



**Leeds Well
School Partnership**
Physical Activity • Physical
Education • Sport

MULTI SKILLS

KEY STAGE 1 (AGES 5-7) – 6 WEEK PROGRAMME

WEEK 5 – AGILITY & TEAMWORK



DURATION
45-60 minutes



AGE
5-7 years



FOCUS
Develop agility, speed
and teamwork through
fun challenges.



OUTCOMES

- ✓ Improve agility and coordination
- ✓ Encourage and support teammates
- ✓ Work cooperatively with others
- ✓ Take turns and communicate

EQUIPMENT

Cones
 Hoops

Beanbags
 Balance spots

**10
MINS**

WARM-UP – MIRROR GAME

Children work in pairs.
One child is the leader,
the other is the mirror.
Copy each other's
movements:

- Run on the spot
- Jump
- Side steps
- Spin
- Crouch and stand
- Make shapes



COACHING POINTS

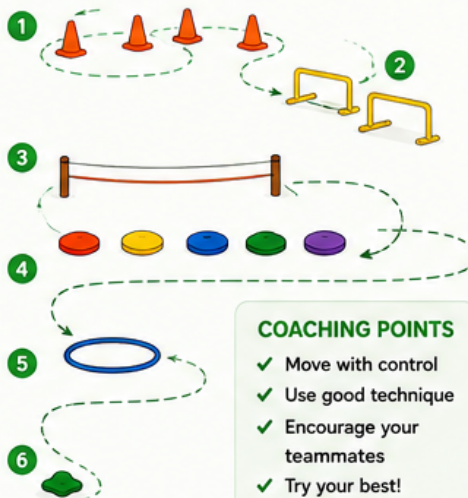
- ✓ Watch your partner carefully
- ✓ Copy the movements
- ✓ Have fun and be creative!

**15
MINS**

SKILL ACTIVITY – OBSTACLE COURSE

Children travel around the course using different skills.

- 1 Zig-zag run**
Weave through cones
- 2 Jump**
Jump over mini hurdles
- 3 Crawl**
Crawl under the rope
- 4 Balance**
Walk along the line
or balance spots
- 5 Sprint**
Run to the hoop
- 6 Pick up**
Pick up a beanbag
and return to start



COACHING POINTS

- ✓ Move with control
- ✓ Use good technique
- ✓ Encourage your teammates
- ✓ Try your best!

**20
MINS**

MAIN GAME – RELAY CHALLENGE

Teams complete the obstacle course.
Each child carries a beanbag through the course
and back to tag the next teammate.
First team to finish all their beanbags wins!

TEAM 1



TEAM 2



FOCUS POINTS

- ✓ Encourage and support
- ✓ Work as a team
- ✓ Wait your turn
- ✓ Cheer for your teammates
- ✓ Communicate



**5
MINS**

COOL DOWN

Walk around the area and
complete gentle stretches.

- Hamstring stretch
- Calf stretch
- Shoulder stretch
- Deep breathing



REFLECTION QUESTIONS

- ? • How did you work as a team today?
- ? • What was the trickiest part of the course?
- ? • How did you help your teammates?
- ? • What did you enjoy the most?



DIFFERENTIATION

SUPPORT



- ✓ Shorter course
- ✓ Fewer obstacles
- ✓ Allow more time
- ✓ Work with a partner



CHALLENGE

- ✓ Add extra obstacles
- ✓ Increase the speed
- ✓ Carry the beanbag in a different way
- ✓ Time the teams



HAVE FUN, BE ACTIVE, BE YOUR BEST!



FUN, INCLUSIVE AND PROGRESSIVE – HELPING EVERY CHILD SUCCEED!

