

Manual lesson cards sports program Primary School Kids Gear

Lucia Everts and Sophie Hilberink have made lesson cards for Kids Gear. These lesson cards are about the following sports:

- Athletics
- Football
- Gymnastics
- Handball
- Netball
- Volleyball

Each sport has three lesson cards. There are three different colours;

- Green
- Yellow
- Blue

The children from Kids Gear will start with the green cards when they are going to practice a sport. Every cards will explain games or exercises. If the game or exercise on a card is too difficult, the card has an opportunity to make the game/exercise easier. If the game or exercise on a card is too easy, the card has an opportunity to make the game/exercise more difficult. When the children are doing the exercises/games on the green cards very well, they can move on to the yellow cards. When the children are doing the exercises/games on the yellow cards very well, they can move to the blue cards. When the easy level on the yellow card is too difficult, the children go back to the green card. When the easy level on the blue card is too difficult, the children go back to the yellow card.

Each card contains the following topics:

- Title
- Explanation of the game/exercise
- Materials
- Rules
- How to make the game/exercise easier or more difficult
- Tips
- Image of the game/exercise



HAVE FUN!

Athletics

"Improve to work together"

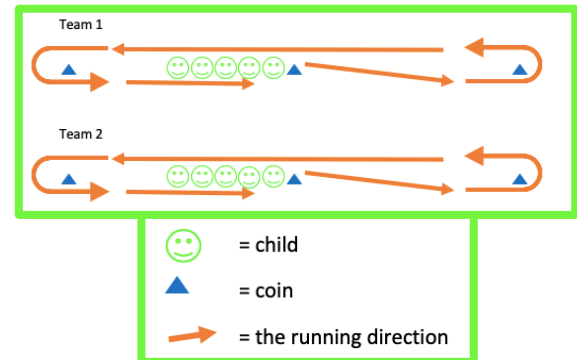
1

Explanation of the game

Make two teams. The team needs to have minimal five children. Both teams stand behind their second coin. The first child in the row has a stick in his hand. On the signal of the teacher, the game begins. The children start running to the third coin, run around the coin and run to the first coin. They also run around this coin and then run to their team. Now they give the stick to the second child. This child is doing the same. When a child has run, he sits down on the ground. The whole team who is sitting on the ground first, has won the game.

Materials

- 6 coins
- 2 sticks



Rules

- The team has to start all over again when their stick falls on the ground.
- The whole team who sits on the ground first, has won the game.
- The distance between the coins is about 7 meters.

How to make the game:

Easier

- You can make this game easier to make the distance between the coins smaller.
- You don't have to use a stick, but they have to give each other a high five.
- You can remove the first coin.

More difficult

You play this game in two teams. Both teams will stand together in a circle. First a person from team 1, then team 2, team 1 again and further on. Team 1 and team 2 needs to have one stick. When the teacher yells a start signal, the game begins. Both children with the stick start running around the circle. When they finished a whole round, they give the stick to the next child of their team. They will do the same. When the children have given the stick to another teammate, they can sit on the ground. The whole team who is sitting on the ground first, has won the game.



Tips

- It is a positive vibe when the children encourage each other.

HAVE FUN!

Athletics

"Improve to work together"

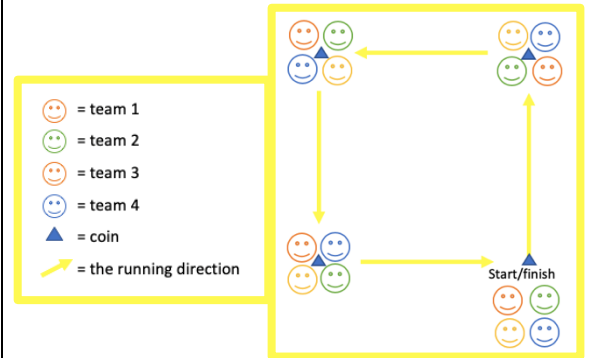
2

Explanation of the game

For this game it is important to make teams out of four children. You can play this game with minimum two teams and a maximum of four teams. Then you have a good overview of the game. Every coin needs to be occupied by a player of each team. All children by the start/finish coin have a stick. On the signal of the teacher, the game begins. The four children from the four different teams are going to run towards the second coin. There will be a teammate standing ready. The running children will give the stick to their teammate. Now their teammate starts running to the third coin. The teammate from the third coin gets the stick handed from his teammate and runs to the fourth coin. This teammate runs to the start/finish coin. The team who finish first, is the winner of the game.

Materials

- 4 coins
- 4 sticks



Rules

- If one team drops the stick, that team has to start over again.
- The game isn't over until all the teams are finished.
- The distance between the coins is about 20 meters.

How to make the game:

Easier

- To simplify this game, you can use two coins instead of four coins. The game will end faster.
- Instead of giving a stick to each other, the children can give a high five.

More difficult

- The children who are running with the stick, also need to run with a football. The children are holding the stick in their hands and dribble on the same time with a football. It is not allowed to kick the ball further than two meters in front of them. When the children hand the stick to their teammates, they also have to give them the football.

Tips

- It is a positive vibe if the children encourage each other.

HAVE FUN!

Athletics

“Improve their strenght”

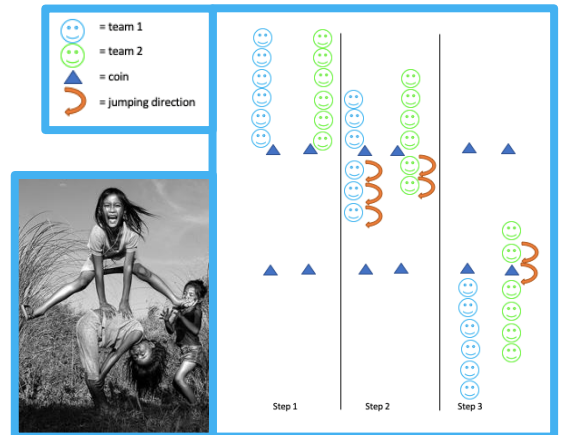
3

Explanation of the game

This game is named ‘bokje springen’ in the Netherlands. You have two teams. You need to have at least three people in one team. It doesn’t matter if there are more than three children in a team, but the teams have to be equal. Both teams will stand in a line behind their coin (step 1). On the signal of the teacher, the game begins. The first person in line will stand like a ‘bokje’. He is standing on his feet, bends forward and places his hands on top of his knees. This is to make sure that he won’t sag (see the picture). The next person in the line puts his hands on the back of the ‘bokje’ and jumps over him. Now he will also stand like a ‘bokje’. Now the third child in the line will jump over both ‘bokjes’ and then stands like a ‘bokje’ (step 2). This until everybody has jumped over the fist child. When there are no more childs left to jump over the first ‘bokje’, the first ‘bokje’ will stand up and jump over the second ‘bokje’. This continuous until the whole team has passed the second coin. The whole team who finished first, has won (step 3).

Materials

- 4 coins



Rules

- Both teams start behind the first coin.
- The space between the ‘bokjes’ can’t be more then 1.5 meters.
- The whole team has to be behind the second coin, before they have won.
- The distance between the start coin and the finish coin is about 20 meters.

How to make the game:

Easier

- The ‘bokjes’ are going to stand on their hands and knees. Now they are lower, so it is easier for the children to jump over. It is even possible to step over them.

More difficult

- The ‘bokjes’ are going to stand on their elbows and feet (planking). Their back is straight. They can’t let their legs rust on the ground. If one teammate does this, the whole team starts over again. This planning is good for their abs. Their team has to hurry because otherwise the abs of his teammates will hurt.

Tips

- Make sure that the children will stand with their legs a little bit spread. The children will be more stable.
- Fold their head between their hands. Now the jumping children can’t bump to the head of the ‘bokjes’.

HAVE FUN!

Football

"Improving the passing skills"

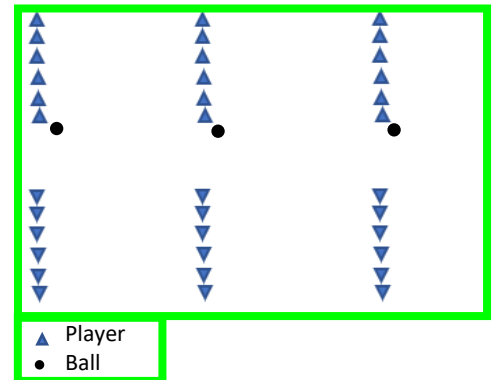
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Explanation of the exercise

This exercise is for improving the ball feeling by young children. The class must split into three groups. Each group makes two rows in the opposite position of each other. The first child of one group has the ball. He or she passes the ball to the child opposite. After the pass, the person reconnect to the back of the row. The child who receives the ball, stops the ball and passes the ball to the person opposite. Also this child reconnect to the back of the row. And so on.

Materials

- 3 (foot)balls



Rules

-

How to make the exercise:

Easier

- Make the distance smaller.
- Use coins to make it easier to understand.

More difficult

- After the player has given a pass, the player reconnect to the row of the opposite team.
- Make the distance bigger.

Tips

- Make different rows with other levels. For example, the players who needed more challenge are playing in a row where the distance is bigger.

HAVE FUN!

Football

"Improve your skills"

2

Explanation of the exercise

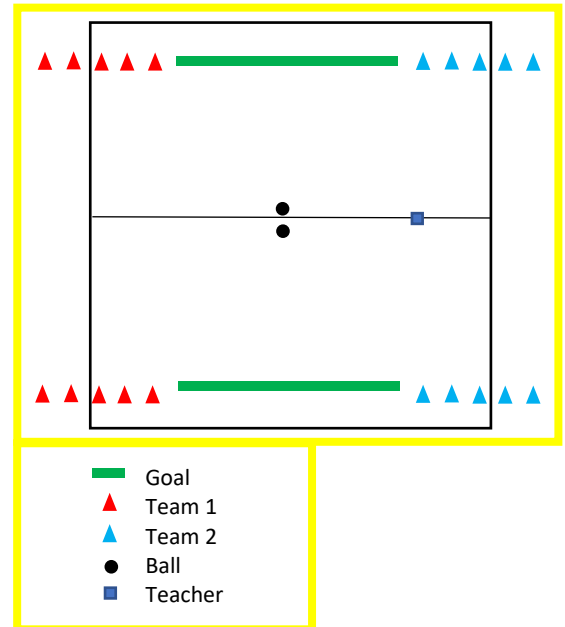
The class is split into two groups. One group is standing on the left half of the field by the goal and one group is standing on the right half of the field by the goal. Each group will split again. Now there are two groups standing on both side of the field. One group is standing in a row next to the right football pole on the outside of the goal. The other group is standing in a row next to the left football pole on the outside of the goal. It is a competition exercise so both rows are opponents. On the signal of the teacher, the first three players of each row run to the middle line. There is a ball in the middle of this line. The player who has the ball first should play together with his/her teammates. The other team have to defend. When this team can interrupt the ball, this team may start their attack. Both teams try to score. The goalkeeper tries to stop the ball.

The team that have scored, wins 1 point. The players reconnect in the back of the row. On the signal of the teacher, the next 3x3 players start to run and play the exercise.

The exercise ends when everyone has had their turn. The team who is having the most points wins.

Materials

- 2 balls



Rules

- The teacher needs to make sure that both teams start at the same time.
- You play with the normal football rules.

How to make the exercise:

Easier

- Play two against two

More difficult

- Before the players run to the middle, they must push up three times.

Tips

- Play the exercise on both half fields. Then everyone will be more active.

HAVE FUN!

Football

“Improve the passes and their kicking skills”

Explanation of the exercise

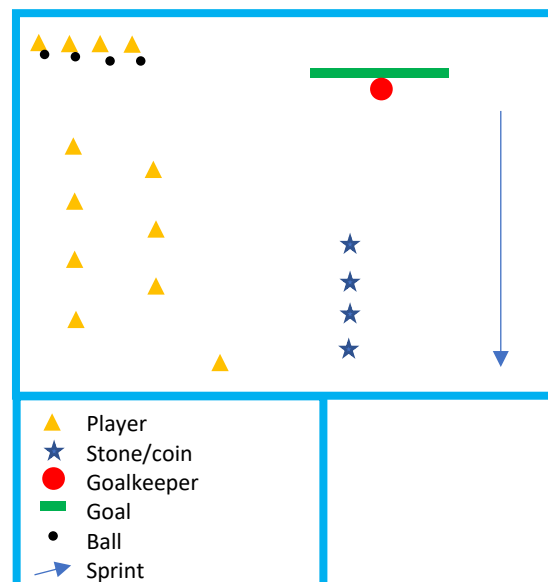
In this exercise the children are going to improve their passing skills and their kicking skills.

The picture on the right shows the start situation. There are nine children standing in the field; one goalkeeper and eight players. The rest of the class are standing in the corner of the field. The first three players who are standing in the corner of the field, has a ball. The first player passes the ball to the first player who is standing in the field. When he has played the ball, he runs after the ball to the next position. The person who has receive the first ball plays the ball to the next person and runs after the ball to the next position, and so on.

When the first ball is by the third position in the field, the second child in the row passes the ball into the field, and so on. When the ball is by the last person in the field, this person dribbles with the ball through the slalom. After the slalom he or she is kicking the ball into the goal. After the shot the person picks the ball up, passes it to the next player in line and sprints along the side line (the arrow in the picture on the right) to the middle of the field. After that he or she goes back to the row. The child will stand behind the last child of the row.

Materials

- 4 stones or coins
- 4 (foot)balls



Rules

-

How to make the exercise:

Easier

- Make the distance smaller between the positions
- Make the distance between the latest coin and the goal smaller

More difficult

- Make the distance bigger between the positions
- Make the distance between the latest coin and the goal bigger

Tips

- If there are enough balls, it is better to make 2 groups. One group by one goal.
- ➔ If there are 4 balls in total it is possible to play with 2 groups.

HAVE FUN!

Gymnastics

"Improving the strength and flexibility"

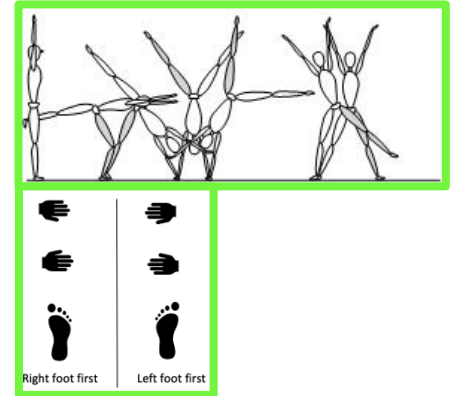
1

Explanation of the exercise

The children will stand with their arms straight above their head and with their legs right next to each other. They make a step with one leg and bend forwards. They can choose with which leg they want to make the first step. They place their hands one by one, behind each other, with a twist (see picture). They first 'throw' their leg in the air. Then their other leg will follow. They lean on their hands. Now they will look like an upside-down starfish. Then their first leg will be placed back on the ground and the other leg will follow. Now they will look like a starfish. Both hands are in the air and their legs are spread.

Materials

-



Rules

-

How to make the exercise:

Easier

- Let the children bend their knees.

More difficult

- Instead of ending like a starfish, the children will end the exercise like the way they started. With their hands in the air and their legs next to each other. When the children are standing on their hands and move further, they need to push their legs together and turn. They will end the exercise like the way they started. With their feet's together.

Tips

- Do the exercise faster, it will be easier for the children to go around.

HAVE FUN!

Gymnastics

"Improving strength and balance"

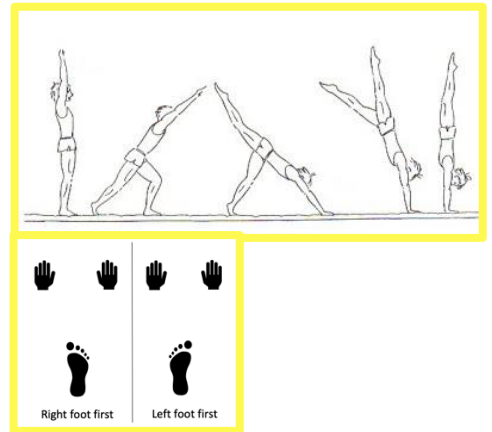
2

Explanation of the exercise

The children will stand with their arms straight above their head and with their legs right next to each other. They make a step with one leg and bend forwards. They can choose with which leg they want to make the step with. They place their hands in front of them, with a little bit of space behind them (see picture). Then they 'throw' their leg in the air. Then their other leg will follow. They lean on their hands. The intention is that the children can stand on their hand for three seconds.

Materials

-



Rules

-

How to make the exercise:

Easier

- Children can help each other by bringing their legs straight up. The child who is going to make a handstand, will do the first 3 steps to make a handstand. Then the first child who will help, grabs the leg who is going in the air first and helps to bring the leg straight up. Then the other leg of the child who is making a handstand will follow the first leg. The second child who helps, will grab that leg and brings it next to the other leg. Now the child will stand in a handstand with two helpers.
- You can also make a handstand against a wall if the children are afraid to fall over.

More difficult

- If the children can stand for three seconds in a handstand, they can learn to walk on their hands.

Tips

- Make sure that the ground is flat and soft. If the children fall, they won't have any pain.

HAVE FUN!

Gymnastics

"Improving the flexibility"

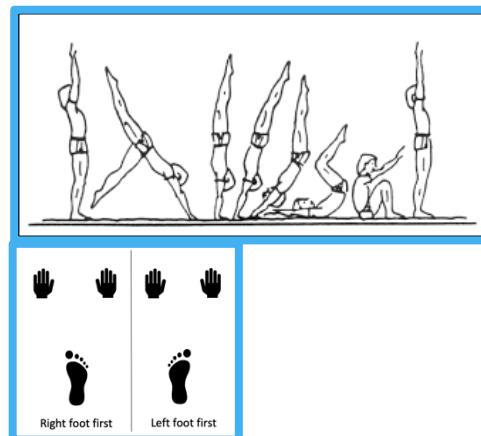
3

Explanation of the exercise

The children will stand with their arms straight above their head and with their legs right next to each other. They make a step with one leg and then bend forwards. They can choose with which leg they want to make the step with. They place their hands in front of them, with a little bit of space behind them (see picture). Then they 'throw' their leg in the air. Then their other leg will follow. They lean on their hands. Then the children will stand in a handstand. Then they lean further and bend their hips. They will curve their back and bend their knees. It is important that the children have their head between their arms and that their arms are straight. After the forward roll the children can stand up if they are fast enough.

Materials

-



Rules

-

How to make the exercise:

Easier

- Learn to make a forward roll without standing in a handstand first.

More difficult

- Do the exercise in the opposite direction. You make a backward roll and while doing this, you have to make a handstand.

Tips

- Hold your head between your straight arms.
- Curve your back

HAVE FUN!

Handball

"Improvement of ballcontrol"

1

Explanation of the exercise

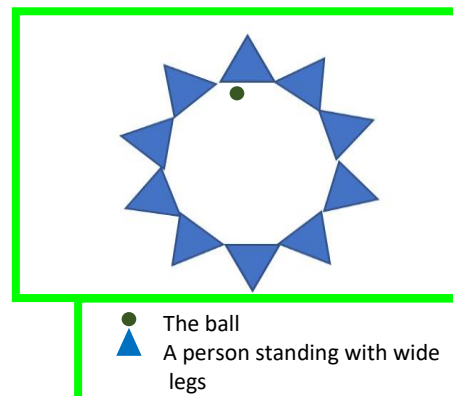
The class is split into two or three groups about 10/15 children. Each group is standing in one big circle. Everyone is standing with their legs wide and they look to the middle of the circle. The left and right foot of each child is against the left or right foot of their neighbour. There is 1 ball. The teacher is rolling the ball into the field. When the ball is in the field, the exercise can start. Everyone may use their hands to try to roll the ball between someone's legs. Each player should prevent the ball from rolling through his or her legs. When the ball is rolling through the legs for the first time, the player must turn face outward. When the ball is rolling through the legs for the second time, he or she is out of the game.

The circle becomes smaller and smaller. The exercise ends when there are two players left. This two players are the winners.

When the ball is rolling, all the children are singing. When the ball doesn't roll anymore or when the ball is rolling through the legs of someone, the children aren't singing.

Materials

- 1 ball



Rules

- The distance between both legs of one person are circa 1/1,5meter
- When the ball is rolling through the legs for the first time, the player must turn face outward. When the ball is rolling through the legs for the second time, he or she is out of the game.

How to make the exercise:

Easier

- Before rolling the ball you have to say the name of the person where the ball is going to.

More difficult

- Playing with more balls
- The distance between both legs of one person is bigger.

Tips

- Make the teams not too big. When the teams are smaller, the children has more ball contact. This is better for the improvement of ball control.

HAVE FUN!

Handball

“Improve the cooperation and technical skills”

Explanation of the exercise

Two teams will play against each other. The teacher is the leader of the exercise. It is the intention that both teams will try to make ten passes. The handball can't touch the ground. The exercise will start when the teacher throws the ball in the air. The team who has the first ball may start the exercise with trying to make ten passes. If the ball is touching the ground or the opposite team intercepts the ball, then you will start counting again from zero.

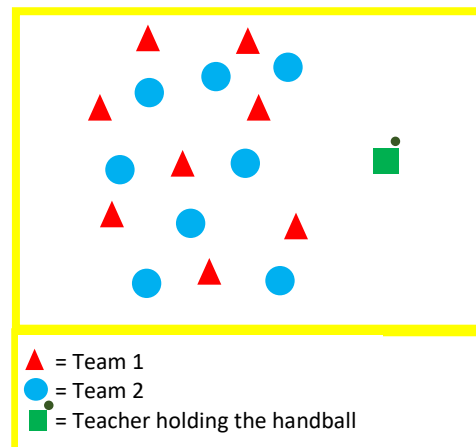
The team who has made ten passes, wins one set. When a team has scored a set, the ball is for the other team.

Before the exercise starts, the teacher will make a decision how long the exercise lasts. The first team with 5 points wins the game.

On each corner of the field is standing a coin. This represents the field. The distance between each coin is about 15 meters. There will be eight players in each team.

Materials

- 1 Goalcha bal



Rules

- If the handball is touching the ground, the handball is for the other team.
- If a player of team 1 intercepts the ball from team 2, the ball is for team 1.
- When player B of team 1 catch the handball from player A of team 1, than player B may not throw the ball back to player A. It is not allowed to play back to the same person.
- It is not allowed to run when you have the handball.
- It is not allowed to pull the handball of the hands from an opponent.
- If the ball is completely out of the field, a throw-in will be awarded to the opponents of the team that last touched the ball.

How to make the exercise:

Easier

- It doesn't matter when the ball is touching the ground. It has no consequences.

More difficult

- The ball must be played by one hand.
- The ball must be played by a jumpshot
- After a player catch and throws the ball, the player must touch a designated spot before he or she can participate again.

Tips

- It is the intention that every person has a lot of ball contact.
- Make more field with more teams.

HAVE FUN!

Handball “Goalcha”

3

Explanation of the game

The streetversion of handball is mentioned ‘Goalcha’. Goalcha handball can be played everywhere. You can play the game with one goal. There are 6 teams of 5 players. 2 teams play by the goal on one side, 2 teams play in the middle of the field and 2 teams play by the goal on the other side.

The game by the goals:

You play 5 against 4 (+1 goalkeeper). One team begins in the attack. The other team begins in the defence. There is one goalkeeper. The goalkeeper belongs to the defending team. The team who attacks has the ball. Before you may attack, you have to get right of attack behind the right of attack line or another object. When the attacking team has attempted a goal, the roles are changed. The keeper of the defending team picks up the ball very fast. Now the other team have to get right of attack and may attack. The defending team will be ready quickly and the keeper will be ready in the goal. When the goal has been thrown, it is the other team's turn to attack again. Etc.

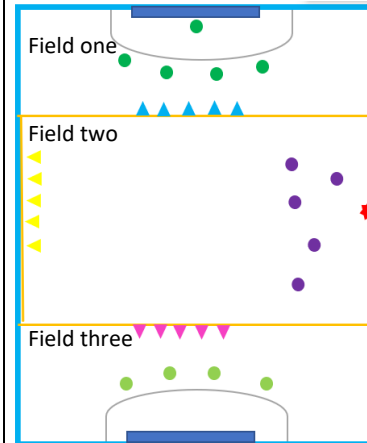
The game in the middle of the field:

You play 5 against 5. One team begins in the attack. The other team begins in the defence. The team who attacks has the ball. Before you may attack, you have to get right of attack behind the right of attack line or other object. You can score by tapping the indicated point with the ball. When the attacking team has attempted a score, the roles are changed. Now the other team have to get right of attack and may attack. The defending team will be ready quickly. When the goal has been thrown, it is the other team's turn to attack again. Etc.

The games end after 5 min. You play with a rotary system. The teams will go to another field.

Materials

- 1 goalchaball
- 2 other balls



- The football goal
- Team 1
- Team 2
- Team 3
- Team 4
- Team 5
- Team 6
- Indicated point
- Right of attack line
- The self-decided goal area

Rules

- There are no outlines
- Before you may attack, you have to get right of attack.
- You may not walk more than 3 steps with the ball in your hand.
- The children make the decision of the goal area by themselves.
- You are not allowed to pull the ball out of the hands of someone.

How to make the game:

Easier

- 2 opponents against 4 attackers

More difficult

- Before you try to score, you have to make 5 passes.

Tips

- Fun is the most important thing!

HAVE FUN!

Netball

"Improving to catch and throw"

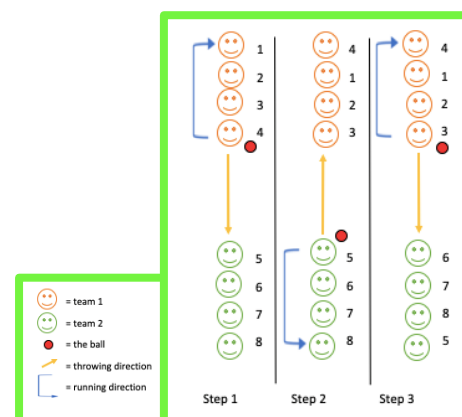
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Explanation of the exercise

The game should be played in two teams of six persons. The teams will stand in front of each other with a three meters distance. Person 4 from team 1 throws the ball to person 5 from team 2. Then person 4 from team 1 is going to stand at the end of his team, this is behind person 1 from team 1 (step 1). Person 5 from team 2 throws the ball to person 3 from team 1. Person 5 from team 2 is going to stand at the end of his team, behind person 8 from team 2 (step 2). Person 3 from team 1 throws the ball to person 6 from team 2 and is going to stand behind person 5 at the end of his team (step 3). This game continues until the teacher says that the time is over. The teacher decides how long this exercise will be practised.

Materials

- 2 coins
- 1 ball



Rules

-

How to make the exercise:

Easier

- It doesn't matter when the children can't throw the ball that far. You can make the distance smaller or the children can roll the ball to the other team.

More difficult

- You can make a competition from this game. You have to make four teams. Team 1 and 2 are together and team 3 and 4. You have the same set up as indicated above. Team 1 and 2 have to throw and catch the ball as fast as possible. The ball isn't allowed to touch the floor. When you have thrown the ball, you have to run to the end of your team and sit down. When everybody of team 1 and 2 sits on the ground before team 3 and 4 did, team 1 and 2 have won. If team 3 and 4 are faster, they have won. If the ball touches the floor by team 1 and 2, then team 1 and 2 have to start over again. The same apply is for team 3 and 4.

Tips

- Don't make the teams too big otherwise everybody is standing still.

HAVE FUN!

Netball

“Improving to catch and throw”

2

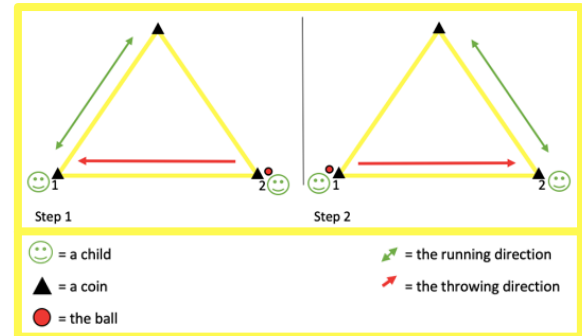
Explanation of the exercise

Put three coins in a triangle. The distance between each coin is 8 meters. Two coins are occupied by a child. Child number 2 has the ball in his hand. Child number one runs to the empty coin, turns and runs back. Child number two throws the ball to child number one when he's returning by the coin. Then child number two runs to the empty coin and runs back. Then he will receive the ball from child number one. And so on.

It is possible to let more children participate in this game. When child number 1 has run, caught and thrown the ball, he will switch with another child. This is the same for child number two. If you make rows out of five children, ten children will participate in this exercise.

Materials

- 3 coins
- 1 ball



Rules

- When the running child returns at his coin, he already needs to have the ball. The child with the ball throws the ball in the right time. This means that the running child receives the ball when he is almost by his coin. When the running child catches the ball, he stands on his coin.

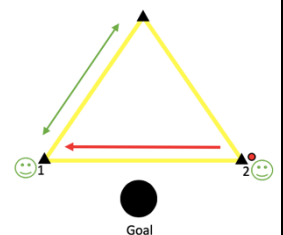
How to make the exercise:

Easier

- You can simplify the game to throw the ball when the running child has stopped at his coin. The child with the ball doesn't have to time when he has to throw the ball to the running child.
- The distance between the coins is 5 meters.

More difficult

- You can make the game more difficult by adding a goal to the game. When the running child receives the ball, he has to throw the ball through the goal ring. If he scores, his team has a point. Which team will win?



Tips

- The children have to make eye contact before they throw the ball, otherwise they can create an accident.
- It is important for the children to throw the ball with one hand. After they throw the ball, they can point after the ball so they 'help the ball' for going into the right direction.

HAVE FUN!

Netball

“Improving to run free and throw”

Explanation of the game

There are 15 children standing in a circle. It depends on the level of difficulty. There will be one child in the middle of the circle. The children on the outside of the circle are playing together. They throw the ball from child to child. The children are not allowed to throw the ball to the child next to them. The ball has to cross the circle. The child in the middle of the circle has to interrupt the ball. The child who has thrown the ball into the hands of the child who is standing in the middle of the circle, now has to stand in the middle. The game continues further until the teacher says that the game ends.

Materials

- 1 ball



Rules

- The children are not allowed to hold the ball for themselves. They can have the ball for maximal three seconds. They need to play very fast.
- The children are not allowed to throw the ball to the child next to them.

How to make the game:

Easier

Easier for the child in the middle:

- Have more children in the middle to interrupt the ball.
- Play the game with less children in the circle.
- Make the circle smaller.

Easier for the circle:

- Make the circle bigger.
- Have more children in the circle.

More difficult

More difficult for the child in the middle:

- Have more children in the circle.
- Make the circle bigger.

More difficult for the circle:

- Have more children in the middle to interrupt the ball.
- Play the game with less children in the circle.
- Make the circle smaller.

Tips

- Let the children play together.

HAVE FUN!

Volleyball

"Improvement of the throw and catch skills"

1

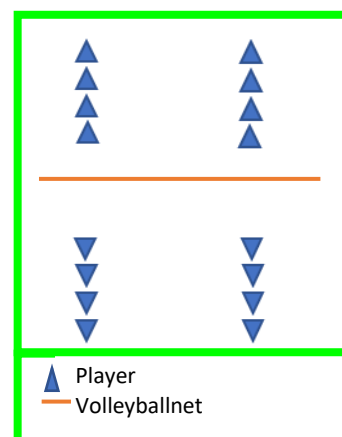
Explanation of the exercise

The class is split into four groups. Two groups are standing on one side of the net and the other two groups are standing on the other side of the net. Each group forms a row. One row on one side of the net is the opposite of one row on the other side of the net.

The first child of one row starts. He or she throws the ball over the net to the first person in the row on the other side. After he or she has thrown the ball, he or she reconnect to the back of the row. This child catches the ball and throws the ball back. This child will also reconnect to the back of the row. And so on.

Materials

- Volleyball field
- 1 ball



Rules

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How to make the exercise:

Easier

- The ball may touch the ground one time.
- The ball may touch the ground many times.

More difficult

- You play 3 against 3. Before you throw the ball over the net, you must play three times on your side.
- Learn the real volleyball technique for playing together.

Tips

- When there is enough space, it is better to make more rows. Then there are more children active.

HAVE FUN!

Volleyball

"Improvement of the reaction"

2

Explanation of the game

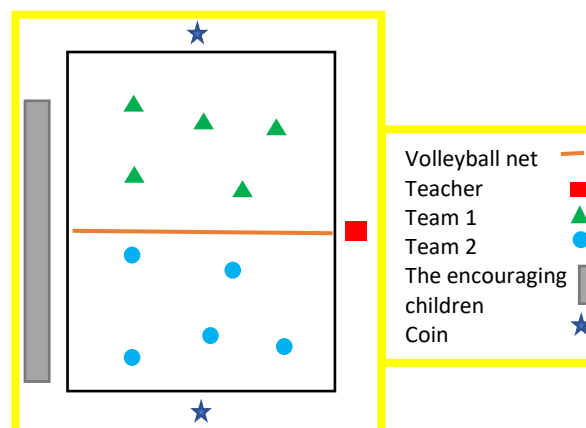
The game will be played with ten people. Five players are standing on one side of the net and the other five players are standing on the other side of the net. The teacher and the players have to make a decision together about the outlines of the field. How bigger the field, how more difficult the game will be.

The game starts on the signal from the teacher. The first person with the ball must throw the ball over the net to an empty place in the field. The opponents have to catch the ball and throw the ball back to an empty spot in the field of the other team. It is the intention that the teams prevent the ball from touching the ground. The players who has thrown the ball, have to sprint to the a coin outside of the field. When they touch the coin they may come back to the field. And so on. When the ball is touching the ground on the field of team 1, team 2 has a point.

The teacher decides how many time the game lasts. When the game ends, it is the turn of the next children of the class. The children who have already played the game rest on the side of the field. The children who aren't playing, have to encourage the players playing the game. For example, with many songs!

Materials

- Volleyball field
- 1 ball



Rules

- It is not allowed to pass to someone on one side of the field. It is the intention that the ball is thrown in one time over the net.
- If the ball is touching the ground on the side of team 1, team 2 has a point.
- The game ends when the teacher says it's time.

How to make the game:

Easier

- You don't have to go to the coin.
- More players in the field.

More difficult

- Before you throw the ball, you have to pass the ball 3 times.
- Less players in the field.

Tips

- It is a strategic game. The player should look good at the empty spots in the field.
- When there is one player running to the coin outside of the field, the rest of the team have to pay attention about the empty spots.
- We advise the teacher that it is better to let the game last about 5 minutes. Then there will be a quick transfer and the children haven't wait too long.

HAVE FUN!

Volleyball

"Improve the game skills"

3

Explanation of the game

There are two teams of six players on each side of the net. It is the intention that the players of each team play together. The player hits the ball with their hands to play the ball over the net. It is the intention that the ball touch the ground on the opponents playing area before it can be returned.

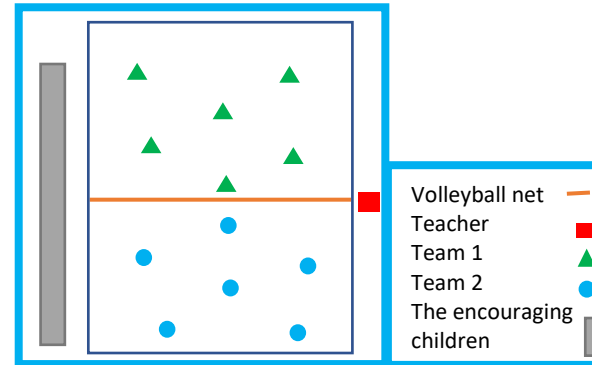
To prevent that the ball is touching the ground, you try to hit the ball and play it to another teammate. Each team can touch the ball three times before the team smashes the ball over the net. Then the other team receive the ball and play together for a good smash. And so on.

The rest of the children have to encourage the players.

The teacher and the children will decide together what the outlines of the field are. How bigger the field, how more difficult the game will be.

Materials

- Volleyball field
- 1 volleybal



Rules

- The rally begins with a serve from a player of one team.
- When team one hits the ball out of the field, team two can serve the ball.
- All the players aren't allow to touch the net. If they do, the other team gets a point.
- The opposite team can try to block the ball.
- It is not allowed to make more than three passes. If you do, the other team gets a point.
- When team one has scored a point, they may serve the ball.

How to make the game:

Easier

- The ball may touch the ground one time.
- The ball may touch the ground many times.
- The first ball, that came over the net from the opposite team, may be catch first.

More difficult

- Before the ball is over the net, the team have to make three passes.

Tips

- Let the children play well together.

HAVE FUN!