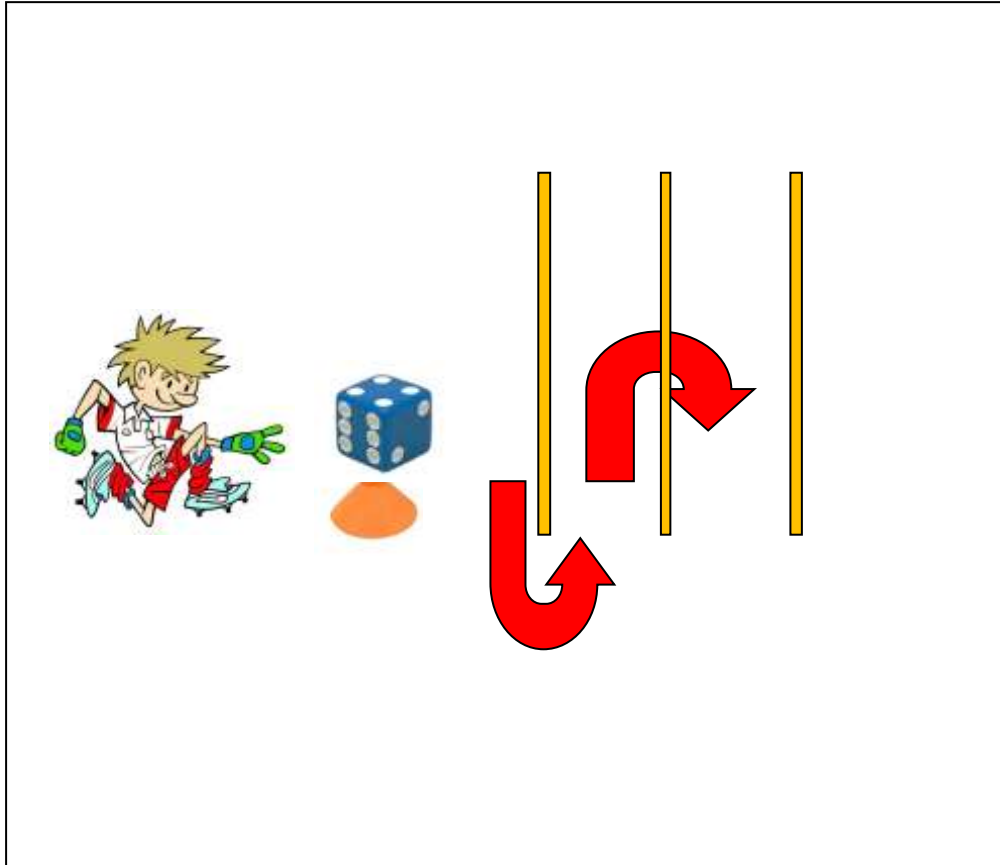


STATION 1: RUNNING

Activity: Roll the Dice



RULES – HOW TO PLAY

- On signal lift dice
- Weave in and out of the poles
- When out of poles roll dice and read score
- Collect dice and return through poles again
- High five next player
- Count scores on dice and total to get score.



HARDER

- Place poles closer together
- Zig Zag through poles
- Add in extra poles
- Move through poles sideways/backwards

EASIER

- Increase distance between poles

COACHING POINTS

HEAD

- Scan area and keep head up going through the poles

HANDS

- Use hands to help maintain good balance going through poles

FEET

- Move in and out of the poles on the balls of your feet.
- Push or drive off the outside leg to dodge around each pole

EQUIPMENT:

- 1 Large dice
- 4 Agility poles
- 1 Multi-marker