no panic!
- Ensure the ball is thrown high enough

## >> THE INFANT ATHLETE - CATCHER ACTIVITY

The Catcher must stand on an Agility Mat and attempt the following steps:

1. Throw – Catch
2. Throw – Clap – Catch
3. Throw – Clap x2 – Catch
4. Bounce – Catch
5. Bounce – Clap – Catch
6. Bounce – Clap x2 – Catch

For each successful catch one point is awarded (maximum of 6 points)

### You will need:

- Ball
- Agility Mat

## >> RECOMMENDED CATCHER LEVELS

A child becomes an Infant Athlete – Catcher when they can complete the following number of catches:

Reception	4 catches
Year 1	5 catches
Year 2	6 catches

# » Launcher

9

The Launcher develops hand-eye coordination as well as strength and the understanding of the importance of technique.

*‘Can you get the angle spot-on for maximum distance?’*



## » WARM UP IDEA: ROCKETS

- Children asked to find a partner then an Agility Mat
- They must ‘Set engines running’ – jog on the spot, ‘Build up boost’ – sprint on the spot, then ‘Launch’ – move to a mat of a different colour

» **BUILD IT UP** Agility Mats are spread out along one side of the hall with cones facing up to 4 metres away. Children asked to form groups of four, lining up behind the cones. Each group is given a Javelin and Bean Bag...

Each child will attempt each stage before moving to the next. Children told when to throw and retrieve by blast of the Squeezy whistle. Emphasis should be on accuracy and not distance

1

Overarm throw of a bean bag at the Agility Mat.  
Pass to the next member.

2

Introduce Javelin and show how to hold it before throwing  
Pass to the next member.



3

Introduce correct stance and technique including the pointing role of the spare arm before throwing.  
Pass to the next member.

4

Introduce the correct angle for before throwing.  
Pass to the next member.



## TAKE IT FURTHER

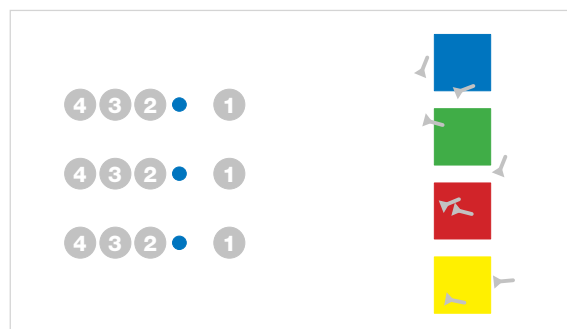
- Target Throwing – set out a javelin course involving targets on the floor and walls
- Try throwing with your other hand

## TEAM RELAY

- Children split up into teams, lining up behind a cone
- For each team – A mat is placed up to 5 metres away
- From standing, Member 1 must try to hit their mat with the javelin before retrieving on the teachers signal and passing to member 2
- A point is scored for a hit, with each team member having two attempts
- The team with the most points are the winners

### Body Aware

- Whole body action ends with the arm
- Focus is forwards and out
- During the throw, the body weight shifts from back leg to front
- Point in the direction of the throw



## THE INFANT ATHLETE - LAUNCHER ACTIVITY

- The Launcher stands on an Agility Mat and has 3 attempts at throwing the Javelin as far as possible
- The distance is measured using mats placed at, for example, 1, 2, 3, 4 and 5 metres
- Their best throw (in metres) is counted as their score

### You will need:

- 3 Javelins
- Squeezy whistle
- Agility Mats

## RECOMMENDED LAUNCHER LEVELS

A child becomes an Infant Athlete – Launcher when they can achieve the following distances:

Reception	4 metres
Year 1	5 metres
Year 2	6 metres



# Striker

10

Striker encourages focus, accuracy, and most importantly, co-ordination; all of which can be carried over into many other activities. It is a game of target shooting and will improve ball skills whilst reinforcing the correct technique when passing – right down to which part of the foot to use!

*‘Can you knock down two skittles with one kick?’*



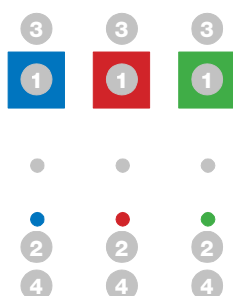
## WARM UP IDEA: FOOTBALL MAD

- Agility Mats laid out randomly around the room
- Children asked to walk around the room avoiding the Agility Mats
- Teacher calls out a variety of action phrases:  
 ‘Sprint’ – move faster, ‘Header’ – jump up, ‘Shoot’ – kick the leg out,  
 ‘Goal’ – star jump with raised arms, ‘Footy Mad’ – Aeroplane; like you have scored

**BUILD IT UP** Agility Mats are spread out along one side of the hall with cones facing roughly 4 metres away. Children asked to form groups of four, with members 1 and 3 lining up behind the Agility Mat and members 2 and 4 lining up behind the cones opposite...

In each stage, Member 1 will pass to 2, 2 to 3, 3 to 4 and 4 to 1.

At all times, this activity is aimed at passing to the partner and not ‘scoring’ past them.



1

Kick the ball slowly with the instep of the foot to the next member

2

Increase the kicking distance

3

Try your other foot and use different parts of your feet

4

Introduce a skittle placed between the group. If the skittle is knocked down the kicker must set it back up

## TAKE IT FURTHER

- Increase target distance
- Introduce more skittles
- Spread the skittles out more
- Put the skittles in a '6 pin' bowling formation
- Make the test 6 strikes at 1 skittle
- Try using a tennis ball

## TEAM RELAY

- Children split up into teams, lining up behind a cone
- For each team – A skittle is placed on one side of the hall with cones placed 3 metres away
- From standing, member 1 must try to hit their skittle by kicking the ball before retrieving on the teachers signal, setting up the skittle if necessary and passing the ball to member 2
- A point is scored for a hit with each team member having two attempts. The team with the most points are the winners



### Body Aware

- Smooth body movement into the strike
- Focus is forwards and specific
- Kicker should show a relaxed follow through
- Accuracy, not power is the key

## THE INFANT ATHLETE - STRIKER ACTIVITY

- The Striker starts behind a kicking line facing a set of 6 skittles placed up to 4 metres away
- The Striker has 6 attempts to knock the skittles down
- For each skittle knocked down the child receives one point – maximum is 6 points (once a skittle is knocked down it is removed from the target area)



How to set up the skittles

### You will need:

- 2 Balls • 6 Skittles • Cones for 'kick-line'

## RECOMMENDED STRIKER LEVELS

A child becomes an Infant Athlete – Striker when they can knock down the following number of skittles:

Reception	3 skittles
Year 1	4 skittles
Year 2	5 skittles

# » Throwing

11

The Throwing develops stability, control and body power whilst introducing the 'Chest Pass' which is an integral component of many team games.

*'Can you push the Ball to the next planet?'*

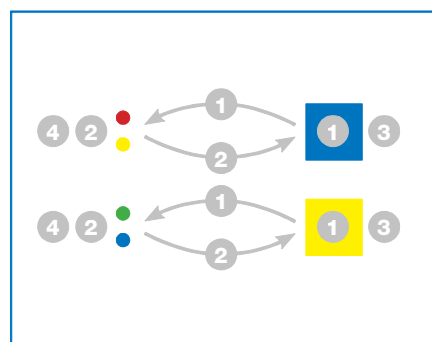


## » WARM UP IDEA: MONKEY PUZZLE

- Agility Mats laid out randomly around the room
- A number of children (Monkeys) asked to walk around the mats, whilst the others (Humans) must stand on a mat and pass a number of balls around the group
- The Monkeys have to try and intercept the passes, if they get the ball, the Human that last touched it swaps with the Monkey
- The Humans must always stay on the mat until the teacher calls 'Monkey Puzzle' at which point the Humans must get to a different mat without the Monkeys tagging them

» **BUILD IT UP** Agility Mats are spread out along one side of the hall with cones facing up to 2 metres away. Children asked to form groups of four, with members 1 and 3 lining up behind the Agility Mat and members 2 and 4 lining up behind the cones opposite...

In each stage, Member 1 will pass to 2, 2 to 3, 3 to 4 and 4 to 1.



1

Chest push the ball back and forth stood two feet together. Start 2 metres apart

2

Increase the passing distance

3

One foot in front of the other, lean back, bend the knees and push up and out

4

Chest Push the ball to the next member and then follow your pass

# »» Thrower



## »» TAKE IT FURTHER

- Working with a partner, what's the longest successful (caught) chest pass?
- How many successful chest passes can be achieved without dropping the ball at 5m?
- Explore other ways of throwing

## »» TEAM RELAY

- Children split up into teams, lining up behind a cone
- For each team a mat is placed on one side of the hall with cones placed 3 metres away.
- Member 1 must bounce the ball to their Agility Mat before chest passing the ball back to Member 2 and sitting down behind the mat. The first team sat down in a line behind the mat are the winners

### Body Aware

- Put yourself into a stable position
- The whole action is lifting (from bent knees) then launching
- Legs and hips are fully extended at release

## »» THE INFANT ATHLETE - THROWER ACTIVITY

- The Thrower must stand behind the throwing line with a ball held in both hands at chest level
- The ball is pushed upwards and outwards as far as possible
- The distance is measured using mats placed at for instance 1, 2, 3, 4 and 5 metres
- The Thrower has 3 throws with the furthest taken as their score

### You will need:

- Agility Mats
- 2 Balls

## »» RECOMMENDED THROWER LEVELS

A child becomes an Infant Athlete – Thrower when they can achieve the following distance:

Reception	4 metre
Year 1	5 metres
Year 2	6 metres

# » Skipper

12

The Skipper, develops full body coordination as well as agility and speed.

*‘Can you continue to skip and establish a rhythm’*



## » WARM UP IDEA: HOP AND SKIP

- Agility Mats laid out randomly around the room
- Children asked to walk around the room avoiding the Agility Mats
- Teacher calls out a variety of action phrases: ‘Skip’, ‘Hop’, ‘High Skip’ and ‘High Hop’

» **BUILD IT UP** Agility Mats are moved along one side of the hall with cones facing up to 5 metres away. Children to form groups of four and stand in a line behind a mat facing the cones. Each group is given a Hoop...

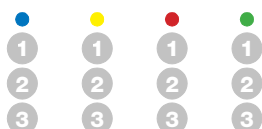
Member 1 will have a go before member 2, 3, 4 and then move on to the next stage.

1

Skip (without the hoop) to the cones and back to your team

2

Bunny hop to the cones and back to your team



3

Introduce the hoop with each child attempting to complete 5 repetitions stepping through the hoop

4

Introduce the hoop with each child attempting to complete 5 skipping repetitions

## >> TAKE IT FURTHER

- Give each child a challenge of 10 skips in a team relay format. The first team to complete all 40 bounces and sit down are the winners
- See how quickly a child can complete 10 skips
- Try using a rope

## >> TEAM RELAY

- Children split up into teams, lining up behind a hoop
- Member 1 must pick up the hoop, complete 10 skips and then pass the hoop to member 2
- The first team to complete their skips and sit down in a line are the winners



### Body Aware

- Whole body action
- Quick Feet
- Start carefully and build a rhythm

## >> THE INFANT ATHLETE - SKIPPER ACTIVITY

- The Skipper starts with the hands on the hoop and the other side of the hoop behind their feet
- The Skipper has 20 seconds to complete as many full repetitions of the hoop passing over their head and under their feet

### You will need:

- Skipping Hoop
- Squeezy whistle
- Stopwatch

## >> RECOMMENDED SKIPPER LEVELS

A child becomes an Infant Athlete – Skipper when they can complete the following skips within the test period:

Reception	5 skips
Year 1	10 skips
Year 2	15 skips