**HERO VS VILLAINS**

**Hero Vs Villains Team Games**

#### TEACHING POINTS EQUIPMENT

* Pre-set area Cones, whistle.
* Safety when running (‘look where going’)
* Good Sportsmanship

INSTRUCTIONS

* Before you start the games, split children into two teams- heroes and villains.

**Cone Heroes:**

* Spread out different coloured cones around the space. Each cone represents a different superhero.
* Red= spiderman Blue=superman Yellow= batman green= hulk
* Children move around in ways instructed by the Coach. When the whistle is blown a Coach calls out a superhero and children have to pick up the correct colour cone
* Whoever picks up the correct colour the quickest wins a point for their team- hero or villains. You can also award points to children that are moving around the space well/in a big space.

**Musical/Whistle Heroes:**

* This game is opposite to bumps.
* Children move around in different ways instructed by the Coach on the floor (e.g. crawling, bear crawl, front support, back support, spinning, & sliding – inside only)
* When the whistle is blown or music stops children must stand up as quick as they can
* The fastest to stand up will win a point for their team (heroes or villians/goodies or baddies)

**Cups and saucers**

* Spread cones around the space, some the correct way (saucers) and some upside down (cups)
* Assign cups and saucers to the goodies and baddies teams. Heroes/Goodies= the correct way up (saucers) and Baddies/Villains the wrong way up (cups)
* Children move around the space in ways instructed by the Coach turning the cones the way that has been assigned for their team.
* When the whistle blows everyone must sit down in their teams and no more cones can be turned over. The team with the most cone their way will win a point for their team.

**Hero islands**

Teaching Points Equipment:

* Safety When moving (look where going) 4-6 sets of different coloured cones.
* Safety when tagging (not too hard)
* Fair Play and good sportsmanship
* Pre-set area

Set up:

* Create 4-6circles/areas of different coloured cones spread around the space.

Aim:

Remember the names of the Islands and be the quickest to the correct Island when instructed.

Instruction

* Give each coloured Island a country name from around the world.

E.g. Red= China Blue= France Yellow= India Green= Brazil White= England

* Each country should have a Superhero that protects that country (again linked to the colour)

China= Spiderman France= Superman India= Batman Brazil= Hulk White= Iron Man

* Children move around the space as instructed by the coach
* When the whistle is blown and a Coach calls out a country, children must go to the correct colour Island and pose like the superhero that protects that country.
* The quickest to the correct island will win a point and the best Superhero pose.

**Progressions/alternatives:**

* After a few rounds add in equipment at each Island and children have to perform a superhero skill with the equipment at the correct superhero island/country.
* For example: balls (superman saving us from a meteorite), bat & Ball (bat-man!!!), skipping ropes (spiderwebs)…
* Children can have a piece of equipment to practice skills with whilst moving around the space and must travel and move to the correct Island with their equipment.

**Captain America: Frisbee/Shield Soccer**

#### TEACHING POINTS EQUIPMENT

* Pre-set area Hoops (X2) or cones
* Safety when running (‘look where going’) Frisbee (X2)
* Safety when throwing Frisbee
* No snatching
* No running with the frisbee

AIM:

* Pass Frisbee between team and score points by passing to ‘goal tender’ standing in hoop/square of cones at

opposite end of area.

INSTRUCTIONS

* Children divided into two teams of equal numbers. Ask teams to choose an Avenger as a team name and we are just going to imagine that we have Captain America ‘s shield that we are passing around the pitch to score points.
* Show the children the correct Frisbee throwing technique and get them to have a little practice between their team making sure everyone gets a turn.
* Choose a goal tender from each team who should stand in a hoop/square of cones; one at either end of the area
* Make sure children know which way they are shooting.
* Encourage team work, communication and defending if the other team have the Frisbee
* Just like in football children should spread out and pass the Frisbee to each other aiming to pass to their own coloured goal tender who needs to catch it in the hoop.
* If the Frisbee is not clean caught it does not count as a goal.

Tips/Progressions:

* Keep changing Goal tender
* Give a time limit they have to pass the Frisbee in
* No running with the Frisbee

**Fantastic 4 Way Bench ball**

Teaching Points Equipment can include

* Focus/Engagement Large netballs or bouncy balls
* Sportsmanship Benches or alternative- (Mats/cones area)
* Safety standing on benches
* Safety when moving
* No snatching

Set Up:

* Place 4 benches in the space with a team member from each team on a bench

Instruction:

* **Teams:** Divide children into 4 equaland let them choose a hero or villain name for their team.
* **Choose a catcher.** Pick 1 person on each team to stand on a bench to catch their teams balls thrown.
* Children spread out in the space and when the whistle blows at the start of the game 1 ball is thrown in.
* **Dribbling:** This version of benchball is played like basketball, where children can dribble around the space and other teams can try to tackle and defend their goal.
* **Throw to your teammate.** Your goal will then be to throw to your teammate on the bench. If he/she makes the catch you join him/her on the bench trying to catch more balls from your team.
* **Prevent the catch.** At the same time as trying to get on the bench, you have to prevent other people from joining their team on the other benches by trying to block any throws or intercept any throws. By doing this you are preventing the people on the bench from the other team to make any catches.
* **Extra Ball:** After a few minutes another ball (or 2) can be introduced to allow children to have more turns and to make it harder
* **Safety:** Putting a semi-circle of cones around the bench will help stop defenders jumping into the team on the bench and causing them to falloff
* **Winning the game.** Once your whole team is on the bench you've won the game and you can reset to play again or when the whistle is blown the team with the most players on bench are the winners.

Tips: If younger children you can play on mats to prevent them from falling off benches and/or bring benches closer.