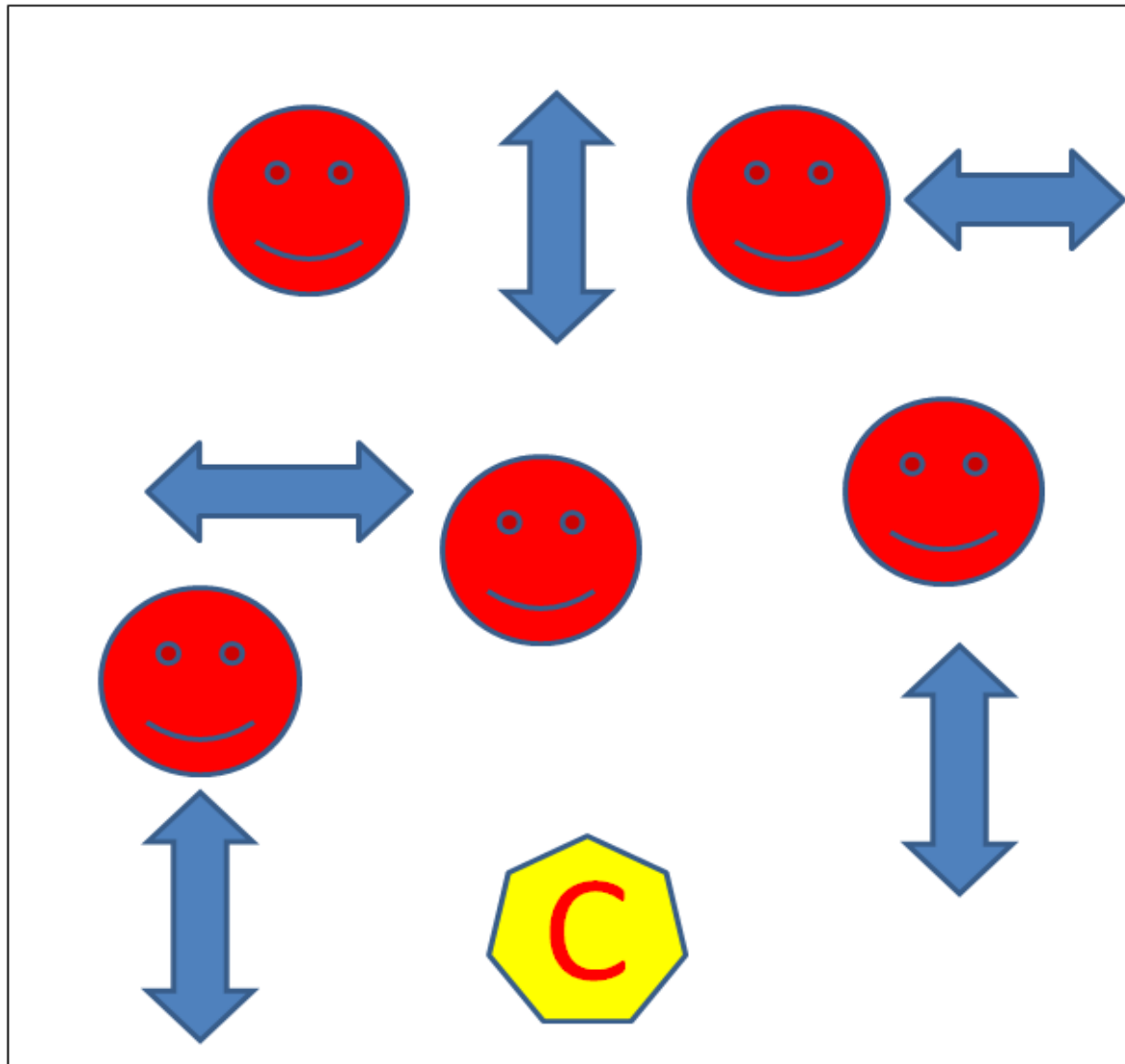


# Signal Man



## How to Play?

- Players space out at random in an area facing the coach.
- Coach stands in front and signals with hands.
- If coach points left all the players move sideways to their right etc. If coach points forward, all move back and so on.

# Signal Man

## Make it harder

- Challenge them to move the opposite way to the way pointed i.e. if the coach points behind him all move backwards etc.
- Get children to now respond to audio commands i.e. 'Right', 'Left' etc.
- Add traffic light colours.
- Red = Stop
- Amber = Get Ready
- Green = Go

## Make it easier

- Give very slow commands.
- Leave longer time for children to react.
- Coaches assist with movements.