

## Small Sided Games for Student Success



### Ultimate-Handball Style & Other Variations

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WITNESSORASACTIVITYBASED The Administration Manual

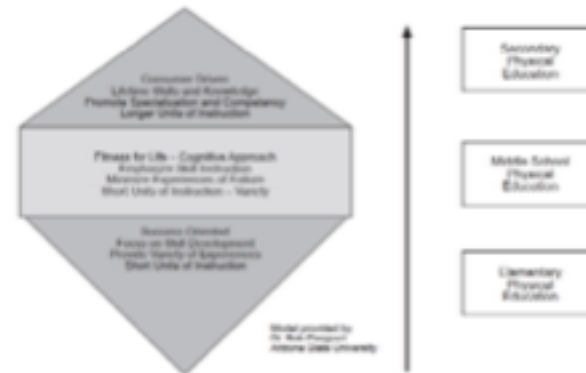


FIGURE 2.4 The hierarchical model of physical education. Adapted by permission from *On-Task Program*, Department of Exercise Science & Physical Education, Arizona State University.

Moscow Middle School's **Physical Education CHAMPS!**  
 Creating **Healthy, Active Minds** for **Personal Success!**

### We are CHAMPS!

- True team teaching & collaboration
- Daily Accountability: **FitStep Pro**
- 3 teachers
- 2 Block Days
- 2 Regular Days
- Physical Activity

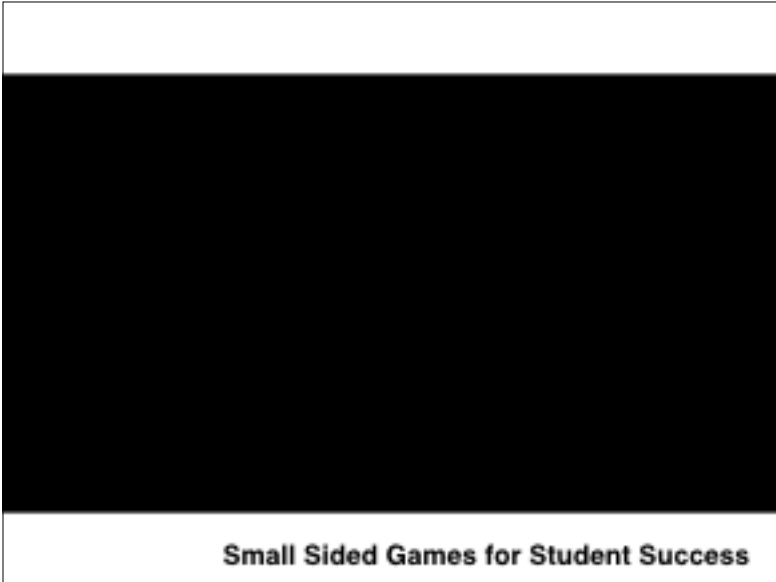
**Who we ARE**

**What we DO**

"FLASH": Fitness, Lifetime Activities, Sports & Health



**Moscow Middle School Daily Routine**



## Small Sided Games 2.0: Changing the Traditional



**Softball      Ultimate      Basketball      Football**

*And anything else! ...any game or skill progression...  
Anything! Keep them moving!*

**Volleyball      Hockey      Lacrosse      Rugby**

*Perceived Competence Sustains Participation*

## Small Sided Games For Student Success

### **Increases:**

- Participation
- Skill Development
- Tactical Strategy

### **Improves:**

- Inclusion
- Assessment
- Progressions

### **Integrate:**

- Health Center
- Fitness Center
- TGFU (Teaching Games for Understanding)



### **Personal & Social Responsibility Competing with Character!**

#### **Fair Play Code of Conduct**

- Respect the Rules
- Respect the Officials and Their Decisions
- Respect Your Opponent
- Give Everybody an Equal Chance by Participate
- Maintain Your Self-control At All Times

*"Great Sports Make Good Sport"*



Place spots all around the LACROSSE style goal. And you can score from any side.

Use an Over-the-Line Ball as a 20' goal of cones.



Students hold hoop for any player (even Over-the-Line Ball) to go through!

## Target & Goal Variations:



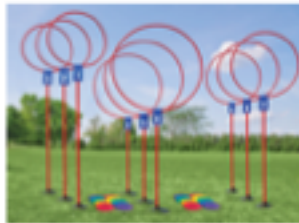
Use physics ball on upside down trapeze!



Use a variety size of cones!



Use disc catcher with ribbon or ball! Score from any direction!



Use hula hoops/Over-the-Line targets. Score from any or any direction! Vary the height of the target!



Use hula hoops to hold up hoops!



From: [www.academyfootballcoach.co.uk](http://www.academyfootballcoach.co.uk), [www.academyfootballcoach.co.uk](http://www.academyfootballcoach.co.uk)



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### Why 4v4?

"I often use 4v4's as a warm up activity, they are ideal to get players a touch of the ball and get them up to match speed.

The dutch are widely acclaimed for introducing 4v4's, as a way to continue 'street football' in academies and elite centres.

A year-long study was performed by Rick Fenoglio of Manchester Metropolitan University in England at the Manchester United Academy. The subject of the study was the benefits of 4v4 games versus 8v8 games in terms of measurable data.

When comparing 4v4 to the 8v8 game he came up with the following findings.

- 135% - more passes
- 260% - more attempts on goal
- 225% - more 1 on 1 encounters
- 280% - more 'tricks' attempted"

From: [AcademySoccerCoach.co.uk](http://AcademySoccerCoach.co.uk)



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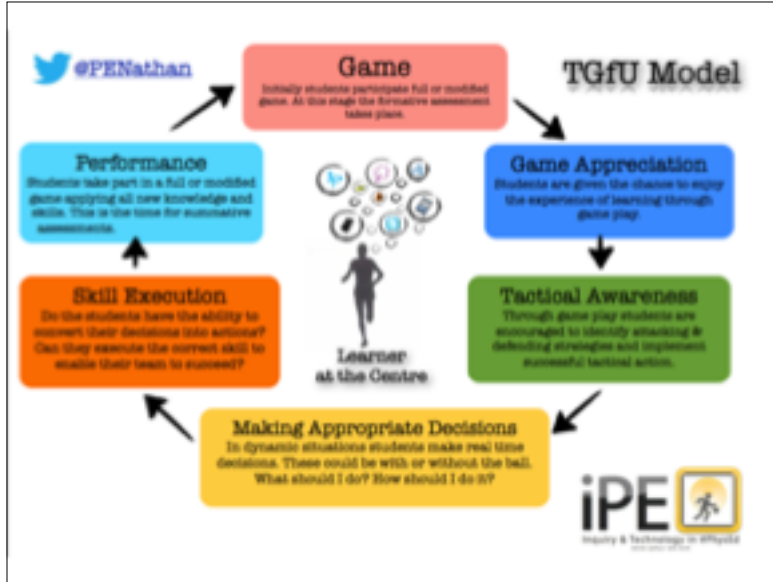
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# Resources



**Shawley website:** <http://pechamps.weebly.com>

**ThePhysicalEducator.com Resource Page**  
<http://www.thephysicaleducator.com/resources/>  
by Joey Faith

**Teaching Games for Understanding Teacher Resource Guide**  
<https://docs.google.com/document/d/1NaitY-pCY6dSPdUBT8b-jd6thGBuqJDZQzFCaGcOCd/edit>  
by Naomi Hartle (in interactive google docs folder)

**Wombaball (small-sided Cricket)**  
<http://www.blaine.k12.wa.us/bes/bespe/Presentation%20info/Womba-ball.html>  
by Dan Perse

**Bonkerball**  
<http://www.megaform.be/userfiles/file/activityguides/bonkerball.pdf>

*Copy of powerpoint on weekly site*

## Jessica Shawley

Creating Healthy Active Minds for Personal Success – We are CHAMPS!

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 <http://pechamps.weebly.com>

**Thank you! ?**  
**It's QUESTION TIME!!**

