



playing for life

RAPID FIND

ACTIVITIES FOR LITTLE KIDS

The booklet accompanying the *Playing for Life* cards (*Playing for Life Coach's Guide*), provides coaching tips relevant to working with the K-2 age group. See 'Tips for working with young kids'.

Examples

Form a group
Look out for others
Here, there, nowhere
Two halves
Kai (cooperative variation)
Low 5s – High 5s
Fun on the sport
Throw, throw, throw
Back to back pass

Run the circle
Take a seat
L-O-N-G throw
Blind run



FAVOURITE COMBOS

Start out CP 07b
+ Get into it SF 07
+ Get into it SF 06

Get into it TG 07
+ Get into it SF 03
+ Get into it SF 04

Start out WC 10b
+ Get into it INV 01
+ Get into it INV 06

Start out INV 03
+ Get into it INV 01
+ Get into it INV 13

Start out WC 04
+ Start out CP 06b
+ Get into it SF 06

Start out NC 04
+ Get into it SF 03
+ Get into it SF 07

Start out CP 05
+ Get into it NC 05
+ Get into it NC 02

Start out WC 03b
+ Start out NC 02a
+ Get into it SF 01

Start out WC 08b
+ Get into it TG 08
+ Get into it SF 04

Start out WC 05a
+ Get into it TG 11
+ Get into it INV 08

Start out TG 01
+ Get into it TG 10
+ Get into it NC 07

Start out INV 06
+ Get into it INV 07a
+ Get into it NC 03

MIXED COMBOS



USING ACTIVITIES IN MORE THAN ONE PLAYING FOR LIFE CATEGORY

For example *Throlf* (Get Into It TG 04) is a target game but played with a soccer ball can be used to practice soccer skills through accuracy and weight of pass.

DEVELOP INVASION GAME SKILLS/TECHNIQUE WITH...	DEVELOP NET AND COURT SKILLS/TECHNIQUE WITH...	DEVELOP STRIKING AND FIELDING SKILLS/TECHNIQUE WITH...
Weme Corner bowls Throlf Gori Over the pit Space ball Beat the bucket	Over the pit Runners v passers Target and intercept L-O-N-G throw	Gori Roll a ball Newspaper hockey End ball Wall tennis Interceptor



COOPERATIVE PLAY

The *Activity Finder* lists 14 Cooperative Play activities, each with lots of variations. These are good to use for developing fundamental motor skills and when you want to emphasise cooperative play between children.

INDOOR FRIENDLY ACTIVITIES

Check out the *Activity Finder*. Any activity ticked under the "Indoor Friendly" column is suitable. Choose activities to meet your lesson objectives. Some examples for small spaces are:

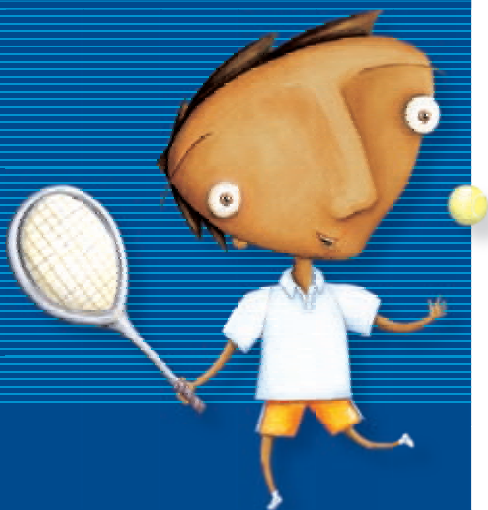
Back to back pass Circle chase In and out Numbers Run the circle	Newcombe ball Bean bag steal Down the line Shuttle ball relay Steal the ball	Underarm return relay Bullseye Low 5s, High5s 2 halves
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POOL FRIENDLY ACTIVITIES

Check out the *Activity Finder*. Any activity ticked under the "Pool Friendly" column is suitable. Choose activities to meet your lesson objectives.





INDIGENOUS GAMES

Buroinjin Gorri Kai Kolap Keentan	Koolchee Wana Weme Wulijini
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ENERGISERS

Throw, throw, throw Get the bean bag Stork tag How many bean bags Tunnel and laps Partner tag	Low 5s – High 5s Warriors and dragons Flip it Fun on the spot Frost and thaw Loose carriage
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FORMING GROUPS

Form a group Birthday groups Two halves	Splitting pairs All in tag
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SPACE & PLAYER AWARENESS

All in tag Look out for others! Flip it	Partner tag Here, there, nowhere
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SKILL BASICS

PASSING

Back to back pass
Shuttle ball
Run the circle
Take a seat!
Underarm return relay
Boundary pass
Defenders on the line
Pairs passing

THROWING, CATCHING

Throw, throw, throw
Rebound ball
Hit the square
Kolap
No-go
Wall tennis

ROLLING

Collect 3
Triangle roll
Snakes alive
Corner bowls

DRIBBLING

Dribblers and robbers

LOCOMOTOR VARIOUS

Look out for others
Frost and thaw
Here, there, nowhere
Rally around

KEEPING A BALL IN THE AIR

Kai
Keep the ball up
Blanket ball
Sitting volleyball
Wulijini

TARGET THROWING, ROLLING

Kolap
Koolchee
Target throw and run
Roll a course
Bombard
Bullseye
Throlf

STRIKING, HITTING A BALL WITH A BAT

Pepper
Racket relay
Rally around
Target relay
French cricket
Pepper
Runners vs passers

FIELDING

How many bean bags?
Flip it
Tunnel and laps
Bucket and hoop
Get the bean bag
French cricket
Pepper
Bucket and hoop
Runners vs passers

AGILITY

How many bean bags?
Flip it

BALL PLACEMENT

Defend the zone
Newcombe ball
Space ball
Keep the ball
4 square
Interceptor

MARKING AN OPPONENT

Defend the zone
Keep the ball
4 square
Interceptor

ATTACKING

Defend the zone
Newspaper hockey
Newcombe ball
Keep the ball
4 square
Interceptor

TACTICS

Names
Defend the zone
Koolchee
Newspaper hockey
Keep the ball
4 square
Interceptor

MOVING INTO SPACE

Form a group
Base run
2 square bounce
Defend the zone
Keep the ball
Names
Interceptor

DEFENDING

Defend the zone
Newspaper hockey
Newcombe ball
Keep the ball
4 square
Interceptor

ALPHABETICAL INDEX

2 square bounce · Start out NC 01
4 square · Get into it INV 02
5-point player · Get into it INV 06
6 or safe · Get into it SF 01

A All in tag · Start out WC 03a

B Back to back pass · Start out CP 08
Base run · Start out INV 01
Beat the ball · Get into it SF 10
Beat the bucket · Get into it SF 06
Birthday groups · Start out WC 01b
Blanket ball · Get into it NC 01
Blind run · Start out CP 02c
Boccia · Get into it TG 02
Bombard · Get into it TG 08
Boundary pass · Start out INV 04
Bucket and hoop · Start out SF 02
Bullseye · Start out TG 02
Buroinjin · Get into it INV 13

C Collect 3 · Start out CP 07b
Continuous cricket · Get into it SF 04
Continuous tennis · Get into it NC 08
Corner bowls · Get into it TG 01

D D1 and D2 · Get into it TG 12
Defend the zone · Get into it TG 11
Defenders on the line · Get into it INV 05
Dribblers and robbers · Start out INV 06

E End ball · Get into it INV 08
End to end · Get into it INV 04
Engage all · Get into it SF 02

F Find the goal line · Get into it INV 09
Fish in the net · Start out WC 04b
Flip it · Start out WC 09b
Form a group · Start out WC 01a
French cricket · Start out SF 01a
Frost and thaw · Start out WC 10b
Fun on the spot · Start out WC 10a

G Get the bean bag · Start out WC 05a
Gorri · Get into it TG 07

H Here, there, nowhere · Start out CP 02a
Hit 4 and go · Get into it SF 07
Hit the square · Start out CP 07a
Hit the target · Get into it TG 09
Hospital tag · Start out WC 04c
How many bean bags? · Start out WC 06

I In the zone · Get into it SF 09
Interceptor · Get into it INV 01

K Kai · Start out CP 05
Keentan · Get into it INV 12
Keep the ball · Get into it INV 10
Keep the ball up · Start out NC 02a
Kolap · Start out TG 04
Koolchee · Get into it TG 06

L L-o-ng throw · Start out CP 06b
Look out for others · Start out WC 03b
Loose carriage · Start out WC 10c
Low 5s – High 5s · Start out WC 08b

N Names · Start out INV 02
Newcombe ball · Get into it NC 06
Newspaper hockey · Get into it INV 07a
No-go · Get into it NC 03

O On-court, off-court rapid pass · Start out INV 05
Over the pit · Get into it SF 08

P Pairs passing · Start out INV 03
Partner tag · Start out WC 08a
Pass and run · Get into it INV 03
Pepper · Start out CP 04a

R Racket relay · Start out NC 03
Rally around · Start out NC 04
Rebound ball · Start out NC 02b
Roll a ball · Get into it INV 11
Roll a course · Get into it TG 05
Run the circle · Start out CP 03
Runners vs passers · Get into it SF 03

S Shuttle ball · Start out CP 01a
Sitting volleyball · Get into it NC 02
Skittle and wall · Get into it TG 10
Snakes alive · Start out TG 03
Space ball · Get into it NC 05
Speed gate · Start out TG 01
Splitting pairs · Start out WC 02b
Stork tag · Start out WC 05b

T Take a seat! · Start out CP 04b
Target and intercept · Start out TG 06
Target relay · Start out TG 05
Target throw and run · Start out SF 01b
Team passing · Get into it INV 07b
Throlf · Get into it TG 04
Throw, throw, throw · Start out WC 04a
Triangle roll · Start out CP 06a
Tunnel and laps · Start out WC 07
Two halves · Start out WC 02a

U Underarm return relay · Start out CP 01b
Untie the knot · Start out CP 02b

W Wall tennis · Get into it CP 07
Wana · Get into it SF 05
Warriors and dragons · Start out WC 09a
Weme · Get into it TG 03
Wulijini · Get into it NC 04