

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.



Coaching points:

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

Differentiation points:

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

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

Cool down:

- Reach up as high as you can.
- Crouch down, curl up and go as small as you can.
- Stretch out on the floor as long as you can.
- Stand up and make the widest star shape you can.

