

# Almond Hill Junior School



## PLAY Leader

# Handbook

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Name: \_\_\_\_\_

Class: \_\_\_\_\_



## What is a play leader?

Play leaders:

- ✓ are kind and supportive to others.
- ✓ are fair.
- ✓ are team players.
- ✓ are organised.
- ✓ are committed.

## What does a play leader do?

- ✓ There are 6 play leaders per year group and a member of staff from each year group who supports them.
- ✓ Each year group will follow their 'theme of the week' (arms, legs, body or mind)
- ✓ Play leaders set up, lead and pack away lunch times games for children in their year group to enjoy.
- ✓ Play leaders work on a 2 per day rota, selecting two games from the trolley each day (the games should be different each day).
- ✓ The games are taken from the 'lunchtime games' timetable below.
- ✓ If your year group is at lunch at 12.00 then you will be on play leader duty 12:30-1:00pm.
- ✓ If your year group is at lunch at 12.30 then you will be on play leader duty 12:00-12:30pm.
- ✓ It is extremely important that play leaders only set up the games on the timetable for that day and use only the correct equipment to facilitate those games.
- ✓ Games must be set up in the correctly allocated area for that week.
- ✓ Play leaders should not mix bubbles with other children/play leaders
- ✓ Hands need to be washed thoroughly before and after handling play equipment.
- ✓ At the end of the session, play leaders should mark on the white board outside which activity will be happening the next day.

## Our play leaders are...

Year 3: Dylan, Emily, Sophie SH, Finley, Kenzee and Teddie-Rey

Year 4: Harry K, Willow, Alexia, Megan, Tiffany and Aahana

Year 5: Ginny, Jacob, Ruby, Bonnie, Dominic and Marley-Rae

Year 6: Tanisha, Louise, Teddie, Tallulah, Hollie and Casey

## Play leaders' timetable

	Year 3	Year 4	Year 5	Year 6
Week 1	Use your...  arms	Use your...  legs	Use your...  whole body	Use your...  brain
Week 2	Use your...  brain	Use your...  arms	Use your...  legs	Use your...  whole body
Week 3	Use your...  whole body	Use your...  brain	Use your...  arms	Use your...  legs
Week 4	Use your...  legs	Use your...  whole body	Use your...  brain	Use your...  arms

### Safety

Play Leaders are responsible for ensuring safe play. This might mean making sure children have enough space or encouraging children to work in pairs to take turn and support each other,



# Use your...



## Skipping Ropes



### Jump the River

In Jump the River, players are going on a journey and need to jump over any rivers (parallel jump ropes) they find. They can jump with two feet, one foot, or with a twist.

### Snake

In Snake, an ordinary jump rope suddenly becomes a giant python! Two players hold the ends of the jump rope close to the ground and move it back and forth to make it slither like a snake. Other players take turns jumping over the snake.

**Zero, 1, 2, 3** Each player runs through the rope on their first turn, jumps once on their second turn, then jumps three times, and so on. When players miss a jump, they re-do that number the next time through.

**Jump Rope Challenge** Make jump rope a team sport. Teams of jumpers compete against each other and work together to figure out how to get the most jumps. Every team member must jump at least once.

## Floor Darts 'Flarts'

Use your dart and aim for the bulls-eye! Tally up your points at the end - the player with the most points wins!



## Paddle Catch



The simple game of throw and catch - with a twist. Use your paddle to catch the ball and aim for your partners paddle when you throw. How many can you do before you drop it....?

## Diablos

### Throw and Catch



Start the diabolo up and keep it spinning, pull your hand-sticks apart lifting them up slightly so that the diabolo leaves the string. Now for the catch, depending on how high you have thrown the diabolo you have different ways of trying to catch it. If the diabolo only goes up a small distance (1-2 metres) you will need to act quickly. Pull the string tight and try to line up the string with the diabolo high. As the diabolo comes back down follow it with the stick and you should be able to catch it.

### Trampoline

Once you have mastered the art of throwing and catching, why not try to bounce the diabolo off the string instead of catching it. Keep the string tight when it lands and throw it up again. Just be aware that the diabolo can slow down while in the air so you may need to stop doing this trick and speed up the diabolo.

### High Throw

You can throw a diabolo very high so it is always best to do this trick in an open area so the diabolo does not get caught. Also make sure that there is no-one too near you that might get hurt. While the diabolo is in the air you have a good few seconds to do some tricks (use the hand-stick and string as a rope etc) The only limit is your own imagination and skilfulness.

## Gymnastic ribbons

### Horizontal Spirals

Horizontal spirals are performed with the stick and hand held at a vertical level. Once in position, raise your arm and hold your forearm parallel to the floor. Move your wrist in a circular motion. Keep in mind that your hand must be pointed vertically downward at all times.



### Vertical Spirals

These movements require a degree of coordination and quickness since knots are more likely to form if not done properly. Spirals are made up of a series of circles created by small circular hand movements. There are two types of spirals: vertical and horizontal. Vertical spirals can be performed in front, to the side, or behind the gymnast. With the wrist bent backward and the stick held horizontally, move your wrist in a circular motion. Movement should begin at the wrist then slowly move to the elbow and end at the shoulders.

# Use your...



## Football Games



Passing



Shooting at target



Penalty shoot-out



Dribbling around obstacles

## Pogo Sticks

Jumping on a pogo stick is fun and different from the usual bike or skateboard riding. At first it can be challenging to use a pogo stick but with a little practice you will be able to use it with ease and maybe even learn tricks. How many jumps can you do?



- Start with placing one foot on the footrest
- Then press that foot down slightly to engage the spring, place the second foot on the pedal as well and do your first jump
- You'll probably start to tip before making the jump but don't fight it, just jump in that direction.

## Pogo Balls



Now you have mastered the pogo stick - can you master the pogo ball? To jump on it, you stand on the platform, balancing your weight on the bottom portion of the rubber ball. You then jump or hop around in the same manner as you would use a pogo stick, leaping in such a way as to correct any tipping from side to side.

## Bucket Stilts

Improve balance by inviting children to stand on cups, hold the rope handles, and try to walk for a fun and often silly challenge!

Start by practising tiny steps on the bucket stilts and then....

Can you use your stilts in a relay race?

Who can get the furthest?



## Ankle Skipping



### How to use:

1. Slip the loop around your right ankle.
2. Position your left foot in front of the hopper ball.
3. Kick your left foot back to start the action going counter-clockwise.
4. Hop over the ball with your foot. Continue the circular motion with your leg.

How many can you do?

## Pedal Steppers

Practise using the stepper and in time you will be able not only go forwards but backwards too!

- Relay races
- Tag
- Group races



# Use your...



# whole body

## Space Hoppers



Go HOPPPING MAD on your space hooper. Choose your hopper and race your friends to the finish line.



## Hula Hoops

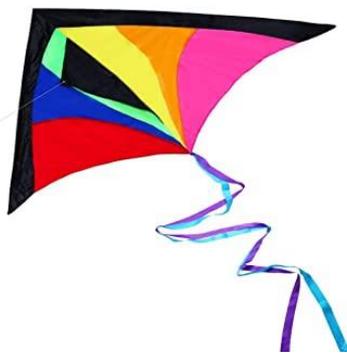
### 1. Hula Hoop Team Link

The aim of this fun team game is to pass a Hula hoop through your team by climbing in and out of it without breaking the team link. Start by standing side-by-side holding hands. Begin to pass the hoop, but if you break the link, you must start again! Why not race your friends and see which team can complete the challenge first?

### 2. Bean Bag Toss

Create a quick and simple bean bag toss using Hula hoops. Simply scatter some hoops on the floor, we used a variation of sizes to make it more challenging! We also used Numbered Markers as a point system to track each players score. Each player gets 5 Beanbags, the player with the highest score at the end wins!

## Kites



Kite flying is a lot of fun, especially on a windy day. Selecting an open field is the best place to fly a kite.

To fly a kite you need a friend to be with you to help get the kite up in the air. By holding the ball of the string, ask your friend to hold the kite or vice-versa. Unwind anywhere between 20-30 metres of string, depending upon how strong the wind is blowing.

When you think the conditions are ideal, signal to your friend to release the kite and when this is done, pull on the string to launch the kite into the air. Pay close attention to where the wind is blowing. If you want your kite to go even higher, release some more string. To lower the kite, simply pull back on the string.

# Parachutes

## Volleyball

**Aim** - keep the ball on the parachute whilst the other team try and get it off!

**You will need** - 1 football and a parachute

**How to play** - place a ball in the middle of the parachute, and divide the children into 2 teams. For this parachute game 1 team will try to keep the balls on the parachute, and the others will try to knock it off.

## Matching Colours

**Aim** - beat the parachute!

**You will need** - parachute

**How to play** - Assign each child a colour.

While the parachute is in motion, when your colour is called, you must run to the other side before the parachute comes down. Have the parachute moving up and down slowly, so that when it is lifted the child can run to the other side before it falls on them.



## Fly Away

**Aim** - to see how high and how far you can make the parachute soar!

**How to play** - tell everyone that on the count of three, you will fly the parachute away. Pull it quickly towards you so that it looks like it's flying.

**Note** - *If it is extremely windy out, you may not want to play this game.*

## Parachute BFF

**Aim** - beat the parachute with your BFF

**How to play** - Partner up all the children with a friend and have them sit on opposite sides of the parachute. Once you call their names they will need to run under the parachute, high five each other, and make their way back.

Everyone will try to billow the parachute up and down as high as it can go, on once pulling down (so it shoots up) give them time to race across.

## Parachute Tag

Much like Parachute BFF, except with Parachute Tag when calling each other name they must trade spots with the name of the child you choose. They must make it to their spot, without colliding, before this happens.

## Mushroom



**Aim:** For this parachute game, the goal is to make the parachute look like a mushroom.

**You will need:** parachute

**How to play:** lift the parachute up and down for a few practise rounds. Once they get the hang of it, on the count of 3 they lift it up as high as they can, crouch on their knees, and pull the edges down outside of them.

This way all the children are inside the parachute and looks a lot like a mushroom.

**Aim:** to send the ball 'around the world'

**You will need:** a ball and your parachute

**How to play:** For this game you need to roll a ball around the outside of the parachute in the circle. As the ball comes towards you, you lower your edges, and raise it as it goes past. See how many times you can roll the ball around without falling off, or going in the middle.

## Resistance Parachutes

Add some parachute fun to your everyday races using the resistance parachutes!

OR play parachute tag.



# Use your...



## Dominoes



**Object of the game:** Lay the dominoes end to end (the touching ends must match: i.e., one's touch one's, two's touch two's, etc.).

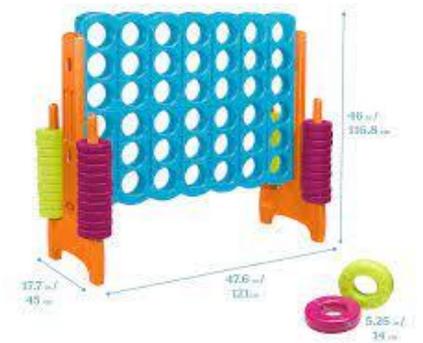
The first to use all their dominoes wins!

**Blocking the Game:** If during the game it is impossible for any of the players to play, the game is "Blocked." The player (or partners) with the least dominoes left wins.

Can you build a tower using your dominoes - who can get the highest tower without it falling?

## JUMBO connect 4

The game of connect 4 just got bigger! Choose your colour and take a side. The first player to get four disks in a row (row can be going up, to the side or diagonally) wins the game!



## Wooden Blocks

With your imagination, you can build anything!



## Jenga

'Jenga, jenga, jenga, jenga'

You'll need to concentrate to make sure you choose the right piece! Don't let the tower fall, if you do, it's game over!