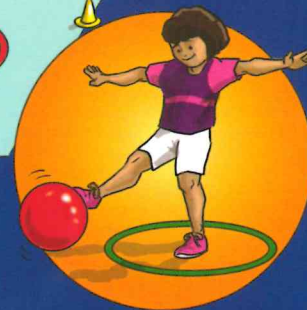


MULTI-SKILL CLUB

AGILITY 4 TWISTING & TURNING

- Two teams of four with three pairs of opposite goals made using markers of red, blue or green.
- The ball is thrown in and a colour shouted out.
- The players who get the ball have to score in a goal of that colour.
- Play netball based rules.

Z-BALL



- Two teams of players are sat in hoops.
- Players spin on their bottoms to contact the ball with feet or legs and move it towards goal.
- Use large beach/swiss ball.
- Ensure that hoops are at least 2 ball widths apart.
- Can be played standing with one leg or kneeling using arms.

HUMAN PINBALL



YOUTH SPORT TRUST



department for
education and skills

THE NATIONAL PE, SCHOOL SPORT AND CLUB LINKS STRATEGY