



## **Moving Matters Ks1 Multisports Festival**

### **General Information**

**Aim:** Get active, have fun, be competitive and learn !

**When :** 29<sup>th</sup> January 2020

**Where:** La Retraite Roman Catholic Girls school, Atkins Rd, Clapham Park, London SW12 0AB

**Time:** 1st time slot – 10:00-12:00. (Arrive 9.30)  
2nd time slot - 12.30-14.45 (Arrive 12.15)

**Who :** 30 year 1/2 children

**What:** 8 activity stations. Each will run for 10 minutes

#### **What you need:**

- 1 set of coloured bibs for all children
- Water bottles.
- Appropriate clothing and footwear. (Staff & Children)
- A copy of this document

#### **Schedule**

We will do a whole group warm up at the start of the session and then each school will be placed at a station. The stations will be numbered and after the whistle (10 minutes) everyone will rotate to the next station. All adults must accompany children from station to station. Sitting down on the sides is not an option.

#### **Other notes**

Only staff that are pre authorised to travel with the school will be permitted to enter the hall. Moving Matters will be taking photos at the event, please let us know in advance if there are children who cannot be photographed. If a school wishes to take photos they can do so but only of their own school.

#### **Rewards**

Superstar/gold star sticker to two children per station nominated by teacher and sports leader.

Leaders to award each school points for participation, skills, teamwork and effort of staff and children. Award & MVPs presented at the end of the session.

### **Multi Skills Activities:**

1. Target Throwing
2. Basketball Dribbling
3. Speed/Agility/Quickness
4. Teamwork - Dance Moves

5. Yoga Poses
6. Football Skills
7. Tennis Ball Control
8. Water

## **1 Target Throwing**

Teams / Individuals earn points by throwing balls at specific targets.

## **2 Basketball Dribbling**

Groups challenge themselves in basketball dribbling around the obstacles.

## **3 Speed/ Agility/ Quickness**

Children have a chance to work on their speed, agility and quickness at this station using an array of different equipment.

## **4 Dance Moves**

With a partner, on their own or as a group children can discover some amazing dance moves to the latest chart songs at this music station. An expert dance leader will provide support and ideas at this station and get your heart rate pumping. Teachers and support staff expected to show all their best moves.

## **5 Yoga Poses**

Children get a chance at this station with the help of the teacher and leader to explore some yoga poses. Focus, flexibility and balance will be needed at this station.

## **6 Football Skills**

This station allows children and teachers to develop, share and learn some dance moves. The leaders at each station will assist with the latest moves so every child is engaged.

## **7 Tennis Ball Control**

Children in their groups will be given some individual challenges and team challenges throughout this station with tennis rackets and ball.

## **8 Water**

Staying hydrated is a vital part of performance and enjoyment. Break time.