

# Treasure Chest

Get set to:

**Travel  
along the  
ground**

## Per team you need

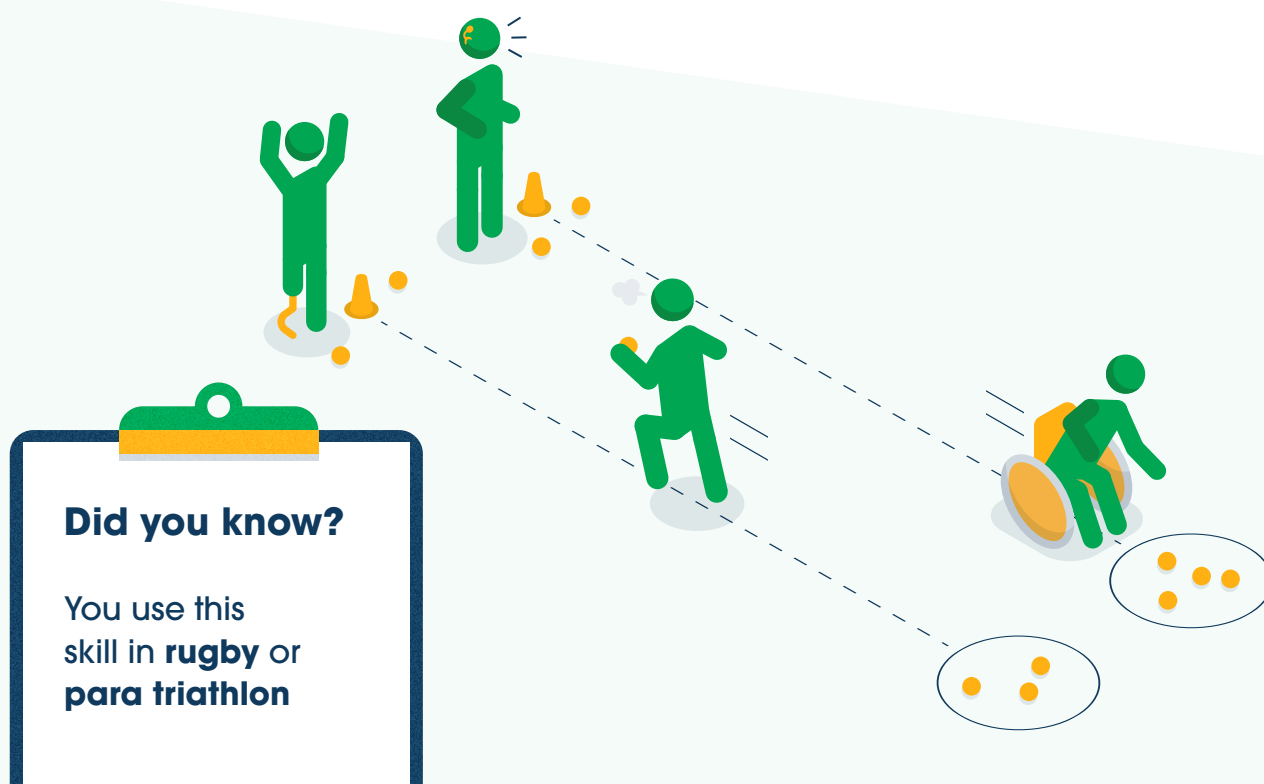
- 1 hoop (baskets, chalk circles).
- 4 bean bags (socks, water bottles).
- 1 marker (chalk mark, tape).

## Be skilful!

- Use your arms to increase speed.
- Stop with control.

## Be safe!

- Look where you are going.
- Wait at the start for your turn.



### Did you know?

You use this skill in **rugby** or **para triathlon**

## How to play

1. Each person/team stands behind the start line.
2. Give each person/team a treasure chest. Place it opposite, on the far side of the space.
3. Move (or in teams take turns) to collect a piece of treasure.
4. How quickly can you collect your treasure?
5. Play again to beat your time.

## Switch it!

- Walk, wheel, hop, skip, crawl.
- Compete against other players/teams.
- Put the treasure on a table/box.

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For more activities: [getset.co.uk/path-to-paris](https://getset.co.uk/path-to-paris)

# Pirates

Get set to:

**Travel  
along the  
ground**

## You need

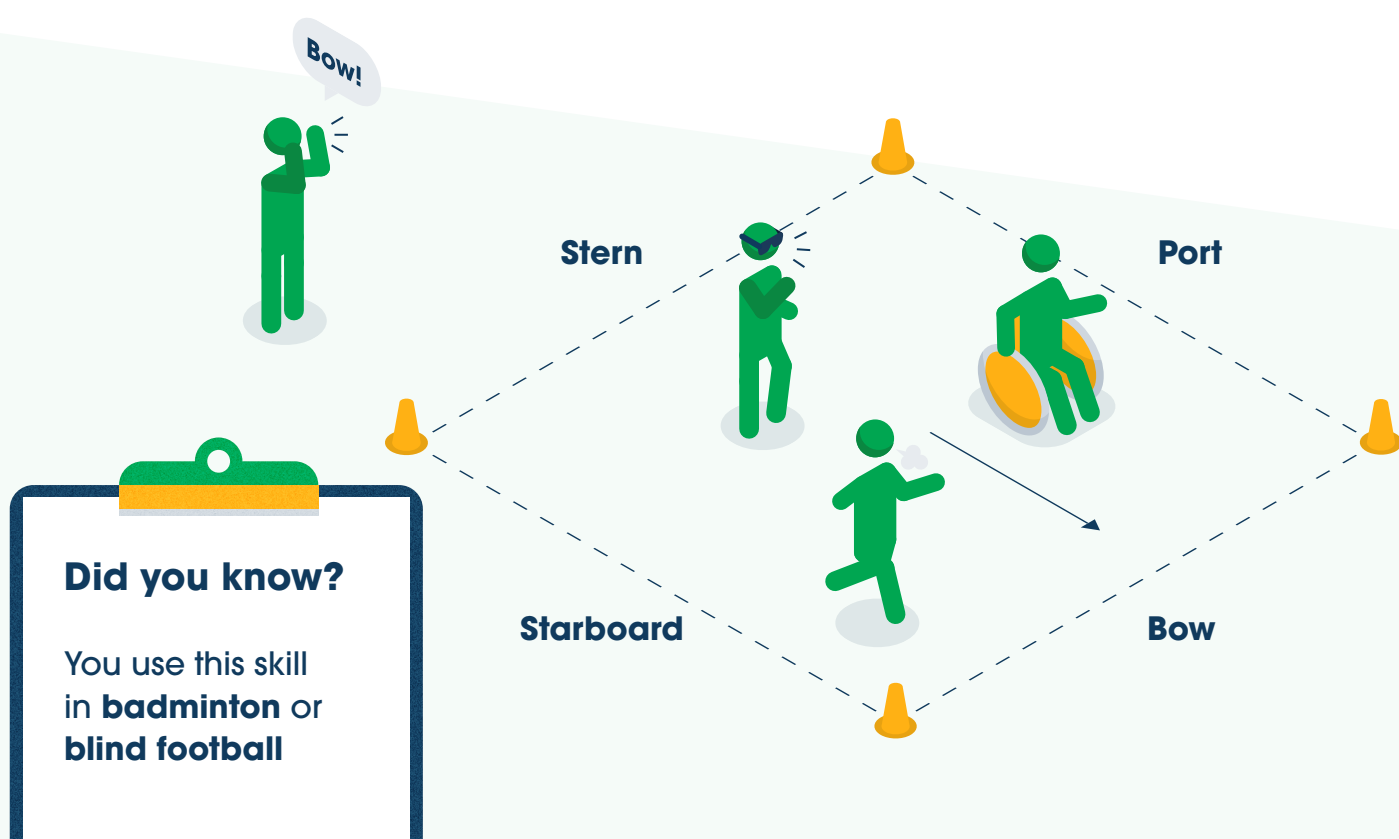
Optional: 4 signs for port (left), starboard (right), stern (back), bow (front) sides of the 'ship'.

## Be skilful!

- Get ready to change direction.
- Move forward, backward, sideways.

## Be safe!

- Look where you are going.
- Wait at the start for your turn.



## How to play

1. Start in the middle of the ship.
2. A caller shouts ship sides.
3. Move to the correct side of the ship
  - travel forwards to bow, backwards to stern, sideways to port and starboard.
4. Shout "Captain's coming!" to return players to middle of ship.

## Switch it!

- Turn and travel forwards to each side of the ship.
- Walk, jog, sprint, wheel, skip, hop.
- Use gears for speed – 1st, 2nd, 3rd.
- Add sailing actions, e.g., "Sea is choppy!" – move creatively!

# Chain Reaction

## You need

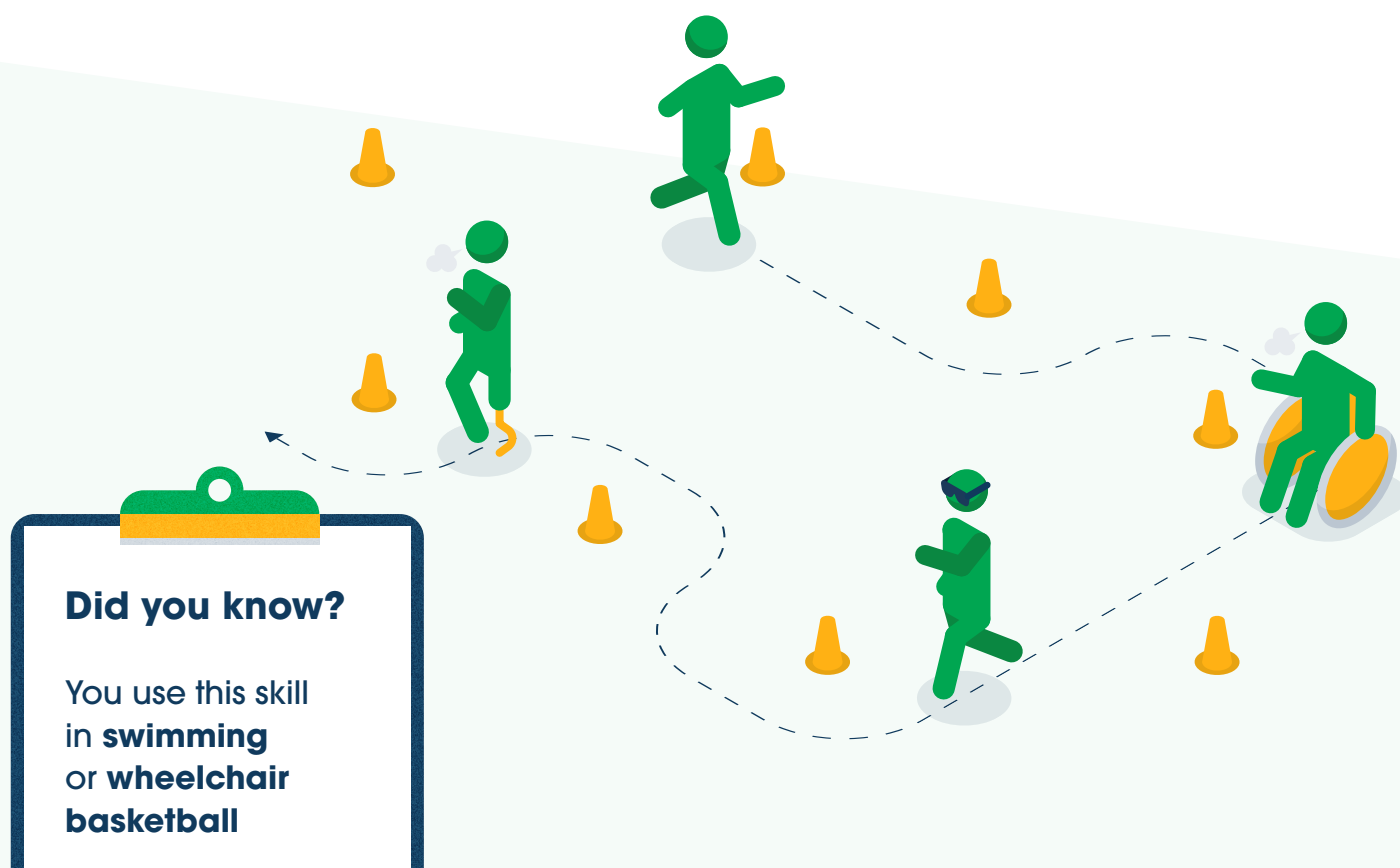
8 markers  
(cones, chalk marks,  
tape crosses, plastic.

## Be skilful!

- Zig-zag fluently  
– with a smooth flow.
- Change direction fast.

## Be safe!

- Adjust your speed  
to the group.
- Do not overtake anyone.



## How to play

1. Set out markers in a large circle.
2. A starts to zig-zag between the markers.
3. B starts as A reaches 2nd marker... and so on until everyone is involved in the chain.
4. On "Change!", turn and move in opposite direction.
5. Keep moving and changing.

## Switch it!

- Walk, wheel, run, hop, skip, skate.
- Change the number and spacing of markers or size of circle.
- Hold a rope to help stay in a line.
- Stop before changing direction.

# Tail Tag

Get set to:

**Travel  
along the  
ground**

## You need

- 1 tail per player (tags, bibs, scarves, dusters, long socks).
- Music (optional).

## Be skilful!

- Change speed and direction.
- Travel forwards, backwards, sideways.

## Be safe!

- Look where you are going.
- Do not bump into anyone.



## Did you know?

You use this skill in **beach volleyball** or **wheelchair tennis**

## How to play

1. Mark out the playing area.
2. Give each player a tail.
3. On "Go!", move and try to steal each other's tails.
4. Play for 60 seconds then stop.  
How many tails do you have?
5. Return everyone's tails and play again.

## Switch it!

- Walk, wheel, run, hop, skip.
- Give some players more than one tail to start with.
- Have a 5-second safe zone.
- Play in pairs or teams.

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For more activities: [getset.co.uk/path-to-paris](https://getset.co.uk/path-to-paris)



# Jump Golf

Get set to:

**Travel  
through  
the air**

## You need

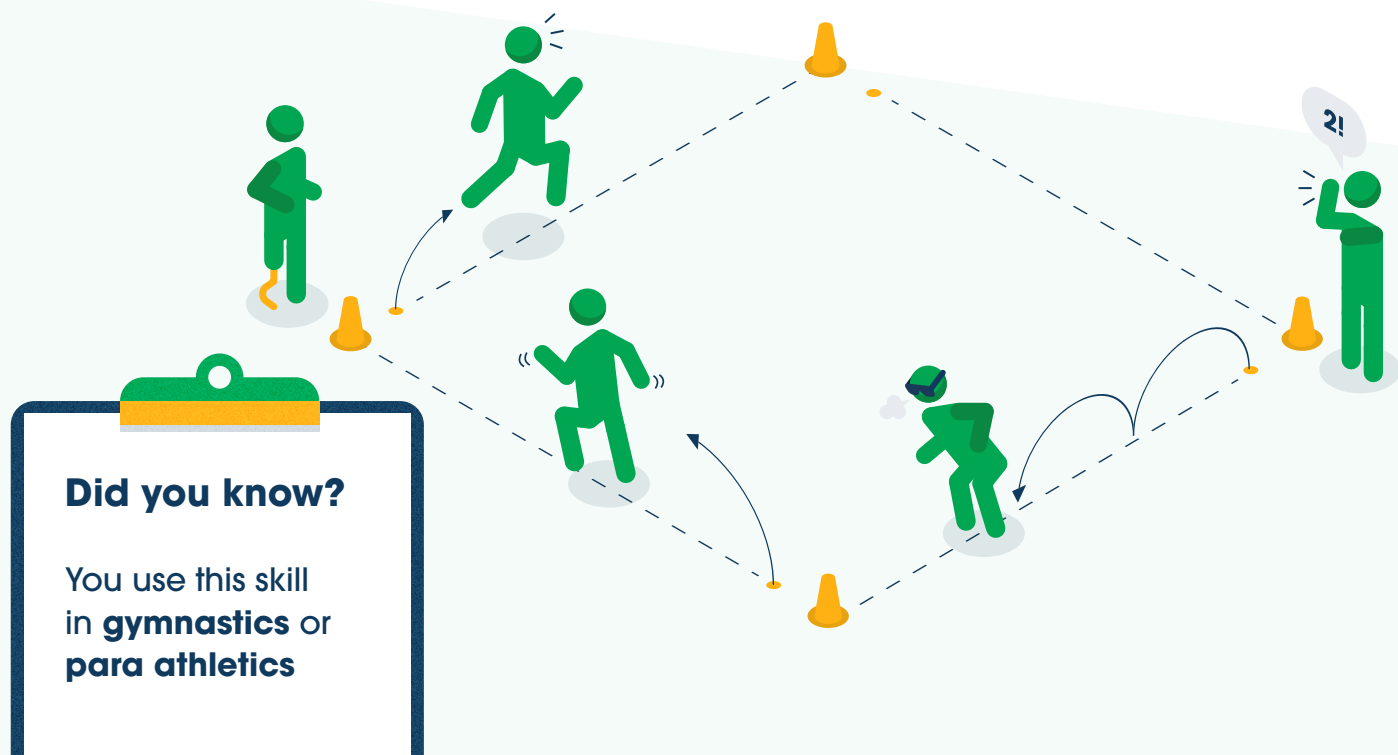
4 'tees' and 4 'flags' for each 'hole' (cones, spots, chalk marks, tape, plastic cups, socks).

## Be skilful!

- Use your arms and legs for power.
- Look towards your target.

## Be safe!

- Bend your knees on landing.
- Do not jump on to markers.



## How to play

1. Set up a course (like golf) of 4 holes – tee to mark start and flag to mark end of each hole.
2. In pairs, take turns to jump from the tee towards the flag.
3. How many jumps does it take each of you to reach each hole? How many jumps in total?
4. Can you both get a lower score next time?

## Switch it!

- Push, stride, standing jump, running jump, roll, cartwheel.
- Give players a handicap – tallest has a score before starting.

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# Jump Off

Get set to:

**Travel**  
through  
the **air**

## Per team you need

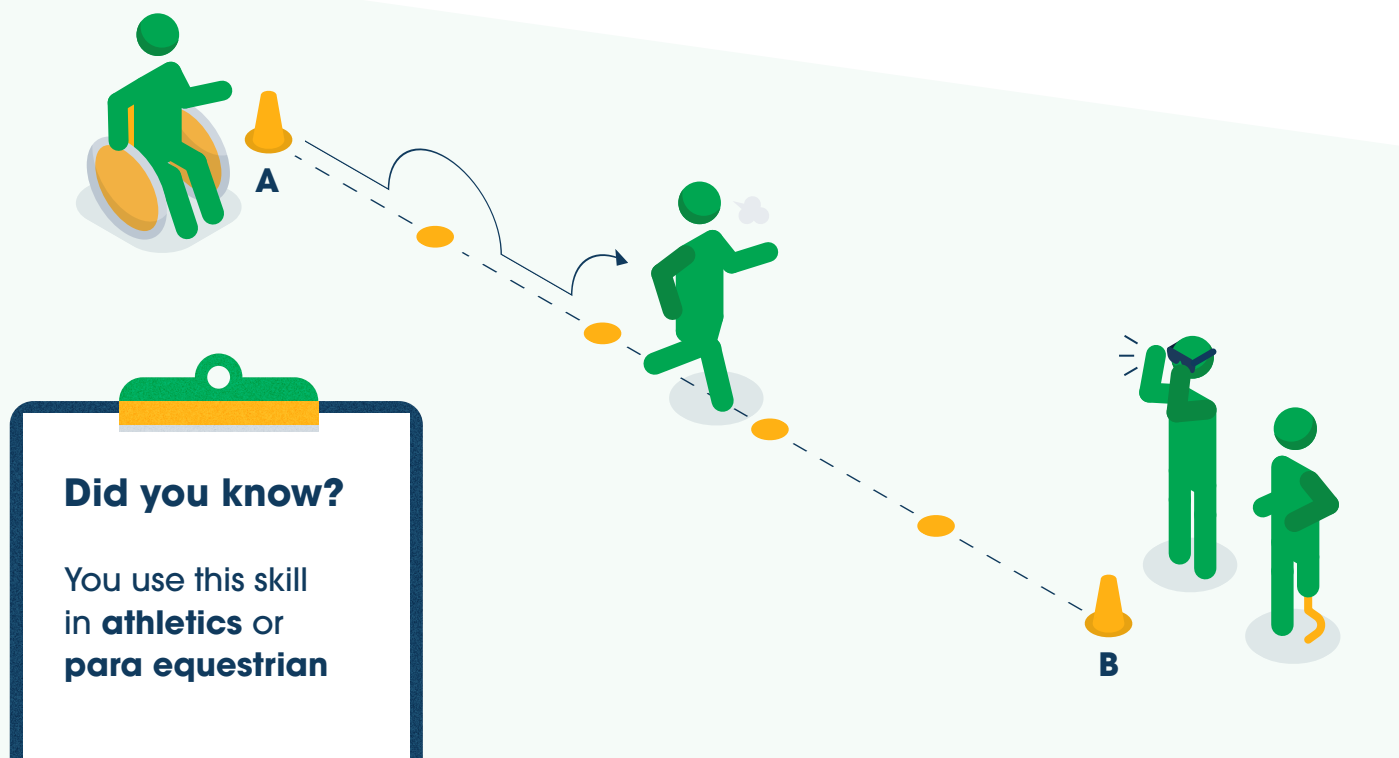
- 4 obstacles (hurdles, cones, boxes, cushions).
- 2 markers (cones, spots).

## Be skilful!

- Use your arms and legs for power.
- Adjust your speed and stride.

## Be safe!

- Bend your knees on landing.
- Do not have fixed obstacles.



### Did you know?

You use this skill  
in **athletics** or  
**para equestrian**

## How to play

1. Play as a continuous relay.
2. Spread 4 obstacles in a line.
3. Half the team starts from marker A, half starts from marker B.
4. Player 1 moves to opposite marker, jumping the obstacles on the way. 2 travels back and so on.
5. How many runs can you make successfully in 2 mins? Touching an obstacle loses that run.

## Switch it!

- Push or jump between obstacles.
- Change the distance or the spacing or height of obstacles.
- Climb over apparatus (NO timing!).

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