

Active Breaks

In Faith Settings



**We've created some videos for the
game cards, scan the QR code to
watch them**

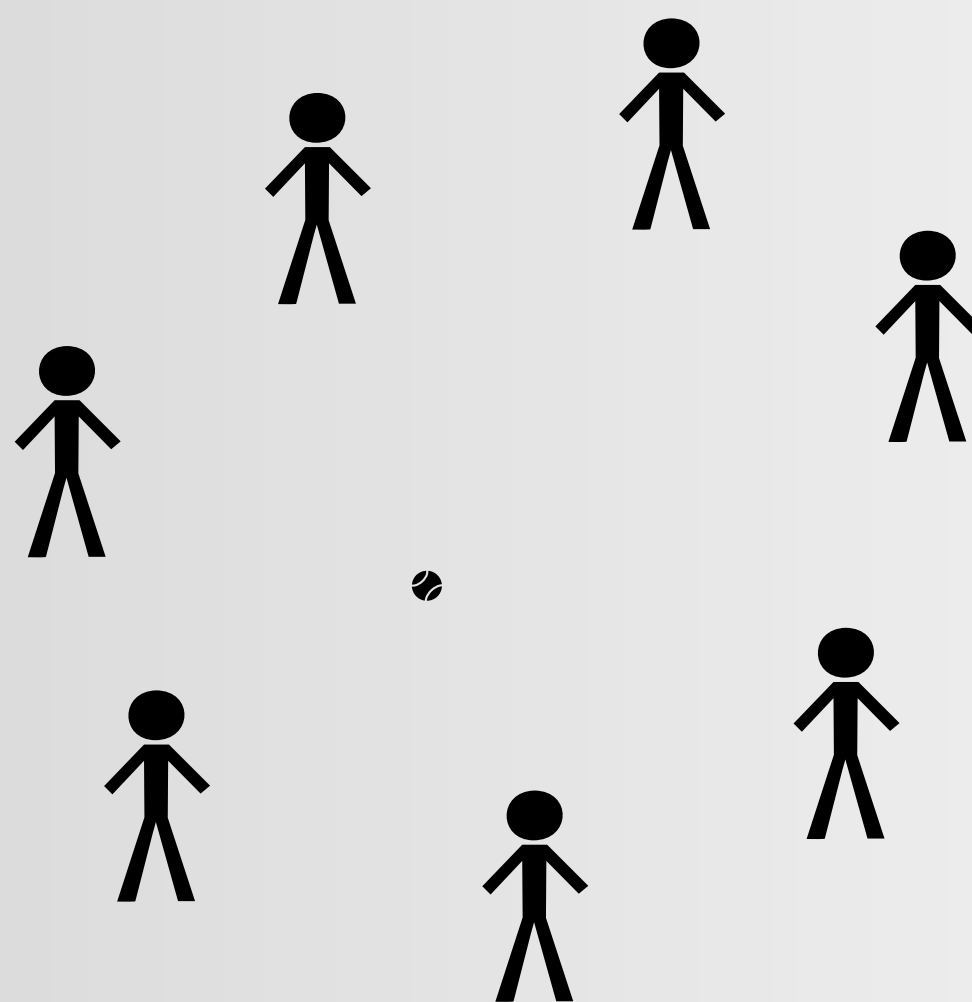


Special thank you to Muhammadi Masjid for allowing us to film our videos in their venue and to the kids for helping us out

Active Breaks

In Faith Settings

GAME 02 - ONE TOUCH



Equipment Needed:

- Rackets
- Soft Ball

How to set up:

Players form a circle

How to play:

Players must keep the ball in the air by hitting the ball with their hands and can only hit the ball once at a time. The player who drops the ball, or hits the ball twice in one go must do 3 burpees.

S

Cone out playing zone- players can't leave the zone

SPACE

T

Whoever drops the ball or hits the ball twice must do 5 burpees

TASK

E

Players have rackets and need to keep the ball in the air by hitting the ball with their racket

EQUIPMENT

P

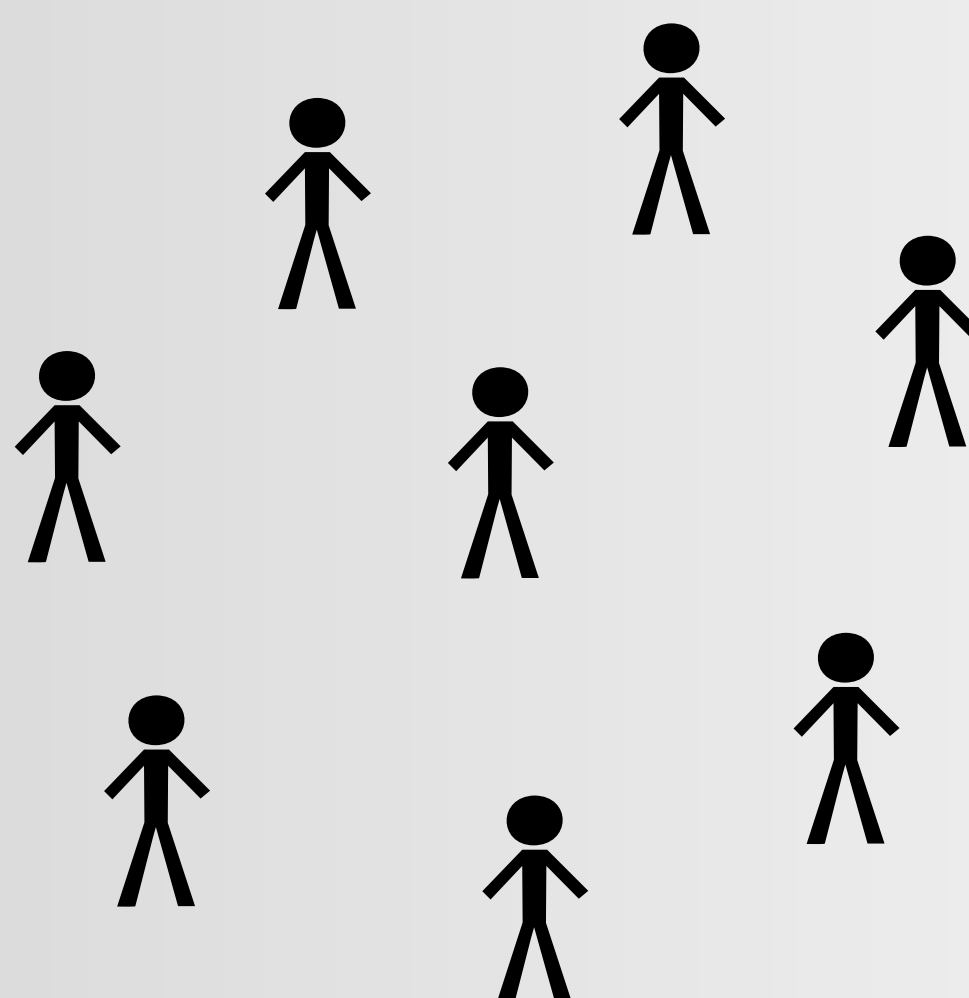
Players can be in teams and can play against each other

PEOPLE

Active Breaks

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GAME 03 - ACT OUT YOUR PASSION



Equipment Needed:
No equipment needed

How to set up:
Players form a circle

How to play:

Players form a circle, then ask one person to step into the centre and do an action that represents something they're passionate about. Afterwards, they return to the circle. The next person repeats the previous action and adds their own, and this continues until every person has participated.

S

SPACE

T

Each person should perform an action that represents their greatest strength

TASK

E

Use a variety of equipment, let the players act out their favourite sports

EQUIPMENT

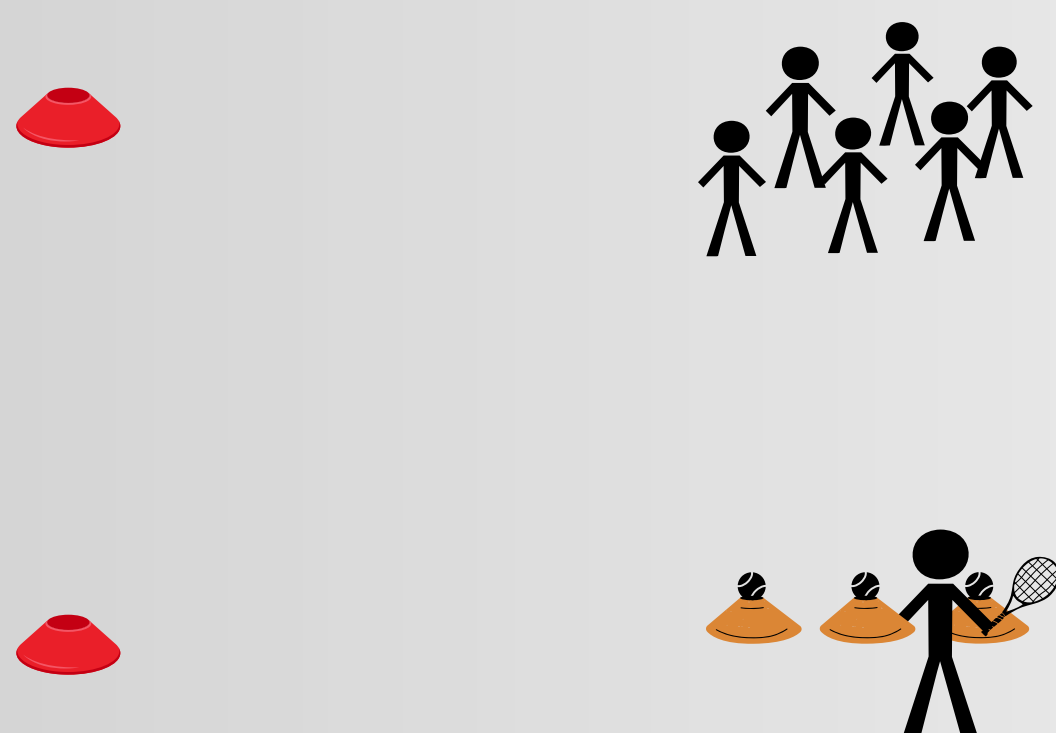
P

PEOPLE

Active Breaks

In Faith Settings

GAME 04 - THREE TEE TENNIS



Equipment Needed:

- Balls
- Cones
- Rackets

How to set up:

Place 3 balls on 3 cones and then set up two cones nearby as a running zone

How to play:

Divide the group into two teams: one is attacking and one is defending. The attacking team starts by taking turns hitting three tennis balls off the cones and then running between two other cones, earning a point for each run. The defending team spreads out to retrieve the balls and put them back on the cones once all three balls are hit. After every player on the attacking team has had a turn, the teams swap over. The team with the most points wins.

S Make the running distance longer/shorter

T Side step between cones

E Use more cones and balls

P Give individual tasks i.e. fielders hop on one leg

SPACE

TASK

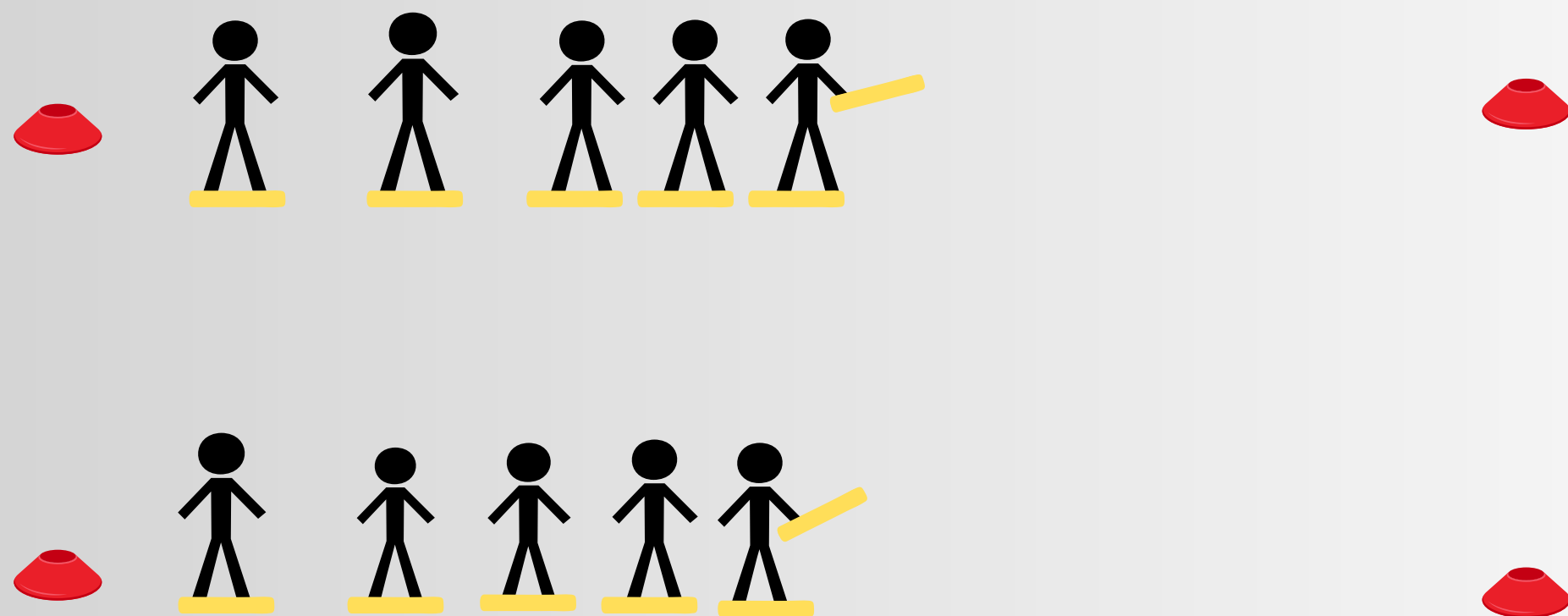
EQUIPMENT

PEOPLE

Active Breaks

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GAME 05 - CROSS THE RIVER



Equipment Needed:

- Throw Down Lines
- Balls
- Rackets

How to set up:

Using 4 cones, mark out the 'River' and give each team throw down lines one extra than the number of people on the team (e.g. a team of 5 people will get 6 throw down lines)

How to play:

Divide the group into teams and have each team select a captain. Using throw down lines, the teams must work together to cross the river without touching the floor. If anyone touches the floor, the team must start over. The first team to reach the other side wins.

S Make the River longer

T Players must cross the River with a tennis ball too and prevent it from falling

E Players must balance a tennis ball on the racket whilst crossing the River

P Make the teams smaller

SPACE

TASK

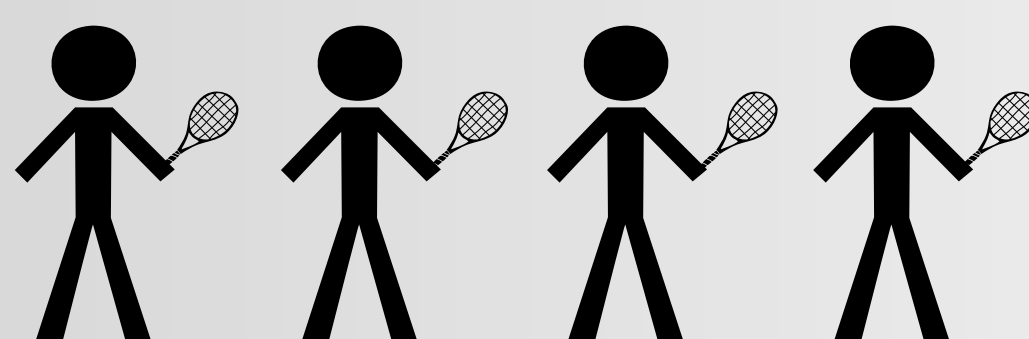
EQUIPMENT

PEOPLE

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GAME 06 - DISTRACTION



Equipment Needed:

- Balls
- Rackets

How to set up:

Players stand in a line atleast 1 metre apart

How to play:

Coach calls out a tennis shot, but the players must demonstrate the opposite shot. For example, if coach says 'forehand', players should perform a backhand, or if coach says 'volley', players should do a slice.

S

Make a circle

SPACE

T

Relate shots to tennis players

TASK

E

EQUIPMENT

P

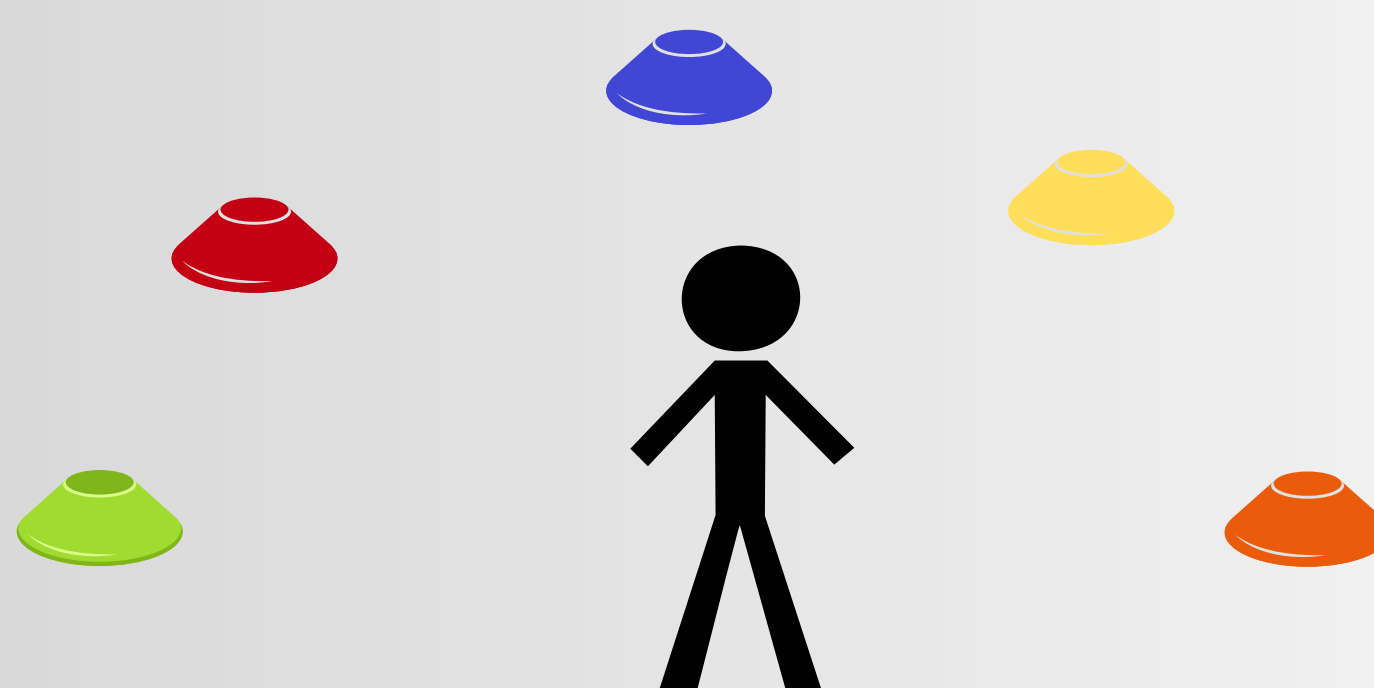
Half of the players do the correct shot whilst other half do the incorrect shot

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GAME 07 - BOP IT



Equipment Needed:

- Cones

How to set up:

Set different coloured cones in a semi circle

How to play:

Each player stands in a semi circle of cones and takes one large stride back. Coach calls out different colours, players must touch the same coloured cone and then return back to their original spot and be in a ready position.

Progression- each colour represents an action e.g. Red - star jumps, Blue - burpee etc.

S

Make the distance from the cone further

T

The colours represent a tennis movement, i.e. forehand, backhand

E

Players must put a tennis ball on the cone thats called out

P

Two people compete against each other at the same set of cones

SPACE

TASK

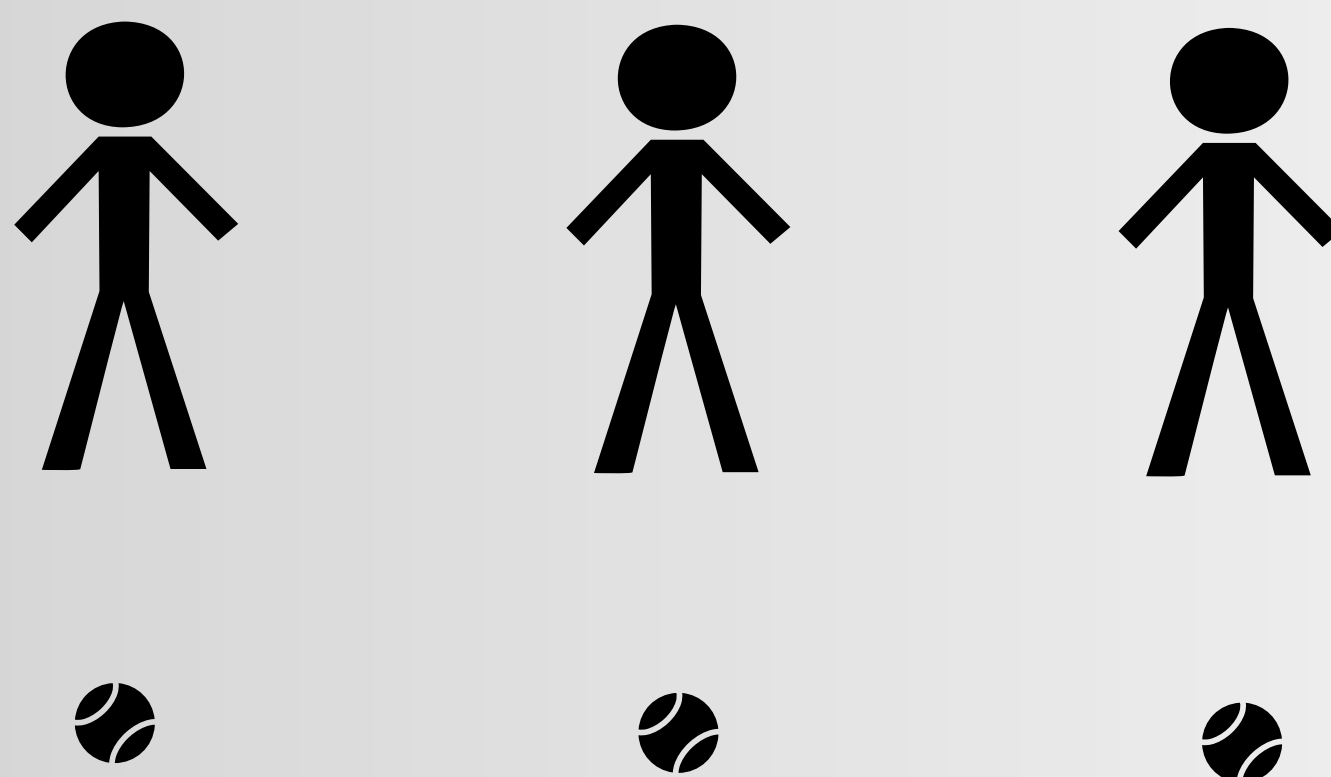
EQUIPMENT

PEOPLE

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GAME 08 – ON THE BALL



Equipment Needed:

- Cones
- Tennis Balls

How to set up:

Players spread out and place a tennis ball in front of them

How to play:

When Coach says “Go”, players tap the top of the tennis ball with their feet alternating left and right until the Coach says “Stop”

S

Increase the distance between players and the ball

SPACE

T

Add variations, e.g. players must do a burpee after 10 touches

TASK

E

Make a relay race using cones, players must run to the cone and tap it before coming back

EQUIPMENT

P

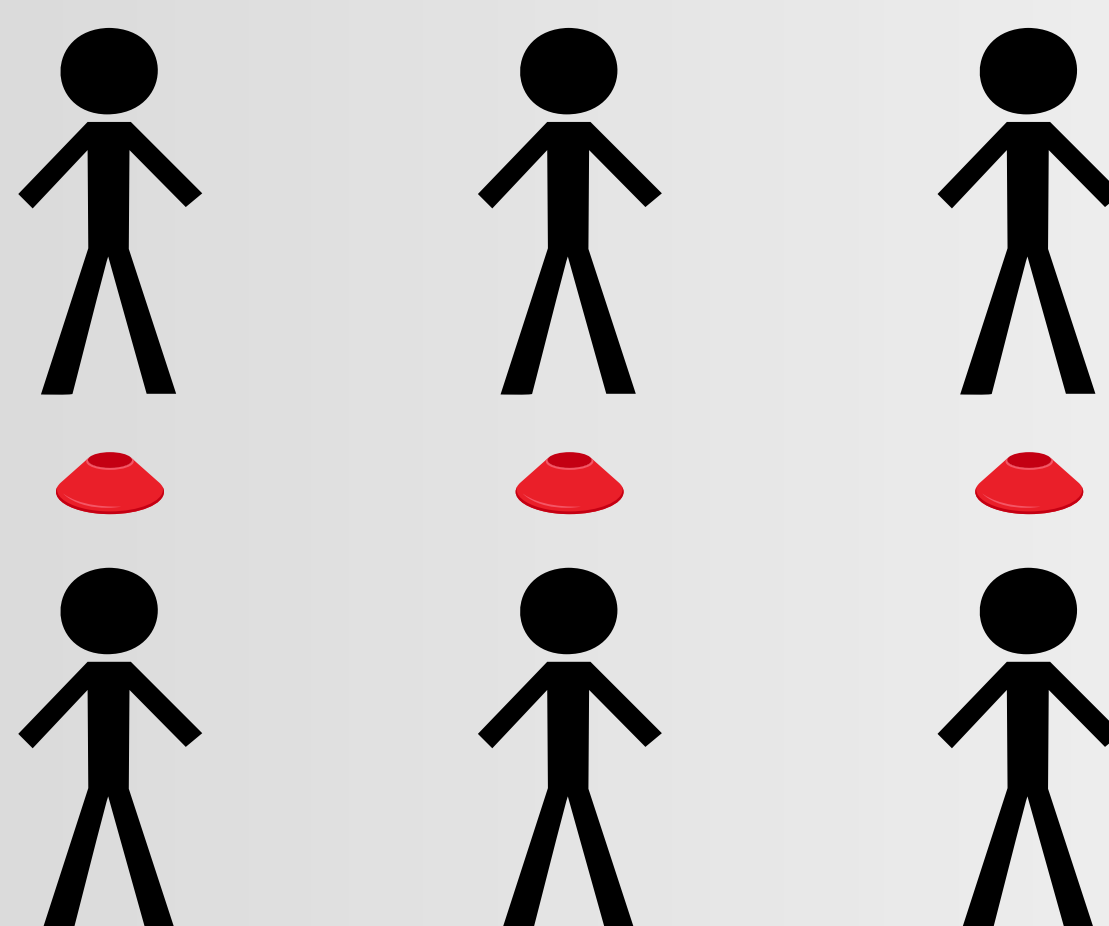
Two people compete against each other using the same ball

PEOPLE

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GAME 09 - BODY POP



Equipment Needed:

- Cones
- Tennis Balls

How to set up:

In pairs, players place a cone in the middle of where they are stood

How to play:

Coach calls out different body parts and players must point to the body part being called out. When the Coach shouts “cone”, both players race to grab the cone - whoever grabs it first wins

S

Increase the distance between players and the cone

SPACE

T

Add different tasks, e.g. 5 star jumps

TASK

E

Place a ball on the cone, Coach shouts “ball” and the players have to grab the ball

EQUIPMENT

P

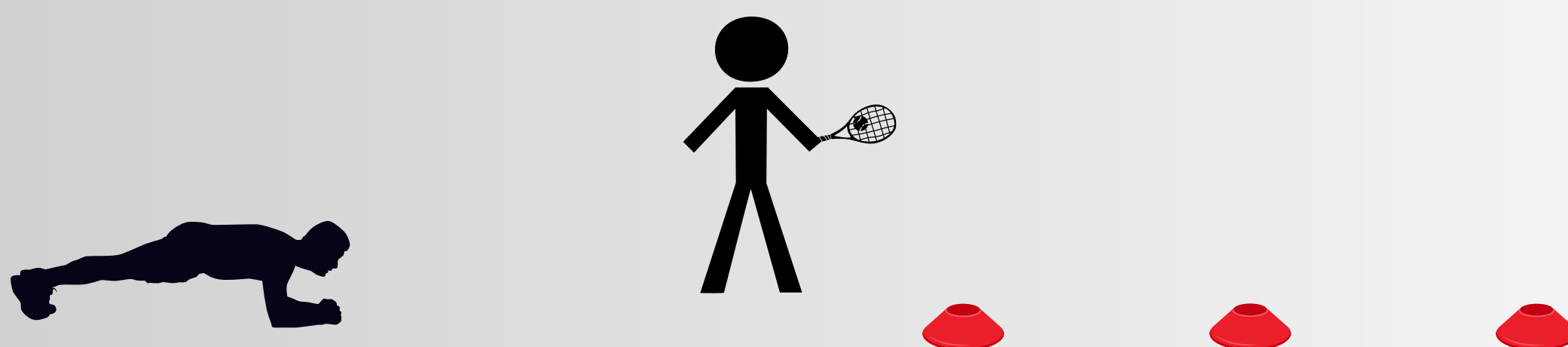
Have 3 people play against each other

PEOPLE

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GAME 10 – WALK THE PLANK



Equipment Needed:

- Cones
- Racket
- Tennis Balls

How to set up:

Set up some cones evenly spread out and players get into pairs

How to play:

One person balances ball on a tennis racket whilst going in and out of the cones, if the ball drops then they must start again. The other person must hold a plank until their partner comes back and then switch over.

S

Increase or decrease the distance between each cone

SPACE

T

Players have to bounce the ball on the racket

TASK

E

EQUIPMENT

P

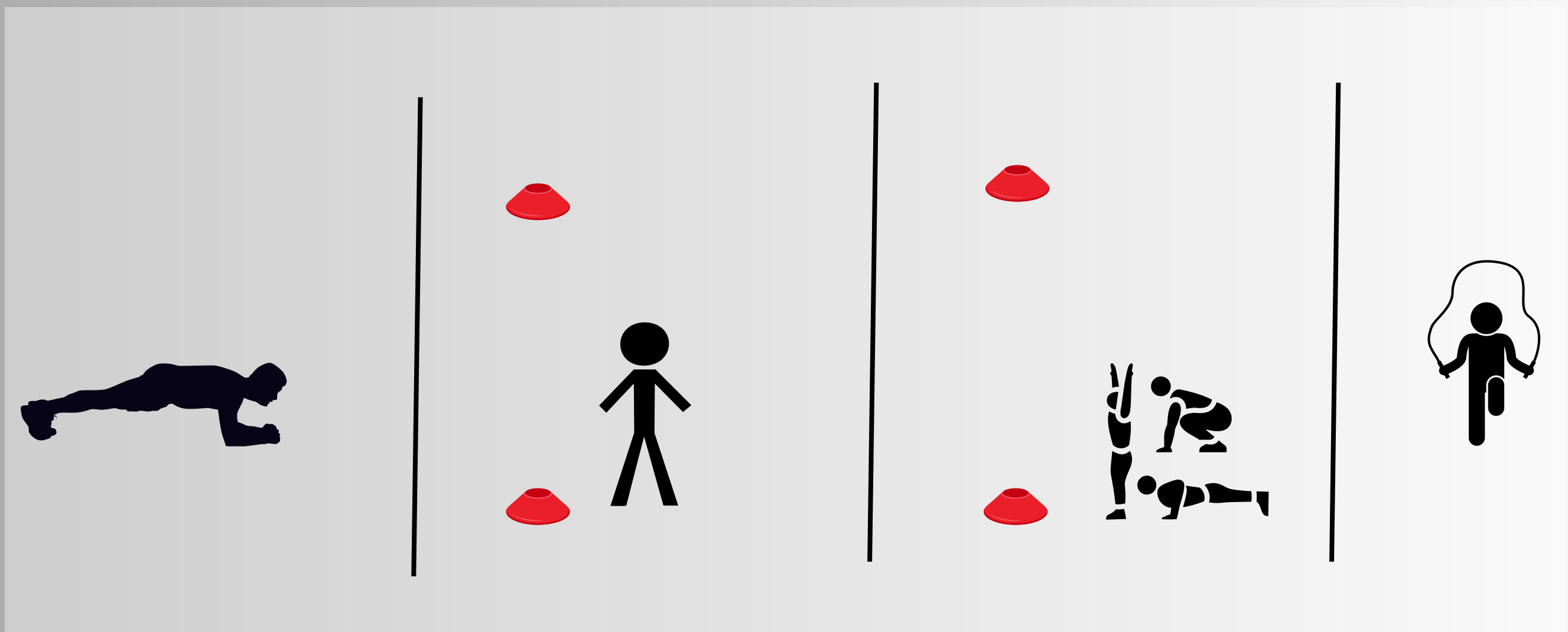
Players compete in teams

PEOPLE

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GAME 11 - CIRCUIT TENNIS



Equipment Needed:

- Cones
- Skipping Rope

How to set up:

Using the space available, create a fitness circuit

How to play:

Players go round the circuit completing each task for 1 minute with a 15 seconds rest. Some of the different tasks could be: plank with shoulder taps, lateral shuffle/side steps from one cone to another, running from one cone to another and then doing a burpee, skipping using a skipping rope

S

Increase or decrease each area for the circuits

SPACE

T

Add some more circuits

TASK

E

Add a fitness ladder

EQUIPMENT

P

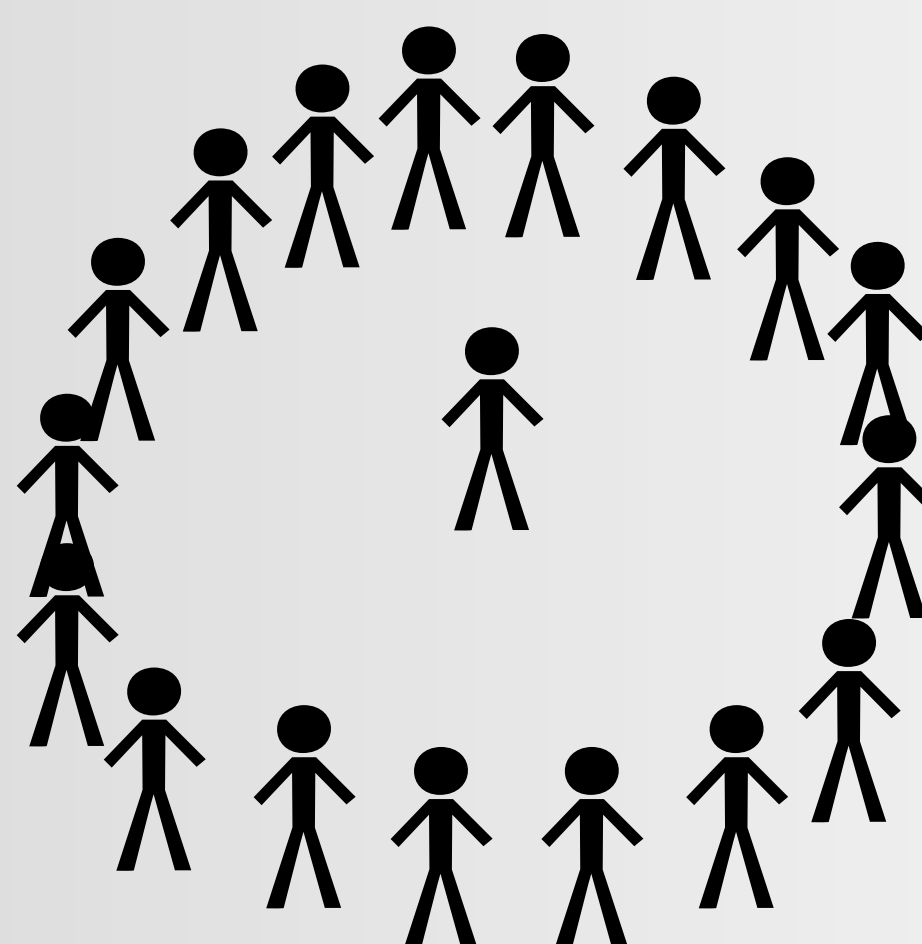
Players complete the circuit in partners

PEOPLE

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GAME 12 – CENTRE COURT



Equipment Needed:
No equipment needed

How to set up:
Players form a circle

How to play:

Choose one person to step outside/away from the group, while they're gone assign a number to each person in the circle and have everyone shuffle their positions so the numbers are mixed. Invite the person back, they have to stand in the middle and call out two numbers; the people with those two numbers have to quickly swap places whilst the person in the middle tries to steal one of their places. If they succeed, then the person who is left without a spot goes to the middle. Others can try distract the person in the middle to make it harder.

S Make the circle bigger

T Players need to hop rather than run

E

P Two people are in the middle and 3 numbers get called out

SPACE

TASK

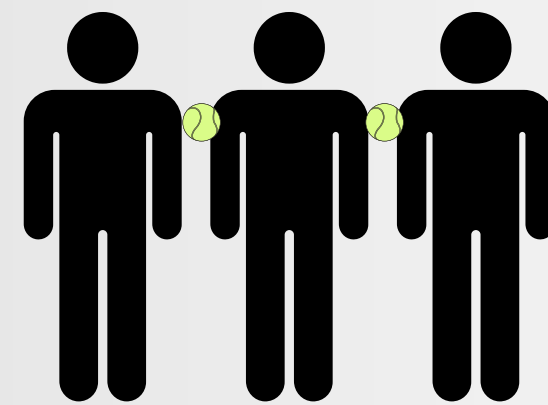
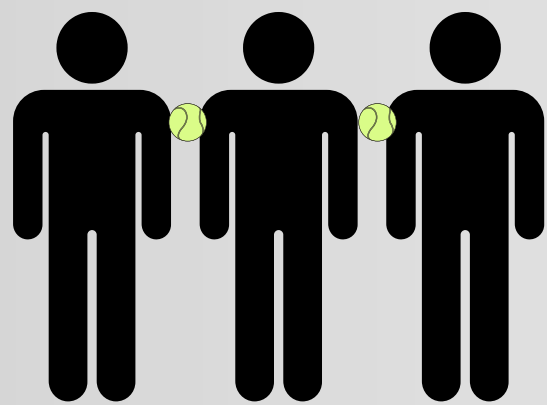
EQUIPMENT

PEOPLE

Active Breaks

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GAME 13 - COMM(UNITY)



Equipment Needed:

- Tennis Balls

How to set up:

Place two cones spaced out from each other, one marks where players start from and the other marks where players end

How to play:

This is a teamwork game called shoulder to shoulder- divide the groups into small teams, each team lines up and places a tennis ball between their shoulders. The teams race then race to the other side, if they drop any of the balls then they must start again

S

Spread the cones out further

SPACE

T

Players need to bunny hop, or lunge to the other side

TASK

E

Scatter cones where players will be running, players must avoid the cones or they need to start again

EQUIPMENT

P

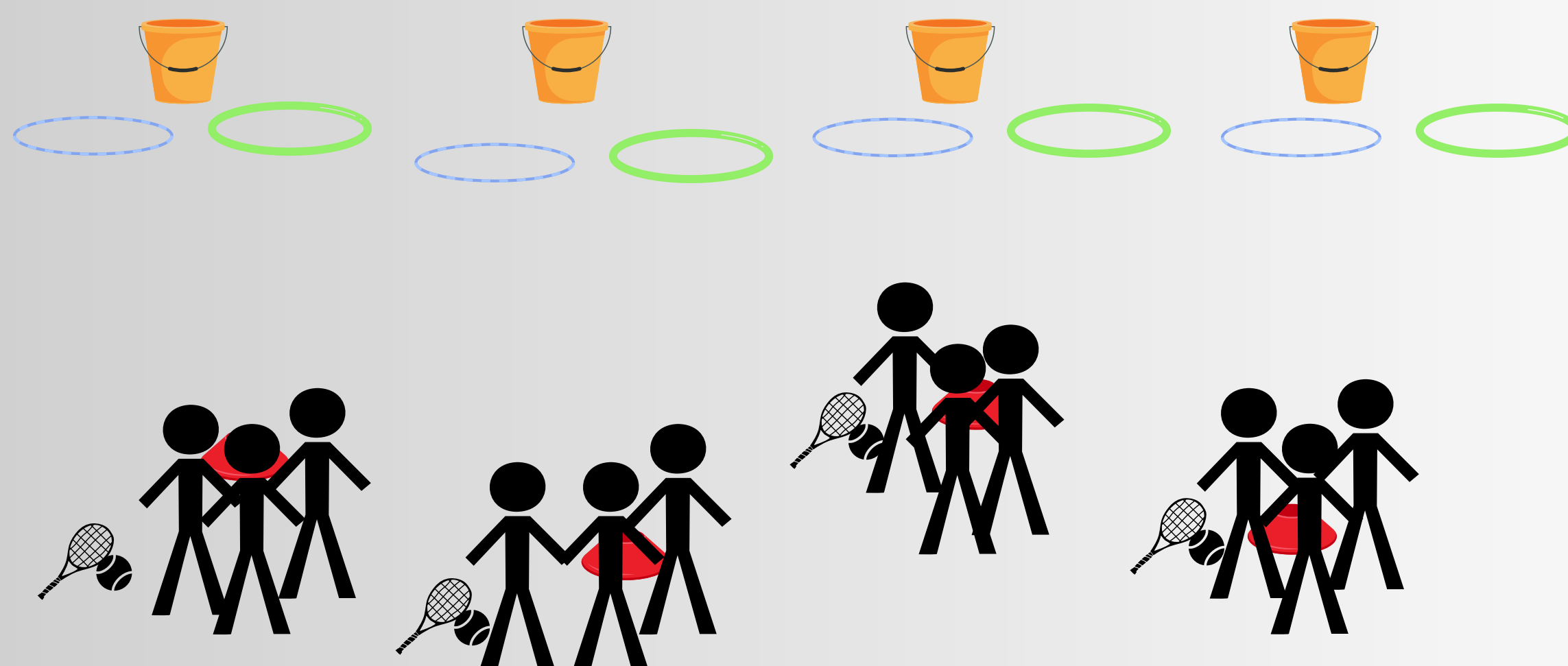
Make the teams bigger

PEOPLE

Active Breaks

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GAME 14 - ADVANTAGE



Equipment Needed:

- Tennis Balls
- Buckets
- Rackets
- Hoops
- Cones

How to set up:

Place a few buckets and hoops on one end, place some cones on the other end- not in a straight line they can be scattered. This is where the teams will stand

How to play:

Split the group up into small teams and have them stand at assigned cones (some teams will be closer to the buckets or hoops and others will be further). Each group will need to hit the tennis balls into the buckets or roll the tennis balls into the hoops and then add up their points. The team with the most points wins.

Hitting the ball into the bucket is 5 points and successfully rolling a ball into the hoop is 3 points

S Make the buckets and hoops closer or further away

T Players have to throw the ball into the hoops and do a backhand shot into the bucket

E

P Make the teams bigger or smaller

SPACE

TASK

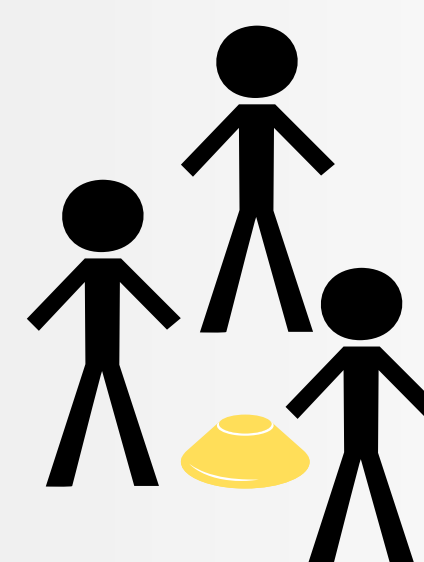
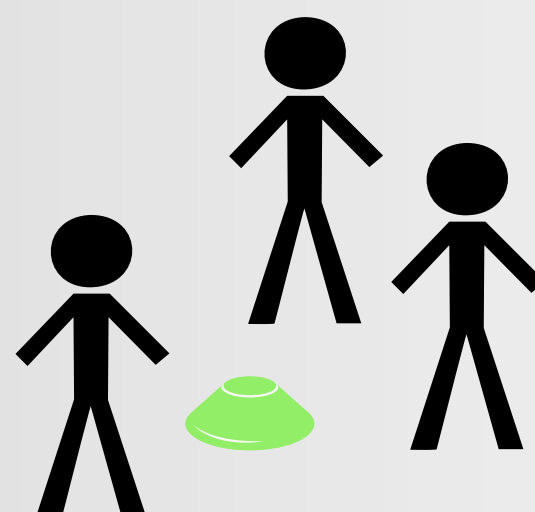
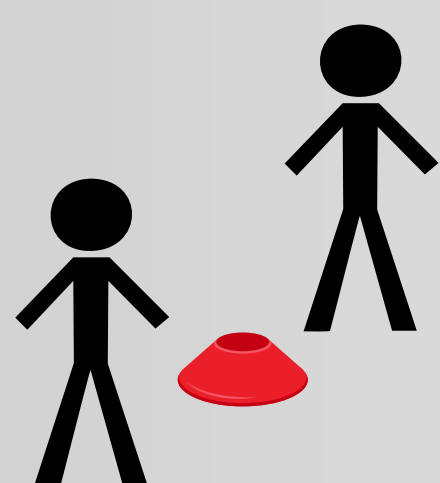
EQUIPMENT

PEOPLE

Active Breaks

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GAME 15 – CONE QUESTIONS



Equipment Needed:

- Cones

How to set up:

Place 3 different coloured cones in different areas of the space available. The cones represent a different answer, e.g. red is no, yellow is I don't know and green is yes

How to play:

Ask your group different questions, after each question they should run to the cone that reflects their answer.

S

SPACE

T

Players should skip to the cones or hop

TASK

E

EQUIPMENT

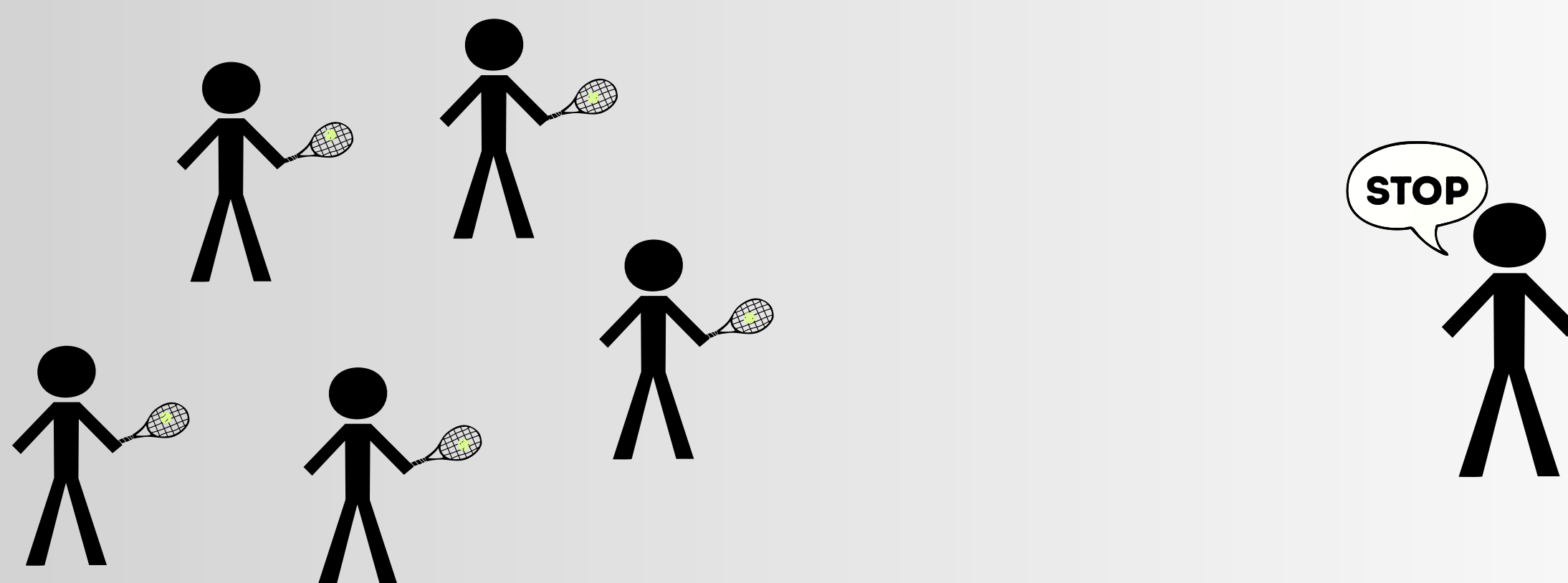
P

PEOPLE

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GAME 16 - VIDEO GAME



Equipment Needed:

- Tennis Rackets
- Tennis Balls

How to set up:

No set up needed

How to play:

There are 6 commands: **START**- players bounce their ball on the racket whilst walking, **STOP**- players freeze with the tennis ball balanced on the racket, **FAST FORWARD**- players run/jog with the ball balanced on the racket, **REWIND**- players walk backwards with the ball balanced on the racket, **PAUSE**- players must bounce their ball on the racket three times, **DELETE**- players must sit down with their ball on the racket.

Players who do the wrong command are out and the last person to sit down for **DELETE** is also out.

S

Create a zone, players must not leave the zone or they get out

SPACE

T

Players hop whilst balancing the ball

TASK

E

EQUIPMENT

P

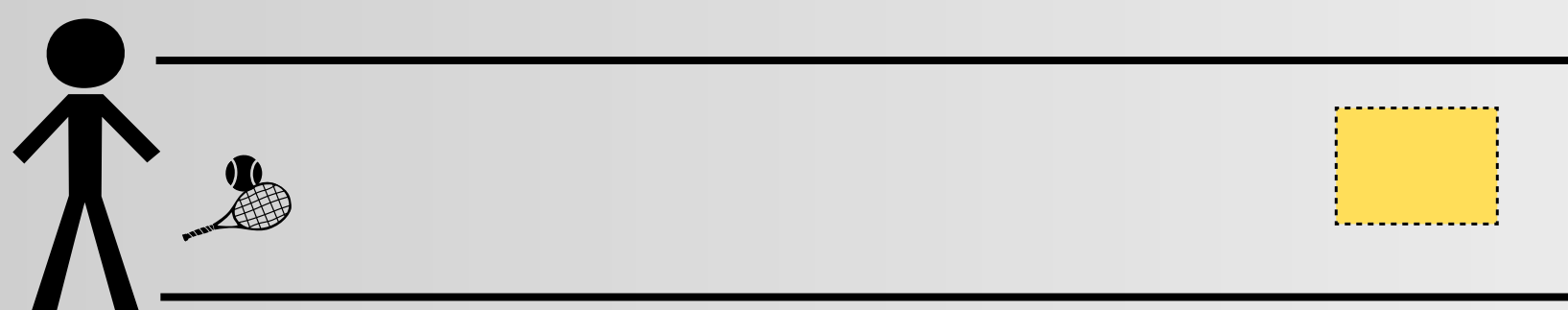
Players get into teams and complete the commands

PEOPLE

Active Breaks

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GAME 17 - GOLF TENNIS



Equipment Needed:

- Tennis Rackets
- Tennis Balls
- Floor Markers

How to set up:

Set up a mini golf course using the space available, use floor markers to create boxes

How to play:

Using a tennis racket as a mini golf club, players must try hit the ball as many times as needed to pot the ball. The winner is the one who pots the ball in the least amount of hits.

S Make the mini golf course more complicated

SPACE

T If players don't pot the ball in less than 5 hits then they do a forfeit

TASK

E Add cones on the golf course so they act as obstacles

EQUIPMENT

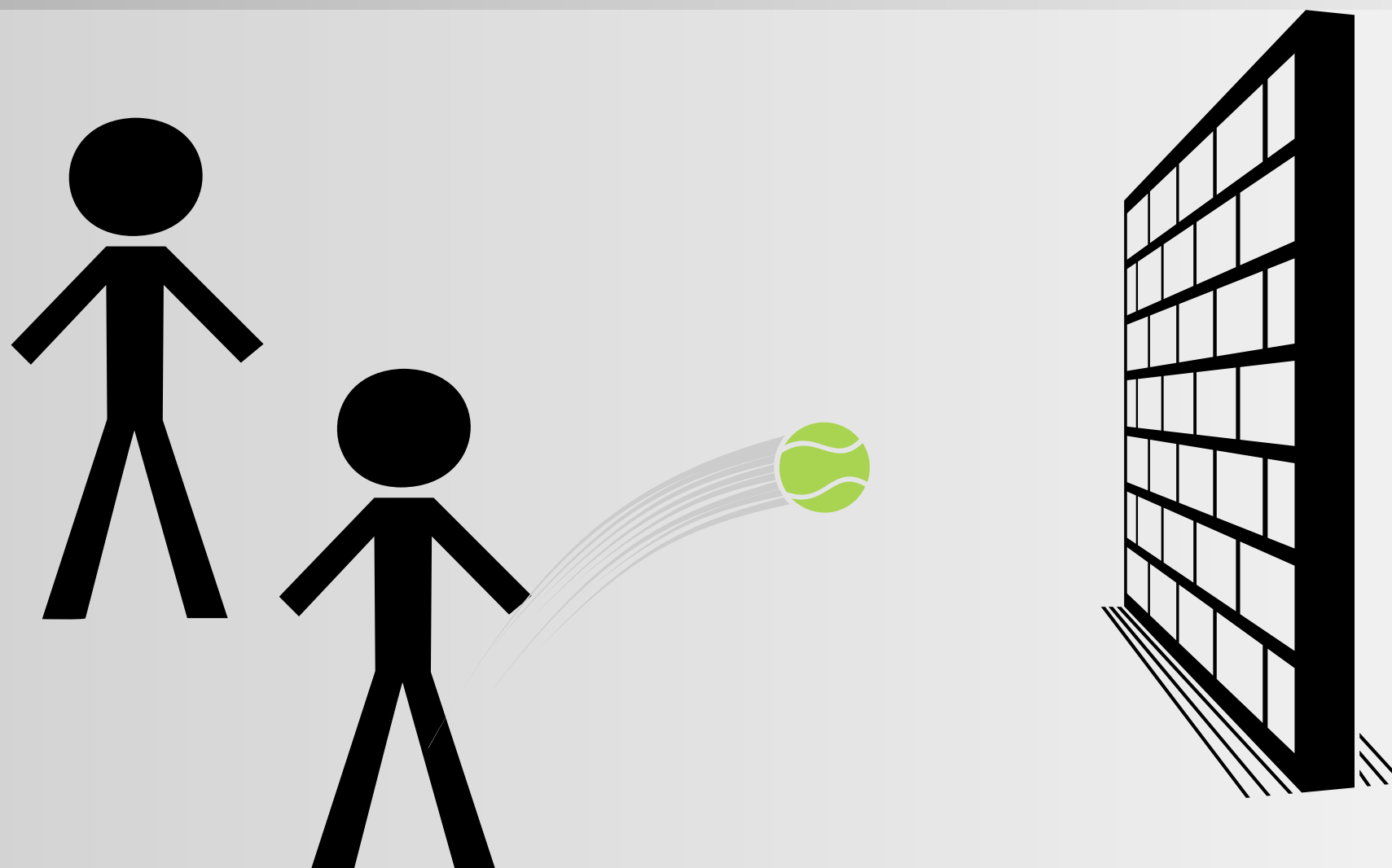
P Players get into teams

PEOPLE

Active Breaks

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GAME 18 - WALL BALL



Equipment Needed:

- Tennis Balls

How to set up:

No set up required

How to play:

Players get into partners; Partner 1 drops the ball and hits it with the palm of their hand against the wall, Partner 2 hits the rebounding ball back against the wall.

Players should try make it as difficult as they can for each other to return the ball, for example hitting the ball into the opposite area to where the player is stood.

S

Increase the space

SPACE

T

Players need to alternate hands after each hit

TASK

E

Players need to play using a tennis racket

EQUIPMENT

P

Players get into teams

PEOPLE

Active Breaks

In Faith Settings

GAME 19 – POLO



Equipment Needed:

- Cones

How to set up:

Place a cone on one side of the space available and another cone on the opposite side

How to play:

One player is chosen to be the Queen or King and stands on one side of the cones, while the rest of the players stand on the opposite side. The Queen or King picks a category, like chocolate brands, and the other players take turns shouting out answers that fit the category, such as “Cadbury” or “Galaxy.” The Queen or King then chooses their favorite answer, and the player who said it comes forward to race against the Queen or King. Both players run back and forth between the two sides of the play area, spelling out the word “P-O-L-O” one letter at a time—saying “P” on the first side, “O” on the next, and so on. The first player to finish spelling “POLO” becomes the new Queen or King, and the game starts again with a new category.

S Increase the running distance

T Players need to side step from one cone to the other

E Players need to balance a ball on their rackets whilst running from cone to cone

P The King/Queen races against two people

SPACE

TASK

EQUIPMENT

PEOPLE

Active Breaks

In Faith Settings

GAME 20 – RED LIGHT, GREEN LIGHT



Equipment Needed:

- Tennis Racket
- Tennis Balls

How to set up:

No set up required

How to play:

One player stands at one side of the space available (they are the caller) and everyone else stands on the other side, the caller will call out “Green Light” and then turn to face the wall so that everyone else can start to run or walk towards them. The caller will then shout “Red Light” and turn to face the players, everyone must freeze and if you are caught moving then you will have to start again. The winner is the first person to reach the caller

S Increase the running distance

SPACE

T Players need to side step to the caller or hop on one leg

TASK

E Players need to balance a ball on their rackets whilst walking/running to the caller

EQUIPMENT

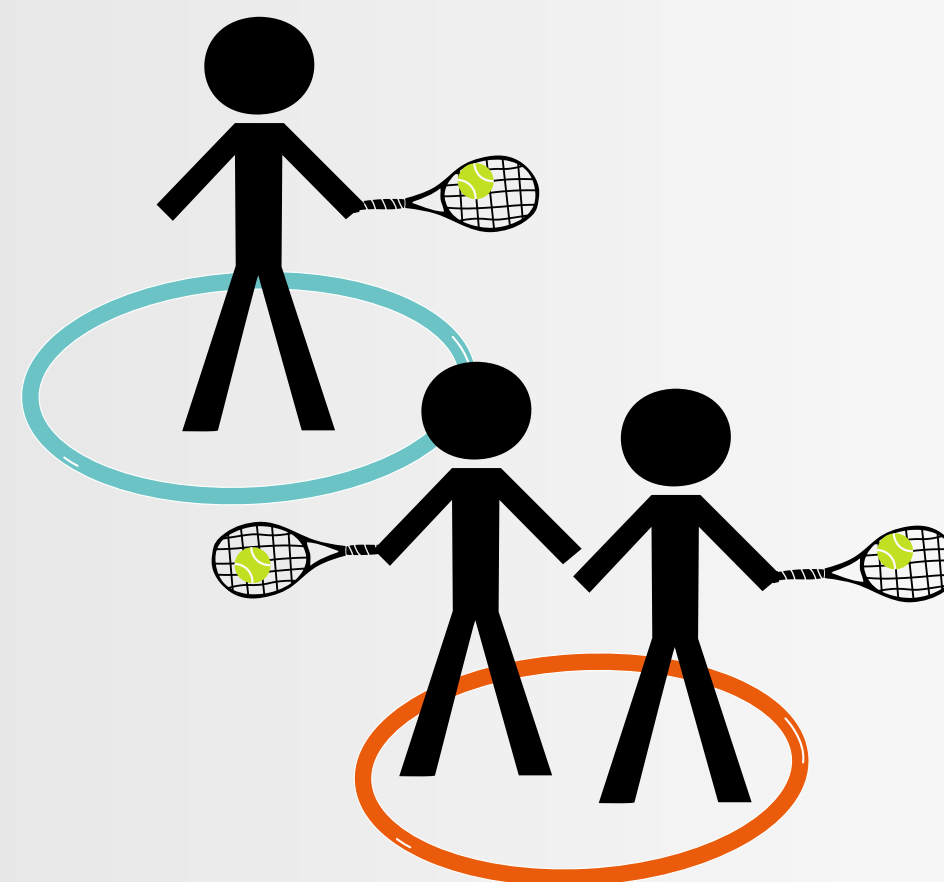
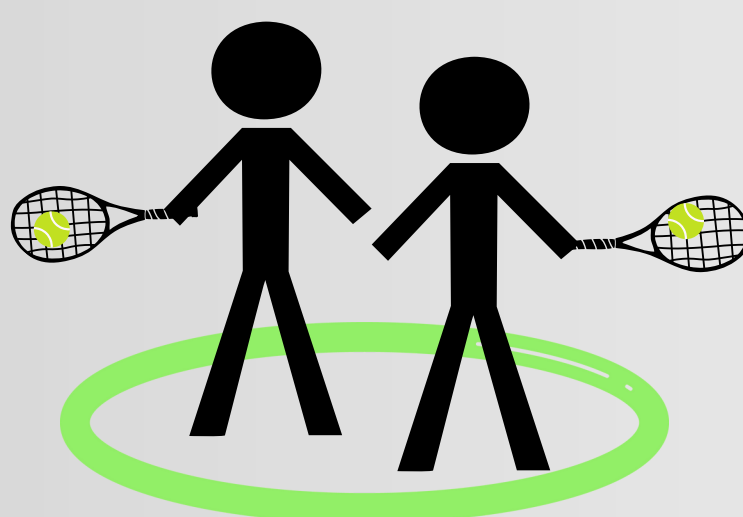
P There are two callers

PEOPLE

Active Breaks

In Faith Settings

GAME 21 – FLOOR IS LAVA



Equipment Needed:

- Tennis Racket
- Tennis Balls
- Hula Hoops

How to set up:

Scatter some Hula Hoops around the room

How to play:

Everyone is given a racket and tennis ball, they must walk around balancing the ball on the racket. When coach shouts “The floor is lava”, players have 5 seconds to run to a hoop (which is a safe zone) whilst keeping their ball balanced. After each round, a hula hoop will be removed. The winner is the last player standing

S Make the running area smaller

SPACE

T Players need to keep the ball bouncing on their racket

TASK

E Decrease the amount of hula hoops

EQUIPMENT

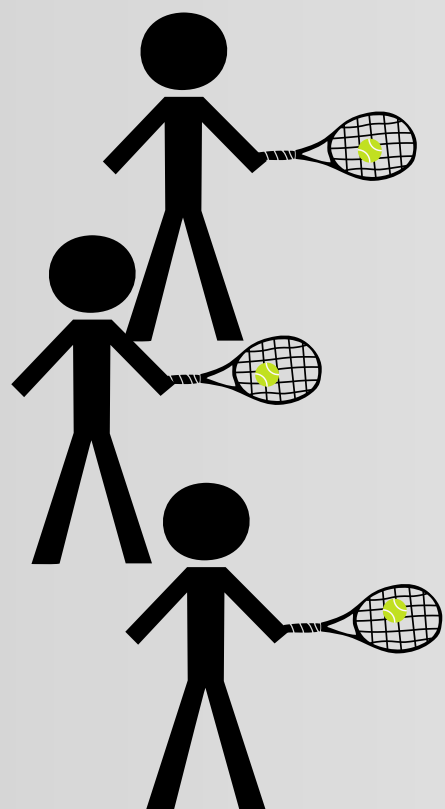
P Limit the amount of people allowed in a hoop

PEOPLE

Active Breaks

In Faith Settings

GAME 22 - SERVE TOSS CHALLENGE



Equipment Needed:

- Tennis Racket
- Tennis Balls
- Hula Hoops

How to set up:

Scatter some Hula Hoops around the room

How to play:

Players try to 'serve' the ball into the hula hoops, they'll first start with an underhand serve and then progress onto an overhand serve.

S

Spread the hoops out, make the serving distance longer

SPACE

T

Players need to do 3 consecutive and successful serves

TASK

E

Replace the hoops with buckets

EQUIPMENT

P

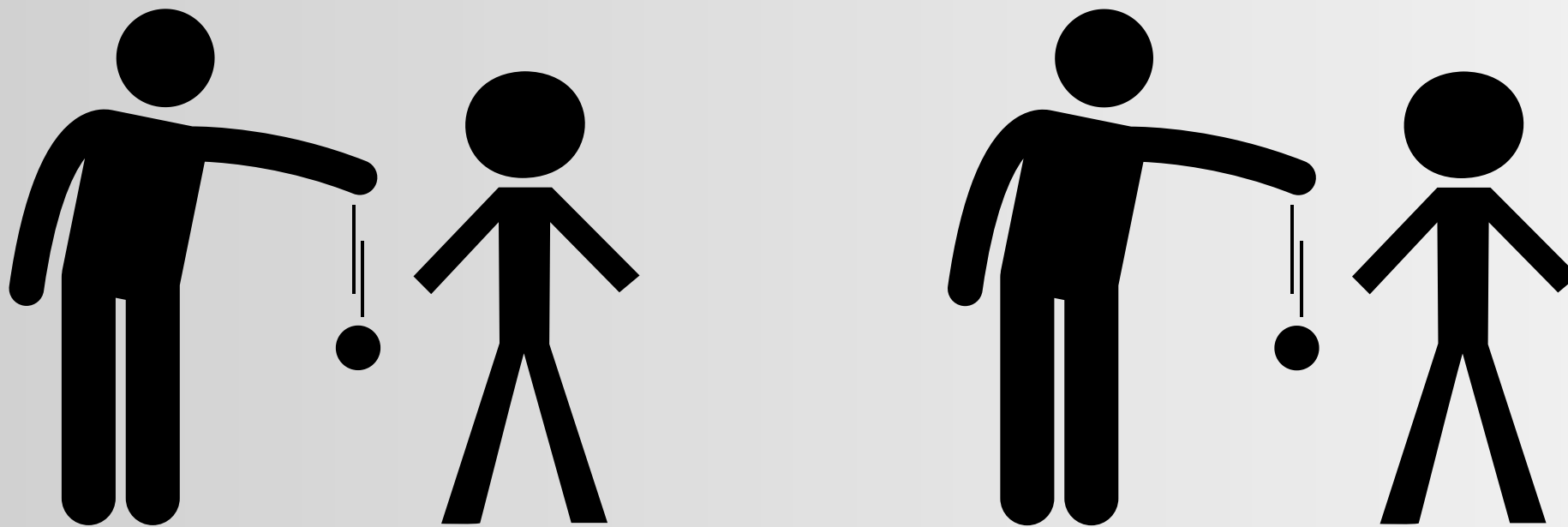
Players are in teams

PEOPLE

Active Breaks

In Faith Settings

GAME 23 - BALL DROP REACTION



Equipment Needed:

- Tennis Balls

How to set up:

No set up required

How to play:

Players get into partners, partner one holds a ball at shoulder height and then drops it and partner two has to try catch it before the ball bounces twice. After a few rounds, partners swap over.

S

SPACE

T

Players need to catch the ball as soon as it's dropped

TASK

E

Add another ball, one in each hand, partner one drops either one

EQUIPMENT

P

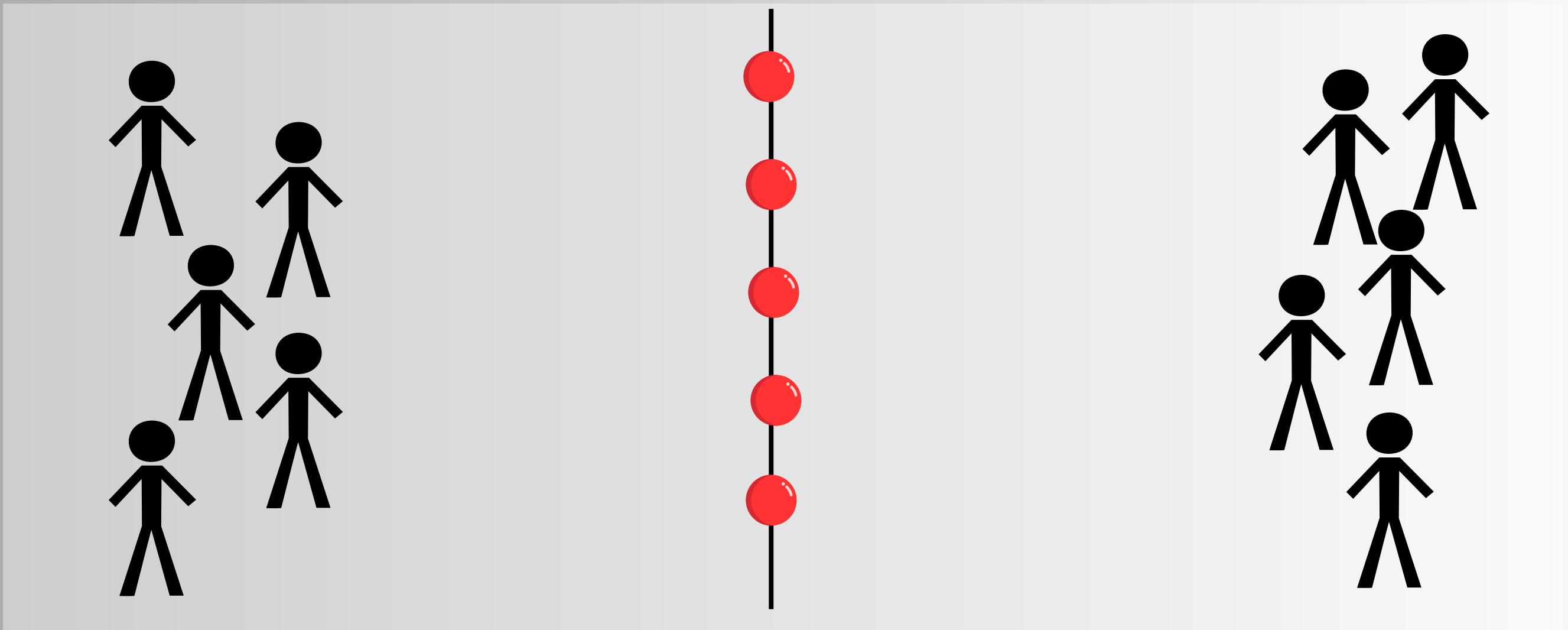
Two players drop a ball at the same time

PEOPLE

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GAME 24 - DODGEBALL



Equipment Needed:

- **Sponge Balls**
- **Throw Down Lines**

How to set up:

Place throw down lines in the middle and then sponge balls along the middle

How to play:

Players are split into two teams, each team has to try hit the other team with a ball. If a players leg or foot gets hit by a ball then they are out. If players catch a ball that's thrown, then they can bring back a player that is out.

S

Players can only throw the ball from afar, they can't do it close to the middle

SPACE

T

Players need to just aim for the oppositions feet, not legs

TASK

E

Decrease the amount of sponge balls

EQUIPMENT

P

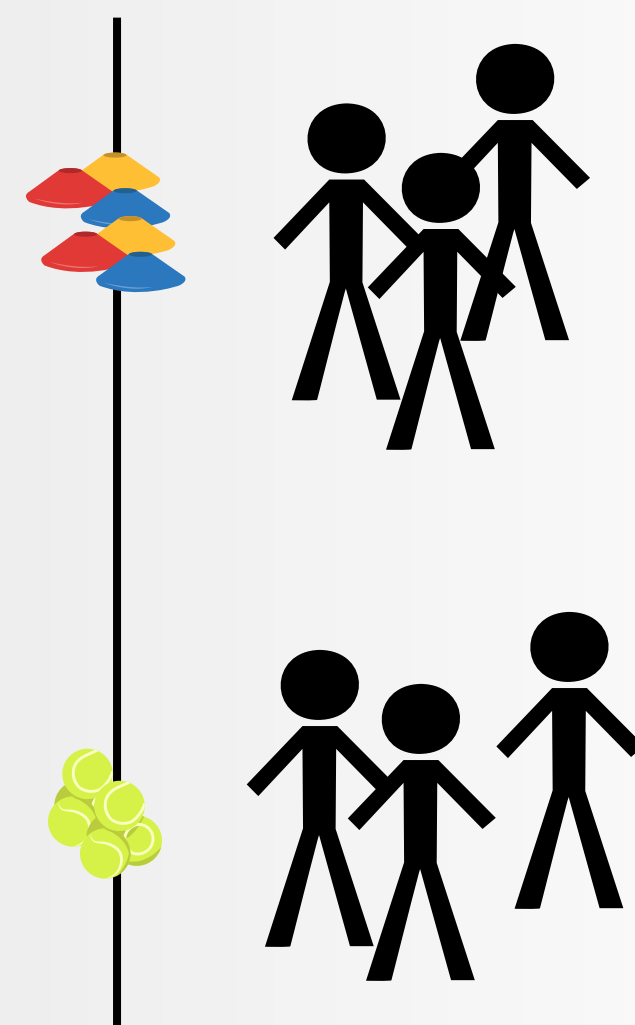
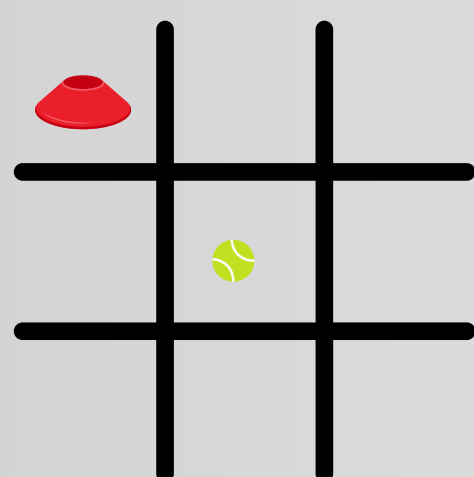
Make more than one team

PEOPLE

Active Breaks

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GAME 25 - O'S AND X'S



Equipment Needed:

- Tennis Balls
- Cones
- Throw Down Lines

How to set up:

Using throw down lines make a 3x3 box grid, players need to be in two teams. Make a start line away from the grid

How to play:

One player from each team places their object (balls or cones) in the grid, the teams have to go one at a time. Players then run back and the next player goes. The team that places three objects in a row wins.

S

Increase the distance from the start line to the grid

T

Players need to hop on one leg to the grid

E

P

SPACE

TASK

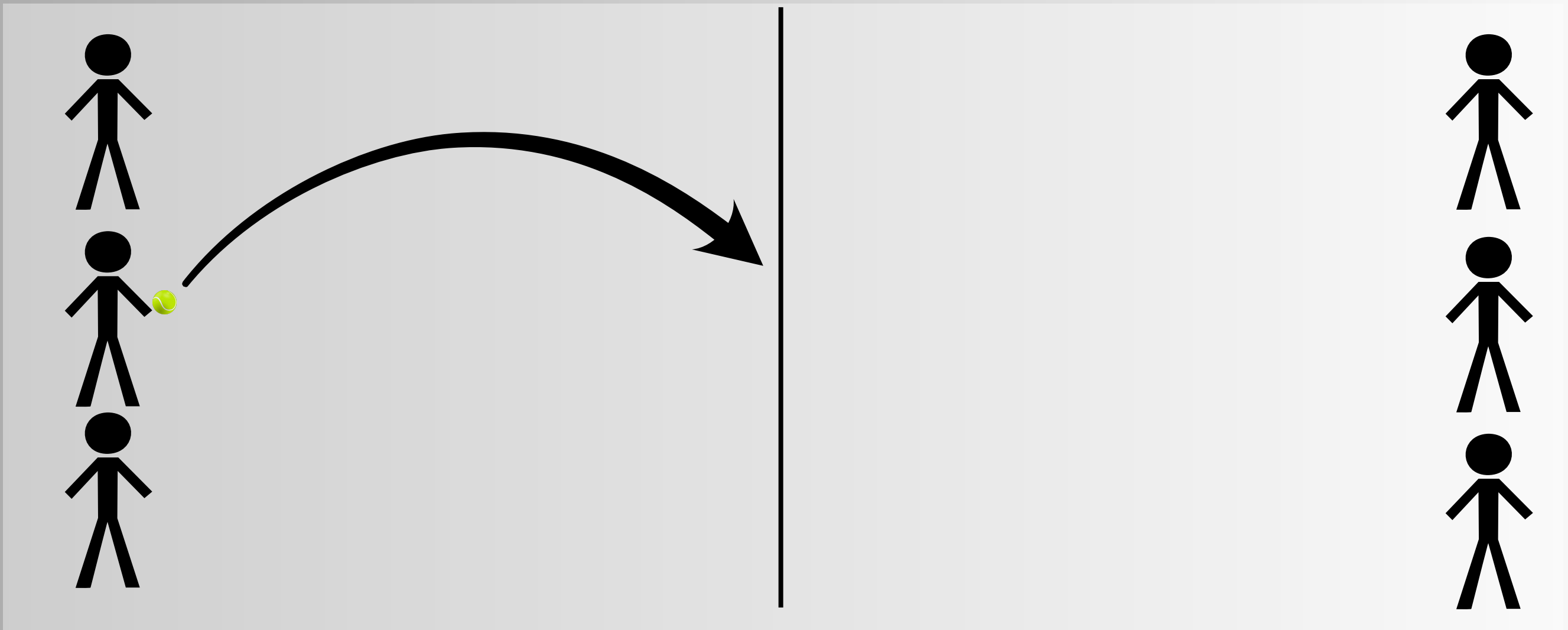
EQUIPMENT

PEOPLE

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GAME 26 - KERBY



Equipment Needed:

- Tennis Ball
- Any sort of line in the middle

How to set up:

Draw a line in the middle, the teams stand on either side of the line

How to play:

Split the players into 2 groups, each team will stand on either side of the line- one metre away from the line. The first team will throw the ball and try aim it to bounce on the line- if the ball hits the line then the other team will try to catch the ball. If the team catch it, they get a point but if they don't catch it then the team that threw the ball get the point.

S

Increase the distance from the middle line

SPACE

T

Players need to hit the ball with a racket

TASK

E

EQUIPMENT

P

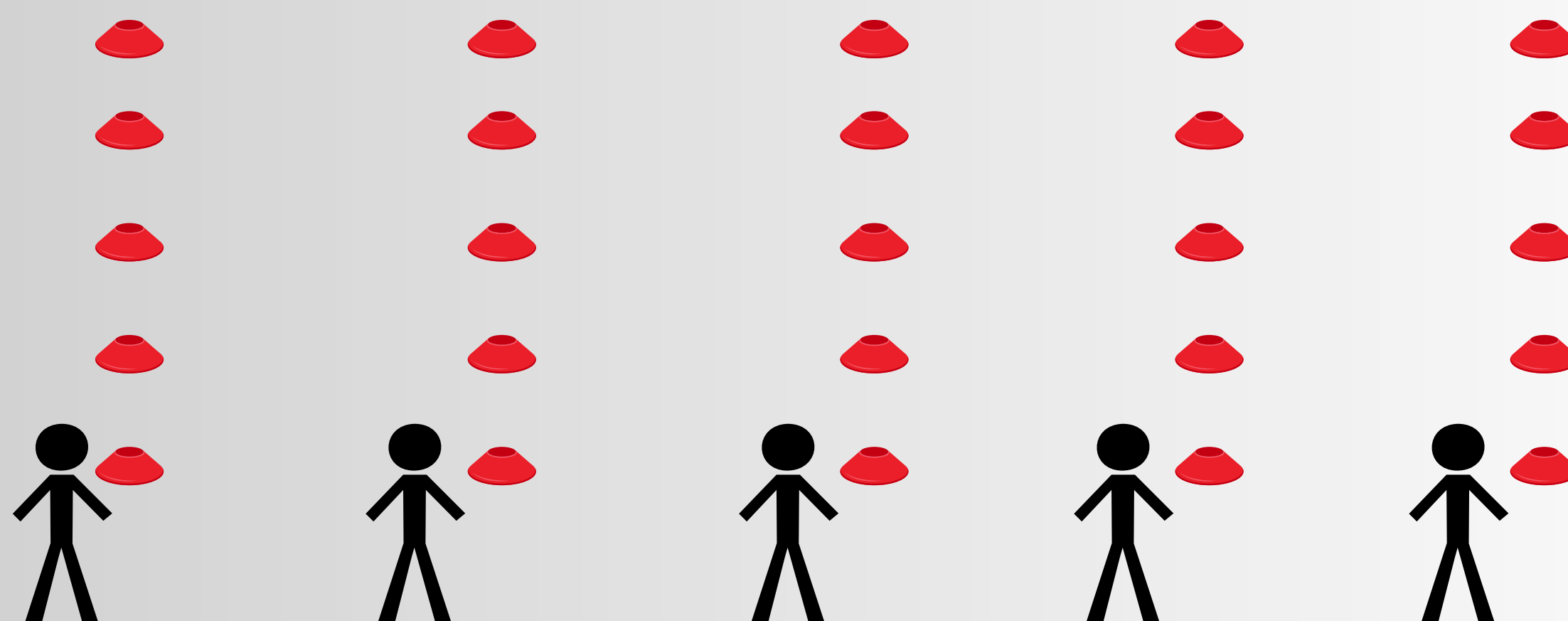
Multiple players hit the ball at the same time

PEOPLE

Active Breaks

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GAME 27 - SUBWAY SURFER



Equipment Needed:

- Cones

How to set up:

Place a row of cones in a straight line for each player

How to play:

Each player will have a row of cones in front of them, the players will race each other and collect all their cones. The winner is the person that has collected all of their cones the fastest.

S

Increase the distance between all cones

SPACE

T

Players need to hop when collecting the cones

TASK

E

Add more cones

EQUIPMENT

P

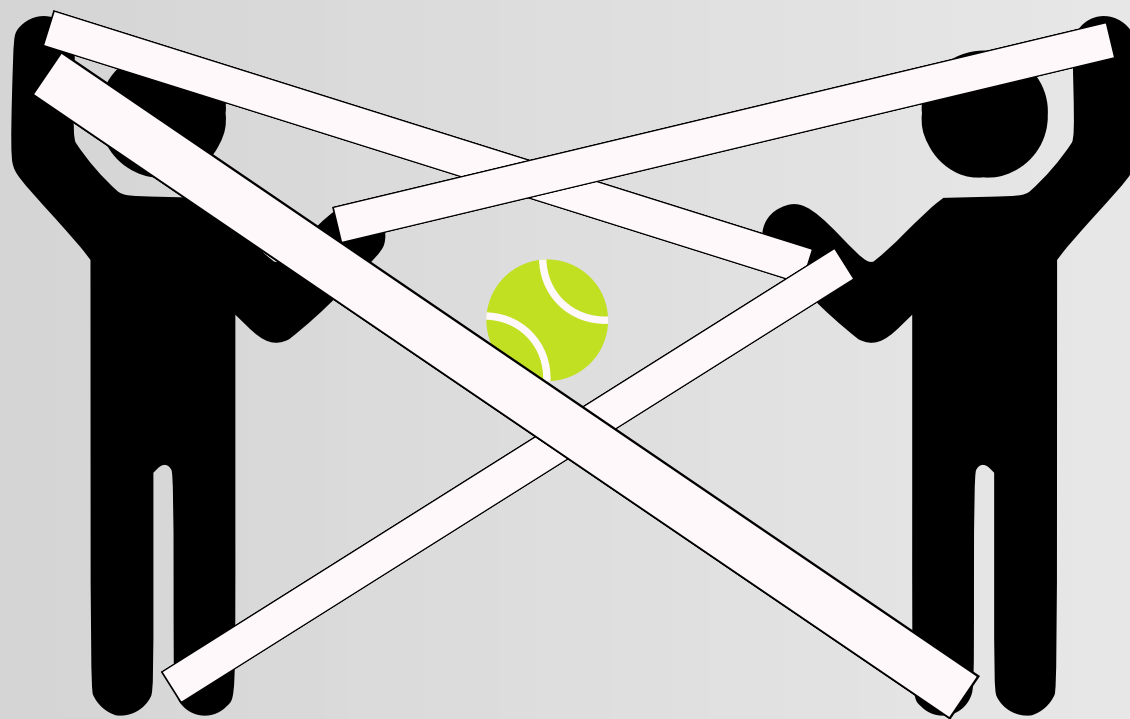
Players get into pairs

PEOPLE

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GAME 28 - DIAMOND HEIST



Equipment Needed:

- Tennis Ball
- Barrier Tape

How to set up:

Players will cut some strips of barrier tape and then will hold the tape at different heights and angles. A tennis ball will be placed on the other side of the room

How to play:

The aim is to steal the tennis ball- players will take it in turns to climb through the barrier tape (like a laser room) and take the tennis ball from the other side of the room.

S

Use the space wisely- space put the barrier tape

SPACE

T

Players will get timed- the winner is the fastest to get the ball

TASK

E

Add multiple tennis balls

EQUIPMENT

P

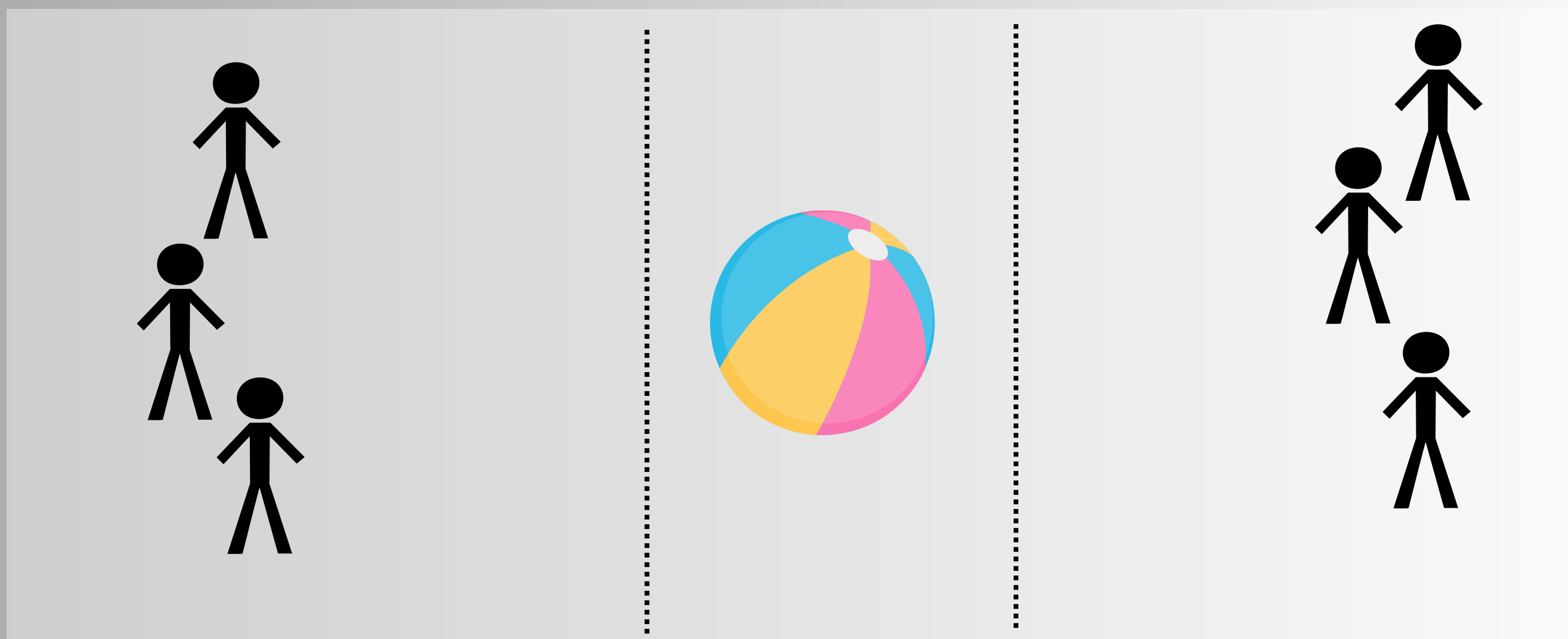
Players work in pairs

PEOPLE

Active Breaks

In Faith Settings

GAME 29 - KING BALL



Equipment Needed:

- Sponge ball
- Big inflatable ball
- Throw Down Lines

How to set up:

Place a large ball in the middle of the room, using throw down lines mark two lines of both sides of the ball.

How to play:

Split the players into two groups. Players are given sponge balls and the aim is to hit the ball and try get it to go over the opponent's line.

S

Increase the space from the inflatable ball to the opponent's lines.

SPACE

T

Player's play dodgeball at the same time

TASK

E

Add another inflatable ball

EQUIPMENT

P

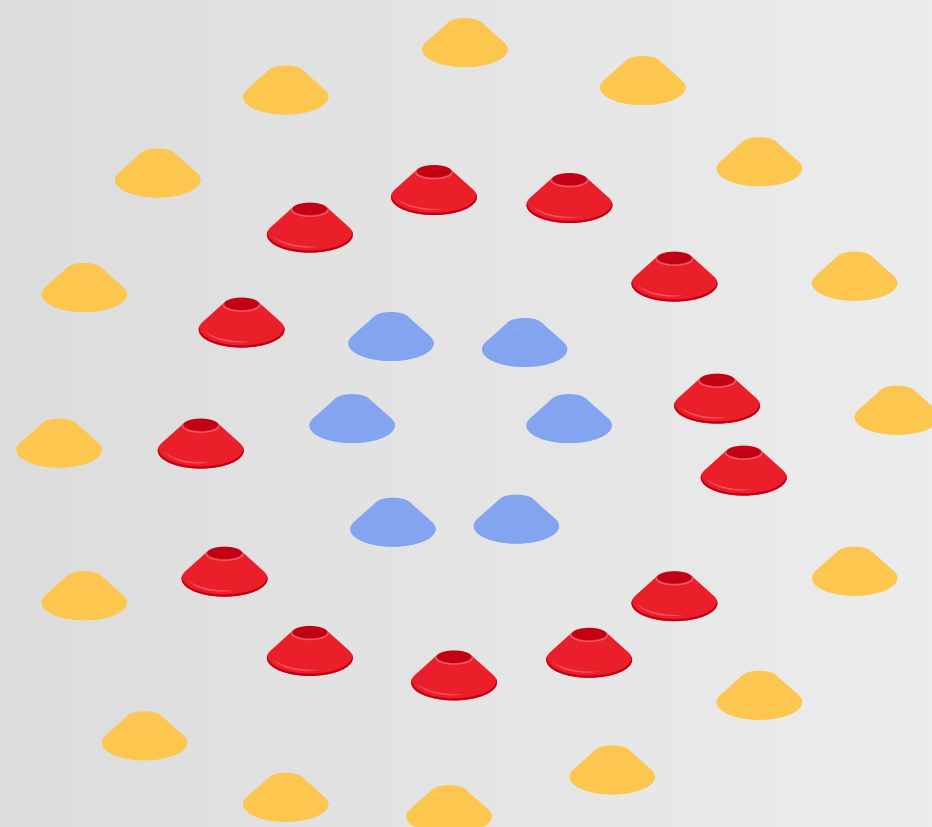
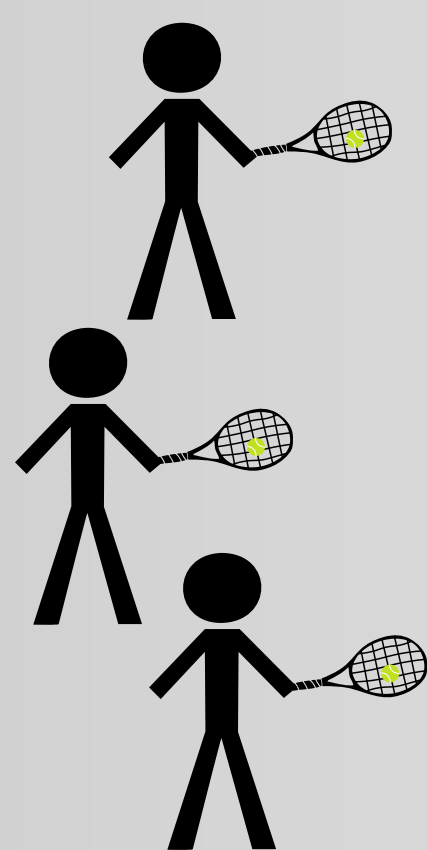
Make the teams smaller

PEOPLE

Active Breaks

In Faith Settings

GAME 30 – TENNIS DARTS



Equipment Needed:

- Rackets
- Tennis Ball
- Cones

How to set up:

Using different coloured cones, create different rings of circles within each one.

How to play:

Split the players into different groups, the aim is to try bounce the ball in a circle of cones. The outer ring is 1 point, the points increase as the circles get smaller

S

Increase the size if the circles or make them smaller

T

Player's need to do a serve into the circle

E

P

Make the teams smaller

SPACE

TASK

EQUIPMENT

PEOPLE