

## REACTION TIME AND MOVEMENT

### Warm Up:

Garden Rainbow Run – find a central spot inside or in the garden, to come back to each time. Move carefully but as quick as you can.

1. Run and touch something green
2. Run and touch something red
3. Run and touch something brown
4. Run and touch something yellow
5. Run and touch something blue



### Equipment:

Stop watch, timer. Helper



### Activity: Ready Steady Go

Practice moving faster with these starts. Start in these positions then get up and run 5 metres (5 big steps).

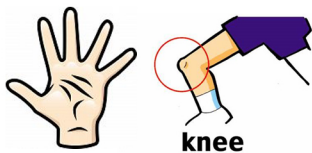
1. Lie on your back
2. Lie on your front
3. Sit down with your legs crossed
4. Kneeling
5. Standing



If someone else can help and join in, have a race against some one else or get them to shout the numbers out first.

### If you have 3 people:

Stand opposite each other with a ball/object between you. Stand one metre/1 large step away from the object. The 3rd person says 'heads, shoulders, knees or toes' in any order, you have to touch that part of you until player 3 shouts ball! The first person to grab the ball or object is the winner. First person who wins 3 is the champion!



Ready Steady Go, Position 5- One leg in front of the other  
Knees bent. Arms frozen in running position

### Coaching points:

Ball game – Crouch down, knees bent, listening really carefully for the word ball – FOCUS!

### Differentiation points:

**Hard** **Easy** If the task is too challenging: **Just practice getting up quickly from these positions.**

**3 people ball game – stand nearer to the object.**

If the task is too easy: **Race someone else. Race to an object and the first one to pick it up wins.**

**3 people game – stand further away from the ball to start.**

### Cool down:

Spell your first name by making the letters with your body.

