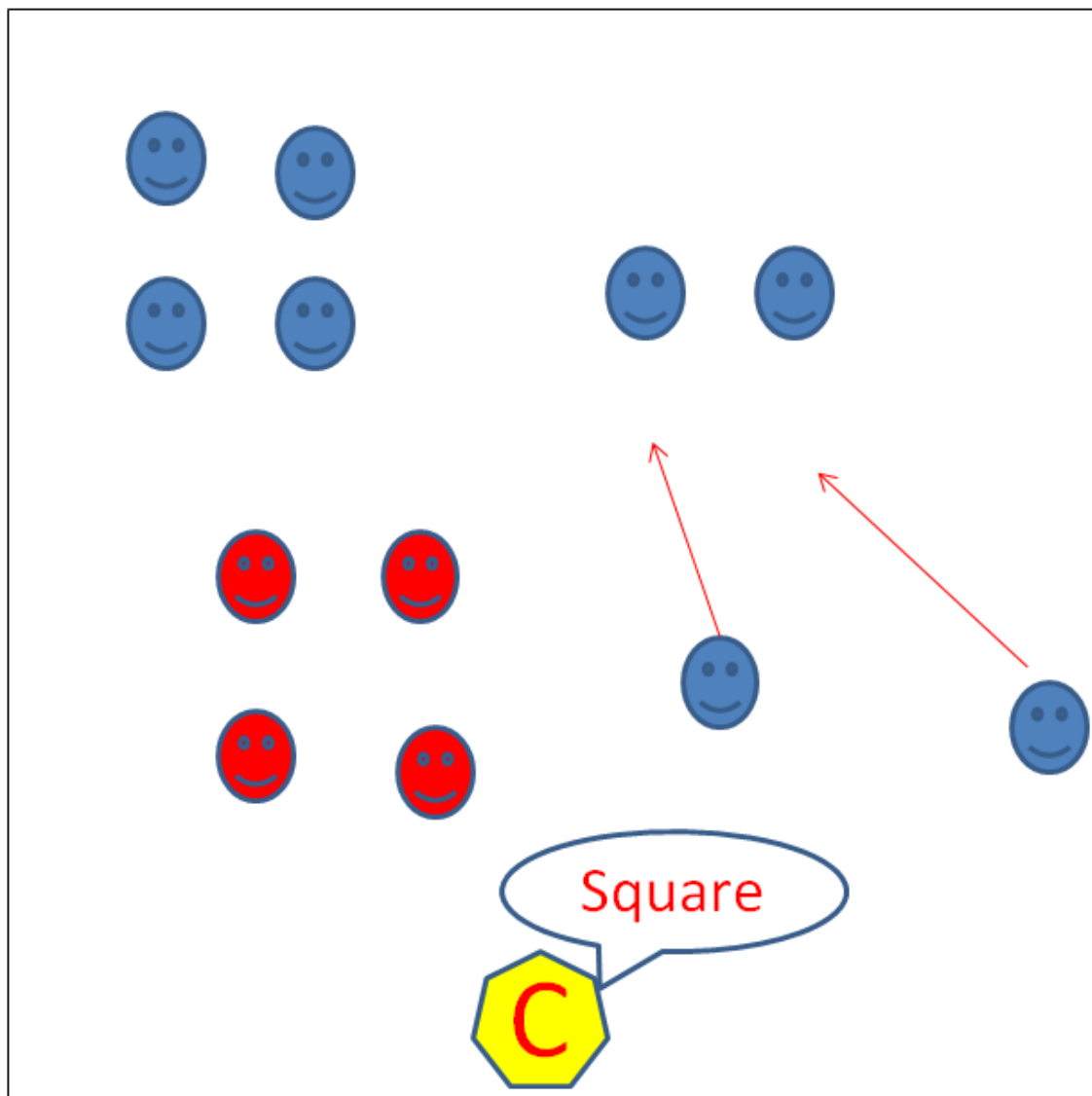




Warm Up - 4

Shapes



How to Play?

- The coach calls out a shape and the class have to form the shape called e.g. 3's to make a 'triangle'.
- Aim to follow coach's instructions moving in and around the area.

Shapes

Make it harder

- Repeat above travelling in different directions i.e. backwards etc.
- Repeat above while lying on the ground.
- Introduce more complex shapes (Pentagon, hexagon, octagon)

Make it easier

- Use half class so the others can watch and copy.
- Use simple shapes (Square, triangle & rectangle)