



Physical Activities Rota (Indoor & Outdoor)

(See separate sheets for instructions/guidance for rules and making activity easier & harder)

Week 1:	Games	Equipment Required	Sport	Equipment Required	Possible Adaptions
Monday	Bean bag pic up	Bean bags and cones	Volleyball	ball, net or line	Balloon or beach ball
Tuesday	Jump to it	chalk or rope to mark 2 lines	Boccia	Balls, hoops, cones	use bean bags, bring jack closer or further away
Wednesday	Throw teaser	bean bags, rings, balls, cones, hoops	Football Challenges	Football, cones, markers, goal	put cones further apart for younger children to achieve dribble slalom
Thursday	Chain Tag	No equipment - large space	Badminton/tennis	shuttle cock, tennis ball and rackets, net	Table tennis - use larger ball
Friday	Skipping rope challenges	skipping ropes	Dodgeball	Soft ball	In mixed age groups allow younger children to come forward when throwing.
Week 2	Games	Equipment Required	Sport	Equipment Required	Possible Adaptions
Monday	Hoop Pass	Hoops	Kick ball rounders	Large/medium sponge ball	To make easier, bring 4 bases closer
Tuesday	Blind fold obstical course	Blind fold, small cones for obstacles	Basket ball challenges	basket ball, bouncy ball and hoop	If possible lower hoop. Make chalk targets on wall.
Wednesday	Circle tag	None	Dodgeball	Soft ball	In mixed age groups allow younger children to come forward when throwing.
Thursday	Chuck a chicken	ball - beanbag	Football	Football	Ensure teams of mixed age/skills groups are fairly chosen.
Friday	Telephone Number Dance	music?	Basket ball	basket ball, bouncy ball and hoop	If possible lower hoop. Make chalk targets on wall.
Indoor Variations					
Monday	Cup Stacking	Cups			
Tuesday	Table hockey	Small plastic lid or disc			
Wednesday	Human Knot	None			
Thursday	Countdown	None			
Friday	Line dance/just dance				