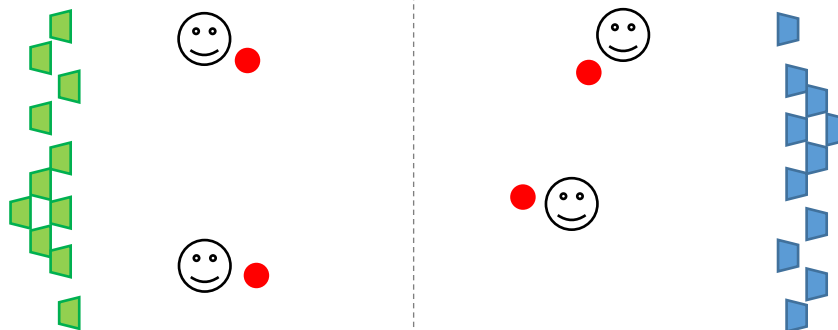


Defend The Castle

How to set up:

- ✓ Play in teams (1 v 1 or 2 v 2 etc).
- ✓ Give half of the items to each team and ask them to build a 'Castle' by stacking them as they wish.



Equipment:

- ✓ Non-breakable items: plastic cups, shoes, pillows, etc
- ✓ Soft balls (or use rolled up socks)

How to Play:

- ✓ Each team must stay on their side of the playing area.
- ✓ When the game starts players must attempt to roll/throw/kick the soft balls (or sock balls) to knock down their opponents Castle.
- ✓ Play the game for 3-5 minutes, then allow teams to rebuild their Castle.

How to score:

- ✓ At the end of each game, the team whose castle is the most intact wins a point.
- ✓ After several rounds, the team with the most points wins the game.

Defend the Castle

The National Curriculum

By practicing this activity, your child will develop the following skills:

- ✓ Sending and receiving skills
- ✓ Accuracy
- ✓ Ball control
- ✓ Hand-eye coordination
- ✓ Attacking & defending tactics
- ✓ Competing with others

National Curriculum Criteria:

Key Stage 1 (Years 1 & 2)

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.
- ✓ Participate in team games, developing simple tactics for attacking and defending.

Key Stage 2 (Years 3 to 6)

- ✓ Use running, jumping, throwing and catching in isolation and in combination.
- ✓ Develop flexibility, strength, technique, control and balance.
- ✓ Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.