

DRAW THE T

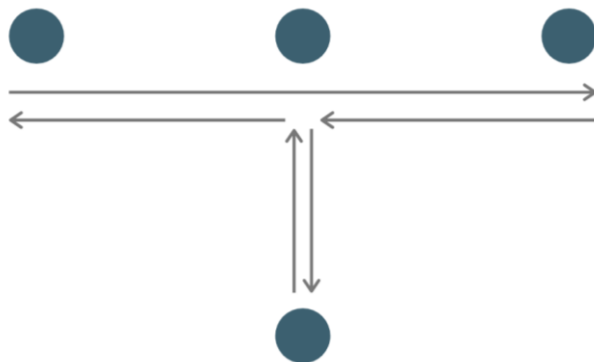
This game will help children to develop their agility

EQUIPMENT:

- 4 markers – you could use jumpers, cones, shoes
- Timer

HOW TO PLAY:

Run straight to the first marker, turn left and hop or skip to the left hand marker and touch with your left hand, turn round and hop or skip to the right hand marker and touch with your right hand, then hop or skip back to the middle markers and jog backwards to the beginning!



MAKE IT EASIER:

Make the markers closer together
No need to touch the cones

MAKE IT MORE OF A CHALLENGE:

Move from marker to marker in different ways e.g. sideways, backwards
Make the markers further away from each other

SCORING:

You get one point for each cone that you touch.
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



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HOW TO SCORE:

You get one point for each cone that you touch.

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
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2					
3					
4					
5					
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