



## Warm up:

- 10 x opening the gate with legs
- 10 x closing the gate with legs
- 10 x jumping from side to side (speed bounce)
- 15 seconds fast sprint on the spot
- 10 x hopping on each leg
- 10 x burpees
- 10 x star jumps

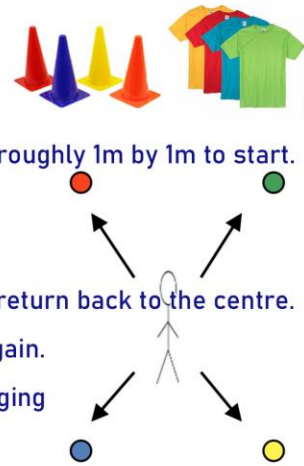
## Main activity challenge: - Colour touch reaction game

### Equipment:

- You will need four different coloured objects e.g. cones, socks, coloured paper or t-shirts.
- You will also need a partner to call out different colours for you.

### Coaching points:

- Start by placing your four objects out on the floor to make a square, roughly 1m by 1m to start.
- You will then need to stand in the centre of the square.
- Once you are all set, ask your partner to call out a colour.
- As soon as they say the colour you move to that colour, touch it and return back to the centre.
- They can then shout out another colour and you must do the same again.
- Keep going like this for a few minutes, then try make it more challenging by using the points listed in the differentiation section below.
- Ensure to keep yourself agile by moving using a side step motion and on the balls of your feet.
- Face forwards and do not turn your back on your partner, travel in a backwards motion to touch the cones behind you.



### Differentiation points:

- If this activity is too challenging make sure that the square is small and ask your partner to call the colours out slowly as this will give you more time to adjust and reset yourself.
- It may also be worth trying to memorise where each colour is to allow you to move quicker.
- You could also try switching the colours around.
- If this activity is too easy, make the square bigger.