

Panathlon

W/B 1st February 2021

Hi Everyone!

Please find the activities for Week 3 of the Panathlon.

Week Three: w/b 1st February 2021

Activity 1: Messi Football

Activity 2: Noughts and Crosses

Activity 3: Pirate ship

Have Fun!

Messi Football



Video Link - https://youtu.be/l_ZxFt5DmoA

Equipment:

- **Football**
- **Goal** (two sticks, canes, buckets, jumpers)
- **2 x Tall Cones** (sticks, canes)
- **6 x Plant Pots** (pile of leaves, hats)
- **Kitchen Timer** (stopwatch)

Set-up: See diagram below. Place the 2 tall cones in the goal to create three equal sections.

Aim: “Dribble the ball through two sets of plant pots and then score a goal!”

- From the start line, dribble the ball through the first sets of pots and continue to the right set of pots.
- Once through the second set of pots, shoot to score. You can get as close as you want, before shooting.
- On the next round, continue to the left set of pots - alternate sides for each turn.

Scoring:

- 1 point = Goal scored in the middle section
- 2 points = Goal scored in either of the two outer sections, as below diagram.
- **Timed:** Total points based on one minute of play. Retrieve your own ball, return to the start line.
- **High Score:** 8 continuous turns. How many points can you score? (*16 points being the highest score possible.*)

Variations:

- Alternating striking feet.
- Strike with your non-dominant foot.
- Dribble with your left foot only when playing through the left side. Dribble with your right foot only whilst playing to the right side.
- If with a friend or family member, involve passing. Pass to the player at the start line, then, have a 1-2 return pass after the cones, before shooting.
- Play Basketball. Dribble, then bounce pass or chest pass into the goal.
- Wheelchair users: May hold the ball in hands and throw the ball at the goal.

Noughts & Crosses

Video Link - <https://youtu.be/mfbUcXhhPrQ>

Equipment:

- **12 x Socks rolled up, of any 2 colours - 6 of each colour** (Bean Bags, Small Balls, Scrunched-Up Foil)
- **9 x A4 Paper at Targets** (Small Hoops/Circles, Cloths/Flannels)
- **Chair** (2 Chairs for variation games)

Set-up: Place A4 Paper spaced out on the floor in a 3 x 3 pattern.

Aim: "Throw three socks to make a 3-in-a-row line."

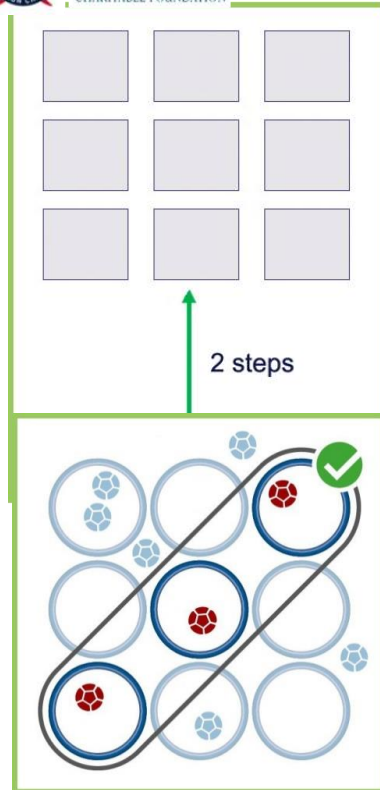
- From a seated position throw 9 socks of any colour.
- Socks must remain on the paper targets to count.
- Three-in-a-row lines can be horizontal, vertical or diagonal.
- After 9 throws, score and collect the socks.

Scoring:

- **High Score:** How many three-in-a-row lines can you make from 2 turns (9 + 9 throws)? Remove all socks after the first turn.

Variations:

- **Collaborative:** With a family member in a second chair, alternate throwing to score as many three-in-a-row lines as possible, with 10 socks, 5 each. Score & collect after all 10 socks are thrown.
- **Competitive:** With a family member. Play against each other with 12 socks, 6 socks each of 2 different colours. Both players can have socks on the same paper target.
- **Competitive - Classic 'Noughts & Crosses'.** Play against a family member with 10 socks: 5 socks each of 2 different colours. Once a paper target contains a sock, it belongs to that player. Remove any further socks that come to rest on an occupied target.
- **Competitive Quickfire:** As above, except don't take it in turns to take a throw, when you're ready to play, you play! If a sock comes to rest outside all the targets, forfeit that sock for the next game only.

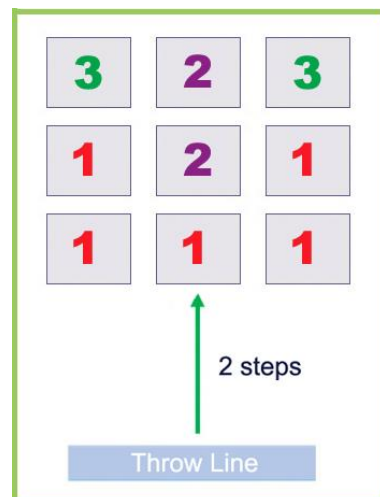


The Grid variation

Set-up: Number the paper targets: 1,1,1 / 1,2,1 / 3,2,3 as per diagram.

Scoring:

- Continue playing 'Three-in-a-Row', with above rules.
- Gain points from landing on the paper targets, *but* only record them when you score a 'Three-in-a-Row' line.
- The back horizontal row is worth 8 points (3+2+3). The right side vertical row is worth 5 points (1+1+3). Diagonals are worth 6 points (1+2+3).
- Play on your own with 9 socks, or as a collaborative or competitive version.
- Additional competitive rules:
 - **Grab Back.** Players are penalized if they throw a sock beyond the back of the grid (beyond the 3,2,3 papers). On the next throw, their opponent can choose to retrieve & replay one of their own socks (if they wish). They then have two throws in a row: (1) a retrieve & throw (2) followed by their throw in turn.
 - **Steal the space.** If you land on a target that already contains an opponent's sock, remove their sock. Continue until one player wins in the 'Classic Noughts & Crosses' game. If after 12 socks are thrown, the game is not yet won, players can choose to retrieve any of their own socks & players continue alternating turns.



Pirate Ship

Video Link - <https://youtu.be/ieMVqynrp4Q>

Equipment: 6 x Treasure Items (Rolled up socks, Board Game Counters, Soft Toys), 10 x A4 Paper with Numbers 1-10, Treasure Chest (Rug, sofa, chair), Stopwatch or Kitchen Timer

Set up: Can be done both indoors or outdoors (chalk on floor). If indoors, recommended on a non-slippery floor, or, a carpeted room.

Using A4 paper to show the hopscotch grid is optional. If you do use, can tape the paper to the floor. Consider wearing clean trainers too.

Aim: “Continuous Hopscotch to grab Treasure.”

- Hop & Jump your way to the ‘treasure’, take 1 item at a time back to the collection area behind the Start Line.
- **Round One** - Hop on numbers 1 – 4 – 7 – 10. Take 1 item. Return back to start line. Leave item in collection area.
- **Round Two** - Jumping two feet 2&3 - 5&6 - 8&9. Take 1 item. Leave item in collection area.
- **Round Three** – Full Hopscotch, alternating 1 foot to 2 feet on numbers: 1 – 2&3 – 4 – 5&6 – 7 – 8&9 – 10. Take 1 item. Leave item in collection area.
- **Repeat**, rounds 1 to 3, until all 6 items are collected (all 6 items must be in/on the collection area to finish).

Scoring:

- **Timed:** How long does it take you to collect all 6 items from the Treasure Chest & bring them back to the Collection area?

