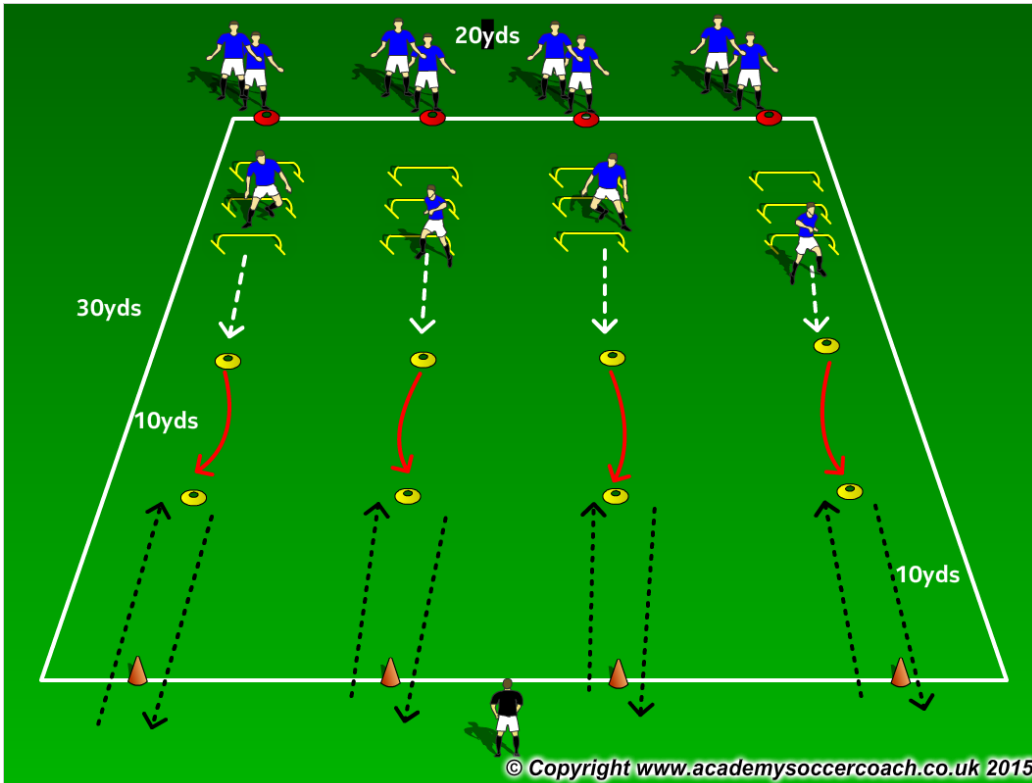




FUNDamentals Crazy Race



Organization: Players split into 4 groups of 3 (or 3 groups of 4)
Procedure: Players race through 4 stages of the obstacle course performing a variety of fundamental movement skills eg. forward/backwards running, skipping, hopping, bear-crawls, frog jumps, lateral shuffles etc.

Time frame. 15 minutes

Emphasis:

Fundamental Movement Skills

<p><u>Psychological</u> Safety Confidence</p>	<p><u>Technical</u></p>
<p><u>Physical</u> Change of Direction Running Hopping/Jumping Crawling</p>	<p><u>Social</u> Communication Encouragement FUN</p>