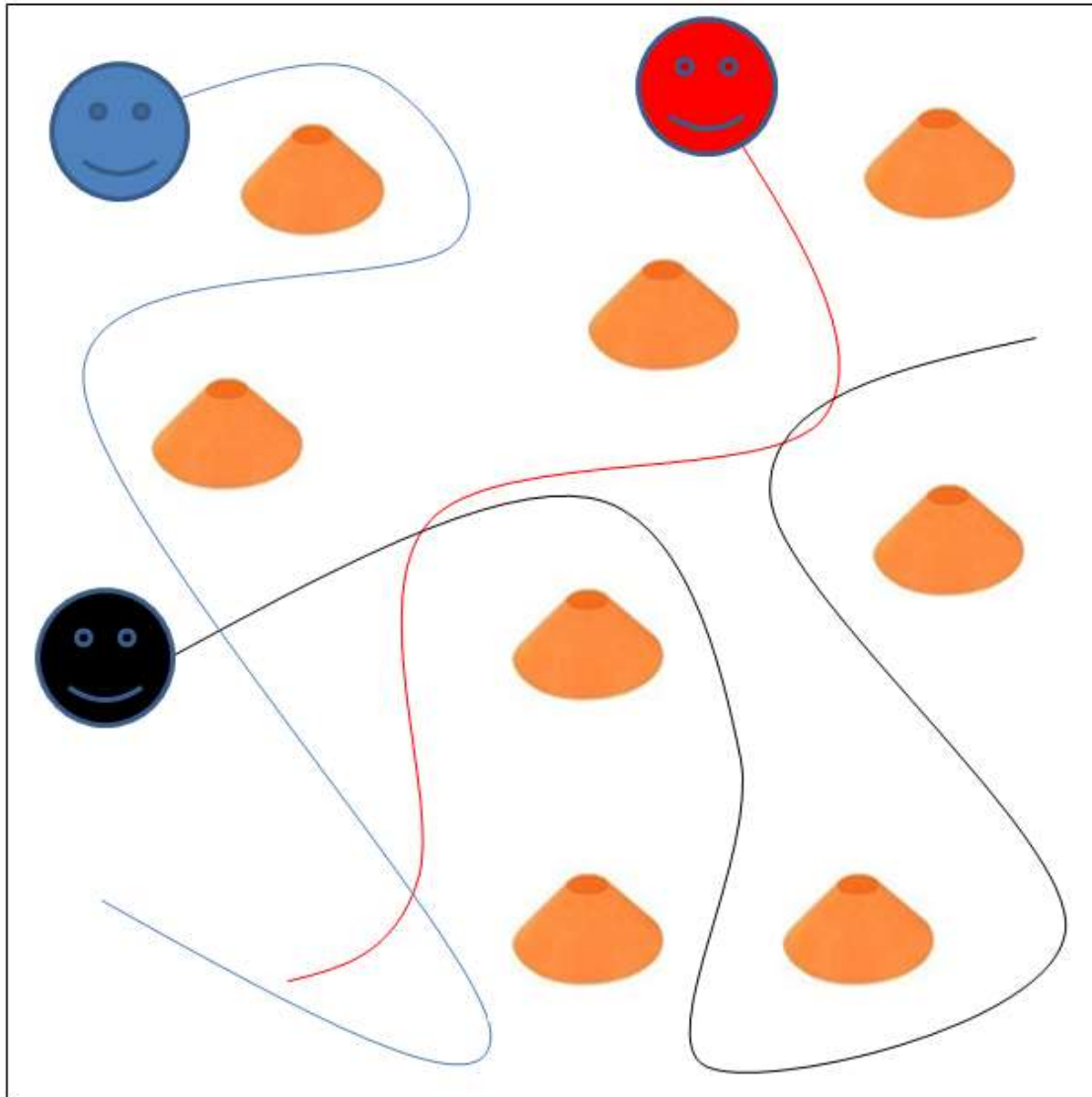


Warm Up - 7

Dodging



How to Play?

- Ask children to use the spaced out domes to dodge in and out off.
- Children should avoid other children.
- These are the first evasive skills that children should be taught.

Dodging

Make it harder

- Challenge them to jog/sprint.
- Challenge children to dodge each other and change direction quickly.

Make it easier

- Walk /crawl according to ability.
- Walk initially before challenging them to jog.