

Warm Up

Fish and net

- Select at least 4 players to form 2 pairs of nets by holding hand and standing side by side.
- Mark out an area.
- Both must hold hands all the time.
- At the command “go”, nets will try to catch the fishes by touching them.
- Once there are 4 boys forming a net, the net will split up into 2 pairs again and continue to catch fishes.
- The game stops when most or all of the fishes are caught.

Warm Up

Follow the leader I

- Pair up and number players 1 + 2
- 1 will follow 2 wherever 2 goes..
- Blow whistle and stop activity.
- Change roles. 2 follows 1.
- Variation for different levels-Say “move” for lower younger players and “jog slowly” for older players. Lower primary pupils may run or jog even if you tell them to “move” so avoid telling lower primary pupils to “run as fast as you can”

Warm Up

Follow the leader II (groups of 4)

- First player in each group is leader
- The rest will follow the leader wherever the leader goes.
- Limit the area
- At the command “change”, the leader will move to the back of the row. The second boy will now become the leader.
- Remind players to stay away from hard objects. E.g pillars, walls, fences

Warm Up

Touch and come back

- Use markers that can be stood on or lines
- Say “watch out for one another when you move around”
- Say “touch the blue rectangle/ white line and come back here ”
- Begin with targets that are nearer to the coach first. Then, progressively go on to targets further away.
- Please vary the distance and intensity (walk or slow jog for younger players)

Warm Up

Category game

- Select category for calling out to the pupils.
- Examples of categories – those who are boys, those who are 9/10/11 years old, those who are wearing watches.
- Those pupils who belong to the category will walk/jog/hop/run to a specified target and come back quickly.

Warm Up

Wizards and rocks

- Select two players to be the “wizards”
- State boundary clearly e.g you can only move inside the marked out area
- Say “If you are touched by the wizards, you will turn into a rock immediately.
- To become a pupil again, someone must run around you two times.