

Multi Skills Festival– Treasure Chest

Learning Outcome:

By the end of the activity, pupils will be able to work as a team to collect beanbags and demonstrate a range of movement patterns such as running and galloping.

Physical Outcomes:

Mobility ☐

Agility ☒

Speed ☒

Strength ☐

Power ☐

Fundamental

Movement Skills:

- Running
- Skipping
- Galloping
- Collecting
- Turning
- Bending
- Twisting

Personal Challenge:

After each attempt, can you collect more beanbags than you did the first time?

Equipment Needed

- 20-30 Bean Bags
- 5 Hula Hoops (Different Colours)

Safety Points

- When collecting the bean bags from the hoops in the middle, look where you are going so you don't hit heads with other pupils.

Activity Description

- Set up the activity
- Greet children and escort them from previous activity. Ask them to put drinks bottles down safely out of the way of the activity.
- Introduce yourself to the pupils.
- Explain that the activity is going to focus on different ways of moving and travelling.
- Give a clear explanation of activity
- Provide a visual demonstration.
- Split pupils into small groups (4-5 pupils).
- Pupils stand in a line in their groups behind their hoop. The first person in each of the group runs to the middle and picks up a bean bag and places the bean bag into their hoop.
- Tag the next person in the team who runs out to collect a beanbag.
- On the second attempt, get the pupils to skip when collecting the beanbag.
- Next, ask the pupils to gallop to collect their beanbags.
- Challenge the pupils to see how many bean bags they can collect.
- Challenge the pupils by coming up with different ways they can travel to collect the beanbags, such as animal walks.

REMEMBER- SMILES

Safe: Participants feel physically and emotionally safe.

Maximum Participation: Participants are fully involved all of the time.

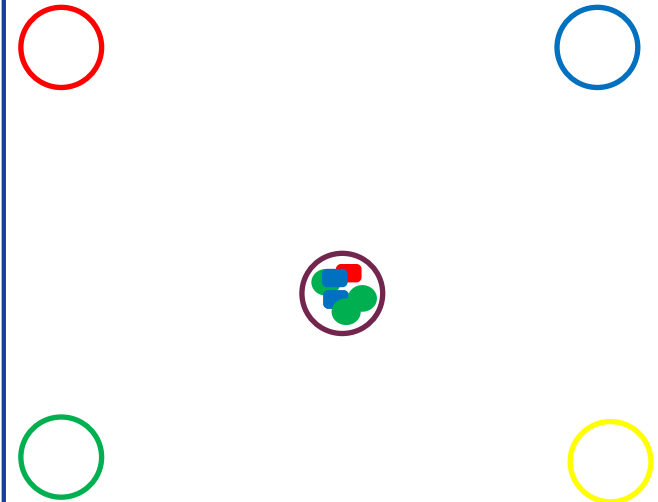
Inclusive: All participants can take part.

Learning: Participants develop personal, social, creative, thinking and physical skills.

Enjoyment: Activities recognise individuals personal needs and interests.

Success: Participants feel they are making progress and getting satisfaction.

Diagram



Coaching Points

- Only take one bean bag at a time
- Place the beanbag into your team's hoop. Do not throw it.
- Only one person from each team can be collecting a bean bag at one time.
- Make sure you are always looking where you are going.

Easier/Harder (STEP Principle)

- Space: Increase or decrease the distance between the hoops.
- Task: Change the movement type the pupils use.
- Equipment: Increase or decrease the number of beanbags.
- Participants: Increase or decrease the number of teams.