



#UnitedbyB2022 Festival Format Ideas

Multi-skill and multi-sport festivals are a fantastic way of supporting the development of fundamental movement skills and introducing young people to their first taste of competition. We have put together two festival formats for your #UnitedbyB2022 Festival. There are nine multi-skill activities and six multi-sport activities to choose from. You can mix and match to suit your needs and make each station as long or as short as you like to fit your timeframe.



Multi-Skill Carousel Activities

1. Obstacle Relay Games

Commonwealth Games Link: Athletics, Rugby, Squash.

Aim: To develop speed, agility and teamwork.

Equipment: Cones, hoops, hurdles, racquets, selection of balls.

Instructions:

- Set up an obstacle course using the equipment available in your school.
- Split the group in to five teams or individually.
- Each team sends first person through the course to collect a cone (token) and bring it back to the team. The next teammate then goes to collect a cone (token).
- Alternatively have children collect as many tokens on their own within a time limit.
- Squash: A racquet and ball can be used to hold and balance through the obstacles.
- Rugby: Use a ball and score a try in a hoop just before returning to the team.
- Adapt the relays as necessary to maximise participation and enjoyment.



2. Straight Relays

Commonwealth Games Link: Athletics

Aim: Develop agility, speed and dynamic balance.

Equipment: x50 cones, x5 spots

Instructions:

- Split class in to five teams or individually
- Each person goes to collect a token. The leader tells them the way to do it each round or children follow a list of different movements:
 - Run
 - Skip
 - Hop
 - Sidestep
 - Jump
 - Baby steps

3. Ten Pin Skittles

Commonwealth Games Link: Bowls, Cricket

Aim: Develop coordination and accuracy

Equipment: Pointy cones/skittles, spots, handballs/dodgeballs or similar

Instructions:

- Split the class in to five teams
- Spread the cones out, roughly in a triangle shape, but not too close
- The first person in each team tries to knock a cone over. They collect the cones they have knocked over and bring them back to the team, along with the ball.
- The next person tries.
- Repeat until all of the cones are knocked over or until time is up.
- Alternatively place two sets of cricket stumps out in front and bring a stump back if hit. Repeat until all stumps are hit and removed

4. Target Throw & Roll

Commonwealth Games Link: Bowls, cricket

Aim: Develop throwing and rolling techniques

Equipment: five hoops, five tennis balls, xfive0 cones, beanbags

Instructions:

- Split class in to five teams
- Place a hoop away from the team (3m)
- First person tries to roll the tennis ball in to the hoop. If successful, they collect a token (cone) and their ball.
- They return and give the ball to the next person.
- Everyone takes their turn (two turns each). Count up the tokens collected.
- Variation: beanbags used instead of tennis ball



5. Throw and Catch

Commonwealth Games Link: Badminton, netball, squash, table tennis, volleyball

Aim: Develop hand/eye coordination, spatial awareness, throwing and catching

Equipment: Selection of balls

Instructions:

- Children have one ball each
- Throw the ball to about head-height and try to catch.
- How many times can you throw and catch without dropping the ball or within a time limit?
- Adapt the Challenge for age/ability:
 - Bounce and catch
 - Clap before catch
 - One hand catch
 - Throw against a wall and catch
 - Pass between a pair

6. Dribble Relay Games

Commonwealth Games Link: Hockey

Aim: To develop dynamic balance, agility and coordination

Equipment: Hockey sticks, balls, cones

Instructions:

- Split class in to five teams or individually
- Each team sends first person through the course to collect a cone (token) and bring it back to the team by placing onto the stick and dribbling back. The next teammate then goes to collect a cone (token).
- Alternatively have children collect as many tokens on their own within a time limit or dribble through the course of cones
- Increase the Challenge: Introduce competition between the teams

7. Long Jump

Commonwealth Games Link: Athletics

Aim: To develop jumping technique, transference of weight, dynamic balance and coordination

Equipment: Cones, spots, tape measure

Instructions:

- Children compete individually, performing a standing long jump.
- Children stand with both feet behind the take-off line and jump as far as possible from a standing position, with a two-footed take-off and landing.
- The measurement is taken from the take-off line to the back of the closest heel on landing.
- Increase the Challenge:
 - A hop and step can be introduced for more able children.
 - A hop, step and jump (triple jump) could also be introduced for the most able.

8. Shooting Challenge

Commonwealth Games Link: Netball, Hockey

Aim: To develop accuracy and shooting technique

Equipment: Netball hoops, small goals, hoops, targets

Instructions:

- This activity should be set up to meet the space and equipment available to the school.
- Children take it in turns to shoot at a target/goal.
- Hockey: Using a stick, push, flick or slap a ball towards a goal or target. Goals can have cones/hoops or other targets for different point scores.
- Remember to have any children waiting stand back from the person shooting
- Netball: Using a netball hoop, a target on the wall or marked landing space, children take turns to shoot at the target/goal
- Increase the challenge:
 - Increase the distance or reduce the size of the target/goal
 - Children can compete individually or in teams, to score as many points as they can in a set time.

9. Skipping Challenge

Commonwealth Games Link: Boxing, Athletics

Aim: To develop coordination and dynamic balance

Equipment: Skipping ropes

Instructions:

- Individually children skip for a set time: 20-30 seconds depending on age/ability to see how many times they can jump their skipping rope.
- Alternatively, children can count how many times they can successfully 'skip' in a row.
- If equipment and space allow, a long rope can be used and children can take part as a team.
- Increase the challenge by:
 - rotating the rope backwards
 - Travelling whilst skipping between two points
 - Crossing hands
 - Double rotations of the rope
 - One footed



Sport Specific Carousel Activities

This format allows the children taking part the opportunity to try six different B2022 sports.

Overview

- Six sports Rugby 7's (Tag rugby), Table tennis, Hockey, Volleyball, Badminton, Basketball
- Each group rotates around a carousel of activities/games, six children per station

Station One - Tag Rugby

- Relays, running with the ball
- Passing, in twos
- Scoring a try – three pupils each with a ball behind a line, with tag belts on, one defender, all three run to other side of the pitch and try to score a try. Defender tries to take as many belts as can before attackers score a try. Point if you score a try, Swap defender.
- Game three v three

Station Two - Uni Hockey

- Stick and ball, dribbling around cones
- Relays with stick and ball
- Passing in twos
- Game three v three, no D can score from anywhere

Station Three - Badminton

- Hand eye coordination with balloons, then with puff balls/shuttle cocks and rackets
- Rallying in two's, no net
- Serving into hoops
- Games with line/net in two's

Station Four - Volleyball

- Balloons – volleying, then balls
- Technique of volley – in two's
- Keep ball in the air in three's or four's no net, how many can you do
- Game – throw over to serve. Ball can bounce once



Station Five - Table Tennis

- In two's no net, rallying with partner
- Can you get ball to bounce on any of the spots/cups/buckets on opponents side
- Technique serving
- In two's rallying using a net
- Game

Station Six - Basketball

- On own dribbling skills
- In twos passing and dribble
- Shooting practice
- Game three v three