



Colegio Sagrado Corazón de Jesús

Erasmus + Project : 2014-1-ES01-KA101-002752

ACTIVITY TITLE: GAMES

SUBJECT: P.E.

AIM OF THE ACTIVITY: Increase the stamina and have a good time doing physical activity.

ESTIMATED DURATION: 45 minutes session.

MATERIALS NEEDED: Cones and bibs

ATTACHED DOCUMENTS:None

SUGGESTED LEVEL: 9 year old students

PROCEDURE

WARM UP:

- THE SHADOW: in pairs one child follow his or her partner like his or her shadow, when the teacher says they change his or her role. They play in a half of a futsal pitch. (5 mins)

MAIN PART

- THE BULL RING: There are 6 people wearing a bib, they are cows or bulls, they have to chase the others. if one cow or bull tags a child they have to exchange roles with that person. (5 mins)
- THE BULL RING 2: It is the same game but now people have some "rest" areas out of the futsal pitch. They can only rest for 5 seconds and they can't come back again in the same "rest" area. (5 mins)
- THE BULL RING 3: Now cows and bulls can only touch one person, they have to say the name loud and if other person wants save this person he or she has to touch the back of the cow and shout "follow me beautiful cow" or "follow me handsome bull" depending if it's a boy or a girl. In this game there aren't rest areas. Each 30 seconds the teacher gives a bib to a new person till there are the same number of cows and people (9 min)
- STEAL TREASURES: We need two teams with the same number of participants, they have to run into the opponent field, take a cone and come back to his area without been touched or tagged. If you are tagged you must crouch on the floor and you can't move unless another partner jumps over you. The game finishes when one group has all the cones. (5 min)
- STEAL TREASURES 2: They play again but now if you are tagged you have to sit down in the treasure area and to save you, a partner has to hold his or her hand and come back to your area without been touched. When your partner holds your hand you can't take treasures. (5 min)
- TIME TO THINK: When the first game finishes the teacher call both of teams to the middle line and ask:
 - What do you think is better first defence and after attack? or the opposite?
 - When I'm running how do I have to run to escape? Straight or in zig zag?
 - When is defence more important, when the opponent enters in your field or when he is going out with the treasure??
 - Do you have different roles in your group?? Do you respect your roles?