## FILL THE BOAT



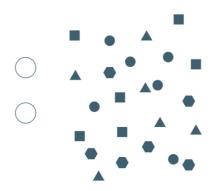
This game will help children to develop their agility

#### **EQUIPMENT:**

- Two markers you could use a cone, a hoop, a tray
- A Timer
- Objects to collect

#### HOW TO PLAY:

Each person get 30 seconds to collect as many objects at they can and bring them back to their marker. These can be spread out around a certain area. Participants should only pick up one object at a time and they must be placed, not thrown by their marker.



#### MAKE IT EASIER:

Make sure the objects are not spread out too much Given the person more time

#### MAKE IT MORE OF A CHALLENGE:

Make the markers further

Think of different ways they can travel to collect the objects e.g. side steps, backwards running, skipping

#### SCORING:

One point is scored for each object that is by the marker

Make this a personal challenge by trying to beat your score each time or making it harder!

#### RECORDING YOUR BEST AT HOME:

Can you practice and get better every day?

Name:							
Date	Score 1	Score 2	Score 3	Average			

# FILL THE BOAT



### **HOW TO SCORE:**

One point is scored for item

Make this a personal challenge by trying to beat your score each time or making it harder!

No.	Name	Score 1	Score 2	Score 3	Average
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					