

# DRAW THE T

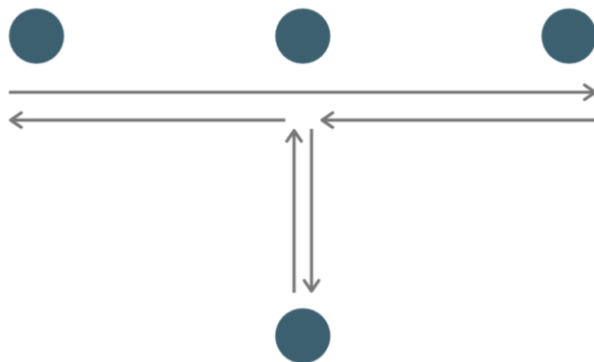
This game will help children to develop their agility

## EQUIPMENT:

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

## HOW TO PLAY:

Run straight to the first marker, sidestep to the left hand marker and touch with your left hand, sidestep back to the right hand marker and touch with your right hand, then sidestep 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. hopping, backwards, on hands and feet  
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:

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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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