

AROUND THE CLOCK

This game will help children to develop their coordination

EQUIPMENT:

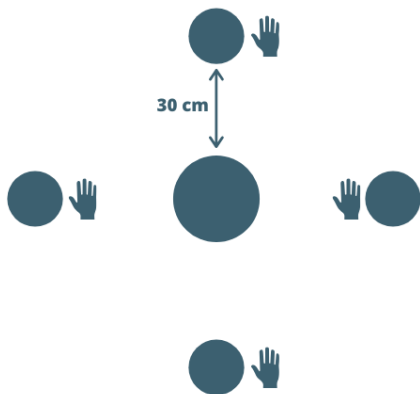
- Five markers – could be cones, clothing, shoes
- Timer

HOW TO PLAY:

Participants standing on the middle marker and have to touch each marker around the clock face in a clockwise direction. Markers are placed 30cm away from the starting position at 12, 3, 6 and 9 o'clock.

1. Standing on both feet
2. Stand on your strongest leg
3. Stand on the opposite leg

You have a maximum of 30 seconds to complete as many of the tasks above as possible.



MAKE IT EASIER:

Help can be used to balance
Bring the markers closer

MAKE IT MORE OF A CHALLENGE:

Take markers further away

SCORING:

Two points are awarded for each marker that is touched – 8 for around the clock.

If all 3 challenges are completed, 6 bonus points are awarded.

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	Challenge 1	Challenge 2	Challenge 3	Bonus points



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HOW TO SCORE:

Two points are awarded for each marker that is touched – 8 for around the clock.

If all 3 challenges are completed, 6 bonus points are awarded.

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

No.	Name	Challenge 1	Challenge 2	Challenge 3	Bonus points
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2					
3					
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