

Carpark Playground – Long Term Planning for Zone Activities

	Green Zone	Purple Zone	Craze of the Week	Yellow Zone	Orange Zone
Autumn 1	<p>Monday: Underarm Dodge Ball with soft balls only (whole MUGA)</p> <p>Tuesday: Bench ball Skills with 2 Tournaments (MUGA=1/3)</p> <p>Wednesday: Hockey skills with 2 tournaments (MUGA = ½)</p> <p>Thursday: Football with 2 tournaments (MUGA = ½)</p> <p>Friday: Children’s Choice (Line up winners)</p>	<p align="center">Daily: Basketball hoop & ball</p> <p>Monday: Tennis bats/balls/hoops for target</p> <p>Tuesday: Rebounder/large balls</p> <p>Wednesday: Circuits</p> <p>Thursday: Tennis net/ balls (volley)</p> <p>Friday: Tennis net/bats/balls</p>	<p>Timed challenges using...</p> <ol style="list-style-type: none"> 1. Skipping Challenges 2. Balance plates 3. Hula Hoops 4. Fidget Spinners 5. Skipping Challenges 6. Rubber Rebounders 7. Bat & Ball challenges 	<p align="center">Connect 4</p> <p align="center">Large floor games</p> <p align="center">Table top games</p> <p align="center">Yoga mats and cards</p> <p align="center">Benches for reading/chatting</p>	<p>Monday: Instruments (instrument case & Music Express)</p> <p>Tuesday: Dance (pop music & movement bag)</p> <p>Wednesday: Gymnastics (cards & jigsaw mats)</p> <p>Thursday: Instruments (instrument case & Music Express)</p> <p>Friday: Party Games (pop music)</p>
Autumn 2	<p>Monday: Underarm Dodge Ball with soft balls only (whole MUGA)</p> <p>Tuesday: Relay Games in teams of 4 (MUGA = full length)</p> <p>Wednesday: Hockey skills with 2 tournaments (MUGA = ½)</p> <p>Thursday: Football with 2 tournaments (MUGA = ½)</p> <p>Friday: Children’s Choice (Line up winners)</p>	<p align="center">Daily: Basketball hoop & ball</p> <p>Monday: Cone Turnover</p> <p>Tuesday: Rebounder/large balls</p> <p>Wednesday: Noughts and Crosses (hoops and beanbags)</p> <p>Thursday: Tail Tag</p> <p>Friday: Scoot and collect (sit on scooters , bean bags, hoops)</p>	<p>Timed challenges using...</p> <ol style="list-style-type: none"> 1. Hula Hoops 2. Skipping Challenges 3. Rubber Rebounders 4. Balance plates 5. Bat & Ball challenges 6. Skipping Challenges 7. Fidget Spinners 	<p align="center">Large Connect 4</p> <p align="center">Table top games</p> <p align="center">Hoops and beanbags for Noughts and Crosses</p> <p align="center">Yoga mats and cards</p> <p align="center">Calm colouring and weaving</p>	<p>Monday: Instruments (instrument case & Music Express)</p> <p>Tuesday: Dance (pop music & movement bag)</p> <p>Wednesday: Gymnastics (cards & jigsaw mats)</p> <p>Thursday: Instruments (instrument case & Music Express)</p> <p>Friday: Party Games (pop music)</p>
Spring 1	<p>Monday: Underarm Dodgeball (whole MUGA & soft balls)</p> <p>Tuesday: Wicket Target (Whole MUGA, wicket each end, cones ‘stride width’ around wicket)</p> <p>Wednesday: Hockey Skills (2 tournaments in MUGA)</p> <p>Thursday: Football (2 tournaments in MUGA)</p> <p>Friday: Children’s Choice (Lining up winners)</p>	<p align="center">Daily: Basketball hoop & ball</p> <p align="center">Balance and Co-ordination</p> <p>Monday: Bean bag obstacle course (bag on head, cones, hoops)</p> <p>Tuesday: Egg & Spoon obstacle course</p> <p>Wednesday: 3 legged navigation course</p> <p>Thursday: Noughts and Crosses (hoops and beanbags)</p> <p>Friday: Scoot and Collect (scooters, beanbags and hoops)</p>	<p>1 or 2 minute timed challenges</p> <ol style="list-style-type: none"> 1. Skipping challenges 2. Balance Boards 3. Cone Turnover 4. Bat & Ball challenges 5. Juggling 6. Skipping challenges 	<p align="center">Large Connect 4</p> <p align="center">Table top games</p> <p align="center">Hoops and beanbags for Noughts and Crosses</p> <p align="center">Yoga mats and cards</p> <p align="center">Calm colouring and weaving</p>	<p>Monday: Dance and Instruments (pop music instrument case)</p> <p>Tuesday: Dance and Movement equipment (pop music & movement bag)</p> <p>Wednesday: Gymnastics (cards & jigsaw mats)</p> <p>Thursday: Dance and Instruments (pop music instrument case)</p> <p>Friday: Party Games (pop music)</p>
Spring 2	<p>Monday: Relay Games (Cone Turnover, Cross the River, Hoop and Beanbag Fetch, Relays)</p> <p>Tuesday: Bench ball Skills with 2 Tournaments (MUGA=1/3)</p> <p>Wednesday: Hockey skills with 2 tournaments (MUGA = ½)</p> <p>Thursday: Circuits (whole MUGA)</p> <p>Friday: Children’s Choice (Line up winners)</p>	<p align="center">Throwing & Catching:</p> <p>Monday: Tennis bats/balls/hoops for target</p> <p>Tuesday: Rebounder/large balls</p> <p>Wednesday: Circuits</p> <p>Thursday: Tennis net/ balls (volley)</p> <p>Friday: Tennis net/bats/balls</p>	<ol style="list-style-type: none"> 1. Skipping Challenges 2. Bat & Ball challenges 3. Juggling 4. Skipping 5. Rocket throwing 6. Hula Hoops 	<p align="center">Weekly rotation of large board games, Jenga, books etc</p>	<p>Monday: Dance and Instruments (pop music instrument case)</p> <p>Tuesday: Dance and Movement equipment (pop music & movement bag)</p> <p>Wednesday: Gymnastics (cards & jigsaw mats)</p> <p>Thursday: Dance and Instruments (pop music instrument case)</p> <p>Friday: Party Games (pop music)</p>
Summer 1	<p>Monday: Underarm Dodge Ball with soft balls only (whole MUGA)</p> <p>Tuesday: Bench ball Skills with 2 Tournaments (MUGA=1/3)</p> <p>Wednesday: Hockey skills with 2 tournaments (MUGA = ½)</p> <p>Thursday: Circuits (whole MUGA)</p> <p>Friday: Children’s Choice (Line up winners)</p>	<p align="center">Ball Control</p> <p>Dribbling – hockey sticks, cones</p> <p>Bat and balls - cones & obstacles</p> <p>Throlf – hoops and bean bags</p> <p>Dribbling ball – obstacles</p>	<ol style="list-style-type: none"> 1. Skipping Challenges 2. Bat & Ball 3. Balance plates 4. Skipping Challenges 5. Rocket throwing 6. Yoyos 	<p align="center">Connect 4</p> <p align="center">Jenga</p> <p align="center">Yoga mats and cards</p>	<p>Monday: Dance (pop music & movement bag)</p> <p>Tuesday: Gymnastics (cards & jigsaw mats)</p> <p>Wednesday: Instruments (instrument case & Music Express)</p> <p>Thursday: Instruments (instrument case & Music Express)</p> <p>Friday: Party Games (pop music)</p>

Summer 2	<p>Monday: Underarm Dodge Ball with soft balls only (whole MUGA)</p> <p>Tuesday: Bench ball Skills with 2 Tournaments (MUGA=1/3)</p> <p>Wednesday: Hockey skills with 2 tournaments (MUGA = ½)</p> <p>Thursday: Circuits (whole MUGA)</p> <p>Friday: Children's Choice (Line up winners)</p>	<p>Daily: Basketball hoop and large Rebounder</p> <p>Monday: Hoops and beanbags</p> <p>Tuesday: Bats and balls with a target to aim at</p> <p>Wednesday: Balances</p> <p>Thursday: Wooden hoop target</p> <p>Friday: Wave</p>	<ol style="list-style-type: none"> 1. Rubber Rebounders 2. Skipping Challenges 3. Fidget Spinners 4. Juggling 5. Skipping Challenges 6. Balance plates 7. Hula hoops 8. Frizbees 	<p style="text-align: center;">Connect 4 Twister Yoga mat and cards</p>	<p>Monday: Instruments (instrument case & Music Express)</p> <p>Tuesday: Dance (pop music & movement bag)</p> <p>Wednesday: Gymnastics (cards & jigsaw mats)</p> <p>Thursday: Instruments (instrument case & Music Express)</p> <p>Friday: Party Games (pop music)</p>
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