

MotoLab

100 Physical Education Activities

UPPER SECONDARY



Illustrated manual for upper secondary

100 two-sided cards in 10 areas

Games, coordination and inclusive activities

Objectives, equipment, timings and variations

Choose your activity

A collection to adapt to your class, available time and actual spaces.

1. Start with an objective

Choose the behaviour you want to observe: reacting to a signal, controlling a movement, cooperating or making a decision. The objectives index on pages 5 and 6 suggests starting points without prescribing an order of difficulty.

2. Check the context

Read the players, duration and equipment on the front. Check the back before the lesson: preparation, delivery, adaptations and safety guidance help you decide whether the task suits the space and pupils.

3. Choose a progression

Activities can be used individually or linked. Start with the most accessible task, observe the class's response and change one constraint at a time. Announce any change to timing, rules or scoring before the next round.

Navigate your way

Tap a title or index entry to open the card. You can also use bookmarks in your PDF reader. The complete index occupies pages 7-10; the 100 cards start on page 11.

From card to lesson

Explain a little at a time, show an example and use a concrete criterion for feedback.

Before starting

Read both sides. Prepare the space, equipment, waiting arrangements and restart after an error. Explain the objective, essential rule and stop signal; slowly demonstrate the first sequence and ask a pupil to repeat the instructions.

During the task

Observe one or two criteria from the back rather than correcting everything at once. Stop the group if the instructions are unclear; give precise feedback: "you kept the passing lane clear", "try stopping before the catch". Then try again.

Adapt while keeping the objective

You can change the distance, pace, equipment, role or number of repetitions. A useful variation keeps the main task and allows an active contribution. Ask pupils for feedback and agree alternatives without exposing personal difficulties.

Finish with a question

Use the card's review for a brief discussion. Ask which choice worked and why; note one observed behaviour and the change to revisit next lesson. The stated duration includes the stages of that individual activity.

Use it on screen or paper

Front and back remain consecutive: each activity always occupies two pages.

Read both sides

The front contains an illustration, challenge and four steps of play. The back contains preparation, observable objectives, delivery timings, common problems, adaptations and review. Illustrations show a significant moment; the written steps define the complete procedure.

Print double-sided

A4 portrait, 100% scale / actual size, double-sided with long-edge binding. Select PDF pages, not activity numbers. To print all cards, use pages 11-210.

Activity n: front on page $2n + 9$, back on page $2n + 10$. Example: activity 015 is on pages 39-40. Test one pair before printing everything.

If you print a selection

Print each complete pair and keep front-to-back order. For manual duplex printing, first check how your printer reinserts the sheet. Indexes show the front page; the back is always the next page.

A collection for school practice

Simplified rules and variations are teaching suggestions, not complete competition regulations. The teacher chooses progressions and adaptations to suit the class and school procedures.

Objectives index

1/2 · Suggested starting selections. Each activity can develop several objectives.

Reaction and attention

Respond to signals and change choices with control.

Card 001

Card 004

Card 014

Card 016

Coordination and sequences

Organise foot placements, directions and movement order.

Card 011

Card 013

Card 015

Card 019

Rhythm and self-regulation

Estimate pace and maintain a sustainable rhythm.

Card 021

Card 023

Card 027

Card 030

Strength and movement control

Try movement patterns and recognise controlled technique.

Card 031

Card 033

Card 035

Card 038

Accuracy and trajectories

Choose a target and adjust the throw or stroke.

Card 026

Card 044

Card 052

Card 072

Passing and cooperation

Offer support and share participation.

Card 005

Card 041

Card 054

Card 068

Objectives index

2/2 · Suggested starting selections. Each activity can develop several objectives.

Decisions in team games

Read the space and change a playing decision.

Card 046

Card 050

Card 064

Card 069

Orientation and problem-solving

Use reference points, plan and check a solution.

Card 081

Card 083

Card 087

Card 088

Expression and body rhythm

Compose movements and listen to the group's pulse.

Card 091

Card 092

Card 093

Card 002

Awareness and recovery

Describe support, mobility and sensations without competition.

Card 038

Card 084

Card 094

Card 095

Participation and communication

Agree roles and make the instructions accessible.

Card 076

Card 096

Card 097

Card 098

Design and responsibility

Create, trial and revise using concrete feedback.

Card 040

Card 080

Card 089

Card 100

Activity index

001-025 · Tap the title to open the front. The back is on the next page.

CARD / ACTIVITY	PDF PAGE
001 Dynamic Traffic Lights	11
002 Moving Mirror	13
003 Pass The Name	15
004 Team Numbers	17
005 Passing Network	19
006 Moving Islands	21
007 Colour Hunt	23
008 Cooperative Relay	25
009 Treasure Guardians	27
010 Group Counting	29
011 Rhythmic Ladder	31
012 Direction Square	33
013 Movement Clock	35
014 Paired Reaction	37
015 Choice Slalom	39
016 Opposite Command	41
017 Unpredictable Ball	43
018 Cone Maze	45
019 4×4 Sequence	47
020 Shadow Duel	49
021 Running By Feel	51
022 Technique Relay	53
023 School Fartlek	55
024 Movement Biathlon	57
025 Zone Long Jump	59

Activity index

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027 Running Pyramid	63
028 Controlled Shuttle	65
029 Athletics Triathlon	67
030 Paired Pacemaker	69
031 Six-Pattern Circuit	71
032 Technique Emom	73
033 Traffic-Light Core	75
034 Paired Resistance	77
035 Squat Technique	79
036 Functional Carries	81
037 100-Point Challenge	83
038 Flowing Mobility	85
039 Adaptable Tabata	87
040 Design The Circuit	89
041 Five Passes	91
042 Skills King	93
043 One-On-One Through Gates	95
044 Choose Then Shoot	97
045 Three-Lane Transition	99
046 Continuous Three-On-Two	101
047 Points Zone	103
048 Pass And Cut	105
049 Cooperative Knockout	107
050 Mission Game	109

Activity index

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051 Cooperative High Ball	111
052 Forearm Pass To Target	113
053 Setting And Moving	115
054 Three Required Touches	117
055 Zone Serving	119
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057 Inclusive King Court	123
058 Blocking Without Jumping	125
059 Simplified Side-Out	127
060 Rally Challenge	129
061 Four-Goal Possession	131
062 Wide Support Players	133
063 End-Zone Ball	135
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067 Zone Pressing	143
068 Ten Passes And Shoot	145
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Activity index

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083 Coordinate Mission	175
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