

<b>Materials</b>	Rope or string, ten plastic cups, two balls
<b>Learning Outcome</b>	Demonstrate offensive and defensive strategies and tactics playing a small-sided game.

## Description

Ensure there is enough space to do the activity away from any safety hazards. This activity requires two players. Begin by creating a square or rectangular playing space 3-4 metres by 6-8 metres (if possible) and divided in the middle with a rope or string. Each player takes five plastic cups and sets them up in one side of the playing area. The cups have to be at least 0.5 metre apart and cannot all be in the same area of the playing space (e.g., not all at the back, sides, or front). Once each player sets up their cups, they get a ball and stand on their side. Players choose a call or signal and kick the ball at the same time to the other side of the playing area when the call or signal is used. Players try to aim to knock over one of the other player's cups with their kick. After the kick, players retrieve their ball and get ready to kick again. Any cups that are knocked over stay knocked over. On the call or signal, the players kick the ball again.

The game is played until one player has knocked over all of the other player's cups with the ball. Players cannot stand in front of a cup when they are kicking the ball but can move to block a shot once they kick their ball. If a player accidentally knocks over one of their cups when they are blocking a ball, it stays knocked over.

## Physical Education Competencies



### MOVE

Develop psychomotor skills, tactics, and strategies that facilitate a variety of physical activities across diverse environments.



### THINK

Develop cognitive skills and strategies for a variety of movement contexts that facilitate critical thinking, decision-making, and problem solving.



### FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate movement competence and confidence.



## Reflection Questions

Reflection is important to support learning during physical activity. Consider asking the youth the reflection questions below and discuss the answers together.

- How did you decide where to set up your cups in the playing area?
- What strategies did you use to be offensive and successfully kick cups over? What strategies did you use to be defensive and successfully block kicks from knocking your cups over?



## Inclusion Considerations

Modifications can be made to a variety of activity components to ensure inclusion. As you plan activities, consider how everyone can be involved and how to modify or adapt the activities to ensure the full inclusion of all. The STEP framework provides modifications to the following activity components — space, task, equipment, and people.

S Space	T Task	E Equipment	P People
Opponents are required to space out their cups at least 1 metre apart within their playing space.	The players take turns kicking the ball one at a time playing defense when the other player kicks and offense when they kick.	The youth can use a ramp to roll their ball to knock over the cups.	The youth can play with an additional player on their side.