

INTRODUCTION

The StreetGames Activity cards are a handy collection of simple 'active' activities that can be delivered by a group facilitator or young leader as part of your holiday programme. Each activity includes guidance on how to set up, play and adapt the activities.

PARTICIPANT NUMBERS

The activities provided cover a range of participant numbers from individuals to larger groups. Each card offers guidance on the minimum numbers but can be adapted to fit the numbers in your sessions.

AGE RANGE

Activities are appropriate or can be adapted to all age ranges but each card offers a suggestion as to whether the activity is more suited to primary or secondary school age groups.

EQUIPMENT

If you have a small sports kit bag containing balls, bibs, cones then great but activities have been designed to use minimal equipment and suggestions are made for items that can be used as substitutes if you don't have the items listed.

LOCATION

All the activities provided can be played indoors or outdoors depending on the venue where you are running your sessions.

ADAPTATIONS

On the reverse of this card, you will find more information on how to modify or adapt activities to suit the participants needs and make activities easier or harder. Each card also provides examples of how you might adapt the specific activity.

LEARNING & DEVELOPMENT

The activities included are not only fun, they can also be used for holistic learning and development. Each card includes suggestions for how the activity can be progressed to develop thinking skills, physical fitness and motor skills.



Head – These progressions will encourage participants to think about the task and develop their knowledge and understanding of the sport or activity.



Heart – These progressions will offer an opportunity for participants to develop their physical fitness and cope with the demands of sport and exercise.



Hands – These progressions will develop the participants basic movement and technical sports skills.

COVID-19

Always follow Government COVID-19 guidelines.