



**Leeds Well  
School Partnership**

Physical Activity • Physical  
Education • Sport

# MULTI SKILLS

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

## FINAL GAME – CAPTURE THE TREASURE

**WEEK  
6**

**FINAL GAME  
CAPTURE THE TREASURE**



**15  
MINS**



**5–7  
YEARS**

**FOCUS:** Use a range of skills, work as a team and celebrate achievement.

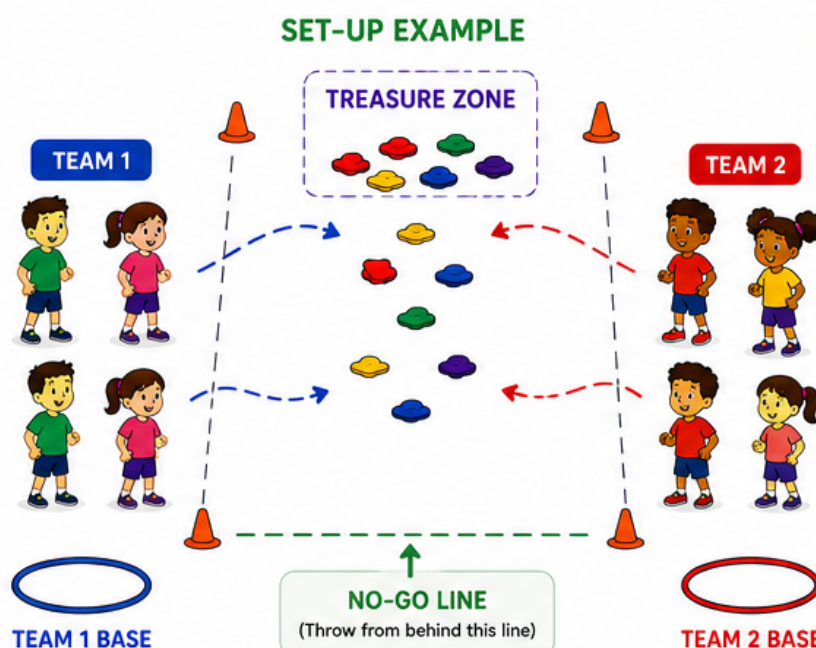


### HOW TO PLAY

- 1 Two teams start behind their line.
- 2 On "Go!", players run to the middle, collect one treasure (beanbag) and return it to their team's base.
- 3 Only one treasure at a time.
- 4 You can throw from behind your line to tag an opponent.
- 5 If you are tagged, you must return to your base.
- 6 The team with the most treasure at the end wins!

### EQUIPMENT

- Cones
- Beanbags (treasure)
- Hoops
- Balance spots
- Benches



### COACHING CUES

- ✓ Look ahead before you move.
- ✓ Run with control and good technique.
- ✓ Use your arm to throw accurately.
- ✓ Stay behind the no-go line when throwing.
- ✓ Pick up one treasure at a time.
- ✓ Work together and support your team.
- ✓ Be respectful and play fairly.
- ✓ Keep trying and have fun!

### TOP TIP



Good teamwork  
helps you  
capture more  
treasure!



### FOCUS POINTS

- ✓ Use the skills we have learnt
- ✓ Work as a team
- ✓ Encourage and support others
- ✓ Communicate
- ✓ Take turns
- ✓ Play fairly and enjoy!



### MAKE IT EASIER

- Use fewer beanbags
- Make the playing area smaller
- No tagging – focus on collecting
- Let players walk instead of run



### MAKE IT HARDER

- Add more beanbags
- Make the playing area bigger
- Allow two treasures at a time
- Add more defenders



### MAKE IT FUN!

- Create team names and mascots
- Play music while you play
- Celebrate great teamwork
- Try a rematch!



### CHANGE IT UP

- Play in pairs or small groups
- Use different equipment
- Change the way you travel
- Try a night treasure hunt theme



**BE ACTIVE, BE SAFE, HAVE FUN!**



**GOOD SPORTSMANSHIP**



**TRY YOUR BEST • ENCOURAGE OTHERS**