



Challenge Card 3

Team Island



This challenge is a bit like musical chairs!

- 1) Using chalk or cones, mark out some islands on the floor (your teacher may have already done this for you).
- 2) Every player needs a stick and a ball and as a group, you need to pick someone to be in charge of the game (this might be your teacher to begin with).
- 3) Every player starts with 5 points – it's up to you to keep your own score as you go along!
- 4) Dribble the ball around the play area until you hear the person in charge shout out a number. If the number is four, you have to dribble your ball to an island and make a team of four.
- 5) If there is already the set number of players on an island, you will need to dribble your ball to another island which has fewer than four people on it.
- 6) Players who don't get on an island lose a point, but players who do get on an island gain a point!
- 7) The first player(s) to get to the target number of points wins the game, so if the target number is 10, then the first player(s) to get 10 points is the winner!

Remember

- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!
- * Don't bump into anyone!



Teaching Points

Moving with the ball (Dribbling)

- * The ball should be in contact with the flat (green) side of the stick – this results in close control
- * The ball should be ahead of the feet
- * Encourage children to run with their knees slightly bent with their backs straight (so they try to look ahead of the ball, not at their feet)
- * Encourage children to move their feet and keep balanced (when the ball moves in any direction or distance)

Equipment

- * 1 stick and ball per player
- * Chalk or throw down lines

Adaptations

Easier

- S** Make more islands
- T** Shout larger numbers of groups giving more chances
- E** Use various sizes of balls
- P** Fewer player in one space – match players for ability

Harder

- S** Make the area larger
- T** Use basic numerical challenges to get the number
- E** Make small entrances onto islands for better players
- P** Differentiate players with coloured bibs and then ask players to make teams of a similar colour on the islands