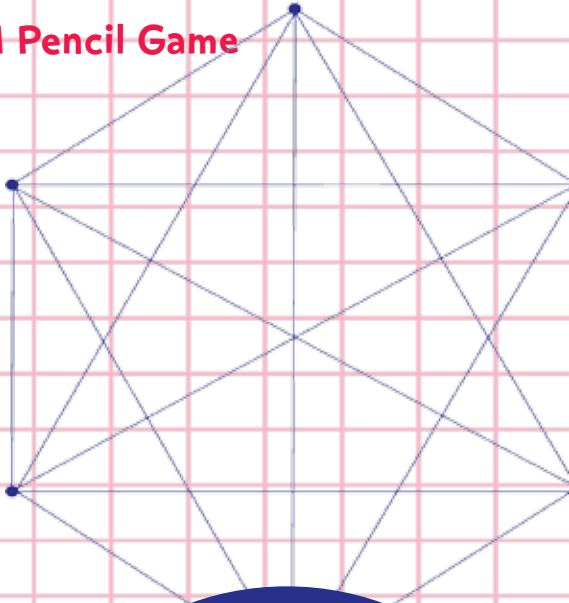


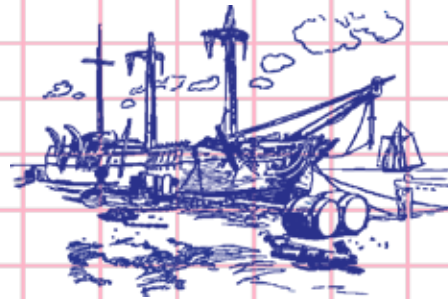
VIRTUAL SCHOOL GAMES 2020

PROBLEM SOLVING TASKS

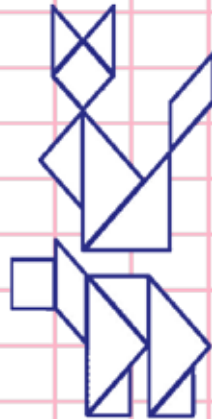
SIM Pencil Game



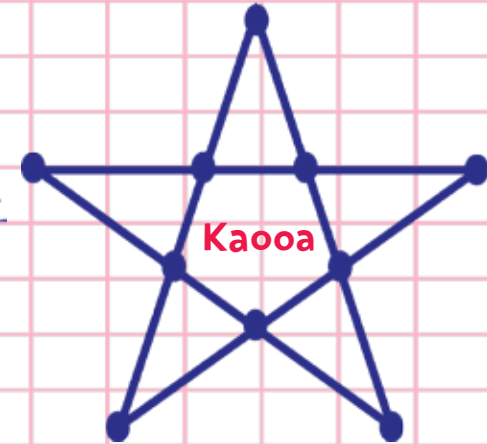
Shipwreck



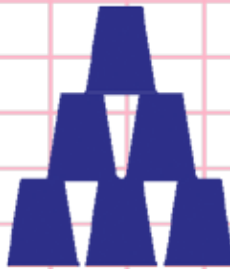
Tangram Puzzles



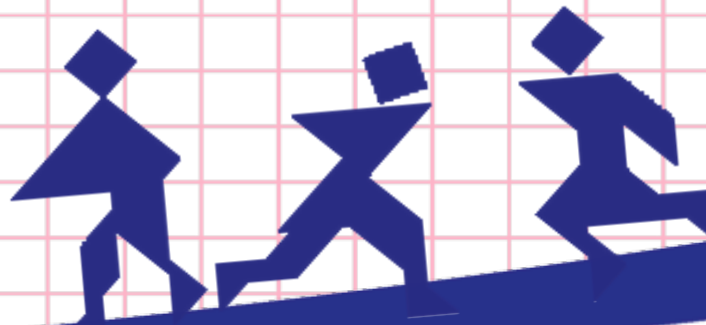
Kaooa



Cup Stacking



and much more...



About Northamptonshire Sport

One of 43 Active Partnerships across England, Northamptonshire Sport is partnership of local and national organisations Working together to get people in Northamptonshire More Active, More Often. The Northamptonshire Sport Core Team is hosted by Northamptonshire County Council and its activities are funded through Sport England Lottery grant and by local and national partners.

Northamptonshire Sport is committed to ensuring that sport, physical activity and recreation across Northamptonshire is both safe and inclusive

School Sport Partnerships

School Sport Partnerships work with Schools to enhance the quality and range of sporting opportunities for young people. Through the network of School Sport Managers, support is provided to enhance delivery of the PE curriculum, increase Out of School Hours Learning and develop Intra-School and Inter-School Competition. There is also a strong partnership approach to developing young volunteers and coaches of the future.

In Northamptonshire there are five School Sport Partnerships: Corby, Oundle & Thrapston, Kettering, Northampton, South Northants & Daventry and Wellingborough & East Northants.

ACTIVITY – CUP STACKING

3-3-3



“My first problem solving game is cup stacking. Have a think why cup stacking is linked to Dodgeball?”

(Answer is on page 3)

- Blaze -

THE AIM OF THE ACTIVITY

To stack a pyramid of 3-3-3 cups and then dismantle them in the quickest time possible.

You will need:

- 3 - 3 - 3 = 9 plastic cups
- Stopwatch
- Scoreboard - pen & paper

SKILL DEVELOPMENT

- Speed
- Agility
- Coordination & dexterity
- Concentration

HOW TO PLAY

- ★ You'll need 9 cups. Your aim - building three pyramids of 3 cups. Position 3 columns of 3 cups in front of you on a table
- ★ Both hands start on the table. Start from your left or right and build your first pyramid; lay 2 out on the bottom, and top it with 1 cup.
- ★ Move onto build the middle pyramid and finish with the end one
- ★ Once you've built all 3 pyramids, dismantle them into 3 columns using both hands, smoothly stacking the cups into each. You must dismantle in the order you built them. You are only allowed to touch 1 pyramid at a time.
- ★ Stopwatch starts when you touch the first cup and stops when all 9 cups have returned to their original columns

INCLUSION

Easier

- Build just 1 pyramid of 3 cups, before moving onto building 2 then 3 pyramids
- Use cups that fit easily into the players grip

Harder

- Try building/dismantling the pyramids from your non-dominant side
- Try building the pyramids whilst standing on 1 leg
- Try building the pyramids whilst holding a squat position
- Try building the pyramids whilst reciting a nursery rhyme or song



ACTIVITY – CUP STACKING

3-6-3

THE AIM OF THE ACTIVITY

To stack a pyramid of 3-6-3 cups and then dismantle them in the quickest time possible.

You will need:

- 3 - 6 - 3 = 12 plastic cups
- Stopwatch
- Scoreboard - pen & paper

SKILL DEVELOPMENT

- Speed
- Agility
- Coordination & dexterity
- Concentration

CHANGE IT!

Groups of people can play; players take it in turn to build and dismantle a 3-6-3 cup stack– stopwatch starts on first player and stops when final player has dismantled the cups and taps their hands on the table

HOW TO PLAY

- ★ You'll need 12 cups. Your aim - building three pyramids, two of 3 cups and one of 6 cups—position 3 columns of cups in front of you on a table
- ★ Both hands start on the table. Start from your left or right and build your first 3 cup pyramid, move to build your 6 cup pyramid and finish with a 3 cup pyramid.
- ★ Move onto build the middle pyramid and finish with the end one
- ★ Once you've built all 3 pyramids, dismantle them into 3 columns using both hands, smoothly stacking the cups into each. You must dismantle in the order you built them. You are only allowed to touch 1 pyramid at a time .
- ★ Stopwatch starts when you touch the first cup and stops when all 9 cups have returned to their original columns

INCLUSION

Easier

- Build just one pyramid of 6 cups, before moving onto building a pyramid of 3 and 6
- Use cups that fit easily into the players grip

Harder

- Try building/dismantling the pyramids from your non-dominant side
- Try building the pyramids whilst standing on 1 leg
- Try building the pyramids whilst holding a squat position
- Try building the pyramids whilst reciting a nursery rhyme or song

ACTIVITY – CUP STACKING TOGETHER

THE AIM OF THE ACTIVITY

To produce a variety of cup formations working as a team, and without directly touching the cups.

You will need:

- 6 plastic cups
- Elastic bands / string or thread
- Challenge Cards (page 4)

SKILL DEVELOPMENT

- Collaboration
- Communication
- Patience

CHANGE IT!

Design and develop an array of different patterns. Challenge other groups to build them

Rules can change for each challenge or pattern of cups to make it easier or harder.



Answer: Both are 'quick thinking' games. The skills required in cup stacking are the same skills that make a good Dodgeball player!

- Blaze -

HOW TO PLAY

- ★ All group members must participate for each challenge
- ★ Only the rubber bands can touch or move the cups
- ★ If the instructions are not followed for each challenge the group will have to start again
- ★ Time the group to see how long it takes them to complete each challenge—groups try to beat their personal best or another team

INCLUSION

Easier

- Have just 2 people in a team
- Use cups that are light to lift
- Use string/thread rather than an elastic band

Harder

- Try building the pyramids whilst standing on 1 leg
- Try building the pyramids whilst reciting a nursery rhyme or song
- Communicate with other team members without talking
- Blindfold one member of the team
- Fill the cups with water!



DODGEBALL

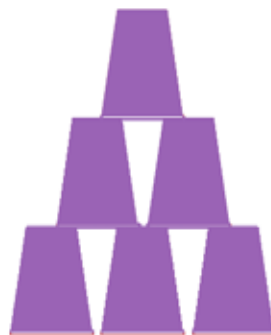
Problem Solving

Challenge #1



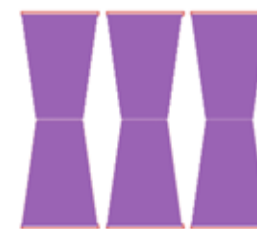
Directions: Each member may use 2 hands and everyone in the group may speak

Challenge #2



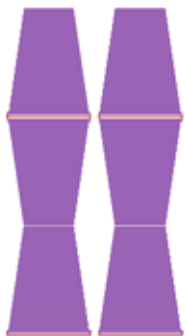
Directions: Each member may use only 1 hand and everyone in the group may speak

Challenge #3



Directions: Each member may use only 1 hand and everyone in the group may speak

Challenge #4

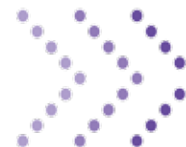


Directions: Each member can use only 1 hand and **no one** in the group may speak



“If you need help with any of the Cup Stacking activities.
Just click on the arrow below!”

- Blaze -



GYMNASTICS

Problem Solving

ACTIVITY – WHERE ON THE GRID?



Gymnasts have a lot to remember in a routine or event, so it is important that they are quickly and easily able to recall information to enable them to perform to their best ability.

- Blaze -

THE AIM OF THE ACTIVITY

To remember the exact locations of different objects placed on a grid .

You will need:

- Grid templates—pre-populated (Grid A) and blank grid (Grid B)
- Pen/Pencil
- Stopwatch

SKILL DEVELOPMENT

- Cognition
- Sequencing
- Concentration

HOW TO PLAY

- ★ Place the populated grid (Grid A) at one end of an identified play area, and the player behind the start line where the blank grid is (Grid B)
- ★ On 'GO' the player will travel to the populated grid and look at the grid, choosing one object on the grid to remember—they will only have 5 seconds to look at Grid A
- ★ The player returns to the start line and adds the object they have remembered from Grid A to their grid (Grid B) in the correct grid location. When adding the object to the grid (Grid B) the player can write the name of the object or draw it
- ★ Play continues until a player believes they have added all the objects to their grid (Grid B) or a time limit is reached (3-4 minutes)

INCLUSION

Easier

- Use smaller grids
- Add less objects to the grid
- Use grid axis

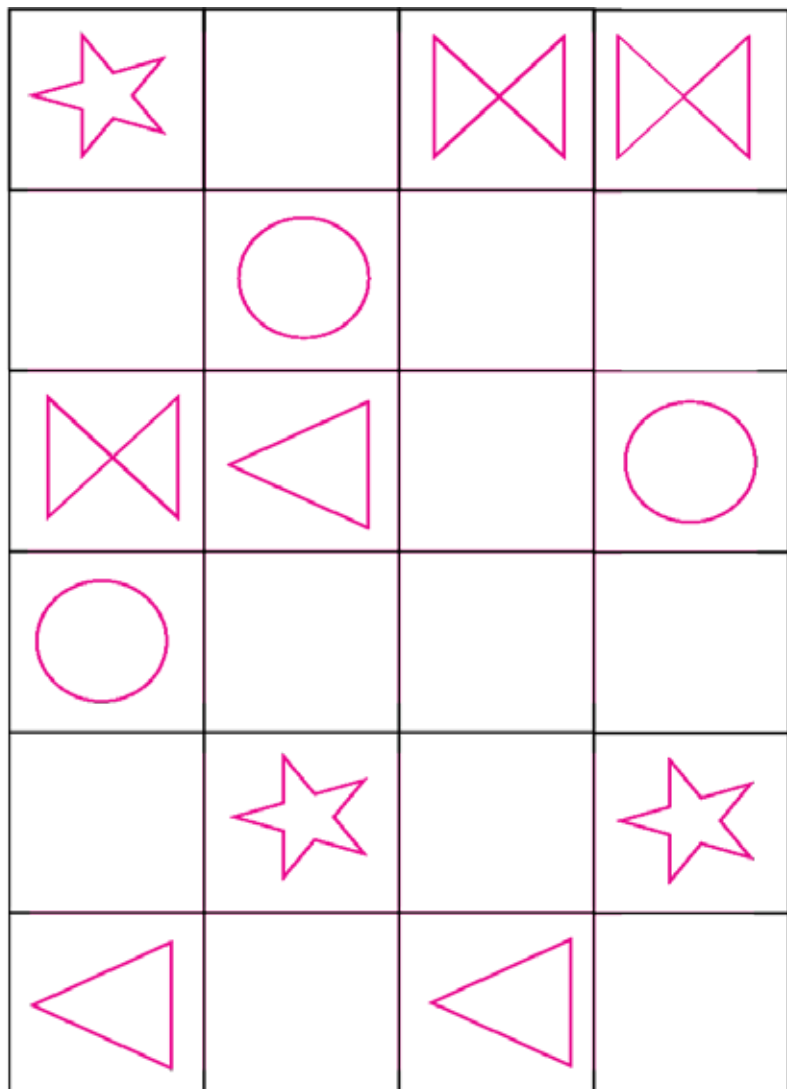
Harder

- Increase the size of the grid
- Play music in the background whilst playing the game
- Sing a song whilst you are travelling to and from Grid A
- Increase the the number of objects added to the grid

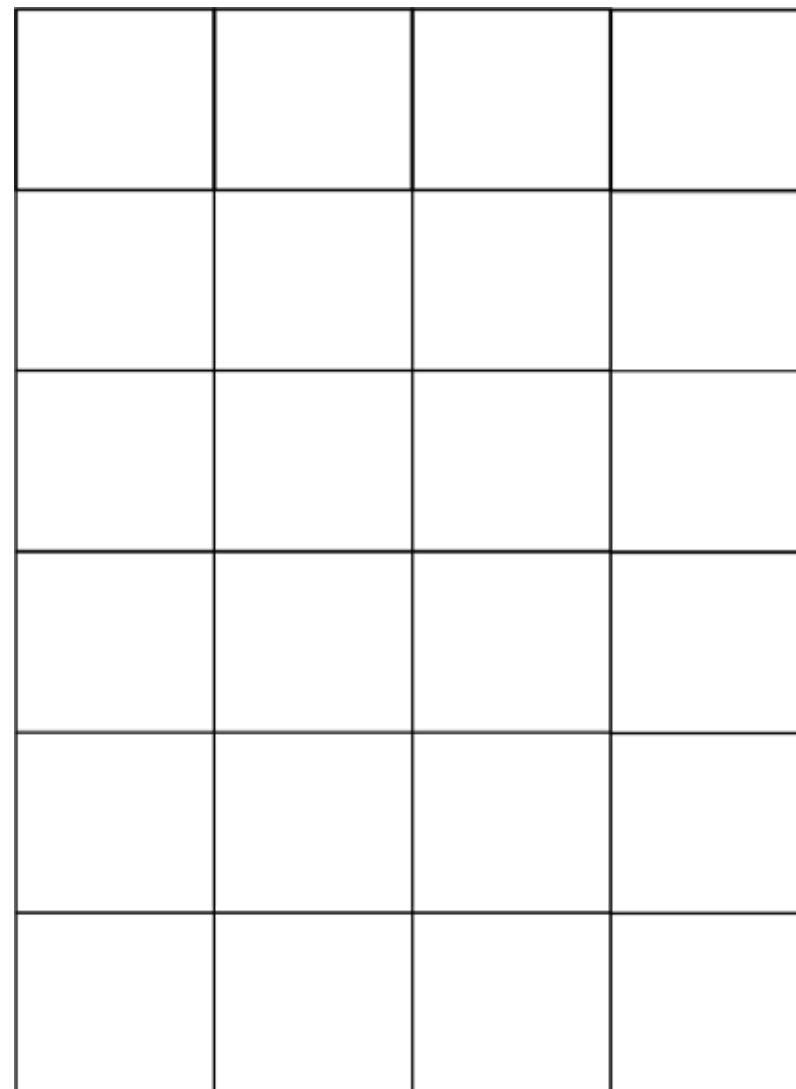
CHANGE IT!












Groups of people can play in a relay format; first player travels to the grid, selects an object to remember and adds it to their grid (Grid B). The next player can not go until the player before them has drawn or written the object on to the grid.

GRID A



GRID B



[illegible]

- Blaze -

GYMNASTICS

Problem Solving

ACTIVITY – MEMORY WORKOUT



“
Did you know - The more times you
encounter something, the more likely
you are to recall it?
- Blaze -

THE AIM OF THE ACTIVITY

To remember patterns and be able to replicate them when they are covered over.

You will need:

- Patterns
- Paper/whiteboard/chalkboard with a 3 x 3 grid marked on it
- Stopwatch

SKILL DEVELOPMENT

- Cognition
- Sequencing
- Concentration

HOW TO PLAY

- ★ Look carefully at 1 of the original pattern for 1 minute, then cover up the pattern
- ★ Copy and complete the pattern in the blank grid, allow yourself 2 minutes to reconstruct the design
- ★ Once you have reached your time limit, uncover the original pattern and see how accurate you were

INCLUSION

Easier

- Use smaller grids i.e. 2 x 2
- Use coloured lines
- Use enlarged printed grids

Harder

- Increase the size of the grid i.e. 4 x 4, 5 x 5
- Play music in the background whilst you are learning the pattern
- Sing a song whilst you are transferring the design to the blank grid
- Increase the complexity of the pattern
- Use straight and dotted lines

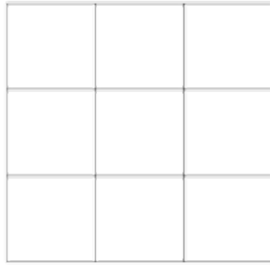
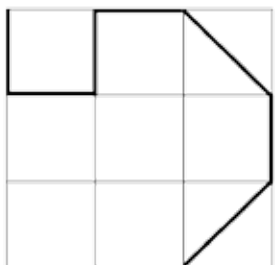
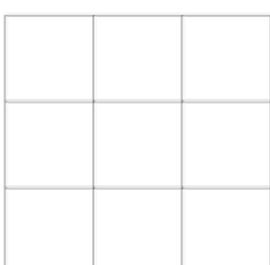
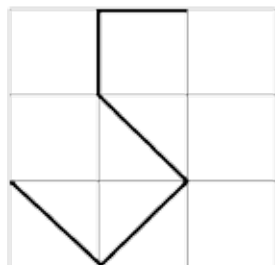
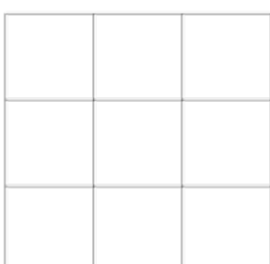
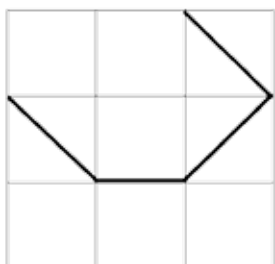
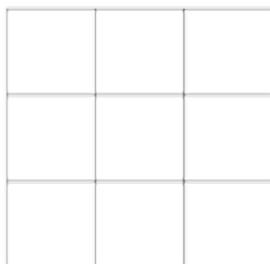
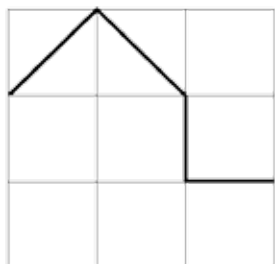


CHANGE IT!

Groups of people can play; all players will view the original design for 1 minute. Within their teams, players will take it in turns to add another line to their designs.

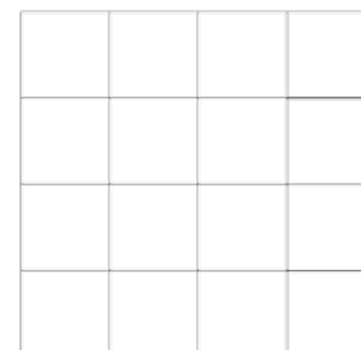
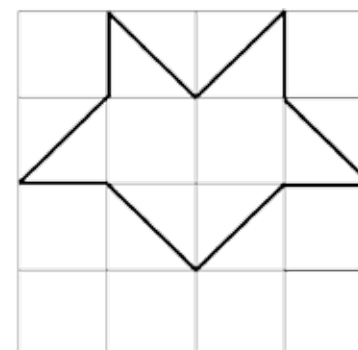
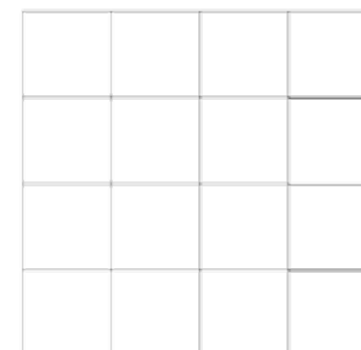
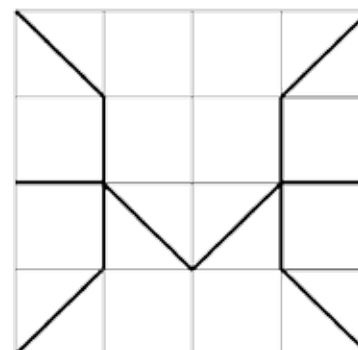
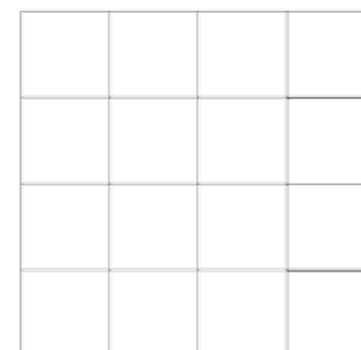
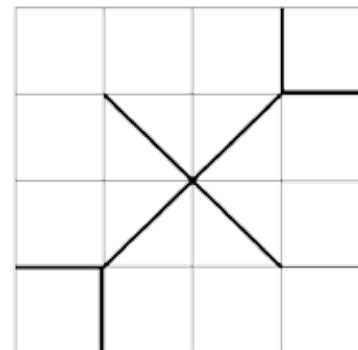
GYMNASTICS

Problem Solving



Scientists have discovered that you remember things better if your body is in the same position as it was when you first learnt or experienced the thing you are trying to remember. To find out if this works try and learn some facts while in an unusual position, see if you can remember then a week later in that position?

- Blaze -



ACTIVITY – SHIPWRECKED!



When competing in athletics tactical decisions need to be made quickly, often without consultation with anyone else. Can you think of the types of decisions you may need to make in athletics?

(Examples on page 2)

- Blaze -

THE AIM OF THE ACTIVITY

To place in order of importance, items that will help you survive on a desert island.

You will need:

- **Activity Brief** - Page 2
- **Ranking Form** (1 per person or per group) - Page 3
- **How to Score Sheet/Answers** - Page 4
- **Stopwatch/Timer**
- **Pen**

HOW TO PLAY

- ★ Issue a copy of the **Activity Brief** to everyone, so that it can be studied individually.
- ★ Issue a copy of the **Ranking Form** to each person—Individuals record their decisions in the appropriate space
- ★ Rankings are then scored using the **How to Score Chart**
- ★ Scores and rankings are then compared and discussions can take place with other players or an adult to draw conclusions about who has made the best decisions.
- ★ A 10—15 minute time limit is placed on the game

INCLUSION

Easier

- Reduce the number of objects that the individual or team have to put into order of importance

Harder

- Add some dummy objects into the list of salvaged items
- Complete the task as an individual before merging with other players to come up with a 'final' list



ACTIVITY BRIEF



You and three friends are crewing a small yacht on your way to a warm weather training camp. Following an accident in the galley, the boat catches fire and you have to abandon ship. You all quickly don life jackets and try to send out an SOS message, giving your position about 150 miles off the west coast of Portugal.

Unfortunately, you are not sure if the message will get through as fire has already damaged some of the equipment. The fire spreads quickly and you launch a small open dinghy big enough to take you all. There is little time to deliberate on what to take – but you grab the nearest items to hand.

Here is a list of the items:



The weather is fine and clear
with an easterly wind blowing
at about 10 knots.

- Fishing Tackle (line & hook)
- Oars for the Dinghy
- Plastic Sheeting (large)
- Plastic Bucket
- Gallon of Water
- Knife
- Chart & Compass
- Rope
- Radio
- First Aid Kit
- Bottle of Brandy
- Tinned Food
- Camera with Flash
- Blanket



Some example of quick decision making in Athletics

Shall I over take this runner now or wait until
after the bend?

When shall I take on water, where and when is
the next water station after this one?

Should I use one of my attempts, to try and
jump at an increased height?

When shall I leave my start line in a relay race,
is my hand in the correct position

- Blaze -

ATHLETICS

Problem Solving

Items	Individual Order 1 = most important 14 = least important	Team Order 1 = most important 14 = least important
Fishing Tackle (line & hook)		
Oars for the Dinghy		
Plastic Sheeting (large)		
Plastic Bucket		
Gallon of Water		
Knife		
Chart & Compass		
Rope		
Radio/Cassette Player		
First Aid Kit		
Bottle of Brandy		
Tinned Food		
Camera with Flash		
Blanket		

[illegible]

ACTIVITY – SLIDING PUZZLE



“
Have a go at my Sliding Puzzle!
Can you think how this puzzle
could link to Boccia? Answers on
pages 2 & 3
- Blaze -
”

HOW TO PLAY

- ★ You will need to select one of the puzzle frames and the matching sets of tiles
- ★ Place the tiles at random into the puzzle frame
- ★ Within the frame, the tiles can only be moved around by sliding, with no turning, lifting or jumping allowed. Only 1 tile can be moved at any one time
- ★ The game finishes when the tiles have been arranged into number order or to match the given picture.
- ★ If playing against a stop watch, the winning player is the player to locate the highest number of tiles in a given period of time

THE AIM OF THE ACTIVITY

To slide the puzzle pieces around a given puzzle frame to arrange a particular pattern or picture.

You will need:

- **Puzzle frame & tile sets** (use the ones provided or get creative and design your own pictures)
- **Stopwatch**
- **Scoreboard; pen & paper**

SKILL DEVELOPMENT

- Tactical thinking
- Logical thinking
- Concentration

CHANGE IT!

Groups of people can play in a relay format; players take it in turns to move a tile on the puzzle grid.

Set the puzzle grid up away from the start line, travel to the puzzle grid to move a tile and then return to the start line—repeat until the puzzle is completed.

INCLUSION

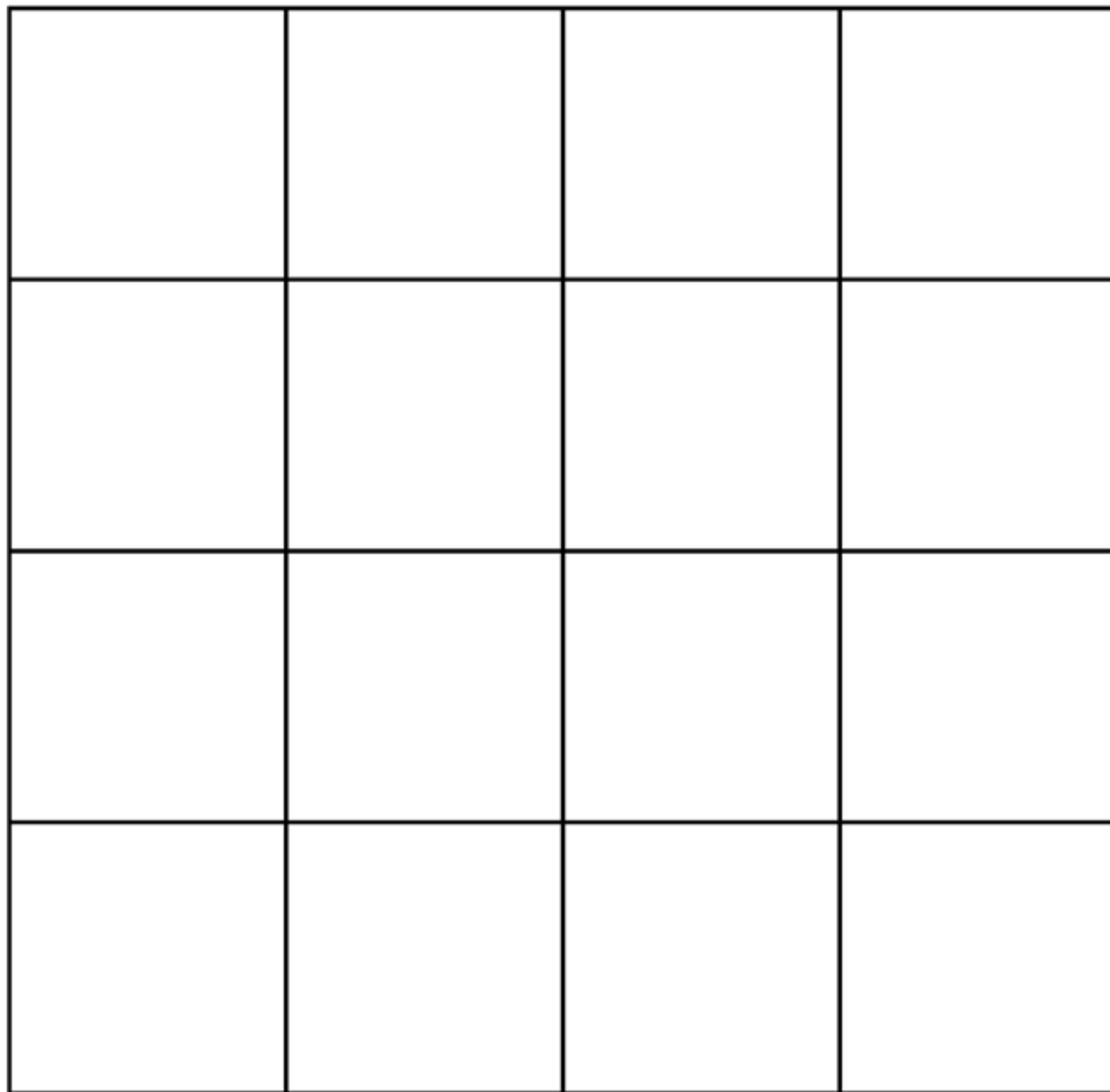
Easier

- Reduce the puzzle grid size
- Increase the size of the puzzle frame/tiles
- Attach them to objects easier to grip

Harder

- Increase the puzzle grid size
- Use picture tiles instead of numbers
- Increase the complexity of the picture





THE PUZZLE FRAME – 4X4



Answer Part 1

Boccia is a sport that require a lot of tactical thinking; how hard are you going to throw your ball, do you need to knock another ball out of the way, do you need to roll a ball to place it directly in front of the target to make it harder for an opponent?

- Blaze -

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	



PUZZLE TILES

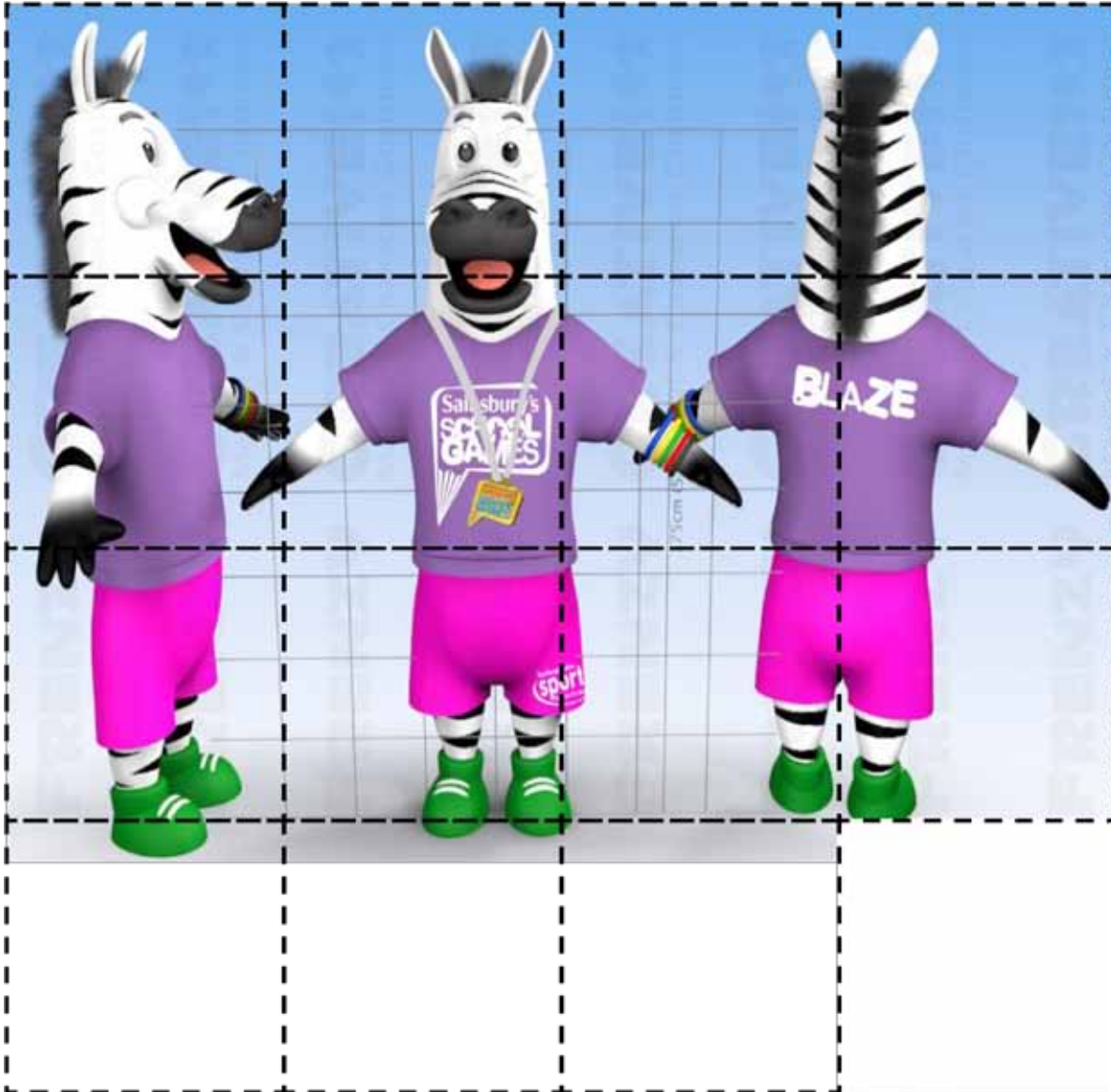
- ★ Use numbers 1—9 for a 3 x 3 grid puzzle frame
- ★ Use numbers 1—15 for a 4 x 4 grid puzzle frame



Answer Part 2

Players have to think 2 or 3 throws ahead in a game to ensure they place their balls in a winning position. This problem solving activity requires players to think strategically about what tile they are moving, to allow other tiles to be moved to progress success!

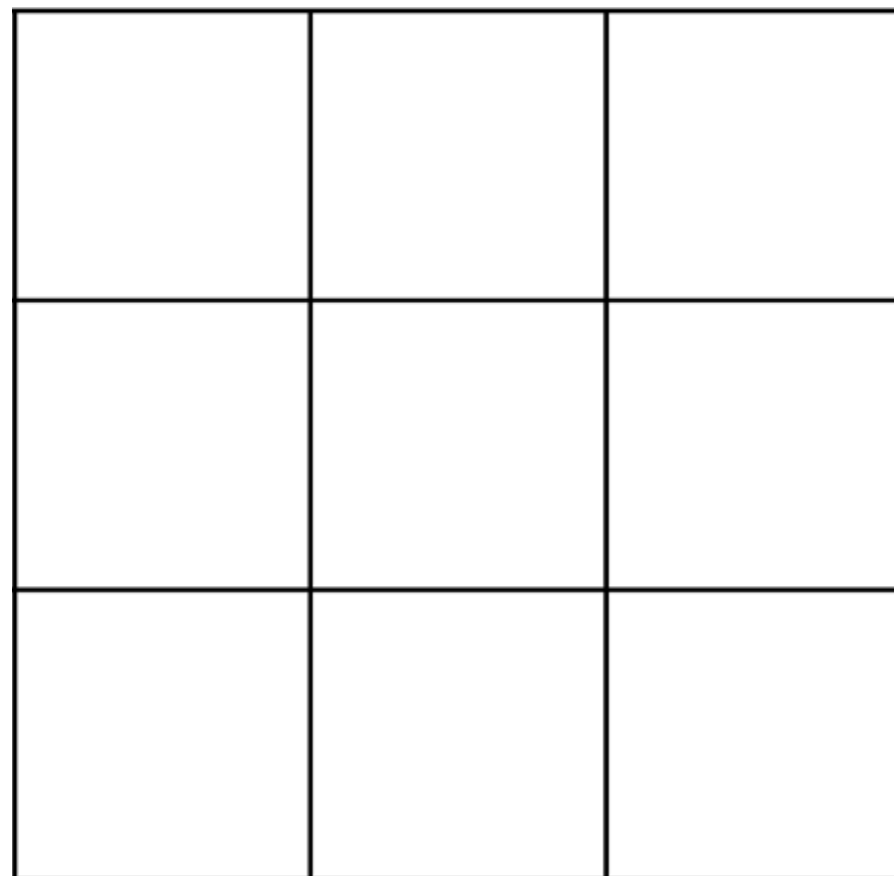
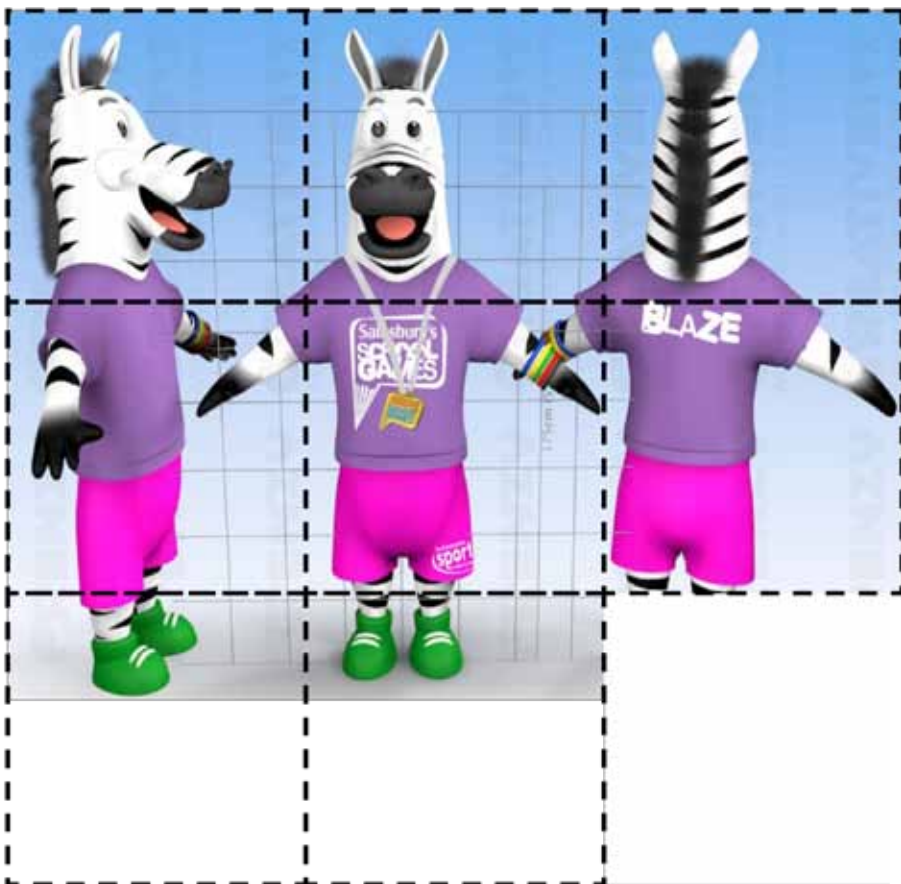
- Blaze -



PUZZLE TILES - BLAZE 4X4

★ Print off and cut the picture into tiles





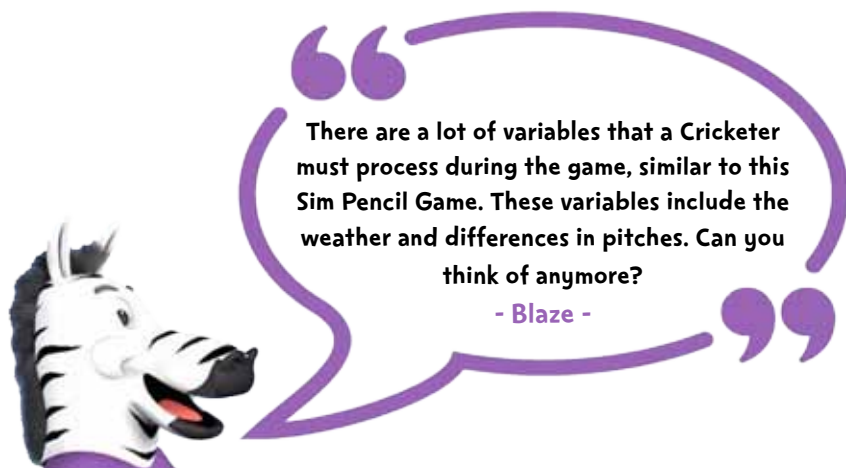
PUZZLE TILES – BLAZE 3X3

★ Print off and cut the picture into tiles



THE PUZZLE FRAME – 3X3

ACTIVITY – SIM PENCIL GAME



THE AIM OF THE ACTIVITY

To draw a straight line between two vertices (dots) without making a triangle

You will need:

- Sim grid
- Pens x 2 different colours

SKILL DEVELOPMENT

- Tactical thinking
- Logical thinking
- Concentration
- Problem Solving
- Accuracy

HOW TO PLAY

- ★ Print off or draw your own 6 vertices grid
- ★ Decide who goes first.
- ★ The first player (blue) draws a straight line between any two vertices (dots).
- ★ The second player (red) draws a straight line between any two vertices (dots).
- ★ Play continues to alternate until one player has completed a triangle in which all three sides are his or her colour and thus, loses the game.

INCLUSION

Easier

- Enlarge the grid to make it easier to see

Harder

- Use more complex ways to travel to the grid
- Draw the line with your non-dominant hand
- Do not use the pre-lined grid

CHANGE IT!

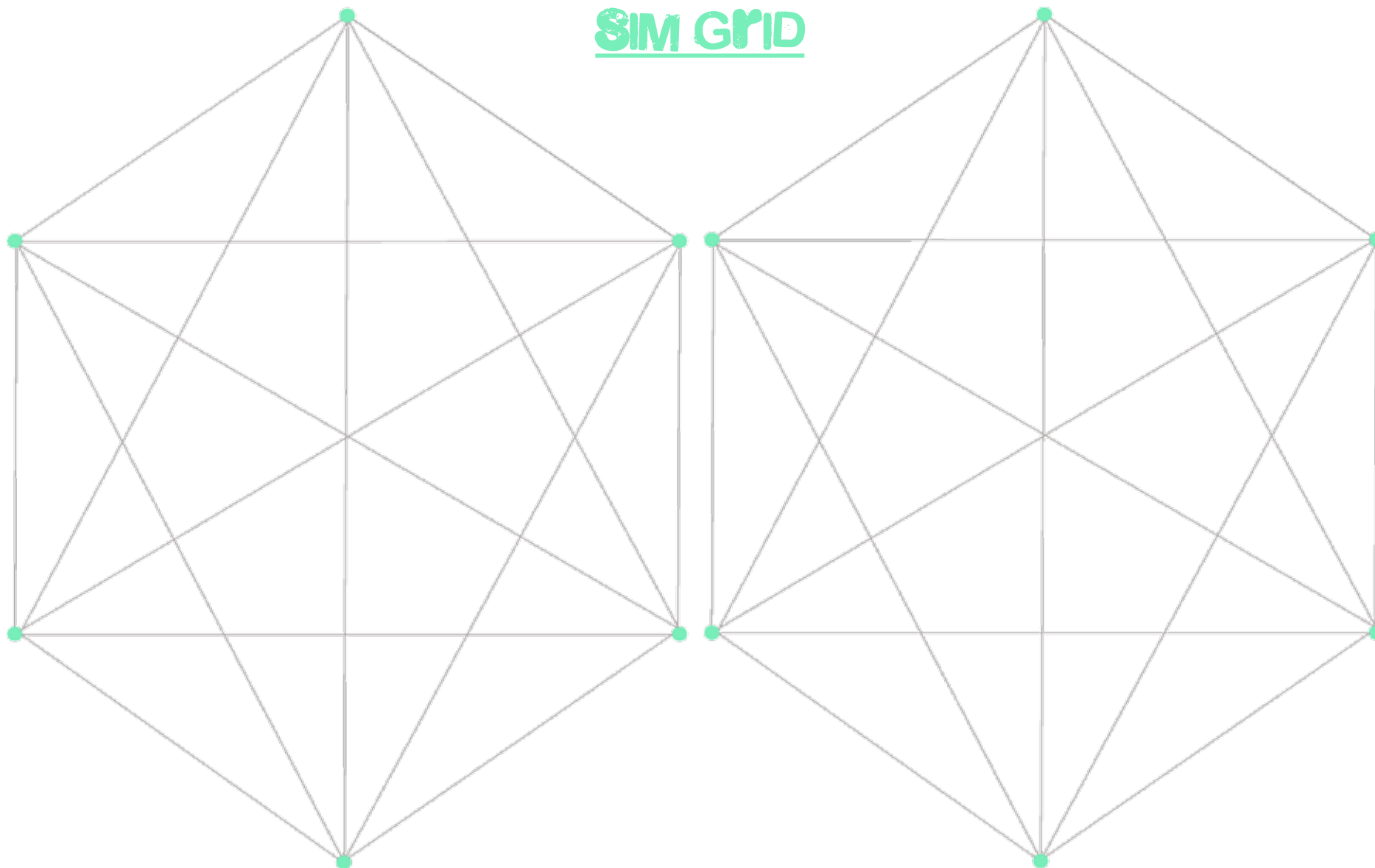
Groups of people can play in a relay for-mat; players take it in turns to add a line to the grid.

Set the puzzle grid up away from the start line—travel to the Sim grid to add a line and then return to the start line—repeat until the puzzle is completed

CRICKET

Problem Solving

SIM GRID



ACTIVITY – TOWER OF HANOI



There are numerous myths regarding the ancient and mystical nature of this puzzle; the puzzle was used in a Hindu temple to increase the mental discipline of young priests.

The priests were given 64 gold disks stacked neatly on one of three posts. Each disk rested on a slightly larger disk. The priests' goal was to re-create the stack on a different post by moving disks, one at a time.

According to legend, when the last move of the puzzle is completed the world will end - even with each moving taking 1 second it would take the priests approx. 585 billion years to finish!

SKILL DEVELOPMENT

- Tactical thinking
- Logical thinking
- Concentration
- Problem Solving
- Accuracy

HOW TO PLAY

- ★ Stack the discs in size order, from largest to smallest, in section A
- ★ You can only move one disk per move and you can only move the top disk on a stack
- ★ The top disk of any stack can be moved to the top disk of any other stack, so long as it is not bigger
- ★ You can not place a larger disk on top of a smaller disk
- ★ Disks can only be moved to an empty station or on top of larger disks
- ★ The game continues until all the disks are in size order from largest to smallest in Section C

CHANGE IT!

Groups of people can play in a relay format; players take it in turns to move a disk.

Compete against an opponent to see who completes the challenge the quickest

INCLUSION

Easier

- Enlarge the sections and disks to make it easier to see
- Fix the disks onto something to make them easier to handle and move

Harder

- Increase the number of disks used within the game, do not change the number of stations
- Move the disks with your non-dominant hand

THE AIM OF THE ACTIVITY

To move a stack of disks from Section A to Section C, whilst following some simple rules

You will need:

- **3 Sections** Can be made out of paper, drawn in chalk on the floor, or use patio slabs
- **3—5 disks** Be creative and design your own disks
- **Stopwatch**

CRICKET

Problem Solving

Section A

Section B

Section C



ACTIVITY – PAPER SOCCER



THE AIM OF THE ACTIVITY

Two players compete to get the ball into the opposing player's goal

You will need:

- Paper Soccer grid
- Pens x 2 different colours

SKILL DEVELOPMENT

- Tactical thinking
- Logical thinking
- Concentration
- Pattern recognition

INCLUSION

Easier

- Use a smaller sized grid 6 x 8 or 4 x 6
- Make the goal bigger

Harder

- Draw the line with your non-dominant hand
- Use a larger grid 10 x 12
- Create a grid that only shows dots (intersections)

HOW TO PLAY

- ★ The 'ball' starts at the centre of the field (marked by a small circle) Flip a coin to decide who goes first, thereafter alternate
- ★ On your turn, draw a line segment from the ball's current position, along the edge or diagonal of 1 square to the next intersection. You may not draw along an edge or diagonal that has already been drawn, you can cross an existing diagonal
- ★ If this is the first time the ball has reached that intersection, then the ball stops there, and the next player takes their turn.
- ★ If the ball has already been at that intersection, then the ball bounces, you must take another turn, drawing another line. The ball keeps bouncing until it reaches an intersection that it has never been at before.
- ★ If the ball reaches the back edge of the opposing player's net, then you score a point.
- ★ When the ball reaches the edge of the field, marked by a heavier line, it always bounces. You may not move along the edge of the field.
- ★ If you reach a position where you can't make a valid move, then the opposing player gets the point. Start the next point on a fresh field.

CHANGE IT!

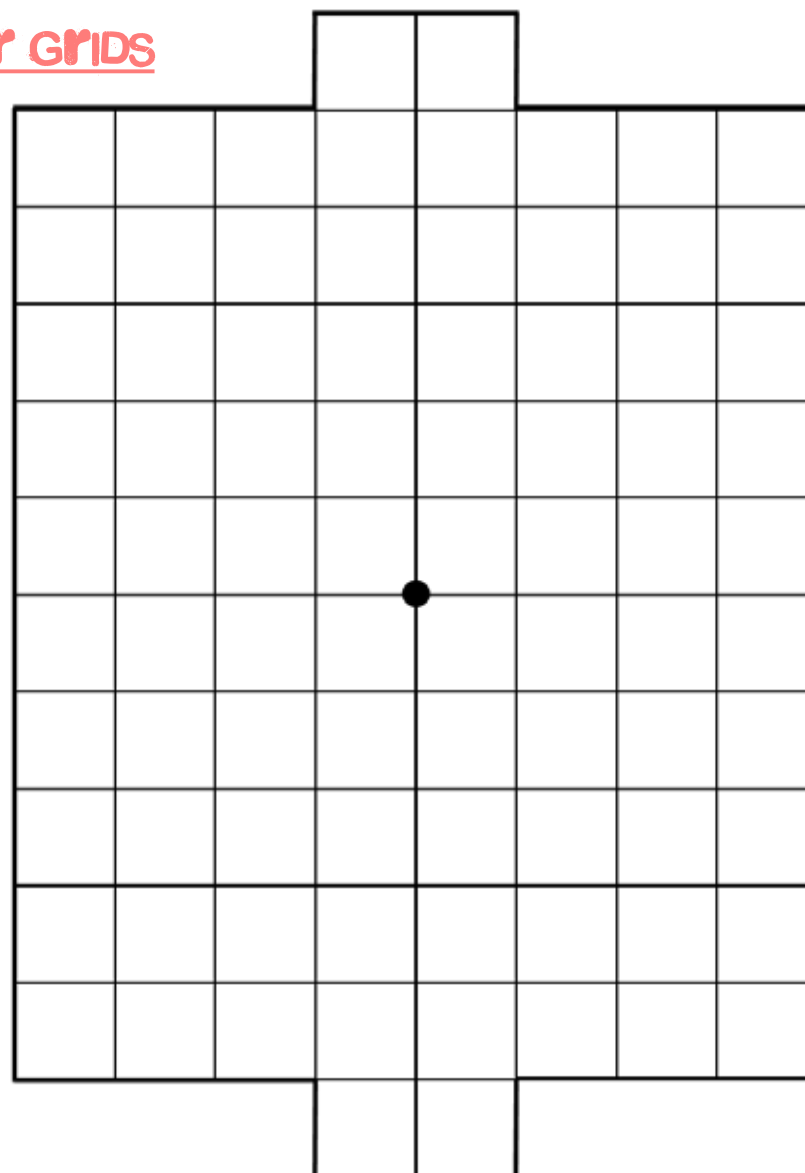
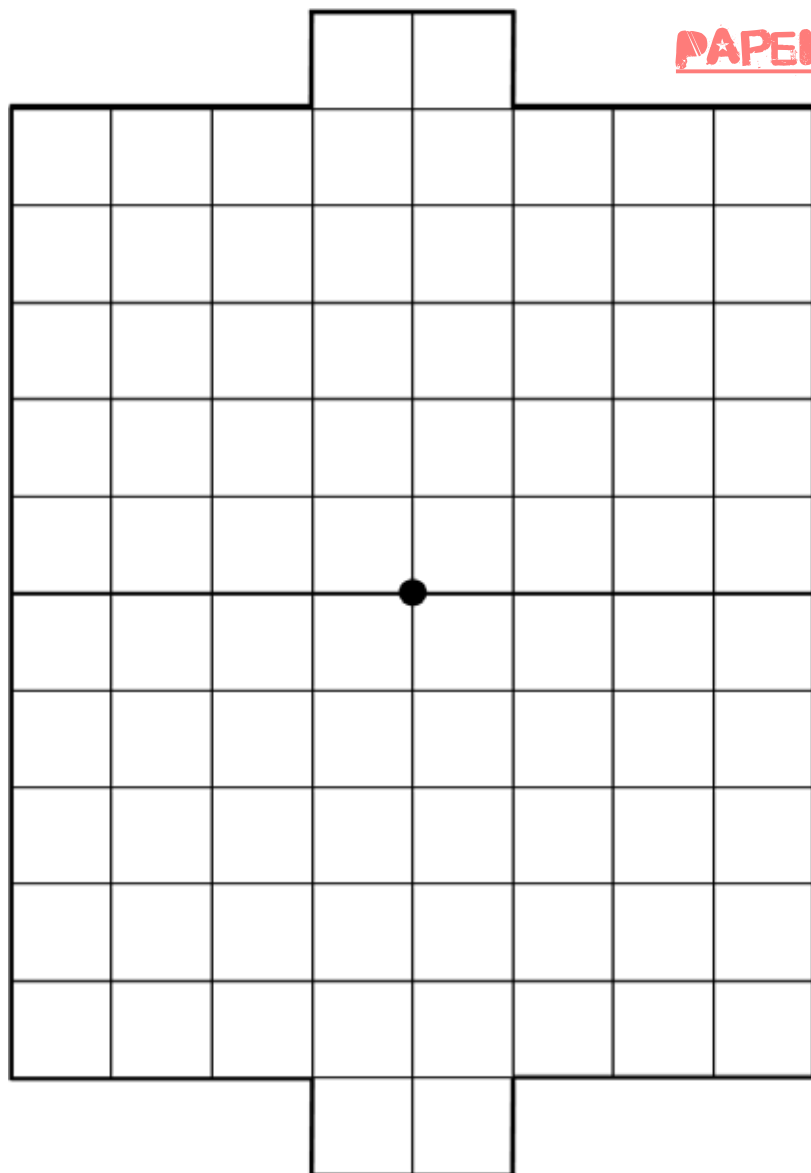
Groups of people can play in a relay format; players take it in turns to add a line to the grid.



FOOTBALL

Problem Solving

PAPER SOCCER GRIDS



ACTIVITY – TANGRAM PUZZLES



THE AIM OF THE ACTIVITY

Using all 7 tans (shapes) re-create shapes and silhouettes

You will need:

- Tangram square—shapes cut out
- Silhouette/shape patterns

SKILL DEVELOPMENT

- Tactical thinking
- Logical thinking
- Concentration
- Problem solving
- Accuracy

HOW TO PLAY

- ★ On a flat surface lay out all 7 tans (shapes)
- ★ Select a picture/silhouette to replicate
- ★ You must use all seven tans (shapes) to replicate the pictures/silhouettes
- ★ The tans (shapes) must lie flat
- ★ The tans (shapes) must touch
- ★ None of the tans (shapes) can overlap
- ★ The parallelogram is reversible

CHANGE IT!

Groups of people can play in a relay format; players take it in turns to place a shape

Compete against an opponent to see who completes the challenge the quickest, or use a stopwatch to time how long it takes to complete the challenge

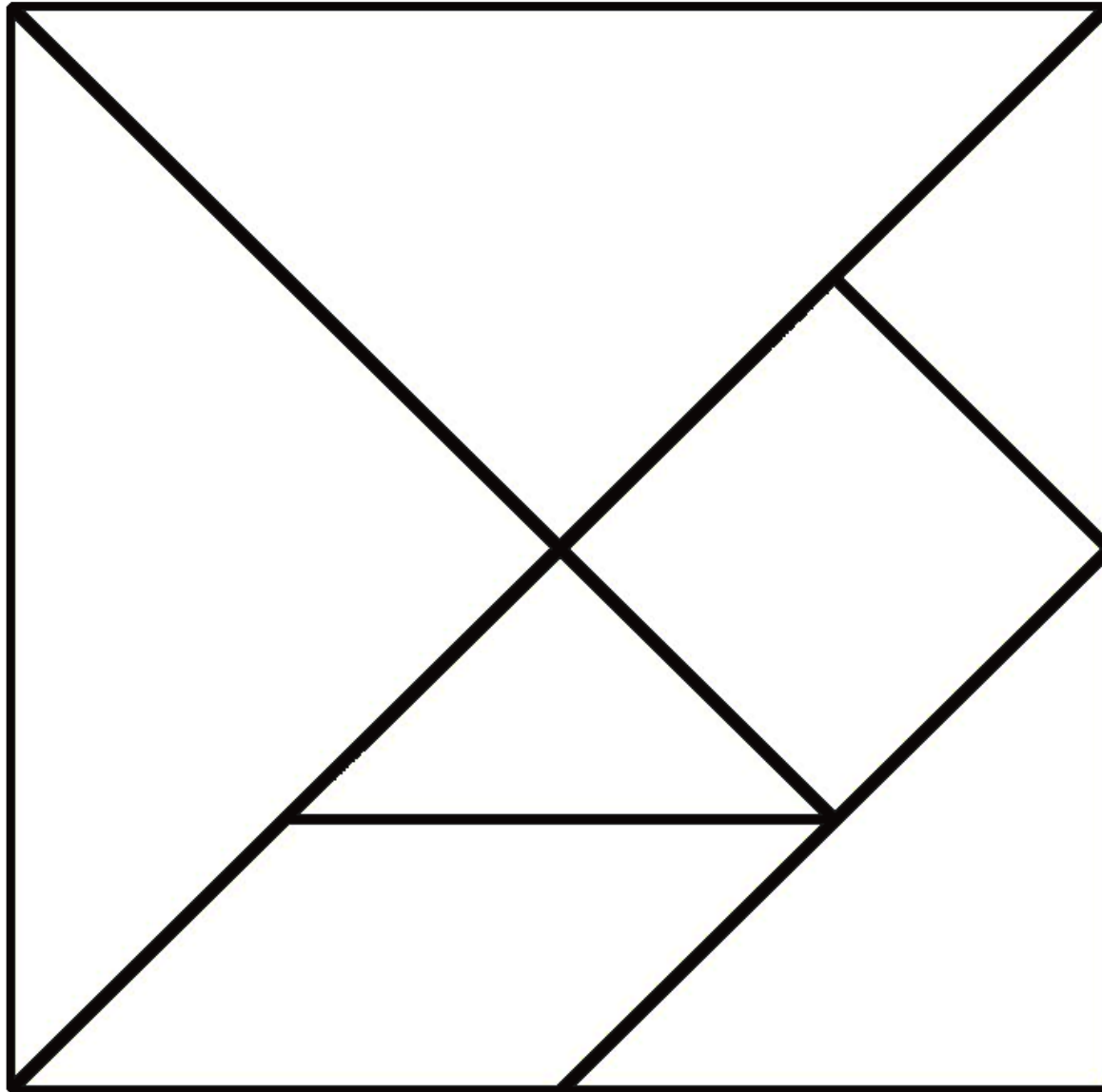
INCLUSION

Easier

- Enlarge the shapes
- Re-create shapes/silhouettes that show the outline of the shapes

Harder

- Set a time limit to complete the challenge, this will increase the pressure
- Re-create more complex shapes and silhouettes



THE TANGRAM SQUARE



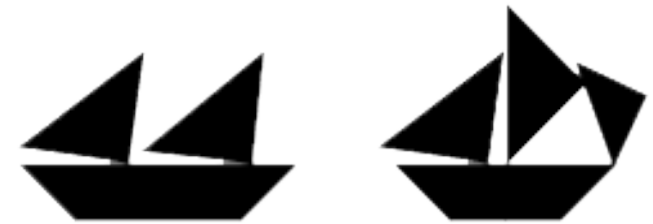
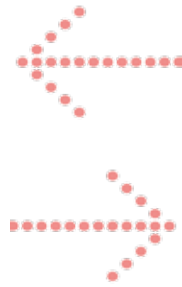
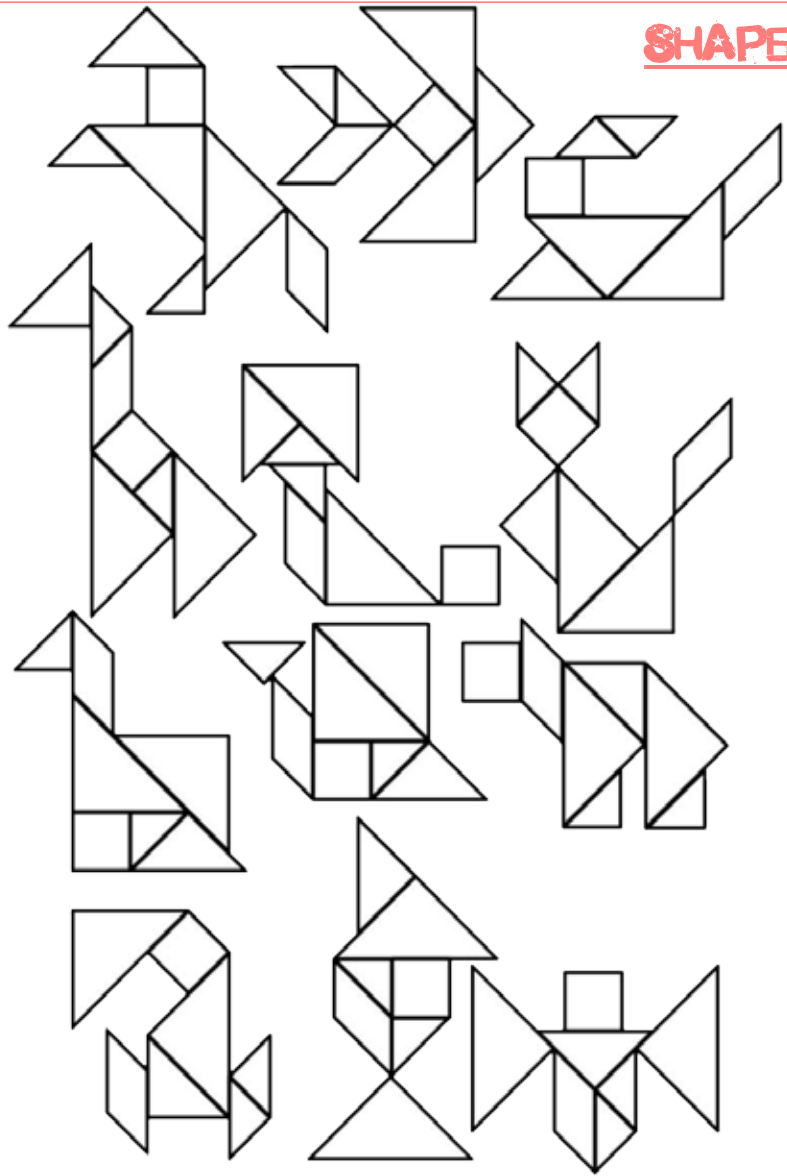
Football players are required to make instantaneous and continuous decisions throughout a match, without having pre-determined playing sequences at their disposal.

A high level of cognitive skill is required to enable players to fulfil their potential. Skills such as game intelligence, spatial perception, anticipation, reaction time, attention shifting, and pattern recognition are all important.

Training sessions should not just train the physical components of the game but also challenge and train the neural pathways.

- Blaze -

SHAPE & SILHOUETTE PATTERNS



Have a go at making
these shapes, you
can find many more
challenges online

- Blaze -

ACTIVITY – QUEAH



“Basketball is a very tactical sport that requires players to over come challenges placed on them by the opposition. These problem solving games have many similarities with basketball.

- Blaze -

THE AIM OF THE ACTIVITY

Two players battle to capture the other players tokens

You will need:

- Queah grid
- Tokens of different colours (10 each)

SKILL DEVELOPMENT

- Tactical thinking
- Visualisation
- Concentration

HOW TO PLAY

- ★ No more than 4 tokens per player on the board at any time
- ★ Tokens can move to any empty square that shares a side with the square the are currently occupying
- ★ Players can jump their tokens over opposition pieces in order to capture them
- ★ You can only make one jump per go (no jumping over multiple pieces)
- ★ You have to capture an opposition piece if you can do so
- ★ After a capture, the player takes one of their reserve tokens & places it any-where on the board. They do not make a further move until their next go
- ★ When a player has no reserve tokens left, he continues to play with less than 4 tokens
- ★ The game is finished when one player takes all their opponents pieces

CHANGE IT!

Groups play in pairs, taking it in turns to play. Or use a larger board and add a third or fourth team

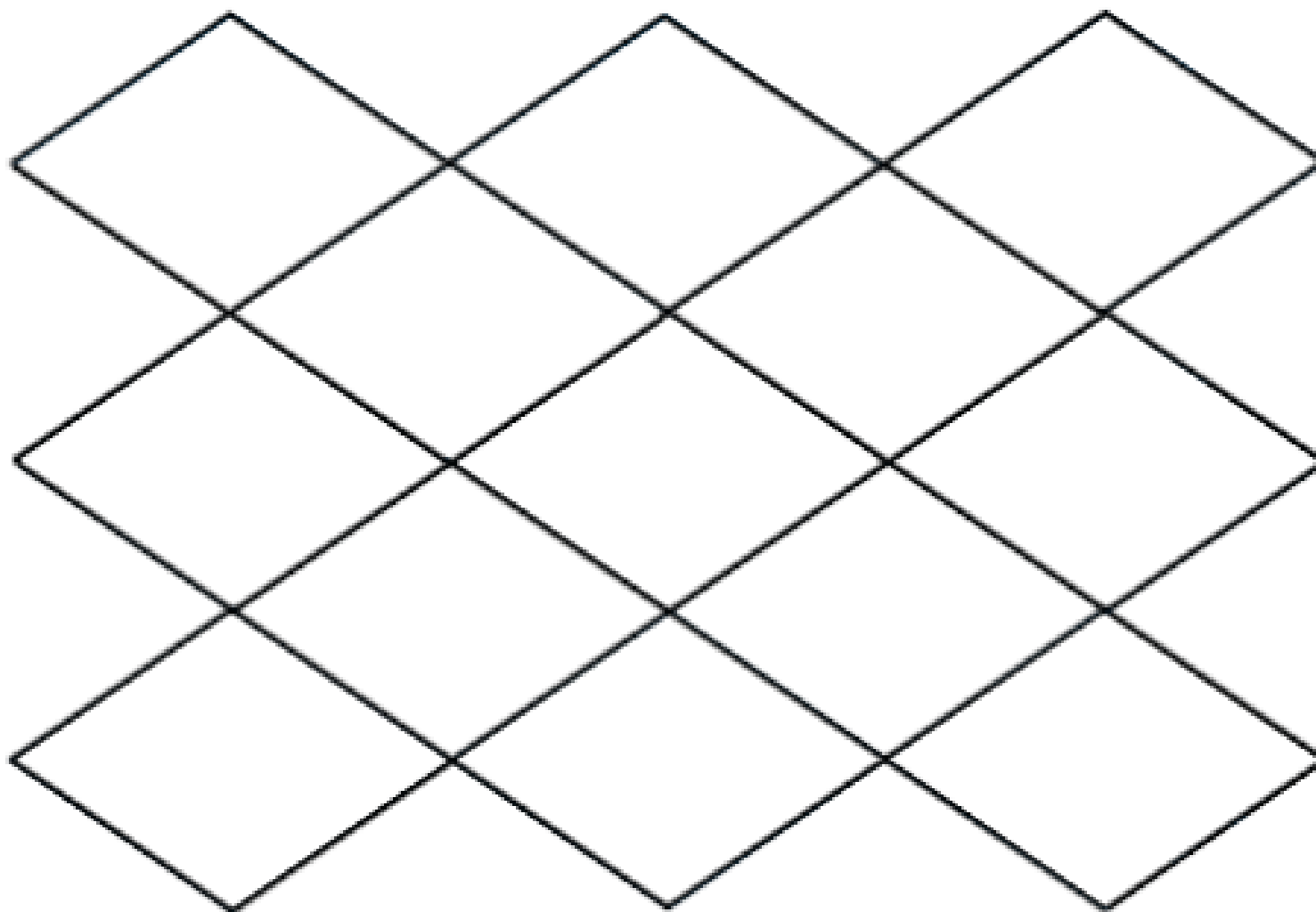
INCLUSION

Easier

- Use a smaller sized grid
- Less tokens per player on the board

Harder

- Use a larger grid 10 x 12
- Allow multiple jumps in one go
- Add a third or fourth team



QUEAH GRID



Often in basketball, tactics are drawn up before games with each player fulfilling a defined role.

The player must concentrate on that role in order to ensure the team functions as it is meant to.

-Blaze-

ACTIVITY – KAOOA



THE AIM OF THE ACTIVITY

Crows: Stop the vulture from being able to move

Vulture: Jump 4 crows

You will need:

- Game board
- 7 “crows” tokens
- 1 “vulture” token

SKILL DEVELOPMENT

- Tactical thinking
- Concentration
- Problem Solving

INCLUSION

Easier

- Reduce the number of crows that the vulture needs to jump over
- Reduce the number of tokens the crows can use

Harder

- Set a time limit for the crows to win
- Increase the size of the star, and add more squares

HOW TO PLAY

- ★ Decide who is going to be the crows and who is the vulture
- ★ The aim for the crows is to block the vulture from moving
- ★ The aim for the vulture is to jump 4 crows
- ★ To start the game the crow place their first piece on an empty square
- ★ The vulture then places their token on any empty square
- ★ The crows then add their second piece, and continue to do so 1 at a time until all 7 are on the board
- ★ In between crows adding pieces the vulture continues to move their to-ken to any empty square. They take the crows by jumping over them onto an empty square
- ★ The game is finished when either the crows make it impossible for the vulture to move, or the vulture has jumped 4 crow pieces
- ★ Once completed, swap over and have a go at being the other team!

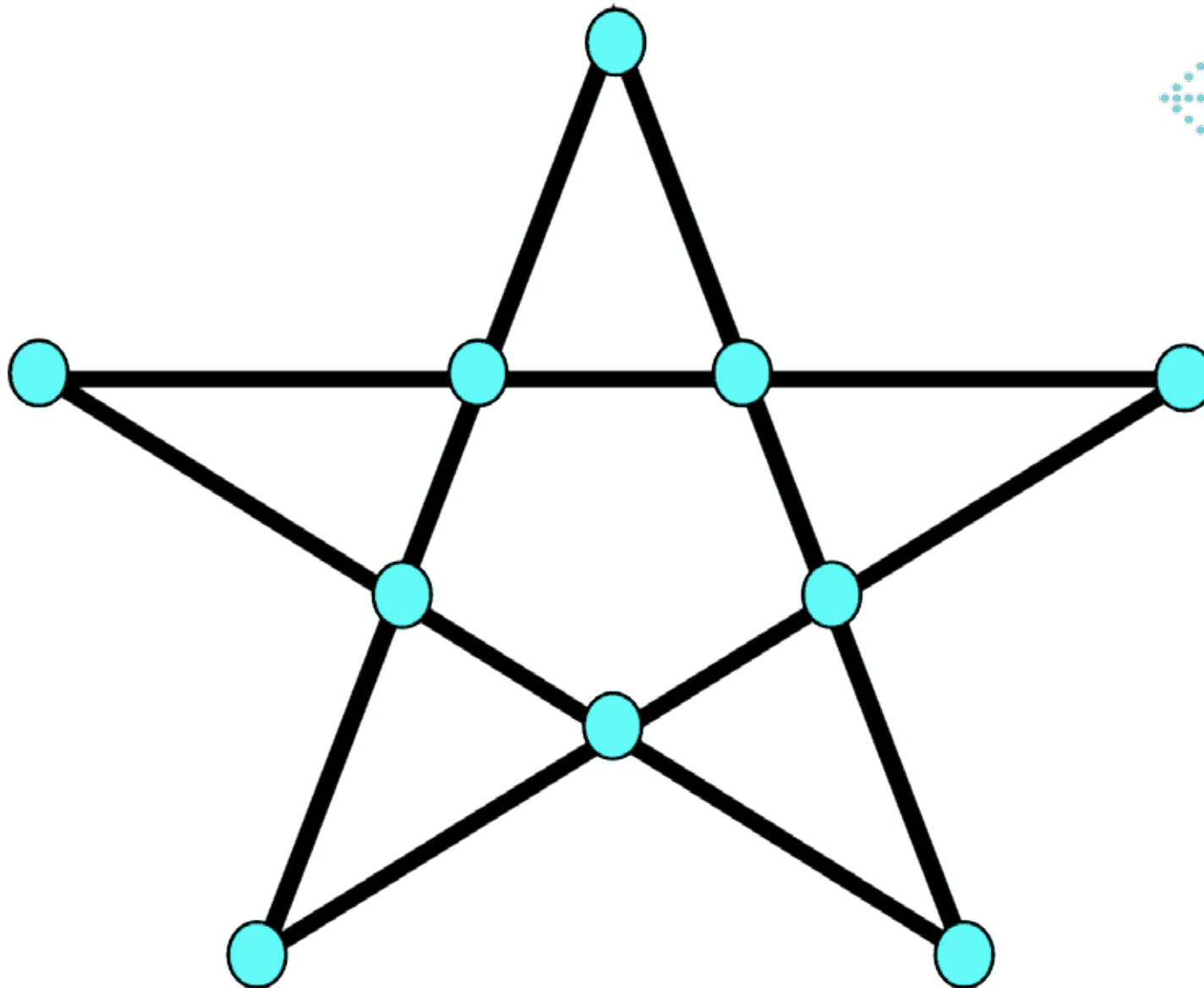
CHANGE IT!

Groups add a third player who becomes an extra crow

Timings compete to see who can be the quickest to win when being the crows **Rules** add a rule where you can not move back to the square you just came from

BASKETBALL

Problem Solving



GAMES BOARD



In basketball players are required to look one or two steps ahead in order for their team to be a success. For example, a certain pass or move can open up space for another player on your team.

Therefore basketball players are required to not only be physically fit, but also have excellent mental skills and tactical thinking.

-Blaze-

ACTIVITY – BATTLESHIPS

During a game of tennis, players will try to work out where their opponent will hit the ball. Knowing where an opponent is likely to hit can give players a key advantage and help them to win the game. Very similar to this game of Battleships!

- Blaze -



THE AIM OF THE ACTIVITY

To find all of the other players tennis nets

Each player needs:

- 1 Board (my board & my opponents board)
- 5 tennis net markers
- 19 tennis ball markers
- A pen

SKILL DEVELOPMENT

- Tactical knowledge
- Honesty & sportsmanship
- Concentration

HOW TO PLAY

- ★ It is a good idea to have a screen between the two players so you cannot see each other's boards
- ★ To start the game players place their tennis nets on their 'Opponents Tennis Court' board either vertically or horizontally. Nets are not allowed to be on adjoining squares to other nets, or placed diagonally
- ★ Players take it in turns to guess where their opponent has placed their nets e.g. A1
- ★ Players mark their own guesses on 'My Tennis Court' board; hits with a tennis ball and misses with a X (use a pencil)
- ★ If a player 'hits' an opponent's net, they get to guess again. Their opponent must also mark that that square has been found with a tick (may want to use a symbol instead). If they do not hit a net the square is marked with a X and it is the other players go
- ★ The game continues until one player has found all 19 squares that the opponents tennis nets cover

CHANGE IT!

Add a third or fourth player. The last player with nets left wins. Or play "Salvo" rules. Each player guesses 5 squares. The opponent announces hits & misses (eg 2 hits 3 misses). When a net is fully hit the number of guesses goes down to 4, and reduces by 1 each time a net is completed.

INCLUSION

Easier

- Make the board smaller
- Add more tennis nets

Harder

- Increase the size of the board
- Allow nets to be placed diagonally



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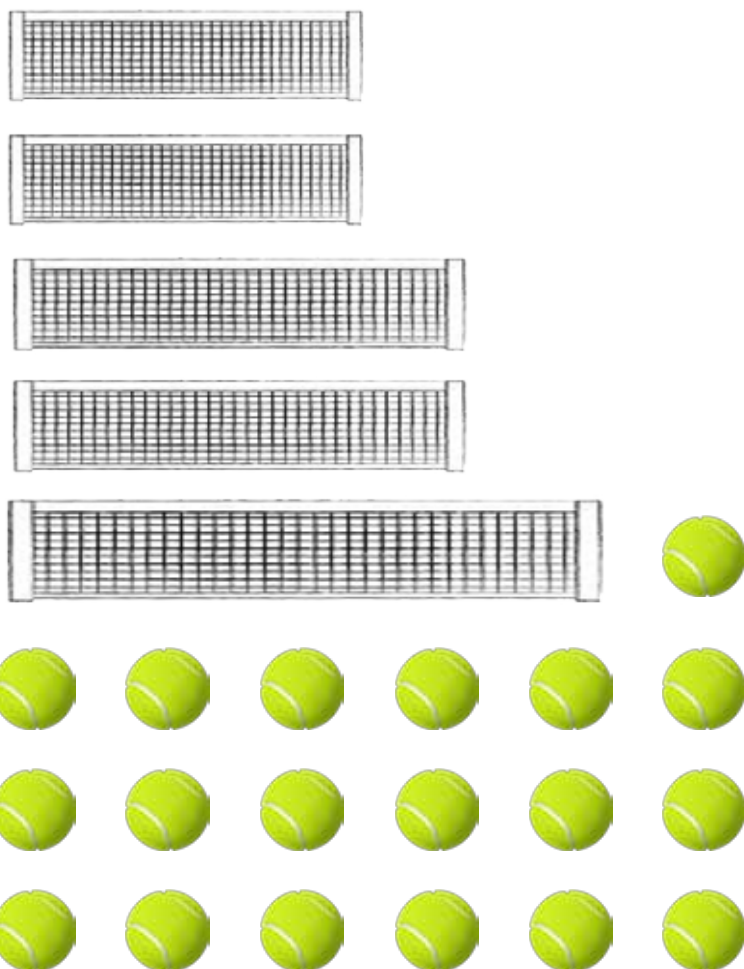
TENNIS

Problem Solving

TENNIS NET AND TENNIS BALL MARKERS

Cut around all the nets and all the balls

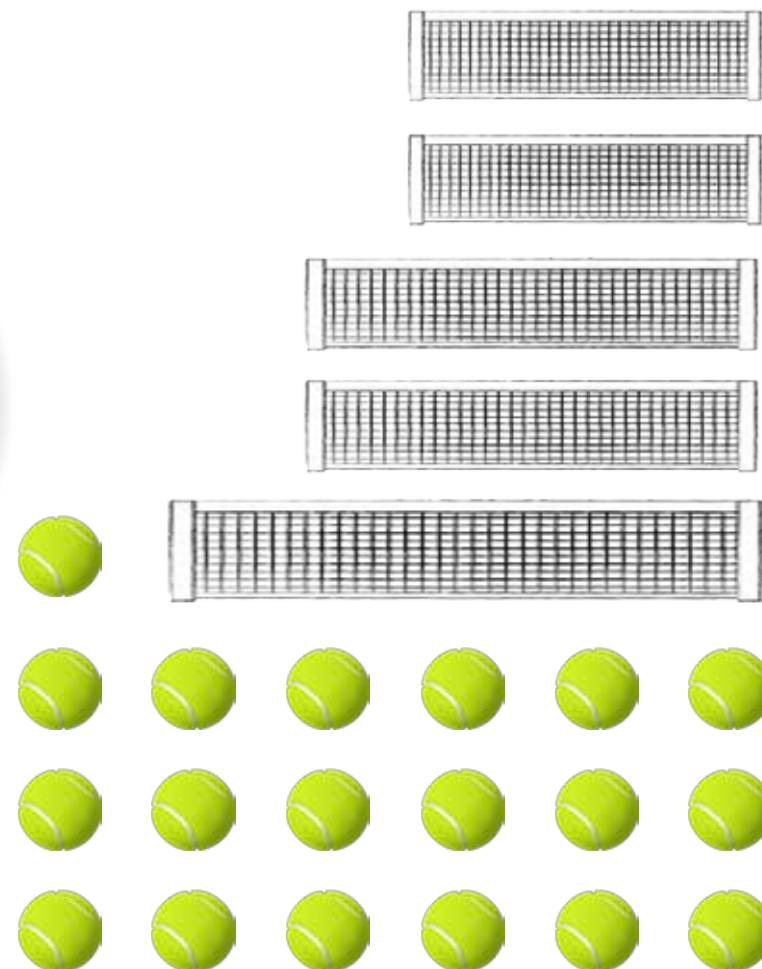
PLAYER 1



A good tennis player will look to hit the ball into the area of the court where their opponent is not. This means that a tennis player requires excellent tactical knowledge, and must work out how to manoeuvre their opponent into positions they do not want to be in.

-Blaze-

PLAYER 2



ACTIVITY – TENNIS JUMP

“A game of tennis can also last up to 5 sets. It is therefore important that players persevere and are determined to carry on playing. Even if a mistake is made, similar to this task - there is still time to correct that mistake and win the game.”

- Blaze -



THE AIM OF THE ACTIVITY

Jump the tennis rackets & balls to the other end of the course

You will need:

- Tennis Court Board ('Stepping stones')
- 3 tennis ball markers
- 3 tennis racket markers

SKILL DEVELOPMENT

- Perseverance & determination
- Critical thinking
- Learning from your mistakes

HOW TO PLAY

- ★ Set up the board with the 3 tennis ball markers on one side, and the 3 tennis racket markers on the other, leaving the centre square empty
- ★ The aim of the game is to try to get the 3 tennis rackets and the 3 tennis balls to the other side by jumping over each other
- ★ You can move one piece at a time, and can jump one piece of the different markers each move, but pieces can only move forward
- ★ You can only land on the one empty square
- ★ You do not have to jump on each move
- ★ You can choose to move either a racket or ball each move and do not have to do so in turn
- ★ If you can not move any pieces reset the game & start again, thinking about the mistakes you made and have another go until you get it right!

INCLUSION

Easier

- Play using two balls & two rackets
- Allow the pieces to move backwards as well as forwards

Harder

- Use more markers & make the board bigger

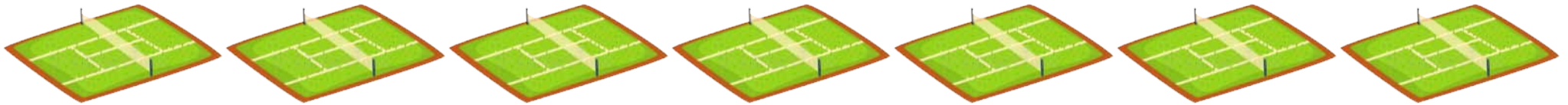
CHANGE IT!

Groups: Play as a group of 6, but rather than using markers use real people and jump over each other!



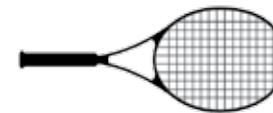
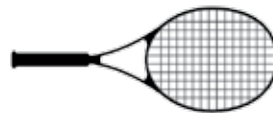
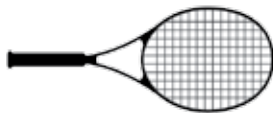
TENNIS COURT BOARD

Cut out round the board so you have a line of 7 'stepping stones'



TENNIS RACKET AND TENNIS BALL MARKERS

Cut out each of the 3 tennis rackets and each of the 3 tennis balls



ACTIVITY – TABOO



THE AIM OF THE ACTIVITY

Players take it in turns to guess the athletics related words on the card

To play you will need:

- Set of cards
- Stopwatch

SKILL DEVELOPMENT

- Decision making
- Creative thinking
- Emotional control

HOW TO PLAY

- ★ Players will need to cut out the playing cards and split into 2 teams
- ★ The first player will take the top card and try to help the other players on their team guess the word on the card
- ★ They are not allowed to use the 3 'taboo' words listed on the card
- ★ If they use a taboo word they put the card at the back of the pile and move on to the next card. Their team also loses 1 point
- ★ The person describing also can not use gestures, actions, and words that sounds like they word they are explain
- ★ Once the word is correctly guessed, their team scores 1 point and they move onto the next word
- ★ At the end of 1 minute the cards pass to the other team for their go at guessing
- ★ The teams continue to guess the words until all the words have been guessed. The team with the most points at the end of the game wins!

INCLUSION

Easier

- Remove the taboo words
- Allow actions whilst talking

Harder

- You can not use any words, only actions
- Add more taboo words on each card



PRINT AND CUT OUT THE CARDS

Usain Bolt

You can not say:

- Jamaican
- Sprinter
- 100m

Starter

You can not say:

- Gun
- Race
- Begin

Hurdles

You can not say:

- Obstacle
- Jump
- Barrier

Marathon

You can not say:

- Long
- 26
- London

Track

You can not say:

- Field
- Sprint
- Lanes

Field

You can not say:

- Track
- Throw
- Jump

Relay

You can not say:

- Team
- Baton
- Anchor

Mo Farah

You can not say:

- British
- Long Distance
- Sir

PRINT AND CUT OUT THE CARDS

Throwing

You can not say:

- Javelin
- Hammer
- Discus

Jumping

You can not say:

- Long
- High
- Triple

Sprinting

You can not say:

- 100m
- Bolt
- Fast

Podium

You can not say:

- Medals
- Winners
- Three

Gold Medal

You can not say:

- First
- Winner
- Silver

Bronze Medal

You can not say:

- Third
- Silver
- Bronze

False Start

You can not say:

- Disqualified
- Starter
- Gun

Athens

You can not say:

- Olympics
- Greece
- Ancient

PRINT AND CUT OUT THE CARDS

Olympics

You can not say:

- Greece
- Athletics
- Sporting

Decathlon

You can not say:

- Ten
- Olympics
- Heptathlon

World Record

You can not say:

- Best
- Fastest
- Holder

Baton

You can not say:

- Relay
- Pass
- Drop

Heptathlon

You can not say:

- Seven
- Female
- Olympics

Discus

You can not say:

- Throw
- Spin
- Javelin

Pole Vault

You can not say:

- Jump
- High
- Field

Heats

You can not say:

- Qualify
- Final
- Race

WHY NOT ADD YOUR OWN WORDS?

You can not say:

You can not say:

You can not say:

You can not say:

You can not say:

You can not say:

You can not say:

You can not say:

WHY NOT ADD YOUR OWN WORDS?

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