

### Content outline

This activity aims to develop leadership skills to plan and deliver a competitive game, whilst adapting the task using time

- Communication
- Problem solving
- Inclusive
- Target setting



This resource and supporting video have been created by:

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



### Space

- Increase the size of the space you are working in (to make the activity easier)
- Decrease the size of the space you are working in (to make the task more difficult)
- Use items or 'landmarks' to identify your playing area
- Increase the distance from targets to make any tasks more difficult



### Task

- Add a time limit on task completion, like a shot-clock
- Use goals or targets to create a scoring system
- Add challenges (eg. Throwing to the goal/target with one hand)
- Add / remove rules to change to activity (eg. Could you add a defender?)



### Equipment

- Use different household items (Eg. cushion, small soft toy, items of clothing) to use within your activity
- Change the size of the items – smaller items will increase difficulty, heavier items may be used for older participants – try using a ball of socks as a ball
- What other household items can you creatively use within your activity?



### People

- If you have another person in your house, ask them to compete against you
- Challenge a friend to complete your activity in their household
- How can you adapt this activity for more people to take part?

### Learning intention

#### Physical:

- To develop knowledge of how adapting a task using time can affect an activity / game

#### Personal:

- Inclusion and Equality
- Problem solving
- Creativity
- Target setting

#### Learning questions:

- How could you adapt your idea for being indoors?
- How can you adapt this activity to make the activity easier or more difficult?
- If outside and the ground is wet, what H&S measures might you include?
- What timing challenge worked best? And why?
- Create your own version of this activity and lead it to everyone in your household - then get their feedback; how would you improve the activity you delivered?