



KWIK ROUNDERS/KWIK CRICKET

NEED: One ball, one bat, three jumpers!

AIM: Score the most runs to beat your opponents!

RULES: Mark your three jumpers as a bowling cone, a batting cone and a 'run' cone. Your 'run' cone should be approximately 5m from your batting cone. The bowler bowls the ball to the batter who hits it. The batter MUST run to the 'run' cone and back to their batting cone before the bowler retrieves the ball and stumps the bowling cone. To the 'run cone' and back is 2 points. If the batter is between cones when the bowling cone is stumped they are out! After three hits – total your score and swap roles.



A COVID-19 ST GEORGE'S PENTATHLON

NEED: A piece of paper for a score sheet and a stop watch!

AIM/WINNER: Score as many points as possible! The winner of each event gets 5 points, second place 3 points and third place 1 point. The winner is the person with the highest points total overall!

EVENTS:

EVENT 1 – Standing long jump. Use a marker as a take-off board and jump forwards landing on two feet.

EVENT 2 – Sprint: Use two markers to mark the race distance. Race!

EVENT 3 – Standing triple jump – Use a marker as a take-off board and 'hop/step/jump forwards landing on two feet.

EVENT 4 – Long distance: Decide on a time to run for – 2 minutes? See who can get the furthest!

EVENT 5 – 'Javelin tennis-ball throw'! Who can make the tennis ball **land** the furthest?

Don't fancy being competitive? PREFER GYMNASTICS!?

Acro Skills

Forward roll
Backward roll
Log roll
Teddy bear roll
Handstand
Cartwheel
Front walkover
Handstand to forward roll

Twists

½ twists
Full twists

Leaps

Cat leap
Stag leap
Split leap

Advanced Skills

Round-off
1 handed cartwheel
Tumbling



Can you and a friend create a 'socially distanced' mirrored sequence?

MISSING COMPETITIVE SPORT?

We thought so! Try some of these 'socially distanced' games and activities at break/lunch or in the garden/park to keep 'in touch' and prepared for when your favourite sports return!

RUGBY GOLF OR FOOTBALL GOLF

NEED: One ball each, a target to represent your first 'hole' (a tree, a jumper, a goal post)

AIM: Hit the target with your ball in the fewest 'shots'! Kicks only! (The last 'shot' with the Rugby ball must be a pass!)

RULES: Take your next shot from wherever your ball is! Do not move it! Whoever is furthest from the hole takes their second shot first. Whoever wins the 'hole' chooses the next 'hole'!

WINNER: Keep your score for each 'hole'. Play 9 'holes' in total. The winner is the player with the lowest score overall!



Challenge! Can you vary your Rugby kicks?! Try using an UP & UNDER, SPIRAL or GRUBBER KICK.

RUGBY TENNIS/ FOOTBALL TENNIS/ NETBALL TENNIS

NEED: One ball, a marked/boxed area each.

AIM: Make the ball bounce twice in your opponents area to score a point OR make your opponents shot land the ball out of YOUR area.

RULES: One player serves the whole 'game'. A 'game' ends when one player reaches 5 points. A 'match' lasts 3 games.

The serve must land in the opponent's box to start the game. After the ball bounces once the player must attempt to catch it and throw it back (rugby and netball) or kick it (football) back over the net. The point continues until one player's shot lands out of the box or someone successfully makes the ball bounce twice in their opponent's box. After the point is over, the next point is served. Play continues until the 'game' is won.

WINNER: The winner is the player who wins two 'games' first!

1	
2	

	1
2	



Challenge! Can you use official tennis scoring?

Can you play doubles? How could this work?

Remember, you can't be stood in the same box!

1. You **must** remain 2 meters apart **at all times**.
2. Wash your hands before and after all games
3. **NO CONTACT!**



KILLER – 2-4 players (2m apart!)

NEED: One ball each, a netball or basketball post.

AIM: Eliminate the player 'in front' of you by scoring before them!

RULES: Each player stands in a line, 1 behind the other, at the edge of the D. The first player in the line shoots. If they score, they join the back of the line. If they miss the shot, they continue shooting until they score. As soon as player 1 has taken their first shot, the second player in the line shoots. If the second player scores before the first player – player 1 is eliminated and player 2 joins the back of the line. If player 1 scores first and joins the back of the line, player three takes their first shot to chase player 2.

WINNER: The winner is the last player remaining!

Need a practise first? Challenge your partner? Who can score the most shots in 30 seconds?

Is it Juggling?!

NEED: One ball each!

AIM: Be the most coordinated and 'outwit' your opponent!

RULES: Both players have 1 ball each in their hands. Player 1 throws their ball in the air. Player 2 quickly chest passes the ball to player 1. Player 1 must catch and return the ball quickly (chest pass), before catching their original ball from the air! Player 2 then throws their ball in the air and receives a quick pass from player 1. The game continues.

WINNER: Make your opponent drop a ball to score a point! The player with the most points wins!

'Cross-bar' Challenge!

NEED: One ball! One stop watch. One 'starter' cone.

AIM/WINNER: Record the quickest time to hit the right goal post, the left goal post and the cross bar!

RULES: All shots must be taken from the 'starter cone'. You can have a maximum of two people behind the goal returning the ball to you!



The record!? 7.75 seconds - Ryan Sessegnon, St George's Park, National Football Center, Burton upon Trent, UK, on 27 May 2019.

'Two-touch'!

NEED: One ball! One marked area each!

AIM/WINNER: Keep the ball up in the air to beat your partner!

RULES: Start with 10 lives! If you drop the ball or make a poor pass (outside of your opponent's area!) then you lose a life.

Need a practise first? Try some of these! 101 partner training drills-
<https://www.youtube.com/watch?v=Fm4OPPC11TE>

'Volley' Keepie-upies Challenge

NEED: One ball! One marked 'no-go' area between you! *If you are on the field, separate yourself by 2 tracks on the running track or simply put 2 jumpers on the ground 2 metres apart and do not cross them!*

AIM: Cooperate and work together to keep the ball/shuttle in the air!

RULES: With a partner you must keep the ball in the air.

Bronze target – 6 keepie-upies

Silver target – 10 keepie-upies

Gold target – 16 keepie-upies

Volleyball - You can only use Volleys or Digs

Football – You can use all parts of body except your hands and arms!

Throw and Catch – How many 'one-handed' throws and catches can you complete before you drop the ball?

Badminton/Tennis - If you are right handed then your left leg must stay in contact (and behind you) with the ground at all times, and vice versa if you are left handed (your right leg). If your grounded leg moves or comes off the floor the rally is over. Remember, your non grounded leg can move around as much as it wants!

Need a practise first? You can let the ball bounce in between shots!

Challenge! Have a go at sitting Volleyball (a Paralympic sport!) It's a lot harder than it sounds!

Challenge! Every time you go out to play a shot push back off your non-grounded foot immediately ready to receive the next shot.



ONE HAND ONE BOUNCE

NEED: One ball and one bat/racket

AIM/WINNER: Stay at 'the crease' for the longest number of balls!

RULES: One player bowls from a 'bowling cone' to the 'batter'. The 'batter' must hit the ball defensively into the ground. The bowler must catch the ball in one hand before it bounces twice to 'catch' the batsman out!



'Target Practice'

NEED: One ball/shuttle. One racket. 'Targets' such as jumpers, bags, pencil cases, planners.

AIM/WINNER: Score the most points by hitting the most targets!

RULES: One player feeds/throws the ball from at least 2m away. The second player hits the ball towards the targets. You decide how many points each target is worth. Hit 5 balls and count your points before swapping over! You may want a 'fielder' to retrieve the ball!

Challenge! Use forehand or backhand shots only. Or to make it even harder... one forehand followed by one backhand!

