



Agility + Speed

Grades 6 + 7

PiSE

You'll need: cones, flags/pinnies, foam

balls

You can play: outside, in the gym, on the blacktop

Energizer



Sneak and React

Set up two lines about 20 feet apart. Split the group into teams of ~4 and have them line up on the first line. The first person in line walks to the far cone, looking forwards the whole time. Once they are at the cone, the second player will try and sneak up on them and tap them on the shoulder. Once tapped, the first player must turn and try to chase and tag the second player back to the first line. Once back, they will split off into different lines to mix up the teams for the next round, and the next players in line would begin.



Skill Practice



Switch

Split the group into teams of ~8 players. Each team receives 5 polypots, which they will set up in a square, with one spot in the middle. One player will stand on each of the 5 spots, and the remaining players will stand in line on the side. The first player in line will call 'Switch!' signaling to all of the players on spots that they must move and try to find a new spot. The player calling 'switch' will always go to the middle spot. One player will be left without a spot and will go to the back of the line.



Flag Tag

Set up a bucket on each end of the play area. Split the group into two teams and assign each to a side. Each player receives a flag which must be tucked into their waistband or pocket and hang down to the knee. The goal of the game is to run around and steal flags from other players. If a player steals a flag, they will bring it back and place it in their teams bucket. If a players flag is stolen, they must go to their teams bucket and grab a flag that has been stolen from another player. If a players flag is stolen while they are holding another flag, they must give up all flags in their possession.

Group Activity



3 Ball

Create a play area by using lines on the floor or cones. Inside this play area, place ~three foam balls. Players start outside the play area and rush in on 'go'. If a player is hit by a ball, moves with a ball in their hand, or steps out of bounds, they are out. When a player is out, they must leave the play area. Players who are out can get back in two ways: by collecting a ball that has been thrown out of the play area and hitting a player that is still in, or by tagging an 'in' player who is standing too close to the edge of the play area.

Progressions and Modifications

Sneak and React

- Specify a way that the players must move (i.e., run, walk, side shuffle, etc.)
- Have two players try to sneak up on the first, and the player can try to tag either of them
- Use a word instead of a touch as the indicator for the first player to turn and try to tag the second player

Switch

- The centre spot is not saved for the player calling 'switch'. They must be quick enough to steal a spot from another player
- Have the player calling 'switch' call out different words (i.e., swiffer, sweep, etc.) to try and catch the other players off guard

Flag Tag

- Have the players complete a task after their flag has been stolen. If there are no pflags in the bucket, they must continue the task until there are
- Have ~5 spare flags in each bucket at the beginning of the game to help possible eliminate wait times when a players flag is stolen

3 Ball

- Add in a jailbreak rule - all players who are out can get back in, if an out player makes a successful basket without stepping onto the play area
- When players are out, have them complete a task in order to get back in
- Add in additional foam balls
- Make the play area smaller
- Players are only able to hold onto a foam ball for three seconds