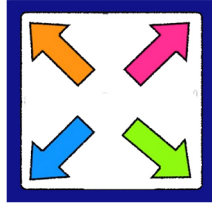




Warm up:

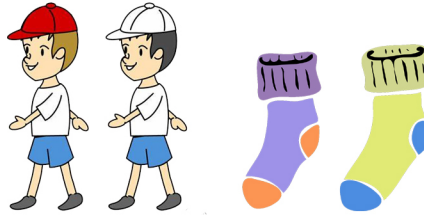
RUNNING



Corners:

Parent / child stands in the middle of the room / garden and is the tigger

The other person/ people starts in one corner, then when the middle person shouts go, they must successfully run to another corner of the room/garden without being tagged. If they get caught they become the tigger



Main activity: Sock Swap

- * Grab a pair of socks and make sure they make a ball shape (you can use a tennis ball or soft ball if you have one)
- * Start off by walking around the garden throwing your socks/ball up into the air catching it
- * If you have a sibling/parent you could throw the ball to them and catch it back whilst moving
- * Change this into a skip or a jog, followed by running

Rule change: movement can also change to become sprinting, hopping or side stepping – make it as easy / difficult as you like!

- * Create two targets in your room/garden: one must be closer and one must be further away using an underarm throw, throw your socks and aim to reach the closer target

- * By using overarm throw, throw your socks and aim to reach the target further away



Key points:

Underarm - 1. Stand face on to the target with eyes focussed - 2. Opposite foot forward -3. Aim with non- throwing hand - 4. Swing throwing arm back and forward - 5. Release the object when throwing hand is level with non- throwing hand. Well timed - 6. Follow through with throwing hand

Overarm - 1. Stand side on to the target and aim using non- throwing hand - 2. Move throwing arm downwards and backwards - 3. Move throwing hand forwards and release object upwards - 4. Twist at hips and shoulders - 5. Throwing arm follows through - 6. Control body

Rule change: change targets so they are further away / closer, aim for new targets in the room or garden (socks should not cause damage...) e.g. fence, plant pot, hose pipe, chair, door