



What's unique about Multi-Skills Festivals?

A Multi-Skill Festival builds confident, motivated and physically skilled young people through inclusive, personal-best challenges that develop agility, balance and coordination. It enables every child to succeed, aligns directly with the School Games vision of meaningful impact for more young people, and fulfils the mission by keeping competition at the heart of school life - without the pressure of results.

A Multi-Skill Festival is designed to be young person led and celebrate a range of achievements; with the focus on the learning and development of the individual (not the result) and achieving their personal best. It prioritises safety, maximum participation, inclusion, learning and enjoyment. SGOs should choose this format because it is simple to deliver, flexible for any space, and provides a ready-made inter, intra and curriculum offer that engages every pupil.

What is the intent of your format



Develop confidence and competence within physical activity/sport skills



Engage new/target groups of young people (tackling inequalities)



Develop leadership, character, life skills

Delivering a Multi-Skills festival will appeal to young people who do not engage in a traditional sports offer. It provides activities focused on personal development not competition and provides a platform for all young people to succeed on their terms. This format should be delivered by young people for young people, so ensure that you are utilising young leaders throughout delivery.

Target group benefits



All young people



Targeted groups of young people

Multi-Skill Festivals are suitable for all young people, particularly young people who are not already taking part in traditional sports. It appeals to young people as it is a non-competitive environment, focusing on movement not sport-specific activities and allows them to be as involved as they would like to be.

It's just not Multi-Skill if you...

1

Don't have young leaders.

2

Have competition between young people.

3

Don't offer multiple activities for skill development.



Multi-Skills for SGOs

PRIMARY



Age group

KS2 (7-11 year-olds)



Gender

Mixed



Participant numbers

4+ participants

Space and equipment are the limiting factors for this format. However, selecting different activities can mitigate this.

If fewer numbers, it is recommended to:

- Have fewer stations to rotate around or have some gaps to allow for breaks between activities
- Add in reflection time for the young people to connect and think about the activities.

If more numbers, it is recommended to:

- Duplicate stations, or set up two areas of rotation
- Use young leaders to manage stations
- Have short, fast rotations.



Target audience

Appropriate for all, but targeted at the less sporty young people who may not enjoy, or access more traditional sporting activities.



Benefits for YP

Young people will:

- Become more determined and demonstrate resilience
- Aspire to improve and challenge themselves
- Learn to develop self-control and manage emotions.



Roles for YP

Young People can be Young Leaders by:

- **Station Manager**
 - Set up equipment correctly and check safety
 - Welcome each group with a smile and explain the activity
 - Give a short, simple demo (or choose a pupil volunteer)
 - Highlight the focus and the value linked to that station.
- **Coach & Encourager**
 - Give positive feedback
 - Encourage pupils who are nervous or unsure
 - Suggest adaptations (using STEP) if someone needs extra support or challenge.
- **Values Champion**
 - Spot pupils demonstrating School Games values
 - Award stickers or positive comments (e.g., teamwork, respect, passion)
 - Lead short reflection questions (10–15 seconds).



Progression

Delivering a Multi-Skill Festival for young people supports the development of physical literacy, social development and cohesion. A festival run by young people for young people ensures everyone is included, as activities can be easily differentiated.

Multi-Skill Festivals develop fundamental movement skills that can be transferred across many sports. It allows young people to explore their physical abilities and take ownership of their physical development through personal challenge. After inter-competition, young people can continue to develop their personal best or seek out sport-specific activities linked to their passions, interests and physical strengths.





How to run inter-competition: Multi-Skills Festival



How to set up

1. Choose Your Stations (6–10 activities)

Pick activities that develop:

- Agility
- Balance/stability
- Coordination
- Object control
- Speed/power

2. Decide Your Space

Small groups

- One hall or section of playground
- 3–5 stations placed apart
- Pupils rotate in pairs or trios.

Large groups

- Use hall and outdoor space
- Duplicate stations (Station 1A, 1B, etc)
- Create clear rotation routes using cones.

3. Create the rotation system

- Pupils spend 3–4 minutes at each station
- Use a whistle/timer for clean transitions
- Groups of 4–8 pupils per station works well
- Write the rotation order on a board for clarity.

4. Set Up Equipment Clearly

At each station include:

- Equipment
- Station card (name, instructions, scoring)
- Values prompt (e.g., “Where did you show determination here?”)
- Personal-best target (e.g., “Try to beat last round’s score!”).

5. Use Young Leaders

Train them to:

- Welcome pupils
- Explain the task
- Demonstrate the activity
- Keep the station safe
- Record PB improvements
- Praise values

This keeps the flow smooth, especially with big groups.

6. Scoring / Recording

- Choose ONE simple system:
 - Option A: Self-scoring: Pupils record their own PB
 - Option B: Leader scoring: Young leaders record improvement each time.

7. Build in Reflection Time

After each station, ask:

- “What did you improve?”
- “Which value did you use?”
- “What will you try next time?”

8. Closing the Session

- End with a short celebration
- Focus on the school games values.



Additional support

Multi-Skills Festival is a fully inclusive sport. To support you to adapt your practice, check out the [SEND Inclusion Toolkit](#) co-created by YST and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide advice, support and opportunities for people of all ages with specific impairments. [The toolkit](#) provides you with an introduction to each Special Educational Needs and Disability, key top tips for creating an inclusive environment, and signposting to further training and development opportunities within each National Disability Sport Organisation. It will help you adapt any practice in addition to our suggestions to make it inclusive for all.

Physical Literacy

We have designed these formats with physical literacy at their heart. We want all young people to have a positive experience with physical activity from an early age. As far as possible, we've considered opportunities for young people to move, think, feel and connect through our activities, and given you suggestions to make adaptations. But, if they don't work for you and your young people, then use the THRIVE principle to remove barriers, make changes and give ownership to your young people to have a positive experience with the activities to see their true value.

For further support, look to the Physical Literacy Enactment Guide - Community, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.



WHY Multi-Skills for your school?

This format helps every child take part, try their best and improve their physical skills through fun, personal-best challenges. Activities support agility, balance and coordination, building confidence and a love of being active. As pupils focus on progress rather than results, they develop resilience, determination and self-belief. The Multi-Skills Festival promotes teamwork, honesty and respect, helping pupils work well with others. With simple, inclusive activities that maximise participation, this format makes it easy for schools to deliver meaningful, values-based intra-school competition.

How to use activities in curriculum time

All Multi-Skills activities can be used in curriculum time as starters or warmups. Each station can link to a curriculum outcome and supports the development of physical literacy:

- Agility, balance, coordination
- Competing against self and improving performance
- Communicating, collaborating, and evaluating

Physical literacy is our relationship with movement and physical activity across our whole lives. Research shows that positive early experiences can lay the foundation for a lasting habit of being active. For further support, access the physical literacy toolkit, which aims to equip organisations and individuals with tools, approaches, and centralised resources to position physical literacy with their staff and workforce. [Click here](#) to access the toolkit.

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Thrive isn't a checklist – it's a lens to help you sense check quality and inclusion, so consider the following when choosing which format to deliver and how it supports your young people to have a positive experience with physical activity:

- **TAILORED:** does your event support the needs, strengths and circumstances of the group?
- **HOLISTIC:** do the selected activities support young people to move, connect, think and feel?
- **REFLECTIVE:** have you built in time to allow young people to reflect on their engagement and to make choices about what they want to take part in next?
- **INCLUSIVE:** does your event support all young people to engage, feel welcome and included to take part?
- **VARIED:** have you planned for activity differentiation with equipment, space, task and outcome to provide appropriate challenge and maintain interest for all?
- **EMPOWERING:** have you consulted your young people to ask what they want to do, and how they want the event to run? Often, they create better rules and adaptations than we do, which gives them ownership and a positive experience.

For further support, look to the Physical Literacy Enactment Guide - Education, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.





Multi-Skills for Schools

PRIMARY



Age group

KS2 (7-11 year-olds)



Gender

Mixed



Participant numbers

4 or more participants

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How to run intra-competition: Multi-Skills Festival

1. Choose Your Stations (6–10 activities)

Pick activities that develop:

- Agility
- Balance/stability
- Coordination
- Object control
- Speed/power

2. Decide Your Space

Small groups

- One hall or section of playground
- 3–5 stations placed apart
- Pupils rotate in pairs or trios.

Large groups

- Use hall and outdoor space
- Duplicate stations (Station 1A, 1B, etc)
- Create clear rotation routes using cones.

3. Create the rotation system

- Pupils spend 3–4 minutes at each station
- Use a whistle/timer for clean transitions
- Groups of 4–8 pupils per station works well
- Write the rotation order on a board for clarity.

4. Set Up Equipment Clearly

At each station include:

- Equipment
- Station card (name, instructions, scoring)
- Values prompt (e.g., “Where did you show determination here?”)
- Personal-best target (e.g., “Try to beat last round’s score!”).

5. Use Young Leaders

Train them to:

- Welcome pupils
- Explain the task
- Demonstrate the activity
- Keep the station safe
- Record PB improvements
- Praise values

This keeps the flow smooth, especially with big groups.

6. Scoring / Recording

- Choose ONE simple system:
 - Option A: Self-scoring: Pupils record their own PB.
 - Option B: Leader scoring: Young leaders record improvement each time.

7. Build in Reflection Time

After each station, ask:

- “What did you improve?”
- “Which value did you use?”
- “What will you try next time?”.

8. Closing the Session

- End with a short celebration
- Focus on the school games values.



Multi-Skill Festival

PRIMARY



How to play

Multi-Skill Festivals are an inter- or intra-school occasion which includes a rotation of multi-skill activities (e.g. jumping, throwing, catching, skipping, lunging, etc.) which challenge children to achieve their personal best. These quality learning experiences allow children to develop their physical competence whilst also experiencing wider social benefits and outcomes. Ensuring children develop fundamental movement skills at this stage in their life will ensure that they are set up for a lifelong positive experience from sport, play and physical activity.

- Choose activities that are appropriate for your group of young people, their development and enjoyment, ensuring they can achieve success
- Set up your chosen activities in a separate zone within your activity area, ensuring enough space between activities and away from walls and obstructions
- Set up the activities as shown on the activity card
- Split the children into small groups and give each team a starting activity
- Allow the children a maximum of 8 minutes per activity
- Ensure each group moves around each zone until they end up back where they started
- If there are more teams than activities, set up a free zone where the children can spend the rotation taking part in alternative activities, or rest.

Space required

- Can be done in any space, inside or outside but activity selection will be important.

Estimated set-up time

- 15 minutes.

Spirit of the Games



- When the activity felt tricky, what did you do to keep going?
- What did you try to improve from your first go to your second go?

Safety

- Ensure all the activities are set up so that they are not overlapping with another station.

Difficulty level



- What did you do today that you didn't think you could do at the start?
- What positive thought helped you to try again?

Equipment required

- Bean bags
- Markers/cones
- Hoops
- Balloons
- Items to collect, i.e. miscellaneous sports equipment
- Balls (any shape and size)
- Obstacle course equipment – whatever you have in your space.





Multi-Skill Festival

PRIMARY

Activity ideas

It is not an exhaustive list of activities to be used in your Multi-Skill Festivals, but it should provide you with ideas that you can develop and build upon.

Name of activity & description	Physical component	Fundamental movement skill	Type of skills	Equipment needed
Target Hopscotch Throw a beanbag to land on a target, then hopscotch to collect your points	Strength	Locomotion Object Control	Throwing, Hopping, Jumping	Chalk, Floor Markers or Cones
Target Jumping Using a standing or running jump, aim to land in a marked area to score points	Power	Locomotion Stability	Hopping, Skipping, Jumping, Landing	Chalk, Floor Markers or Cones
Agility Obstacles Weave in and out of cones and upon instructions, retrieve a coloured cone	Agility Speed	Locomotion Stability	Running, Twisting, Lunging	Cones or Markers
Crossing the Swamp With a partner or by yourself, use two hoops to navigate across a distance	Mobility Strength	Stability	Dynamic Balance	Hoops or Floor Markers
Balloon Keepy Uppy Mark out an area, keep the balloon up from the ground. Add in another balloon after every 10 seconds	Agility	Object Control Stability	Stopping, Twisting, Turning, Striking	Balloons & Cones
Animal Walks Move using different animal walks (e.g. bear, crab) to collect and return as many items as possible	Strength	Locomotion Stability	Crawling, Bending	Items to collect
Combination Balances Choose two body items to balance on for 10 seconds (e.g. right hand, left foot)	Strength	Stability	Static Balance, Stretching	N/A
Target Golf Throw a beanbag onto a target, how many throws does it take?	Mobility	Object Control	Throwing, Retrieving	Beanbag & Floor Markers
Obstacle Course Create an obstacle course for children to complete	Agility Speed Strength Power Mobility	Locomotion Stability Object Control	Various depending on how the course is set up	Can be made up using any equipment

Please [click this link](#) to watch all the activities taking place. The focus of these videos is not to demonstrate perfect technique, but to give ideas on activities that you could include.

