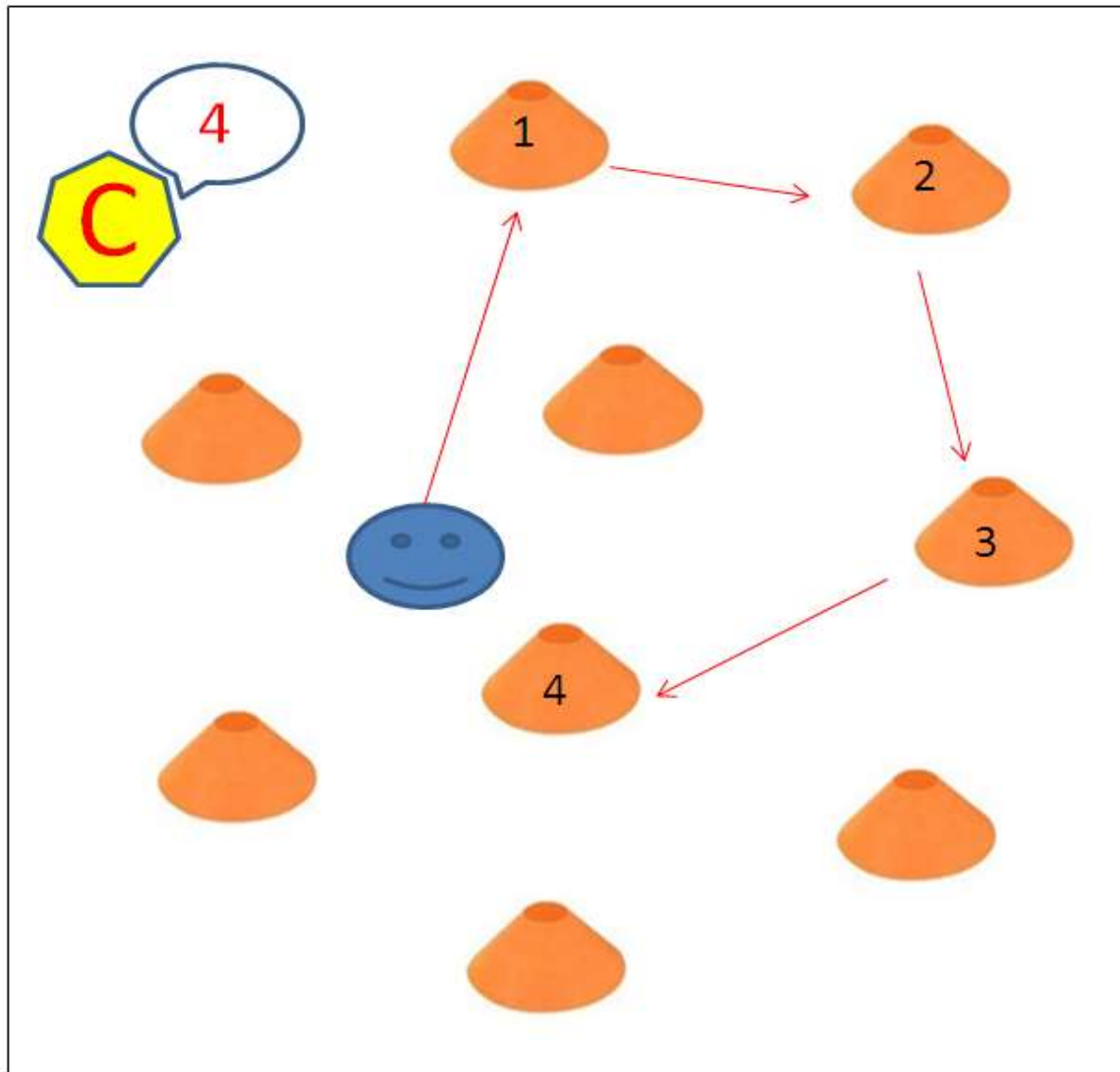


Warm Up - 2

Touch the Domes



How to Play?

- Aim to follow coach's instructions moving in and around the area.
- Touch as many domes as possible within a set time.
- Coach calls out a number children touch that number of domes.

Touch the Domes

Make it harder

- Can they use different parts of their bodies to touch the domes e.g. elbows, nose etc.
- Challenge children to move in different ways e.g. hopping, jumping etc.
- Use a smaller area with less domes.

Make it easier

- Use half class so the others can watch and copy.
- Make the area larger.
- Add more cones.