

Who Can?

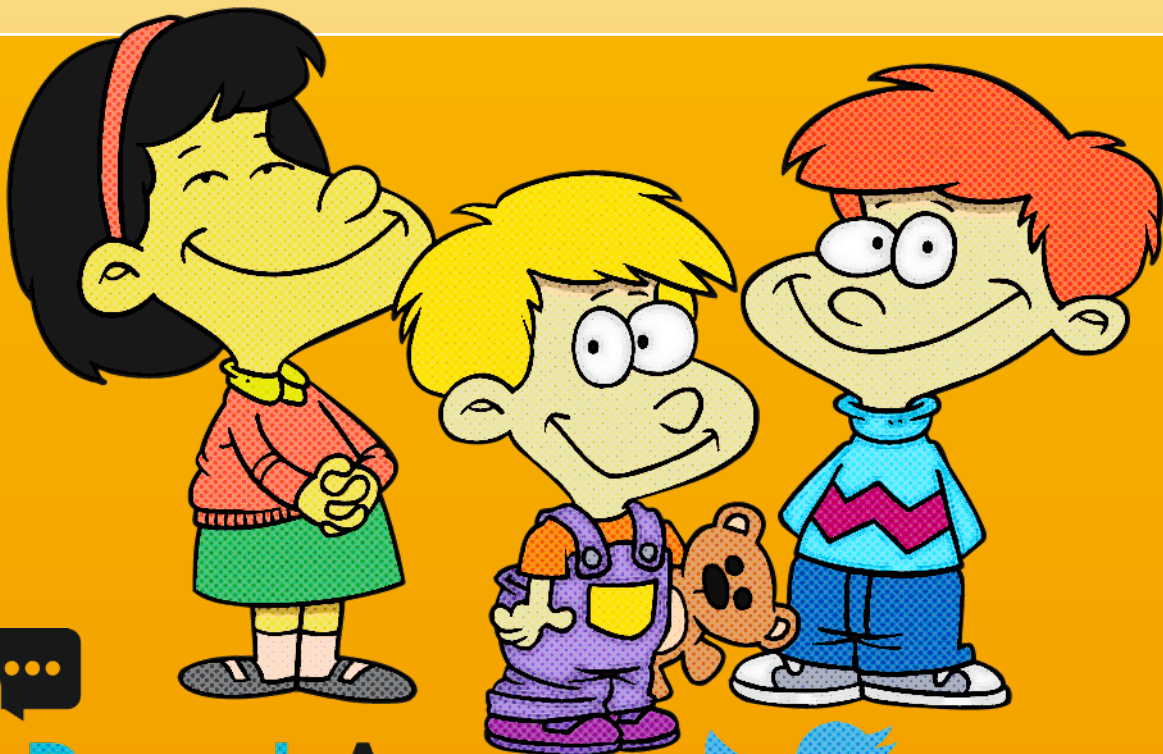
WARM UP ACTIVITY -

INSTRUCTIONS

THIS IS A GREAT GAME THAT WILL ENCOURAGE FOLLOWING DIRECTIONS AND CONCENTRATION; IT CAN ALSO BE USED AS A DISCIPLINE TECHNIQUE. THE STUDENTS ARE ARRANGED IN A SCATTERED FORMATION. GIVE DIRECTIONS OF MOVEMENTS AT A RAPID BUT CLEAR PACE. THESE INSTRUCTIONS CAN REINFORCE SKILLS THAT HAVE BEEN LEARNED IN THE PAST: WHO CAN ...?

COMMANDS

- BALANCE ON ONE BODY PART? TWO? THREE? FOUR?
- THROW A BALL TO ANOTHER STUDENT ? (SIMULATED)
- CATCH A BALL AT A LOW ANGLE? HIGH ?
- GALLOP , LEAP , RUN, SKIP ON EVERY BASKETBALL LINE?
- SIT DOWN WITHOUT MAKING ANY NOISE?
- DON'T TOUCH ANYBODY WHILE MOVING IN ALL DIRECTIONS?
- BE SILENT FOR 10 SECONDS?
- JUMP IN THE AIR, CLAP THREE TIMES? FOUR TIMES? FIVE TIMES?
- LINE UP WITHOUT MAKING A SOUND OR TOUCHING ANYBODY?



BreakAppz



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