

The Kent School Games Organisers have searched through the School Games Play Formats (fully available to you through [www.yourschoolgames.com](http://www.yourschoolgames.com)) to support PE Leaders and Teachers in selecting appropriate physical activities that can be adapted to engage children and young people at home.

The School Games Play Formats aim to motivate children into taking part in active play and physical activity. The play formats enable flexible and creative opportunities for children to become more physically active by reducing any barriers to participation.

Some children may not have the appropriate equipment available to complete the activities, however we are sure that you can suggest creative replacements such as aluminium foil balls and saucepans!

Before promoting any physical education, physical activity, physical literacy or sport-based challenges, please make sure you are clear on the difference between each category, and what you are actually setting for your children and young people to participate in.

And finally, please make sure that we are looking after our children and young people whilst they are online. Whether that is by promoting learning platforms or undertaking remote teaching, Kent Sport has provided information on its website to ensure that we keep our children safe online - [www.kentsport.org/coronavirus/coronavirus-children-and-families/coronavirus-safeguarding/](http://www.kentsport.org/coronavirus/coronavirus-children-and-families/coronavirus-safeguarding/).

Good luck, have fun and enjoy the Play Formats that we have selected for you.

*From all of the Kent School Games Organisers and the team at Kent Sport*

*#StayHomeStayActive*

#### **ATHLETICS**

<https://www.yourschoolgames.com/app/play-formats/4/>

Keepie Uppie

Individual

#### **ATHLETICS**

<https://www.yourschoolgames.com/app/play-formats/52/>

Power Jump Challenge

Individual, Pair or Family

#### **ATHLETICS**

<https://www.yourschoolgames.com/app/play-formats/8/>

Scavenger Hunt

Pair or Family

#### **COMBAT**

<https://www.yourschoolgames.com/app/play-formats/3/>

Keep your tails

Pair

#### **COMBAT**

<https://www.yourschoolgames.com/app/play-formats/50/>

Reaction Challenge

Family

#### **INVASION**

<https://www.yourschoolgames.com/app/play-formats/48/>

Invade the zone

Family

**INVASION**<https://www.yourschoolgames.com/app/play-formats/14/>

Treasure Island

Family

**NET & WALL**<https://www.yourschoolgames.com/app/play-formats/51/>

Rebound

Pair

**NET & WALL**<https://www.yourschoolgames.com/app/play-formats/47/>

Runaround

Family

**STRIKING & FIELDING**<https://www.yourschoolgames.com/app/play-formats/49/>

Catching Challenge

Family

**STRIKING & FIELDING**<https://www.yourschoolgames.com/app/play-formats/7/>

Running Goalie

Family

**TARGET**<https://www.yourschoolgames.com/app/play-formats/1/>

Clear the area

Family

**TARGET**<https://www.yourschoolgames.com/app/play-formats/2/>

Find a goal

Pair

**TARGET**<https://www.yourschoolgames.com/app/play-formats/5/>

Line Lunge

Family

**TARGET**<https://www.yourschoolgames.com/app/play-formats/6/>

Opposites Attract

Pair

**TARGET**<https://www.yourschoolgames.com/app/play-formats/9/>

Sea Battle

Family

**TARGET**<https://www.yourschoolgames.com/app/play-formats/11/>

Spot Bucket Hoop

Family

**TARGET**<https://www.yourschoolgames.com/app/play-formats/46/>

Target Challenge

Individual, Pair, Family

**TARGET**<https://www.yourschoolgames.com/app/play-formats/13/>

Tiddly Winks

Individual, Pair or Family