



FITNESS FUN

6-WEEK
PROGRAMME

INTRODUCTION

Fitness Fun offer schools a 6 week programme of 30 minute sessions that can be run during Alert Level 2 while maintaining physical distancing and without requiring students to touch equipment with their hands.

The programme is designed to give students a chance to be active, reconnect with classmates and their teacher, and laugh. If you have coaches with the relevant skills and access to the necessary technology, you might like to consider including Jump Jam warm ups in these sessions. Music is another great way to build a fun and positive atmosphere for children.

The only equipment needed to run this programme is:

cones to help with physical distancing
ladders, hoops, and hurdles for one circuit

This is a great opportunity to showcase how amazing we are and encourage schools to see us as the provider they want to be working with moving forward. It's vital that you work through this programme with your coaches and ensure they understand that, not only are they providing an opportunity to help teachers and get kids active, they are also playing an important role in keeping kids safe. Following the guidelines in this programme on setting up activities, explaining activities to children, and managing groups throughout each session will help them keep everyone involved safe.

Coaches will be an integral part in teaching children how to maintain physical distancing while being active. Children may be feeling anxious about playing at school or have picked up on the anxieties of their parents. By showing children that they can still play, be active, be with friends outside while being safe, we are enabling them to make the choice to 'move'!

Some best practice principles to follow when running this programme are:

- Although this programme refers to 1-2m distancing, always aim for 2m and only allow 1m circumstances that don't allow for 2m.
- When placing cones for students to stand or do activities at, you must place these at 2m.
- Have 2 coaches present per class.
- Coaches must engage teachers to be actively involved to help manage distancing.
- Equipment must be packed up at break times, and reset after break times.
- Coaches must wear gloves to collect gear and sanitise their hands after removing their gloves. If practicable it is best to thoroughly wash hands with soap and water.
- Check that teachers have followed the Ministry of Education guidelines that children have sanitised their hands before coming out and will do so when they go back in.
- Follow all health and safety procedures for yourself and those you are working with.
- Put all set up guidelines in place.
- Use the script to remind students of how they need to maintain physical distancing as for each activity.
- Explain and demonstrate Aeroplane Arms as a way to help children understand distance. For the first 3 weeks you must mention this before each activity. For weeks 4-6, revisit it at the start of the lesson.

SESSION 1

Warm-Up
Simon Says

Games
Caught in the Act
Body Parts
Jogger Circuits
Mirrors

WARM-UP | SIMON SAYS

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell players that they are not to move from their spot so that they maintain their 1-2m distance.

EQUIPMENT

None

PLAY

1. Children stand in their own space 1-2m apart.
2. Coach is the leader calling active instructions while also demonstrating the actions. E.g. "Simon says Jump," "Simon says hop," "Simon says run on the spot" etc.

GAME | CAUGHT IN THE ACT

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell players that they are not to move from their spot so that they maintain their 1-2m distance.

EQUIPMENT

Cones to mark out the circle. Spots to stand on if needed.

PLAY

1. Stand players in a circle on spots 1-2m apart and select a sheriff to stand in the middle.
2. Have the 'sheriff' close their eyes while the teacher points to the person who is 'in'.
3. The person who is 'in' starts a movement (e.g. star jumps) and the whole group copies them.
4. The sheriff can open their eyes and try and figure out who is 'in'.
5. The person who is 'in' can change the movement frequently to confuse the sheriff. Movements can be stretches or exercises like squats, butt flicks, touching toes, fast feet, high knees etc.
6. The sheriff has 3 chances to guess who is 'in'. If they get it right, they join the circle and the 'in' player becomes the sheriff. If they are wrong the coach chooses a new 'sheriff'.

GAME | BODY PARTS

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell players that they are not to move from their spot so that they maintain their 1-2m distance.

EQUIPMENT

Cones to mark out a playing area.

PLAY

1. Players spread out in a coned area 1- 2m apart and stay on their spot. Make multiple areas if this helps with maintaining distance.
2. Get players to move on the spot in different ways (e.g. skipping, hopping, running, jumping, etc.)
3. Call out the following body parts at random (an injured player may call out instead of the coach):

- Nose	- Tummy	- Fingers
- Elbow	- Back	- Ankle
- Knee	- Hands	- Bottom
4. Players must touch the floor with the relevant body part.

GAME | JOGGER CIRCUITS

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell players to work at individual cones at the stations. When they hear the jogging group shout "Freeze!" they must freeze and listen to the coach before moving to the next station (this gives you time to manage movement to maintain distancing).

EQUIPMENT

Set up stations with appropriate distance between them and place enough cones 1-2m apart at each station for each player in a group to work at.

PLAY

1. Set up the circuit. For example:
 1. Star Jumps
 2. Tummy to ground then stand back up
 3. High Knees
 4. Opposite Knee to elbow while standing
 5. Mountain Climbers (knees to elbows from push-up position)
 6. Jogging
2. Split players into enough groups for each station (with up to 4 players per group).
3. Have 1 group begin at each station. Players at the jogging station start at separate corners of the circuit area ready to run clockwise around the perimeter.
4. Joggers run twice around the perimeter of the circuit area (jogging is an active rest station so players should not be running fast) and the players at other stations do their station's activity for the time it takes for joggers to complete 2 laps.
5. When all the joggers return to their starting corner, they all call "Freeze!"
6. All players freeze and listen to the coach before rotating to the next station.
7. Repeat until all players have completed each station.

GAME | MIRRORS

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell players to stand 1-2m apart at the cones you have placed while waiting in the line for their turn. They must not touch each other when they do the sprint down the middle and return to their lines.

EQUIPMENT

Cones

PLAY

1. Set up a rectangle with lane down the length of the middle (at least 2m wide) using cones or markings on the court if available.
2. The coach stands at the end of the rectangle in the middle area. The teams stand at the same end as each other (the opposite end from the coach) on different corners of the rectangle in lines 1-2m apart.
3. When the coach calls "Go!" the first player from each team moves down the outside of their side of the rectangle, around the corner at the other end, along to cone or marking of the end of the lane 2m away from the coach. Players must mirror the player from the other team, moving at the same pace (walking or jogging, NOT sprinting).
4. Once they both reach the marking of the end of the lane, they give each other an air high 5, then sprint down the lane to see who reaches the other end first.
5. Repeat until everyone has had a turn, then change up who races who to keep it interesting!

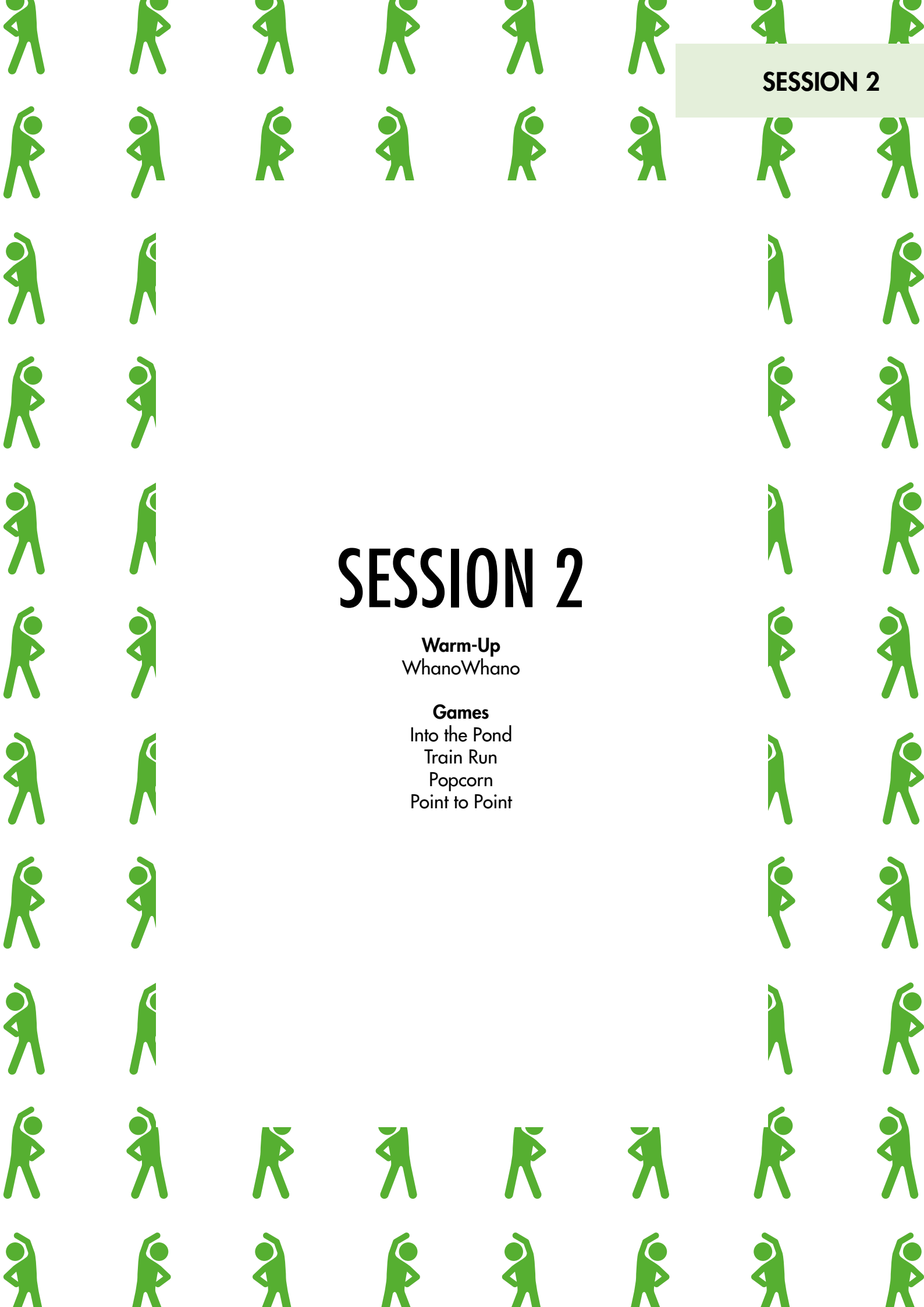
Variations:

- Team 1 is called the leaders. When each player from Team 1 starts their turn they can choose how they move (skip, hop, side step, lunge, jump, etc). Team 2 players have to 'mirror' the movement of the player from Team 1. After everyone has had a turn Team 2 become the leaders.

SESSION 2

Warm-Up
WhanoWhano

Games
Into the Pond
Train Run
Popcorn
Point to Point



WARM-UP | WHANOWHANO

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell the players that they are not to move from their spot so that they maintain their 1-2m distance.

EQUIPMENT

Cones. Set up lines of cones with 2m between each line and between each cone in the line.

PLAY

The object of this game is to jump and catch your opponent landing in the same position as you. If you are still in the air when your opponent has landed you can land in that position, on the flip side, your opponent may be waiting for you to land in the same position and will be ready to snap you out.

1. Players stand facing a partner in the opposite line.
2. When the coach calls "WhanoWhano" both players jump as high as they can and land in 1 of four positions:
 1. Feet Together
 2. Feet Apart
 3. Right Foot Forward
 4. Left Foot Forward
3. Players try to catch their partner landing in the same position as them.
4. If players land in the same position the 1st player to call "Hi" (hee) gets the point. If both players call "Hi" (hee), then the player who calls loudest wins the point. If player's call "Hi" (hee) when there isn't a match their opponent gets the point.

GAME | INTO THE POND

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell the players the way they will move when they change cones to avoid crashing into each other.

EQUIPMENT

Cones. Set up a circle or square pond with cones 2m apart for each child to stand at their own cone.

PLAY

1. Children stand behind their cones facing the middle of the pond.
2. Coach calls commands and players perform the following actions:
 - Into the pond: players jump over their cones towards the middle with feet together.
 - Onto the bank: players turn and jump back behind the cone with feet together.
 - Around your pad: players walk around their cone.
 - Up and down: players jump up and down on the spot.
 - Around the pond: players jump left or right to the next cone (coaches must clearly explain which direction to move in before they start so children don't run into each other).

Variations:

- Have players stand side on to the cone so they are jumping sideways instead of forwards when they jump "into the pond" or "onto the bank."
- Vary the speed and order of the calls while making sure children stay 1-2m apart.
- Have players hop instead of jumping.

GAME | TRAIN RUN

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell the players they must maintain their 1-2m distance as they run together and must maintain their order in the line. NO PASSING.

EQUIPMENT

Cones. Create a line of 3 cones 10m apart from each other in a line for each group. Ensure lines are at least 2m apart. At the middle cone, place a line of cones 1-2m apart for players to line up behind.

PLAY

1. Split players into groups of up to 4 and have them line up 1-2m apart behind separate cones at the middle cone of their cone line.
2. When the coach calls "Go!" the player at the back of the line sprints past their team around the front cone and then turn around and run to the back cone and then run past their team again.
3. As the player passes their team, the other players join in behind them like train carriages.
4. The team runs in a train formation around the front and then back cone (while keeping 1-2m distance).
5. Once the 'train' returns to the starting cone, they stop at their distancing cones and the back player is now the runner and sprints off on their solo run.
6. Repeat until every player has had a turn at being the back player.
7. The first team to complete the train race is the winner.

Variations:

- Change how the players move around the cones (e.g. skip, hop, jump, etc).
- Advanced: chose a different movement for each space between cones.

GAME | POPCORN

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell the players to stay on the spot.

EQUIPMENT

Cones. Mark out a playing area that allows for 1-2m between each player.

PLAY

1. Coach gives players movements to perform on the spot (e.g. high knees, fast feet, star jumps etc).
2. When the coach randomly calls out an object (e.g. banana, broccoli, muffin, etc) or animal (e.g. lion, snake, crocodile, etc), players jump, make a big pop noise, and turn their body into the shape of the object or animal.

GAME | POINT TO POINT

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell the players that when they are running to a cone they must stay apart and run to a free cone (not one that has a player at it already). Don't touch the cones.

EQUIPMENT

Cones. Set up witch hat cones at points spread around the playing area. At each of these cones, spread 5-6 cones 2m apart for players to rest on.

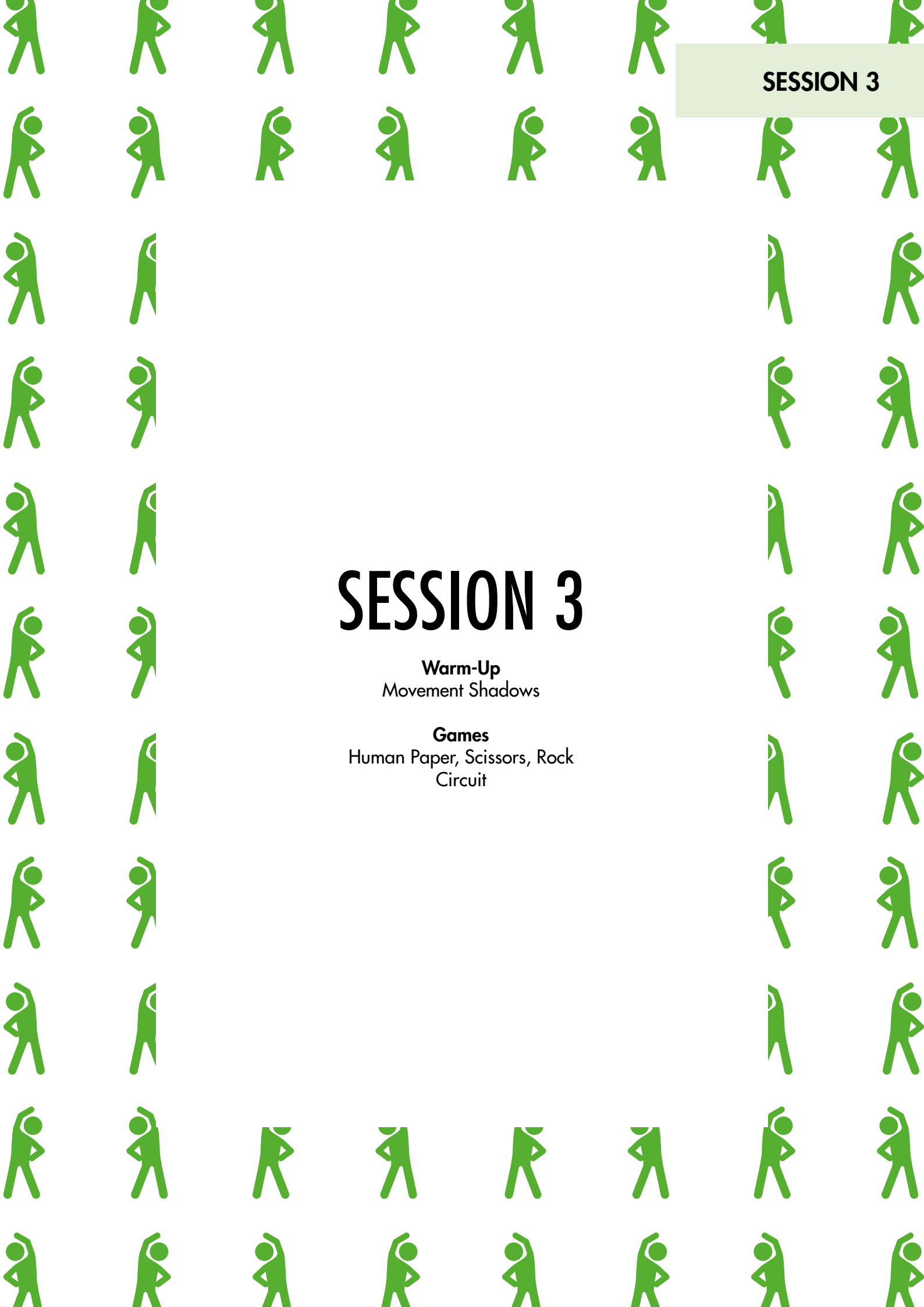
PLAY

1. Players pair up standing 1-2m apart. One person is player 1, the other is player 2.
2. The first 5 pairs line up with player 1 in front and player 2 behind (1-2m apart).
3. When the coach calls "Go!" player 1 runs to the closest point as fast as they can.
4. When they get there they stop and wave to their partner, who runs towards the same point as fast as they can.
5. When player 2 is 4m away from player 1, player 1 starts running to the next point while player 2 waits at the first point.
6. The coach then starts the next 5 pairs.
7. Continue until players have been around the whole course. The fastest pair wins.

SESSION 3

Warm-Up
Movement Shadows

Games
Human Paper, Scissors, Rock
Circuit



WARM-UP | MOVEMENT SHADOWS

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell players that they must maintain their 2m distance from their partner and 2m from other pairs.

EQUIPMENT

Cones.

PLAY

1. Split the group into pairs spaced 2m apart from each other and 2m from other pairs.
2. Have player 1 perform a series of movements on the spot (e.g. moving arms, single leg hops, butt kicks, dancing feet, jumps, high knee skips, etc).
3. Player 2 is their shadow and must copy player 1.
4. Player 1 tries to move fast to make player 2 make a mistake or not be able to keep up.
5. Players switch roles and continue.

Variations:

- Make it a memory game by having player 1 do 5 different moves and then player 2 trying to copy in the same order.

GAME | HUMAN PAPER, SCISSORS, ROCK

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell players that they must stay on their cone and not move until the coach tells them to.

EQUIPMENT

Cones. Set up 3 sets of 2 lines of parallel cones. Each line should be made up of 5 cones. Ensure that each line, and each cone within each line, are 2m apart.

PLAY

1. One player stands behind each cone facing a player from the opposite line. Name 1 line in each of the three sets line 1 and the other line 2.
2. The coach calls "Paper, Scissors, Rock, Go!"
3. When the coach calls "Go!" players form their body into the shape of either paper, scissors, or a rock:
 - Paper: legs and arms open wide like a starfish
 - Scissors: arms and legs moving in and out like a pair of scissors moving
 - Rock: curled up in a ball shape
4. Rock beats scissors, scissors beats paper, and paper beats rock. The winning player in each pair gets a point and keeps track of their points.
5. After each round, the coach calls "move" and line 1 players move down one cone. The player at the last cone walks around the outside maintaining 1-2m distance to reach the first cone.
6. Repeat this until everyone has played everyone in the opposite line. Ask who got 5 points, 4 points, 3 points, etc.

GAME | CIRCUIT

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell players they must not move to the next station until the coach has told them to move. No more than 3 players at a station at a time. If the station requires players to line up and wait, place cones 2m apart for them to stand at.

EQUIPMENT

Cones, 2 ladders, 5 hoops, 5 hurdles.

PLAY

1. Set up a circuit with 10 stations. Players spread around with no more than 3 at a station.
2. Stations run for 30 seconds and allow 30 seconds of rest to rotate to the next station.
3. At the end of each 30 seconds, the coach calls "Freeze!" or blows the whistle. Players must not move until the coach tells them to. This helps to ensure safe distancing.
4. Continue until everyone has had a turn at each station, and add additional rounds if time allows.

Station 1: Star Jumps

- Place three cones 2m apart for players to stand at to do star jumps.

Station 2: Zig Zag Running Through Cones

- Make 2 staggered rows of cones for players to zig zag through.
- Players wait until the player in front has completed 1 row of cones before starting.

Station 3: Bicycle kicks

- Place three cones 2m apart for players to lie on their backs and do bicycle kicks as fast as they can.

Station 4: Fast Feet Through Agility Ladder

- Set up two agility ladders beside each other, 2m apart with a cone 5m from the end of each.
- Players run with fast feet through the first ladder, jog to the cone, turn right, and jog to the next cone, turn right and run fast feet through the 2nd cone and back to the start.

Station 5: Prone Shoulder Taps

- Place three cones 2m apart for players to do their prone shoulder taps at.

Station 6: Two Foot Jump through 5 hoops

- Set up 3 waiting cones 2m apart in a line 1 behind the other. 3m in front of the waiting cones place 5 hoops in a row. Place a cone 5m out from the last hoop and another cone 3m to the right of it. Place line with the last cone placed but back adjacent to the first hoop.
- Player 1 starts, doing two foot jumps through the hoops, runs out to the first cone, turns right and runs to the next cone, turns right and runs back to the last cone near the start. This will ensure players don't run into each other.
- They then move to one of the empty waiting cones to wait for their next turn.
- Consecutive players only start when the player in front of them has jumped out of the last hoop.

Station 7: Broad Jump out to the Line

- Place 1 cone per player spread 2m apart in a line.
- Players try to jump with both feet as far as they can then return to the cone and try again.

GAME | CIRCUIT

PLAY CONTINUED

Station 8: Hurdle Run

- Set up 3 waiting cones 2m apart in a line 1 behind the other. 3m in front of the waiting cones place 10 hurdles in a row. Place a cone 5m out from the last hurdle. Place another cone 3m to the right of that cone, in line. Place 1 more cone with the last cone placed but back adjacent to the first hurdle.
- Player 1 starts, running over the hurdles, runs out to the first cone, turns right and runs to the next cone, turns right and runs back to the last cone near the start. This will ensure players don't run into each other.
- They then move to one of the empty waiting cones to wait for their next turn.
- Consecutive players only start when the player in front of them has finished running over the last hurdle.

Station 9: Air Punches

- Place three cones 2m apart for players to do alternate air punches as fast as they can.

Station 10: High Knees - Down to the Ground and Up

- Place three cones 2m apart for players to do 6 high knee runs, drop down to their tummy, shout out "Kelly Sports!" then quickly return to their feet.
- Repeat as many times as possible in the allocated time.

SESSION 4

Warm-Up
Zip, Zap, Boing

Games
Half In Half Out
Atua
Have You Got The Pace
Ultimate Human

WARM-UP | ZIP, ZAP, BOING

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell players they must stay at their cone and not move their feet.

EQUIPMENT

Cones. Make multiple circles of 5 cones spaced 1-2m apart.

PLAY

1. Players stand 1-2m apart in a circle, each behind a different cone.
 2. Players send 'energy' in the form of a clap around the circle by following the coach's commands:
 - Zip: players clap to the left to pass the energy to the player beside them
 - Zap: players clap to the right to pass the energy to the player beside them
 - Boing: players clap in front of their bod to pass the energy to a player across the circle by making eye contact.
 3. Choose 1 player to start. Begin slowly but encourage the players to go faster and faster.
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GAME | HALF IN HALF OUT

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell the players not to pass other runners as they move around the outside and to keep their distance. The inside group must stay on the spot to ensure a 1-2m distance.

EQUIPMENT

Cones set up in a circle or square.

PLAY

1. Split the group in half with half of the players spread 1-2m apart around the outside of the circle and half spread 1-2m apart around the inside the circle.
2. When the coach calls 'Go!' players on the outside run, skip, or hop around the outside at a medium pace without passing and while keeping 1-2m away from others.
3. Players on the inside perform movements like star jumps, squats, up downs, fast feet, butt flicks, etc until the players on the outside have finished 1 lap.
4. Play for 4 rounds with teams swapping each time.

GAME | ATUA

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell players not to move from their spot and not to touch anyone else so that they maintain 1-2m distance.

EQUIPMENT

Cones to mark the playing area.

PLAY

1. Players spread out within the area keeping 1-2m apart from each other.
2. Players move on the spot in different ways the coach calls (e.g. hopping, skipping, high knees, like a snake, etc).
3. When the following commands are called players react by doing the following:
 - Ranginui: Point to the sky at the sky father.
 - Papatuanuku: Lay down on the ground flat on your back.
 - Tawhirimatea: Wave arms from side to side making a howling wind noise.
 - Tangaroa: Pretend to swim on spot.
 - Rongo: Pretend to dig up some kumara.
 - Tu: Show your best war face or Pukana.
 - Tanemahuta: Stand tall like a big Kauri tree with arms above your head.
4. After each action, the coach calls out "Maori God's gone" and players continue moving around the area.
5. Start with 3 actions and then progressively add more. Play as long as you need to fill in the time.

GAME | HAVE YOU GOT THE PACE

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell players they must maintain distance as they move between cones. They must run to the back dome cone to avoid running into another player.

EQUIPMENT

Cones. Create 5 triangles in the playing area by placing witch hat cones 10m apart. Place a dome cone 2m behind each witch hat cone for the 2nd player to maintain distance.

PLAY

1. Split players into groups of 6 with 2 players behind each cone in the triangle.
2. When the coach calls 'Go!' the first player in each pair moves. The first player at cone 1 walks to cone 2. The first player at cone 2 jogs to cone 3. The first player at cone 3 sprints to cone 1.
3. Once the first player at each cone has started moving, the second player moves to stand at the front and will start moving once the player from the cone next to them reaches them and moves to the back cone.
4. Repeat to practice moving at different paces.

Variations:

- Have players move in different ways (e.g. hop, skip, jump etc).

GAME | ULTIMATE HUMAN

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell the players that when they move from area to area they must go around the outside and avoid others.

EQUIPMENT

Cones. Set up 3 areas made up of 2 lines of 5 cones (10 cones total in each area). Cones must be 1-2m apart with 1-2m between each line.

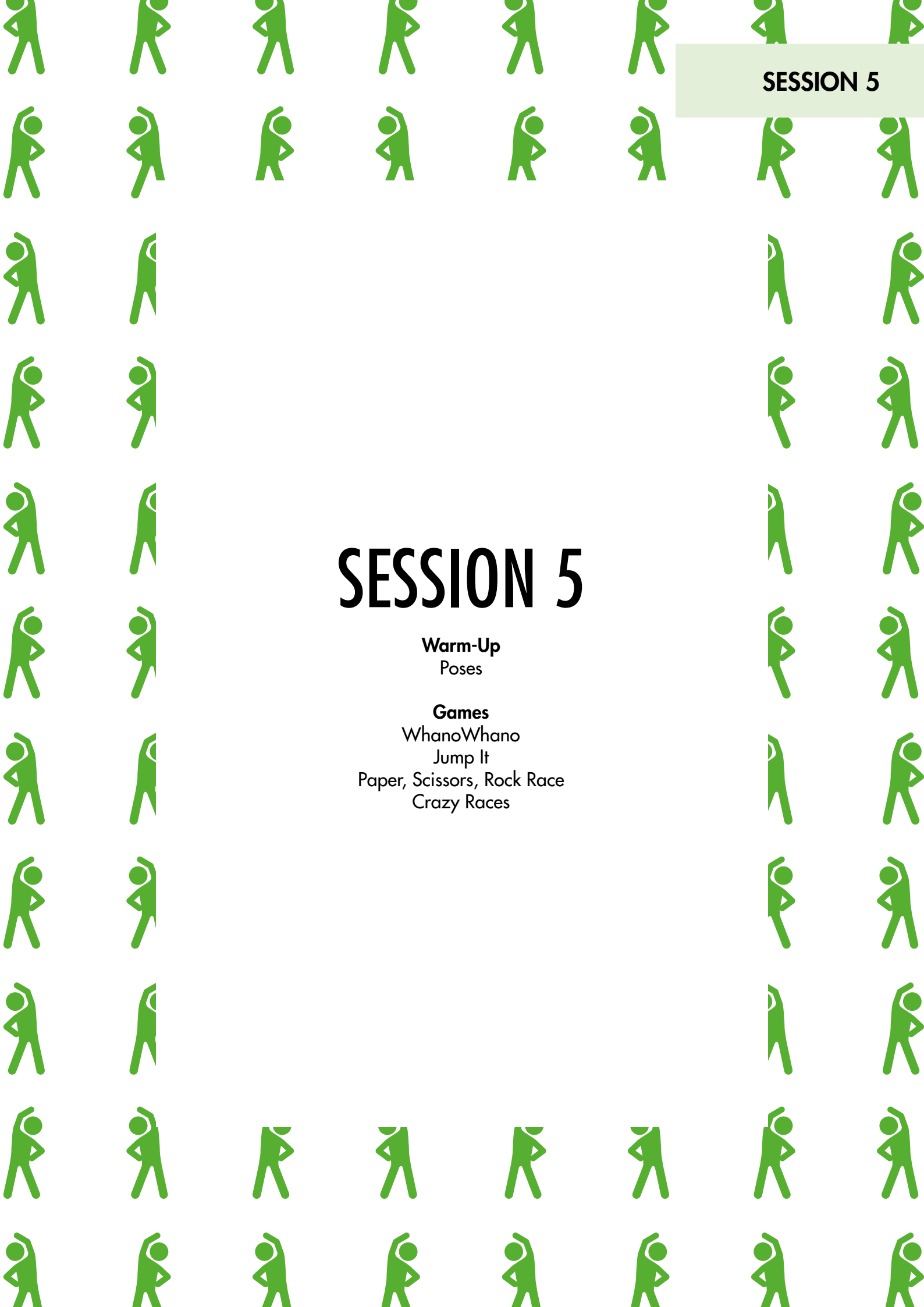
PLAY

1. Area 1 is the Dinosaur area, area 2 is the Chicken area, and area 3 is the Ultimate Human area.
2. Put players in pairs and spread pairs across the 3 different areas with each player at a separate cone.
3. When the coach calls "Go!" players do 10 of the following on the spot at their cone facing their partner:
 - Dinosaur area: Star jumps
 - Chicken area: High knees running on the spot
 - Ultimate Human area: Ground to sky jumps (touch the ground with both hands then jump up reaching for the sky)
4. When both players in a pair finish their 10 exercises, they face each other (still standing at their cones) and play Paper, Scissors, Rock.
5. The winner evolves (or stays where they are if they were already an Ultimate Human) and moves up an area. The loser goes down an area (or stays where they were if they were already a Dinosaur).
6. Players stand opposite a new partner at their new zone. If they don't have a partner they must keep doing the exercises at their cone until someone arrives.
7. The new pairs repeats this process.

SESSION 5

Warm-Up
Poses

Games
WhanoWhano
Jump It
Paper, Scissors, Rock Race
Crazy Races



WARM-UP | POSES

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell players they must stay on their spot to maintain distance.

EQUIPMENT

Place cones for each player at 2m gaps.

PLAY

1. Players spread around the playing area behind cones with 2m space between each.
2. The coach demonstrates a pose that requires balance (e.g. lotus, karate, tree pose, shoulder stand, eagle pose, other yoga poses, etc).
3. Players copy and see if they can hold the pose.
4. After a few rounds ask players if they have some poses the group can copy.

GAME | WHANOWHANO

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell the players that they are not to move from their spot so that they maintain their 1-2m distance.

EQUIPMENT

Cones. Set up lines of cones with 2m between each line and between each cone in the line.

PLAY

The object of this game is to jump and catch your opponent landing in the same position as you. If you are still in the air when your opponent has landed you can land in that position, on the flip side, your opponent may be waiting for you to land in the same position and will be ready to snap you out.

1. Players stand facing a partner in the opposite line.
2. When the coach calls "WhanoWhano" both players jump as high as they can and land in 1 of four positions:
 1. Feet Together
 2. Feet Apart
 3. Right Foot Forward
 4. Left Foot Forward
3. Players try to catch their partner landing in the same position as them.
4. If players land in the same position the 1st player to call "Hi" (hee) gets the point. If both players call "Hi" (hee), then the player who calls loudest wins the point. If player's call "Hi" (hee) when there isn't a match their opponent gets the point.

GAME | JUMP IT

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell players they must stay on their spot to maintain distancing.

EQUIPMENT

4 green cones, 4 blue cones, 4 red cones, 4 yellow cones. Players are spread out 2m apart in an area. Around the outside of this space, make a circle with the cones. Place 4 cones of the same colour as $\frac{1}{4}$ of the circle. This will make $\frac{1}{4}$ of the circle blue, $\frac{1}{4}$ yellow, $\frac{1}{4}$ red and $\frac{1}{4}$ green. If needed mark places for each player to stand spread out 2m apart inside the circle.

PLAY

1. Players run on the spot with fast feet all facing the same direction.
2. When the coach calls out one of the four colours, players quickly jump up in the air, turning to land facing the direction of that colour and continue running on the spot.
3. Start with slow changes and get quicker.

Variations:

- Change the movement.

GAME | PAPER, SCISSORS, ROCK RACE

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell players that when they meet an opposition player to play paper scissors rock, they must stay at their cones to maintain distance. When going back to their line they must go back to an empty waiting cone.

EQUIPMENT

Cones to mark a 20m x 20m square inside a larger square with at least a 2m gap in between the squares. Set up multiple sets of squares to run more games. Mark waiting cones 2m apart at one corner of the small square and the opposite corner of the large square.

PLAY

1. Team 1 starts at the corner of the small square, team 2 starts at the opposite corner of the same side of the large square.
2. When the coach calls "Go!" the first player from each team runs fast around their square.
3. When they cross paths they stop and play Paper, Scissors, Rock (maintaining 2m distance).
4. The winner proceeds around the square while the losing player must run to the back of their line. As soon as a player loses, the next player will start running around the square (They must start straight away and not wait for their player to return).
5. The first team to get a player to the opposition's corner of the square is the winner.
6. Swap sides so team 1 has to run around the bigger square.

GAME | CRAZY RACES

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell players they must stay in their lane to maintain distancing. When completing the race, players are to walk around the racing area and return to their waiting cone.

EQUIPMENT

Cones to create enough 2m wide lanes to allow for teams of 3.

PLAY

1. Player 1 of each team stands at the start line, players 2 and 3 stand at their waiting cones 4m behind, 2m apart.
2. The coach demonstrates a crazy movement for players to use to race down their lane (e.g. bear crawls, gorillas, leapfrog, hopping, skipping, running backwards, etc).
3. Once players reach the other end they go to a cone 4m behind the finish line and wait at cones spaced 2m apart.
4. Repeat with players in each team taking turns to run to an empty waiting cone.
5. Once the whole team is at the other end, repeat the process running back the other way.

Variations:

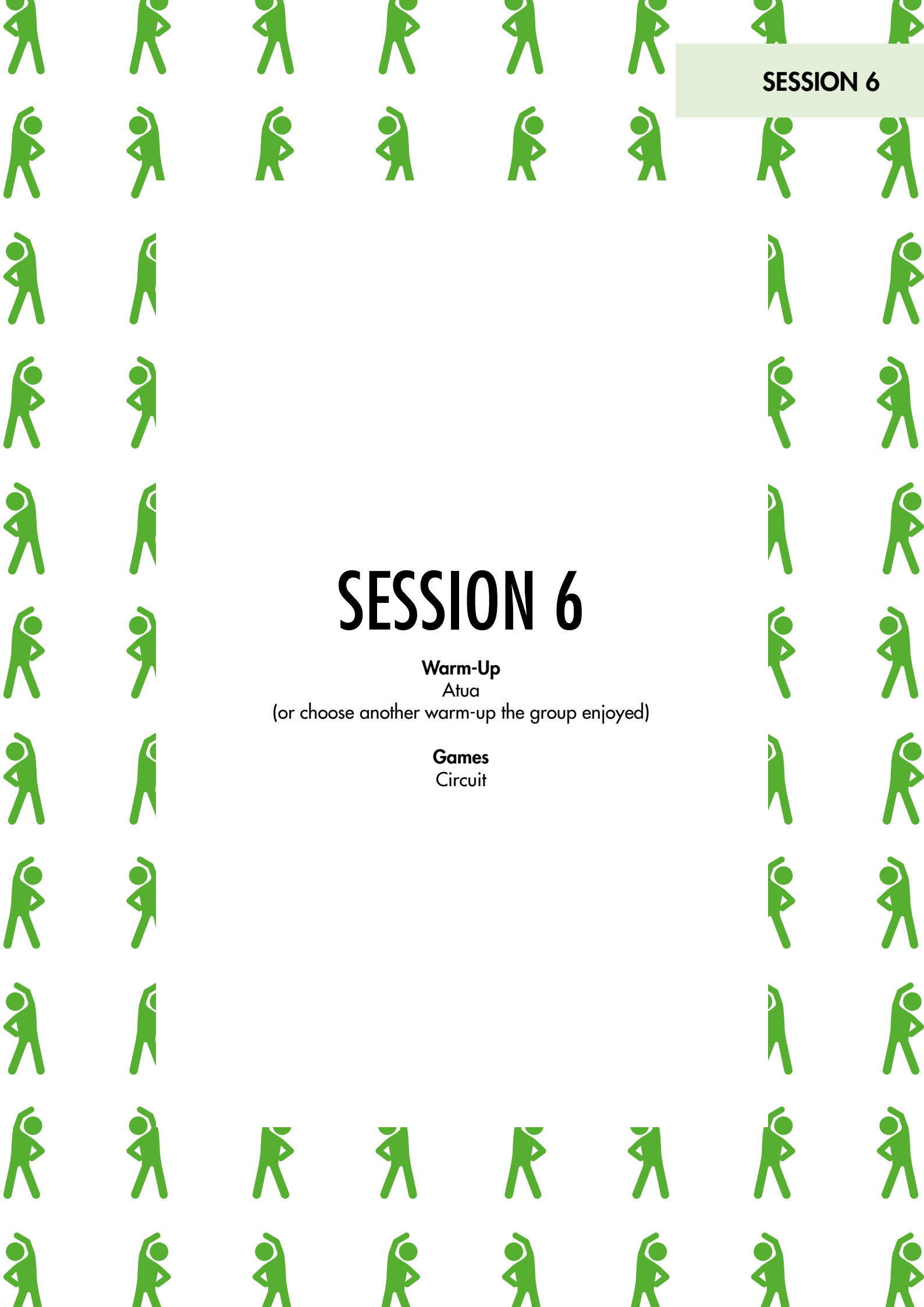
- Ask students to create a movement they can use to race each other.

SESSION 6

Warm-Up
Atua

(or choose another warm-up the group enjoyed)

Games
Circuit



WARM-UP | ATUA

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell players not to move from their spot and not to touch anyone else so that they maintain 1-2m distance.

EQUIPMENT

Cones to mark the playing area.

PLAY

1. Players spread out within the area keeping 1-2m apart from each other.
2. Players move on the spot in different ways the coach calls (e.g. hopping, skipping, high knees, like a snake, etc).
3. When the following commands are called players react by doing the following:
 - Ranginui: Point to the sky at the sky father.
 - Papatuanuku: Lay down on the ground flat on your back.
 - Tawhirimatea: Wave arms from side to side making a howling wind noise.
 - Tangaroa: Pretend to swim on spot.
 - Rongo: Pretend to dig up some kumara.
 - Tu: Show your best war face or Pukana.
 - Tanemahuta: Stand tall like a big Kauri tree with arms above your head.
4. After each action, the coach calls out "Maori God's gone" and players continue moving around the area.
5. Start with 3 actions and then progressively add more. Play as long as you need to fill in the time.

GAME | CIRCUIT

DISTANCING INSTRUCTIONS

Aeroplane Arms

Tell players they must not move to the next station until the coach has told them to move. No more than 3 players at a station at a time. If the station requires players to line up and wait, place cones 2m apart for them to stand at.

EQUIPMENT

Cones. Place 1 cone at each station as the station marker. (Write the name of the activity on the cone with a whiteboard marker so the 2nd coach and teacher have a quick reference point to remind the students what to do). Place 3 cones at each station spread 2m apart as this is where each student will locate themselves while doing the workout.

PLAY

1. Set up a circuit with 10 stations. Players spread around with no more than 3 at a station.
2. Stations run for 20 seconds and allow 10 seconds of rest. Do this 3 times on each station then allow 30 seconds to rotate to the next station. At the end of each 20 seconds, the coach calls "Rest!" At the end of each 3 sets of 20 seconds, the coach calls "Freeze!" and players must not move until the coach tells them to. This helps to ensure safe distancing.
3. Continue until everyone has had a turn at each station, and add additional rounds if time allows.

Station 1: Jump on the Spot like a Kangaroo

- Place three cones 2m apart for players to stand at to do their Kangaroo Jumps (2 feet together).

Station 2: Bear Crawl

- Set up three cones along the baseline and 3 cones 6m away with at least 2m between each player's pair of cones.
- Players bear crawl out to their cone and back.

Station 3: Donkey Kicks (Place the teacher here for younger classes)

- Place three cones 2m apart for players to stand at to do their donkey kicks.
- Players bend down with bent knees, place both hands flat on the ground in front of them, take their weight onto their hands and flick both legs up off the ground behind them.
- Players do 1 donkey kick, stand up (older players can jump), reach for the sky, and repeat.

Station 4: Run and Jump

- Set up three cones along the baseline and 3 cones opposite 6m away with at least 2m between each player's pair of cones.
- Players run out to their cone and do 3 jumps, bending knees to touch the ground with 2 hands, then jumping as high as they can and reaching to touch the sky.
- Players then turn and run back to start cone (older children can run backwards to the cone), run around that cone and back to do another set of 3 jumps.

Station 5: Crab Shuffles

- Set up three cones along the baseline and 3 cones 6m away with at least 2m between each player's pair of cones.
- Players bend knees to get low and side shuffle up and down the lane like a crab.

GAME | CIRCUIT

PLAY CONTINUED

Station 6: Knee Tucks

- Place three cones 2m apart for players to sit next too.
- Players sit on their bottom, lean back with legs out straight, place their hands on the ground behind them to balance, and lift their legs off the ground.
- They then pull their knees to their chest and push the legs out straight again.

Station 7: Frog Jumps

- Set up three cones along the baseline and 3 cones 6m away with at least 2m between each player's pair of cones.
- Players jump like a frog down their lane and back.

Station 8: Seal Jumps (Like a star jump but arms go in and out like a clapping seal)

- Place three cones 2m apart at this station for players to do their Seal Jumps.

Station 9: Air Punches

- Place three cones 2m apart at this station for players to do their air punches at.
- Players start by punching as high as they can above their head and keep punching working down to their toes (bending their knees) and back up.

Station 10: Skater Hops

- Place three cones 2m apart for players to do their Skater Hops.
- Players jump from side to side on 1 leg, keeping the knee bent and staying nice and low like they're skiing.