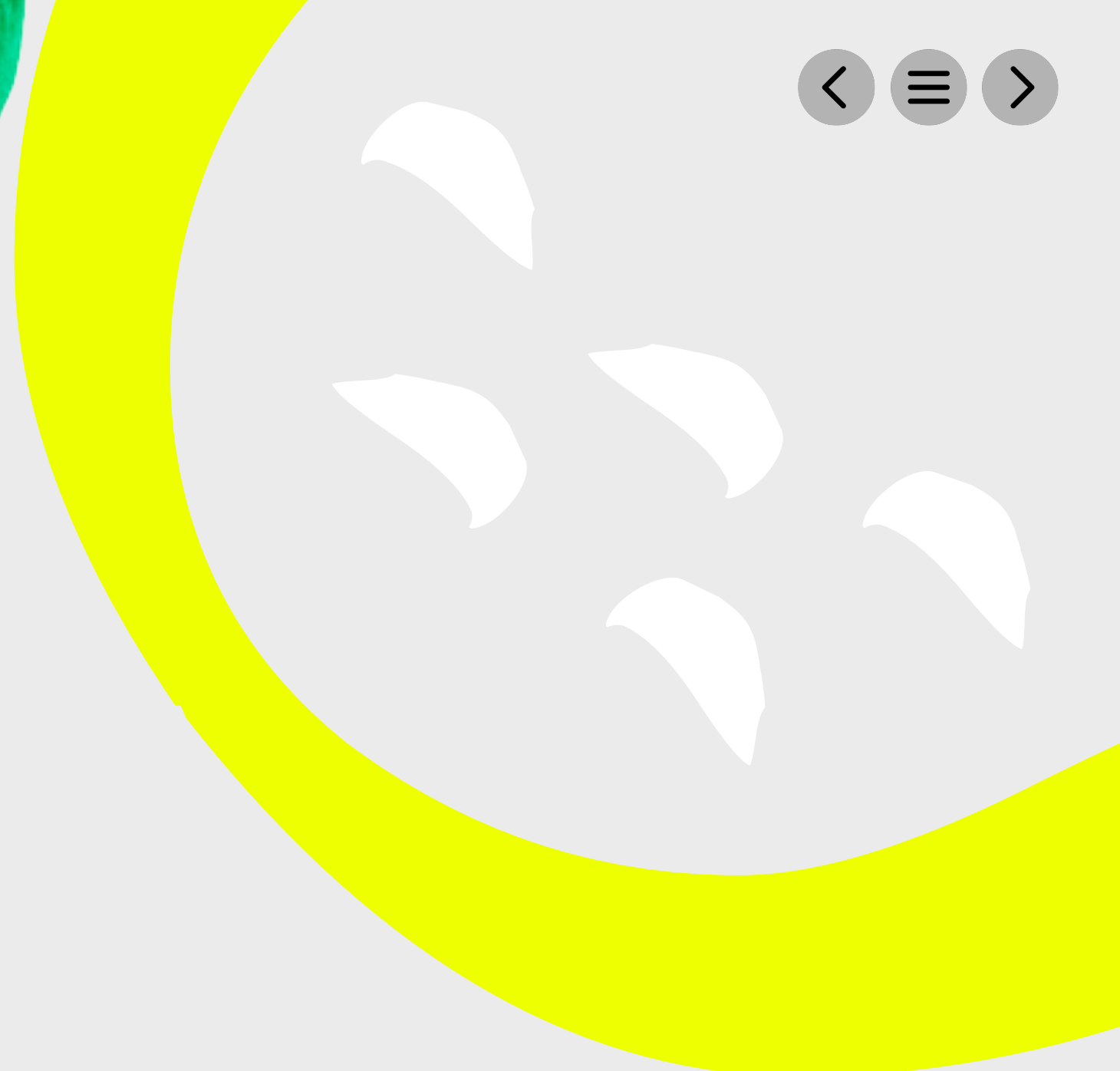


Physical Literacy



Fundamental Movement Skills (FMS)

During your Warm Up Game, explore a range of Fundamental Movement Skills (FMS). The children should be encouraged to experiment and develop these movements and you can tailor the difficulty of the specific movement to each child or warm up game.



Kick

Explore this skill using both feet, different parts of the foot and kicking in the air and on the ground



Throw

Explore this skill using both arms, underarm and overarm throws as well as at a range of heights



Skip

Explore this skill using a rope and in dynamic motion at a range of speeds



Run

Explore this skill at a range of speeds, and going backwards



Hop

Explore this skill by alternating legs on the spot and in dynamic motion



Side-step

Explore this skill by alternating sides, touching heels and crossing legs



Dodge

Explore this skill by getting the child to dodge static and dynamic obstacles at a range of heights



Jump

Explore this skill by exploring the movement in multiple directions



Stand on one leg

Explore this skill by exploring balancing on both legs

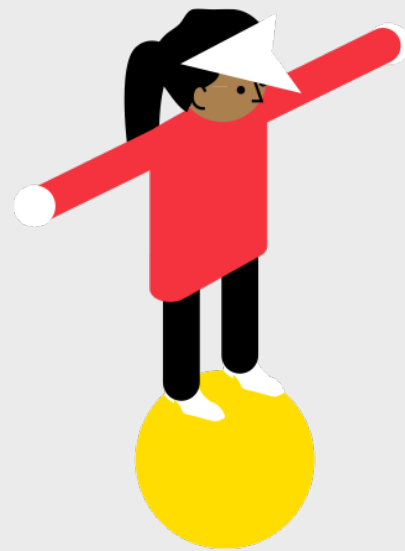


Crawl

Explore this skill by exploring using different segments of the body

Athleticism Skills

During your Warm Up Game, explore a range of Athleticism Skills (FMS). The children should be encouraged to experiment and develop these movements and you can tailor the difficulty of the specific movement to each child or warm up game.



Balance

Explore this skill by utilising objects as well as single leg balance skills both statically and dynamically.



Coordination

Challenge each child by exploring movement of the body and handling objects in tasks with others.



Strength

Explore this skill by utilising a maximum of the child's own body weight to develop health bones and muscle mass.



Agility

Stopping, changing direction and moving at speed are crucial skills and can be explored via a range of activities.



Speed

Explore this skill by exploring fun speed movement exercises and with the golf club too!



Flexibility

Exploring basic range of movement through fun games and activities.



Endurance

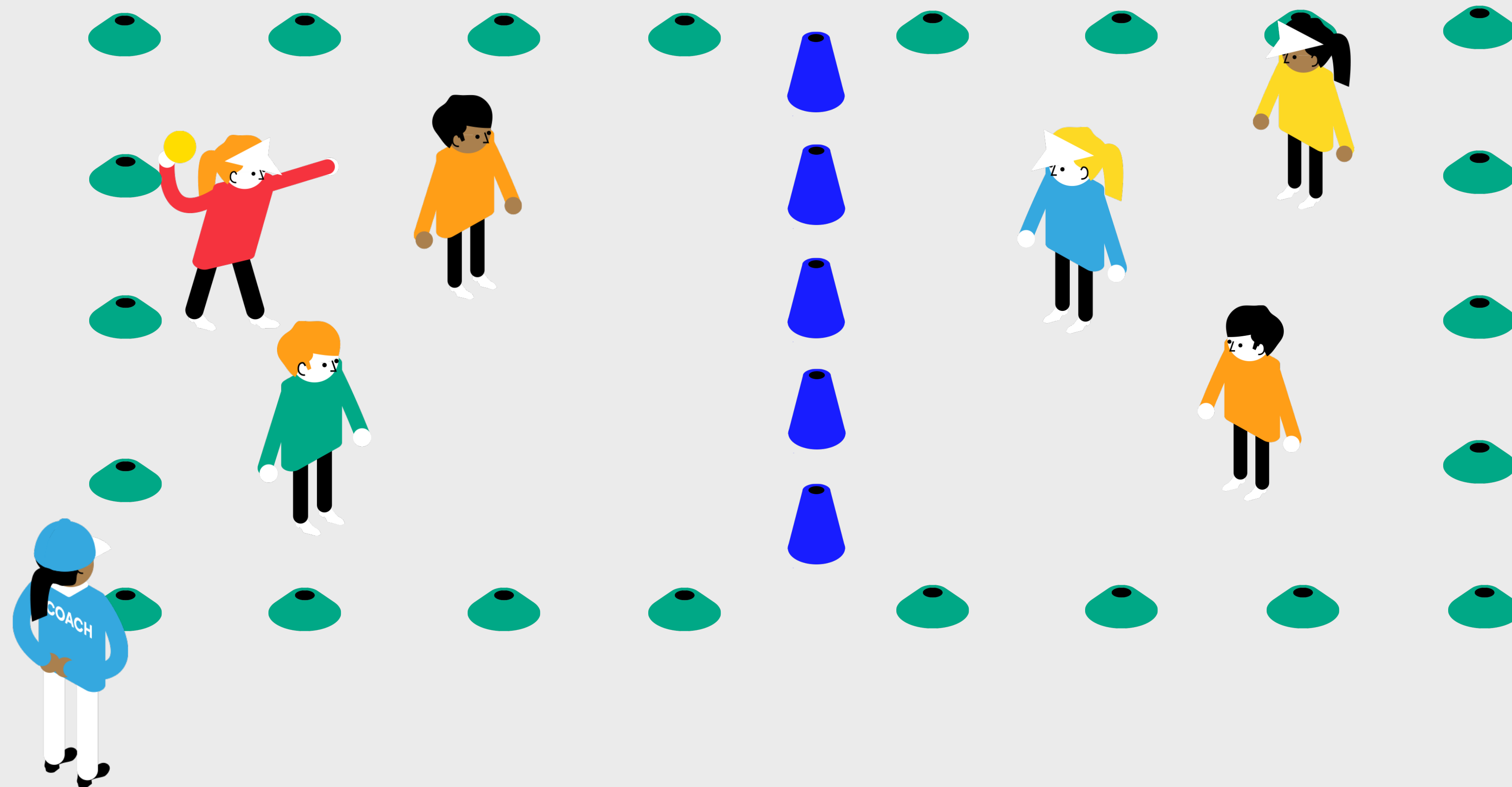
One of the easiest skills to develop in a child. Engage them in fun activities to keep them moving.

Warm Up Games

The Warm Up Games are an opportunity for you to develop the child's Physical Literacy. During these games, a focus should be made on developing key Fundamental Movement Skills (FMS) and athleticism components identified within the Physical Literacy Learning Outcome. Use the guidance for how to play the warm up games.



Hand Volleyball



How to Play

- This game is played in two teams. Players are split evenly and one team starts on one side of the court and one team starts on the other side of the nett.
- The player serves by using the palm of their hand to hit the ball over the nett
- The ball is able to bounce once and the opposing team attempt to return the ball over the nett using their hand
- Players may pass the ball between team mates but are unable to let the ball drop
- A team scores a point when the opposing team is unable to return the ball or hits it outside of the cones

Progression Ideas

- Call out the commands faster and faster
- Add in more numbers and therefore more actions to remember

Equipment Needed

Cones for the Net Line



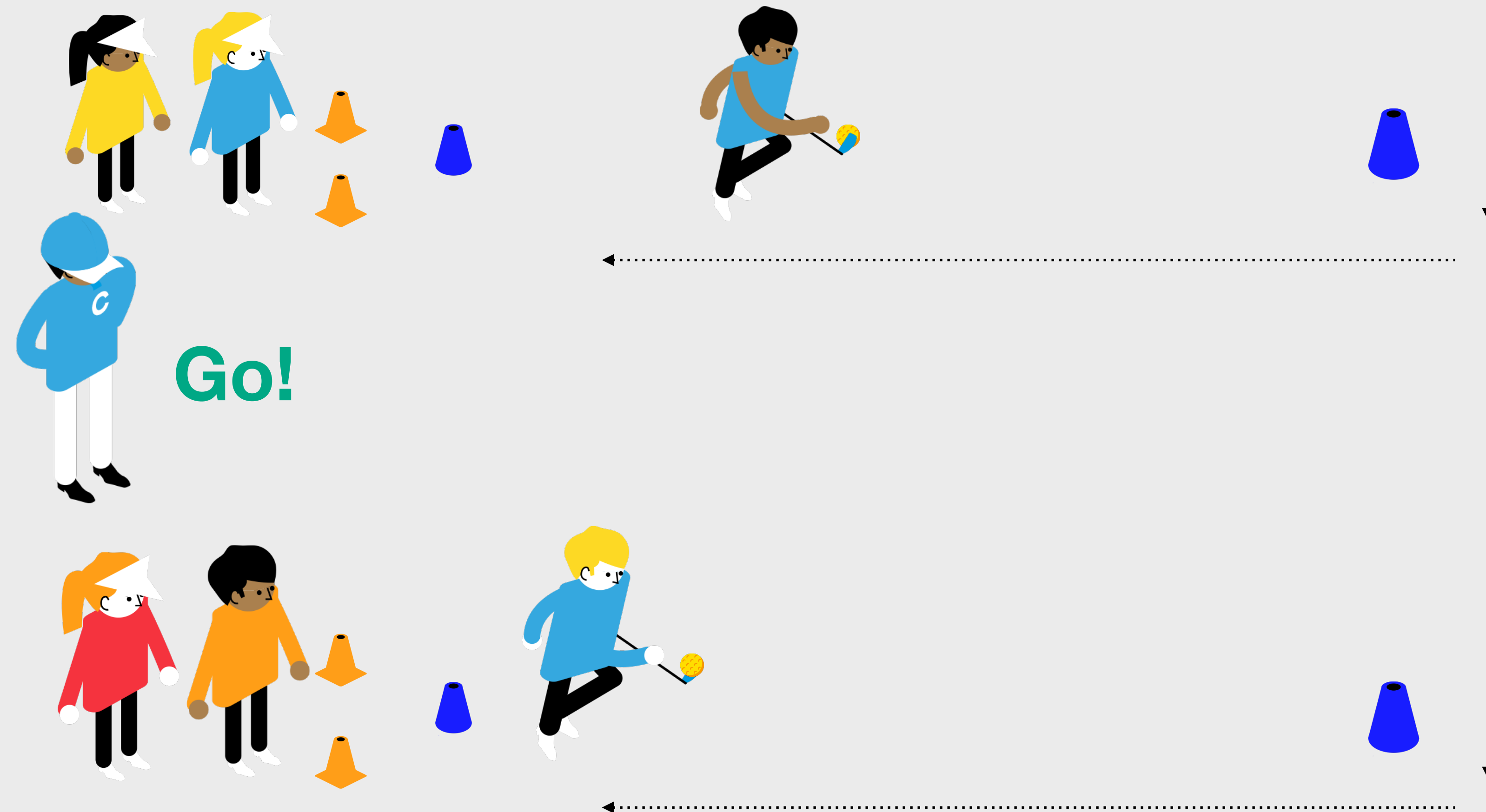
Colored cones for the Court



Large Soft Ball



Wedge and Ball



How to Play

- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 with the wedge in one hand and the golf ball in the other
- On go, the child tries to walk and balance the golf ball on the club face
- The team that wins is the one who gets all players home first.

Progression Ideas

- Add extra goes for each child
- Increase the distance between the markers
- Play the game with different fundamental movements such as running or hopping
- Attempt to play the game bouncing the ball on the clubface as the child moves
- When the ball is dropped, the child returns to the start

Equipment Needed

Orange Safety Cones

SAFETY



4 x Cones



Golf Wedge

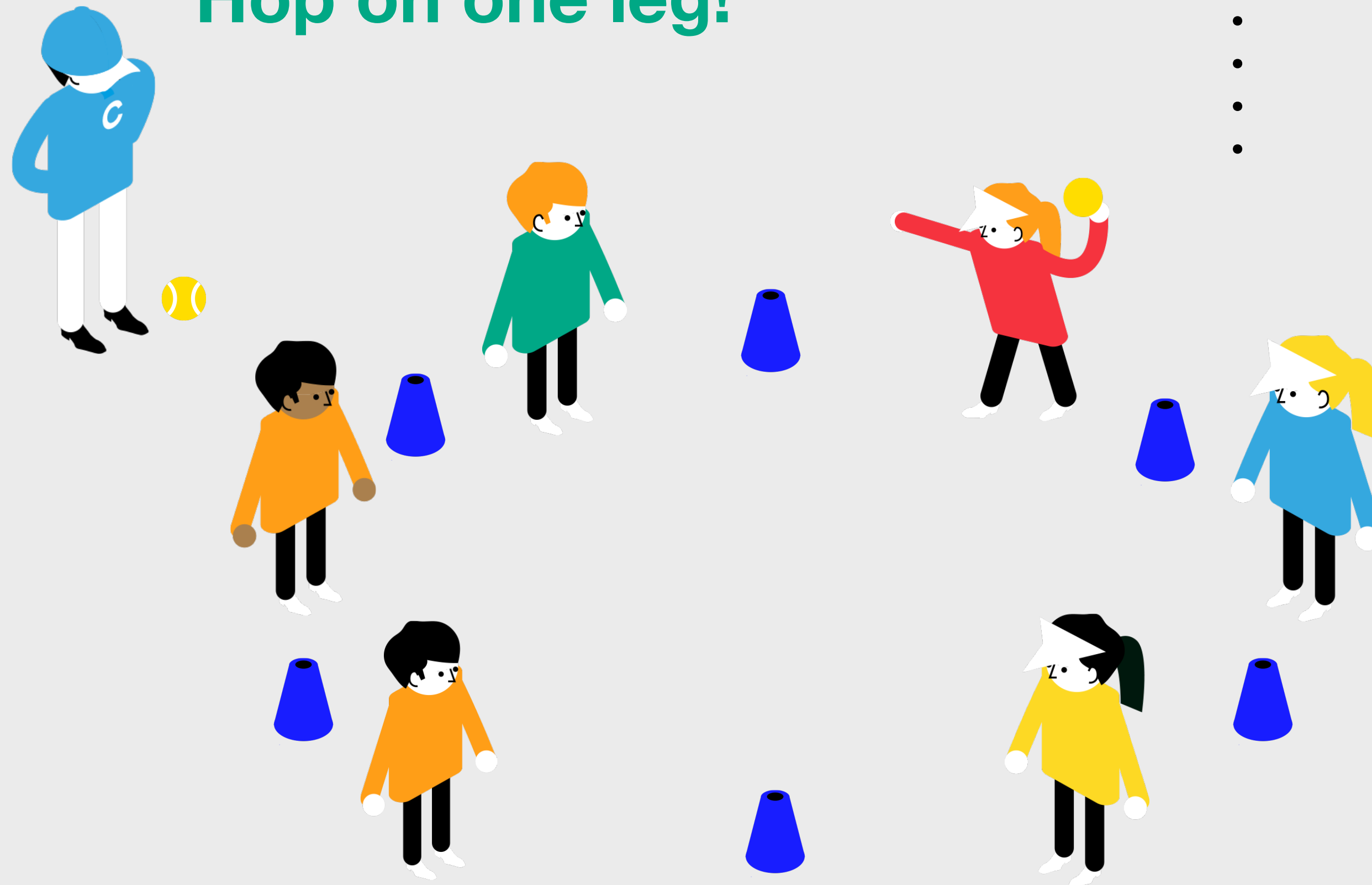


Golf Ball



Ball Toss

Hop on one leg!



Coach commands

- Hop on one leg
- Switch legs
- Throw low
- Throw high
- Step left
- Step right
- Changeover
- Jog on the spot
- Hop on one leg
- Stand on one leg
- One arm catching



How to Play

- This game is played individually. Children form a small circle an even distance apart. Each child starts with 3 points.
- One child starts with the ball, and the aim is to throw the ball to another child directly at stomach height. When throwing the ball, the aim is attempts to throw that the other child can catch.
- If the ball is dropped, the player loses a point. If a player throw the ball out of reach of a player, they lose a point.
- When a child loses all of their points, they exit the game and the game continues until one player is left.

Progression Ideas

- Increase the distance between each child
- Increase the size of the circle
- Add multiple balls into the game.
- Decrease the size of the ball
- Use faster and more advanced coach commands during the game

Equipment Needed

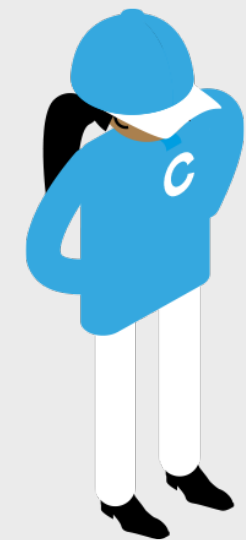
Cones to mark the edge of the circle



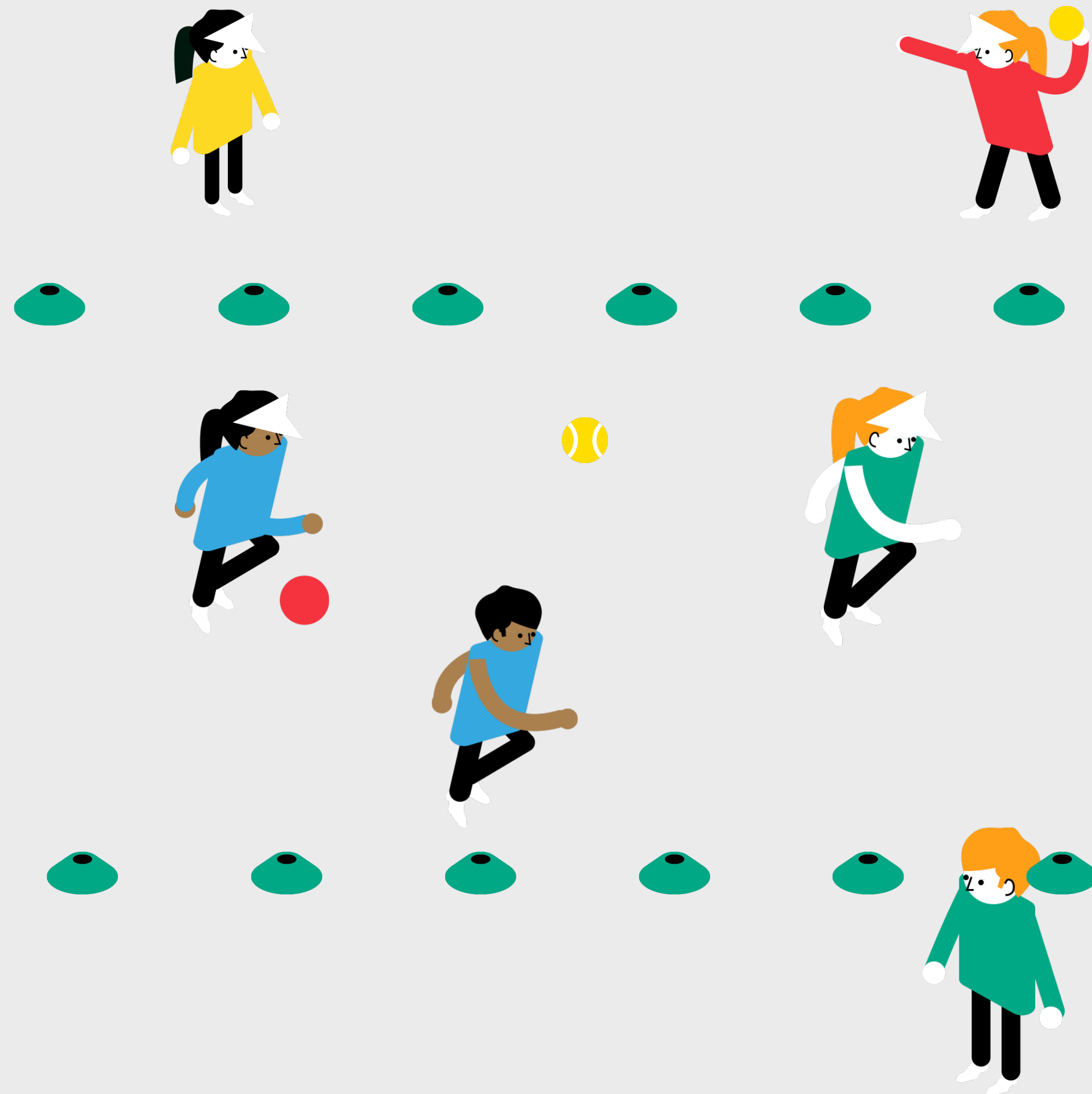
Soft Balls



Fairway Run



Go!



CRUSH
IT!
JUNIOR GOLF



How to Play

- This game is best played in two team. Split the children into even teams.
- 1 team starts on one side of the centre line and the other team starts on the opposite side.
- The team nominated by the coach starts with the 3 soft balls
- The team attempts to throw the soft balls waist height and hit the players on the opposing team
- When a player is hit they drop out of the game
- If a ball is caught, then any players out of the game can be re-introduced or the throwing player drops out
- The winning team is the team with players left in the playing area

Progression Ideas

- Decrease the size of the playing area
- Increase the number of softballs
- Play the game with different movement skills such as rolling the balls or nominating the arm the throw with

Equipment Needed

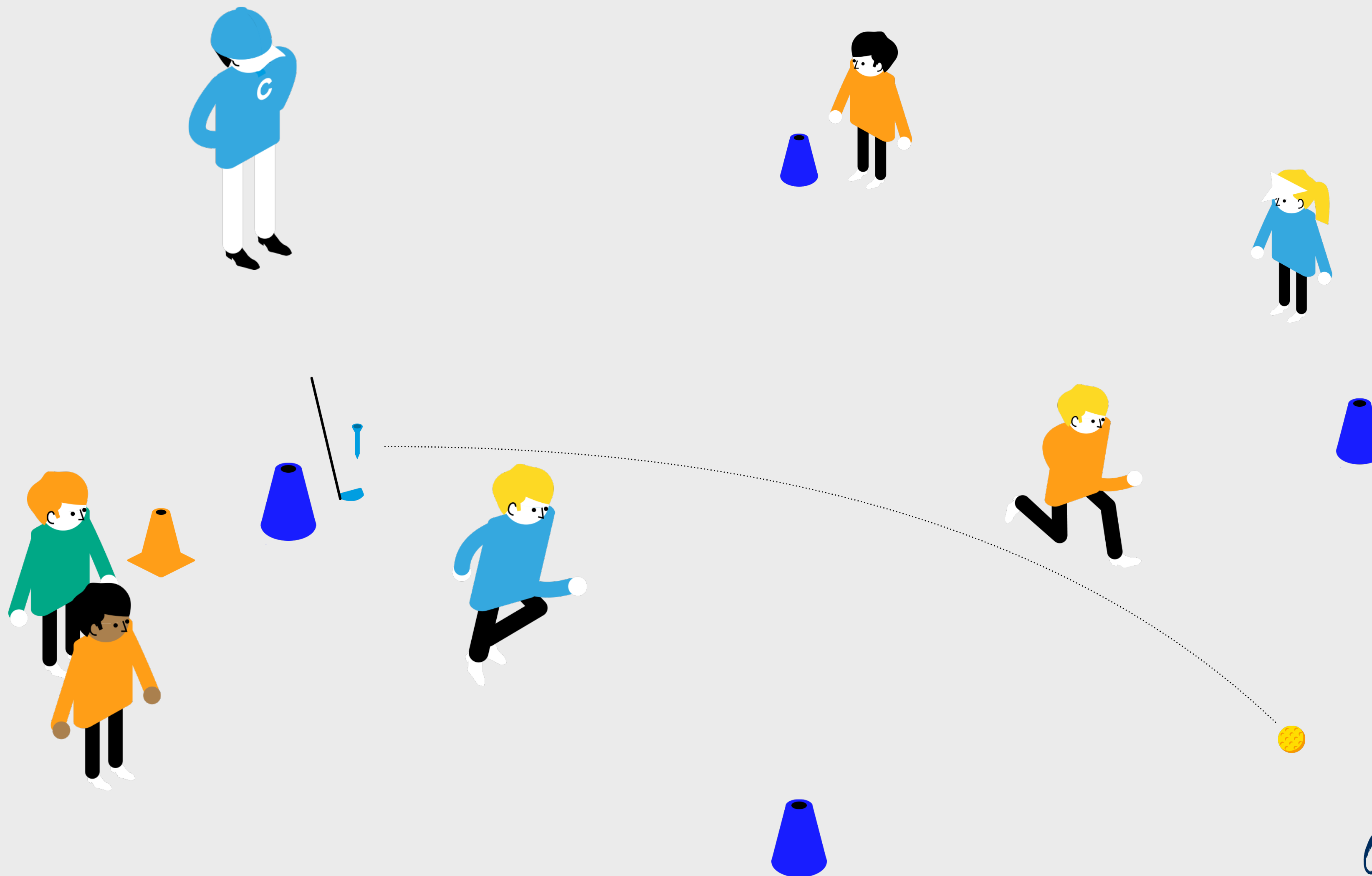
Cones to mark the edge of the tunnel



Soft Balls



Golf Baseball



**CRUSH
IT!**
JUNIOR GOLF



How to Play

- This game is best played in two teams. Split the children evenly.
- One team starts as the fielders and one team starts as the hitters. The hitting team number themselves and the fielding team disperse to the outfield and bases.
- Player number 1 plays first and gets 3 attempts before 'striking out'. When the player strikes the ball, they immediately drop the club and run to first base.
- Players attempt to get round the bases in one go to score a 1 point. Players who make it round but stop at a base score half a point.
- Players swap over once all hitters have struck out, been caught or didn't make it to a base.

Progression Ideas

- Reduce the number of attempts before striking out.

Equipment Needed

Orange Safety Cones

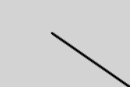
SAFETY



4 x Cones



Golf Wedge



Soft Ball



Relay Race In and Outs



How to Play

- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 starts with their hand on the starting cone
- On go, the child races to the end cone, weaving in and out of the cones, runs around the end cone and back tagging the next player
- The team that wins is the team that gets all players home first

Progression Ideas

- Add extra goes for each child
- Decrease or increase the distance between the markers
- Play the game with a focus on developing FMS skills such as crawling, side steps, skipping, jumping or backwards running

Equipment Needed

Orange Safety Cones

SAFETY



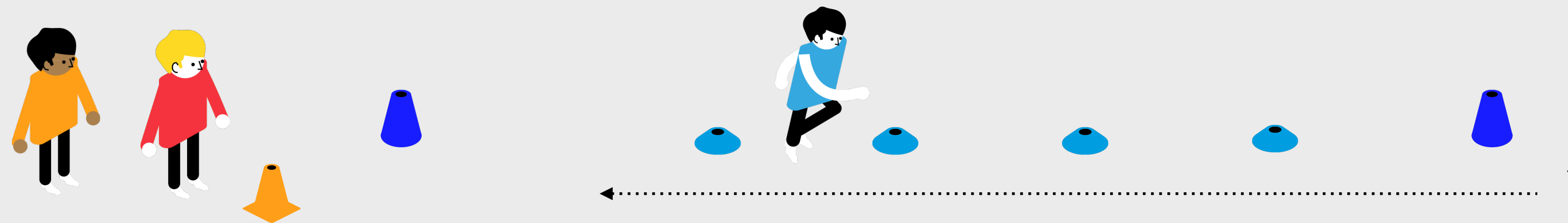
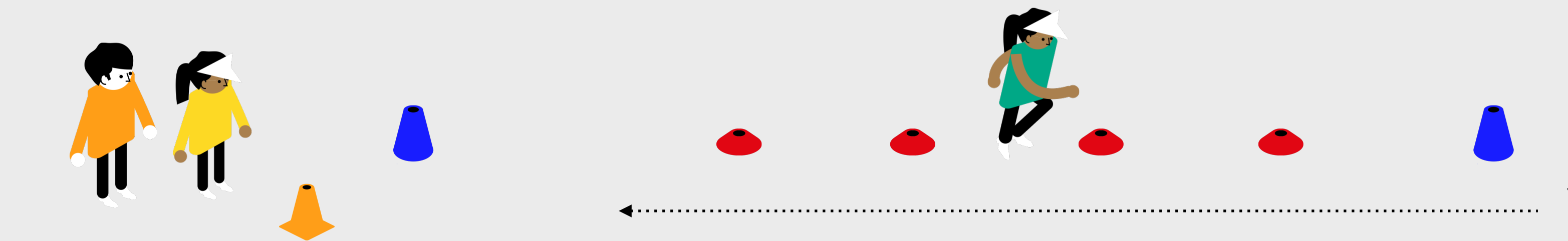
4 x Cones



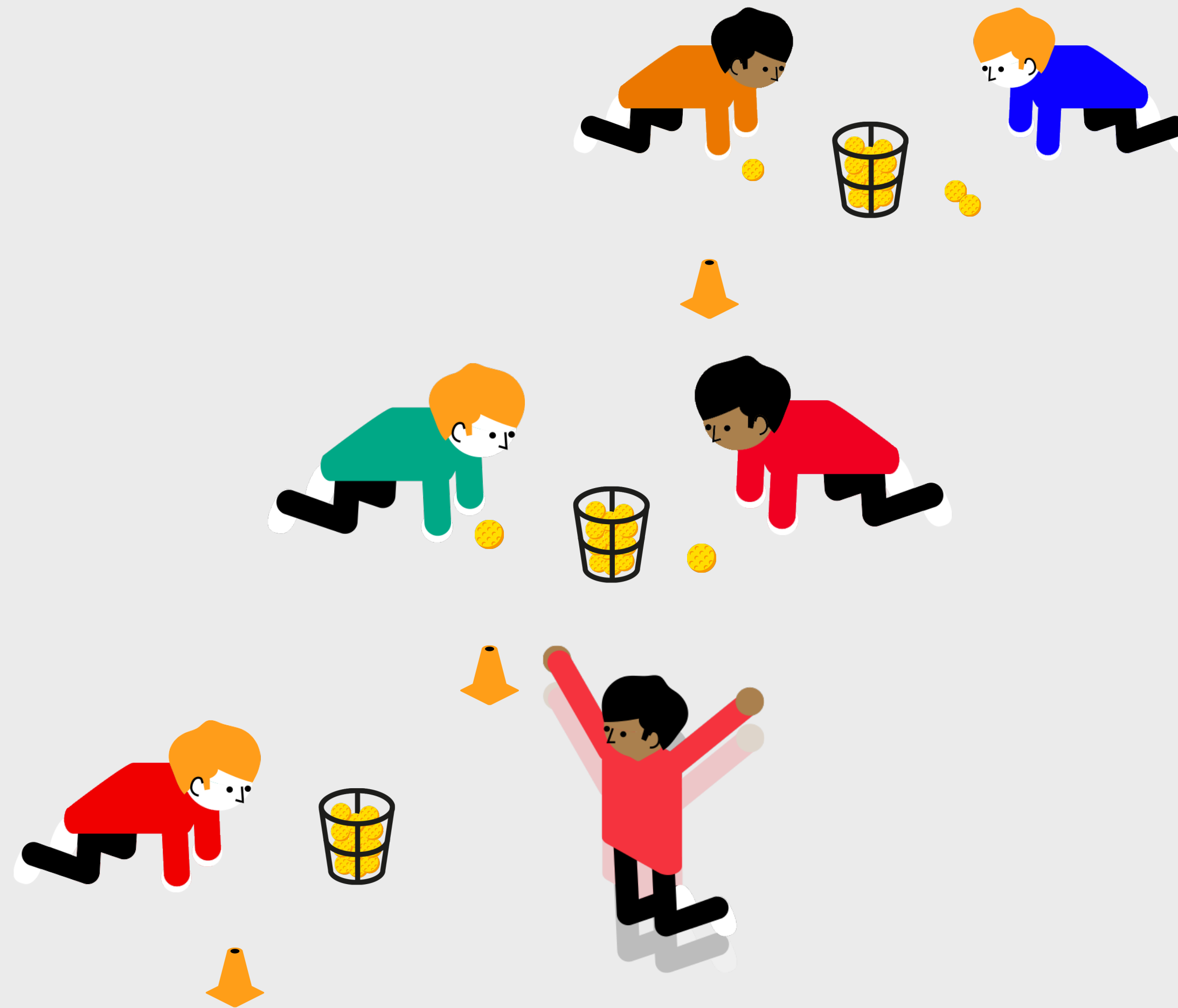
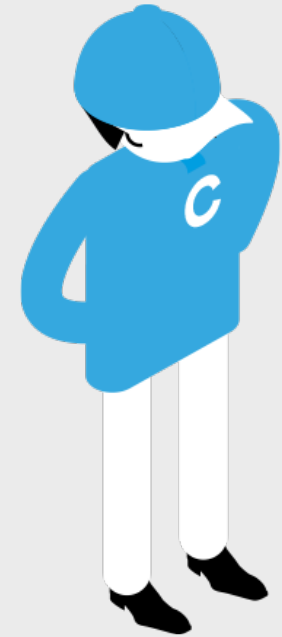
4 x Red colored cones



4 x Blue colored cones



Fill the Bucket



How to Play

- This game is best played in pairs
- The children start either side of their team's bucket, with 10 balls each on the floor next to the bucket
- On go, from a raised plank position, the children have to pick the balls up from the ground and put them into the bucket
- The team that wins is the one that fills their bucket first and jumps up

Progression Ideas

- Experiment with different poses, holding a squat position, balancing on one leg, etc
- Increase or decrease the number of golf balls for each player
- Introduce a distance between the balls and the bucket so the player has to crawl or travel using a different FMS

Equipment Needed

Orange Safety Cones

SAFETY



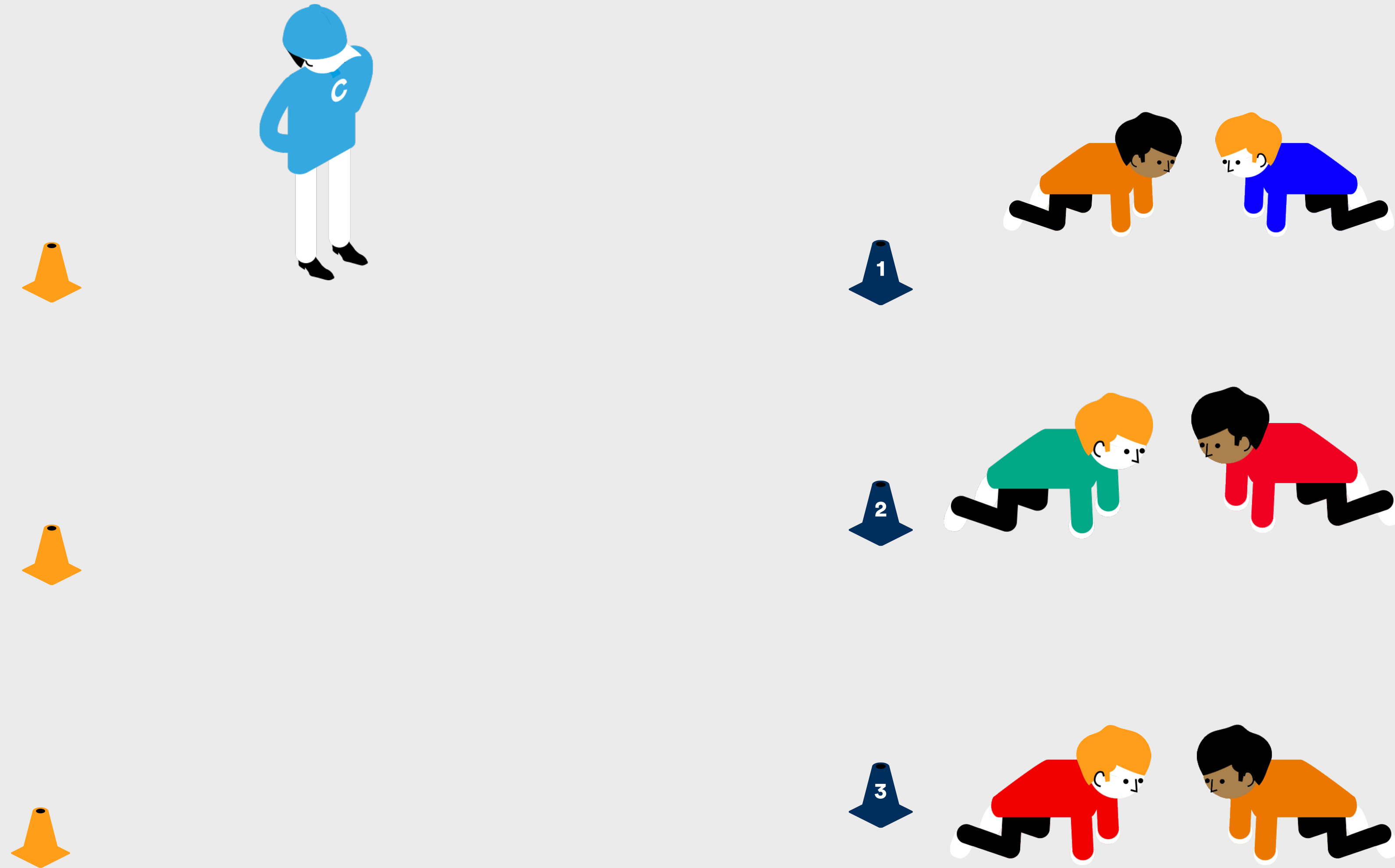
3 x Baskets



10 x Golf balls per child



High Fives



**CRUSH
IT!**
JUNIOR GOLF



How to Play

- This game is played in pairs
- The children start behind their team's safety cone
- On go, the children run, hop or skip across to behind their Crush It cone
- The children then get into a press up position and have to high five each other, 10 times, using alternating hands
- After the team has completed their high fives they have to run, hop or skip back behind their safety cone
- The first team back behind their cone is the winner

Progression Ideas

- If holding a press up position is too difficult then children can play on their hands and knees, however one of their hands has to stay on the floor whilst they complete the high fives
- Introduce different FMS to move between the safety cone and Crush It cone

Equipment Needed

Orange Safety Cones

SAFETY



3 x Crush It cones



Launch Pads



How to Play

- Split the children into pairs
- Both players must stay in their hoop. The challenge is to launch the noodle and for their partner to catch it without stepping out of the hoop
- The pair that manage the most consecutive catches without dropping the noodle

Progression Ideas

- Try using two noodles at a time and the partner has to catch both at the same time
- Decrease or increase the distance between the hoops
- Add in additional rules, for example standing on one leg, or catching with one hand
- Put a time limit on each round and switch partners after each round

Equipment Needed

3 x Orange Safety Cones



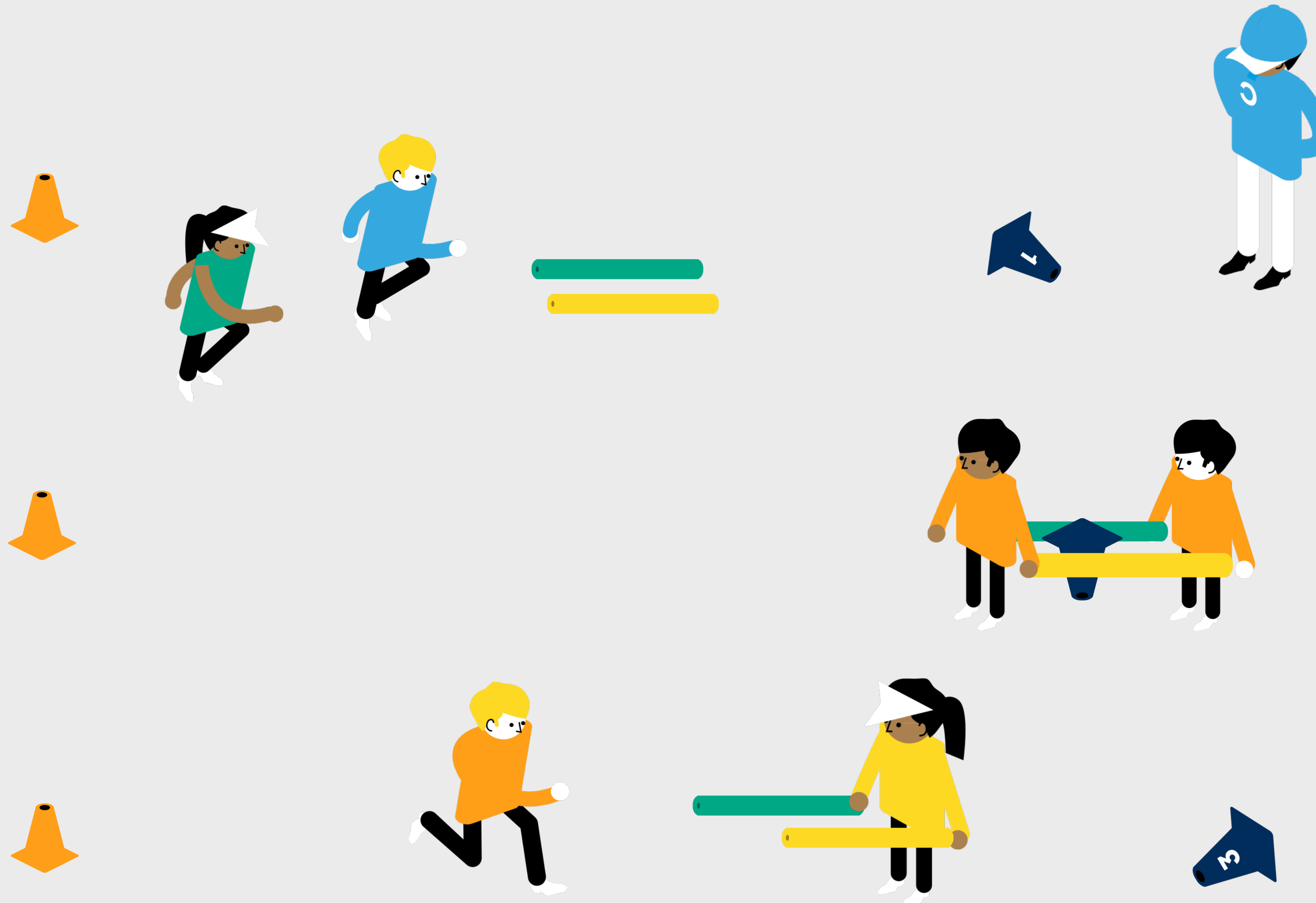
6 x Hoops



3 x Foam Noodles



Cone Collector



How to Play

- Split the children into pairs, and line them up behind their safety cones
- When the coach shouts GO! The children run out and pick up the foam noodles
- One child must hold one end of the noodles and their partner must hold the other end
- The pair then have to work together to pick up the Crush It cone without touching it with their hands
- The winning pair are the ones that can carry the Crush It cone back to their safety cone

Progression Ideas

- Add in obstacles
- Introduce a time penalty for dropping the cone
- Introduce other objects to pick up using the noodles

Equipment Needed

3 x Orange safety cones

SAFETY



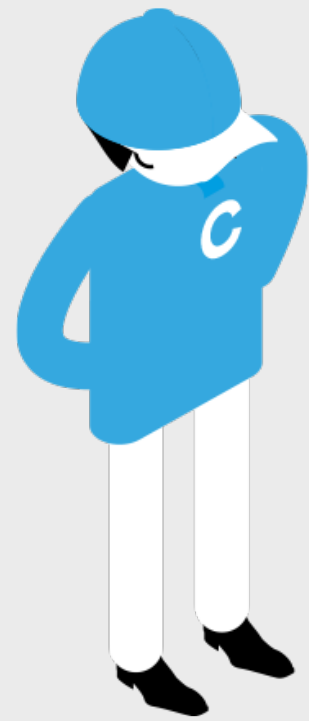
3 x Crush It cones



6 x Foam noodles



Connected



**CRUSH
IT!**
JUNIOR GOLF



How to Play

- This game should be played in pairs
- Each pair is connected by a foam noodle
- The aim is to get from the starting cones to the other side, round the Crush It cone and back with out dropping the noodle or touching it with their hands

Progression Ideas

- The pairs gets an extra go to beat their time
- Increase the distance between the cones
- Switch partners and try the game again
- Add penalties for dropping the noodle or touching it with their hands

Equipment Needed

3 x Foam Noodles



3 x Orange safety cones



6 x Cones



Hurdles



How to Play

- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 starts with their hand on the starting cone
- On go, the child attempts to step or hurdle over the 5 hurdles, around the end cone and back to the start
- Once the first player returns the next player on the team goes
- The team that wins is the one who gets all players home first

Progression Ideas

- Add extra goes for each child
- Raise the height of the hurdles
- Introduce different FMS skills such as jumping, or hopping
- Raise the foam noodles all the way up and play Limbo as an alternative

Equipment Needed

4 x Orange Safety Cones



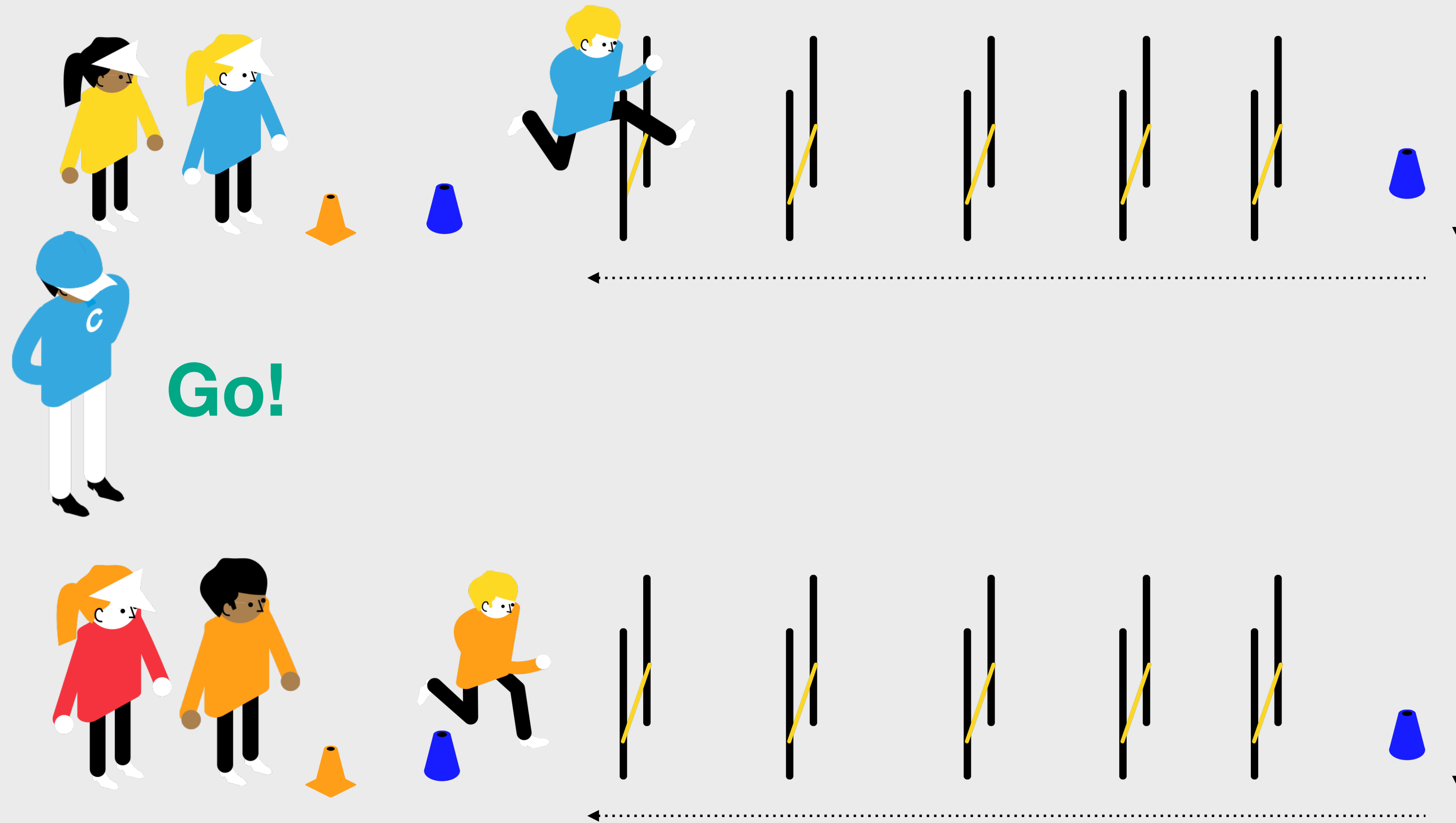
4 x Cones to mark starting positions and end cones



10 x Foam Noodles



20 x Alignment Sticks



Floor is Lava



How to Play

- Split the children into even groups, ideally three teams of two
- One child from each team is only allowed to send in the hoops, their partner has to move the hoop into position so that their partner can move from one side of the game to the other
- On go, the pairs race to the other cone at the opposite side and switch over before racing back to the start
- The team that wins is the team that gets all players home first

Progression Ideas

- Add in time penalties for touching the ground outside the hoops
- Specify a FMS, such as hopping or jumping

Equipment Needed

Orange Safety Cones

SAFETY



Cones to mark out the start and end of the playing area



2 x hoops per team



Hop Frog



How to Play

- Split the children into two even teams
- Mark out 10 hoops, approximately 1 yard apart in a line or in a curve
- Half the group starts at one end, the other half starts at the other
- The first child from each side bunny hops along the hoops until they reach the end cone
- They run back from the end cone and the next player on their team can go
- This continues until one of the groups gets all their players back to the start

Progression Ideas

- Explore FMS during the game
- Change the distance between the hoops
- Add in additional turns

Equipment Needed

Orange Safety Cones

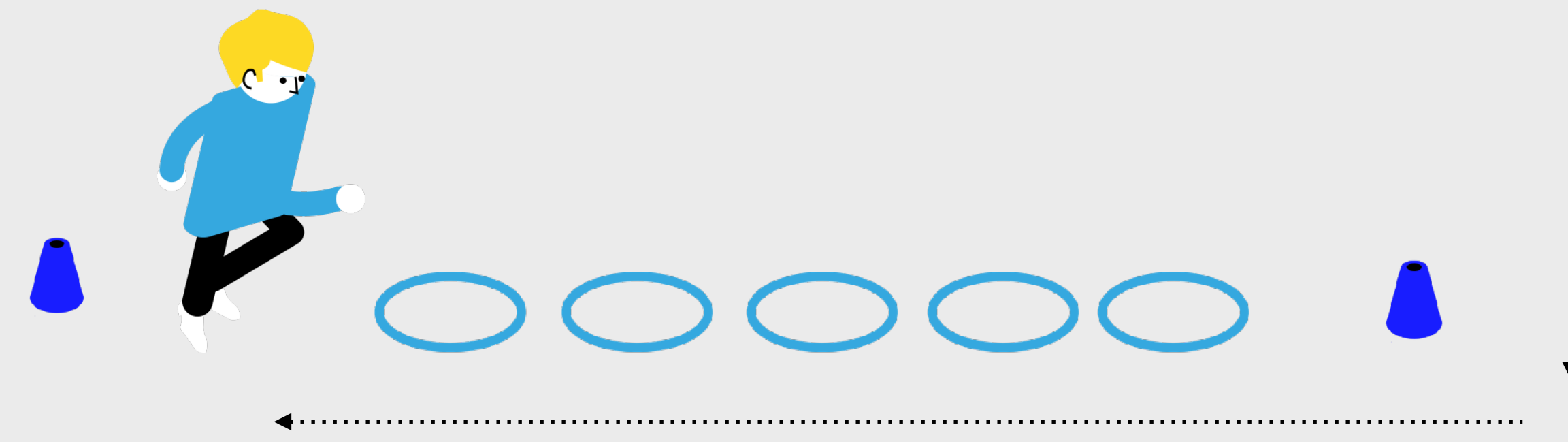
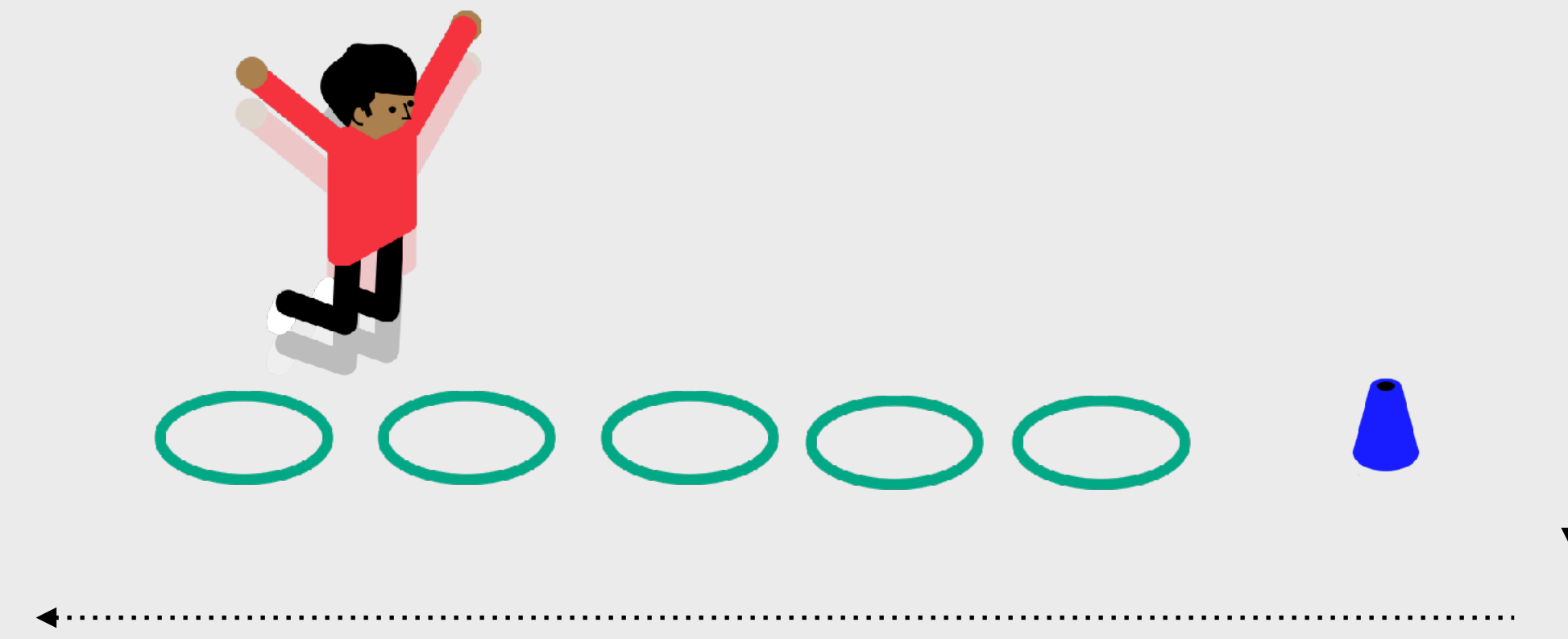
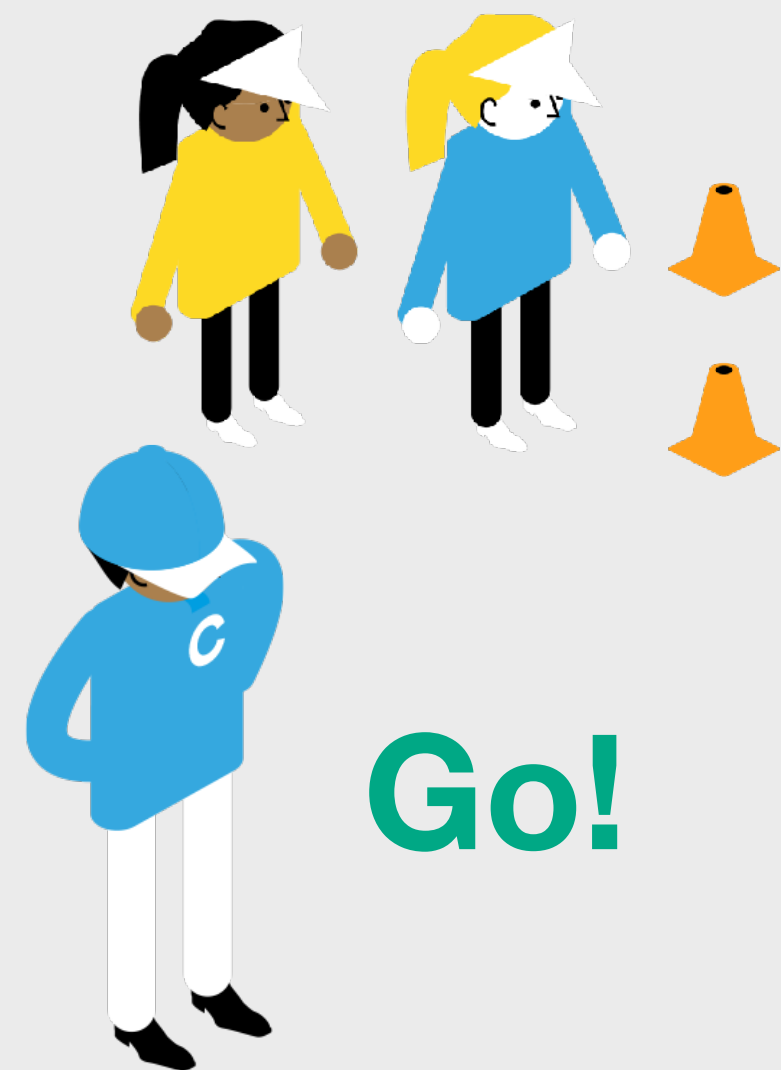
SAFETY



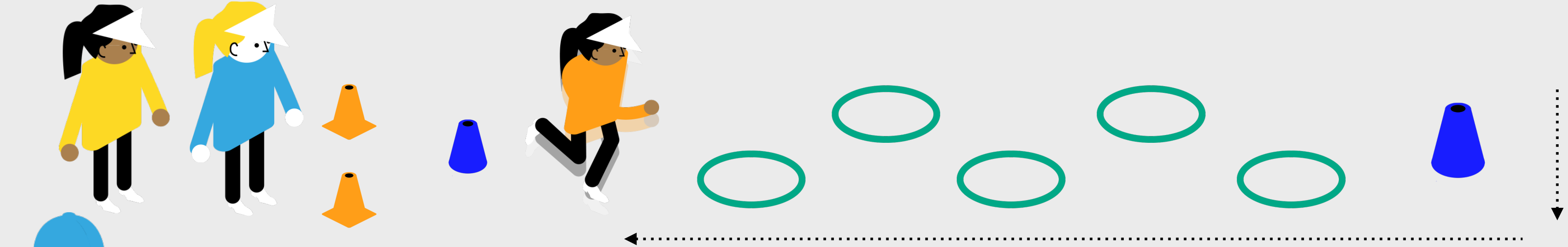
4 x Cones



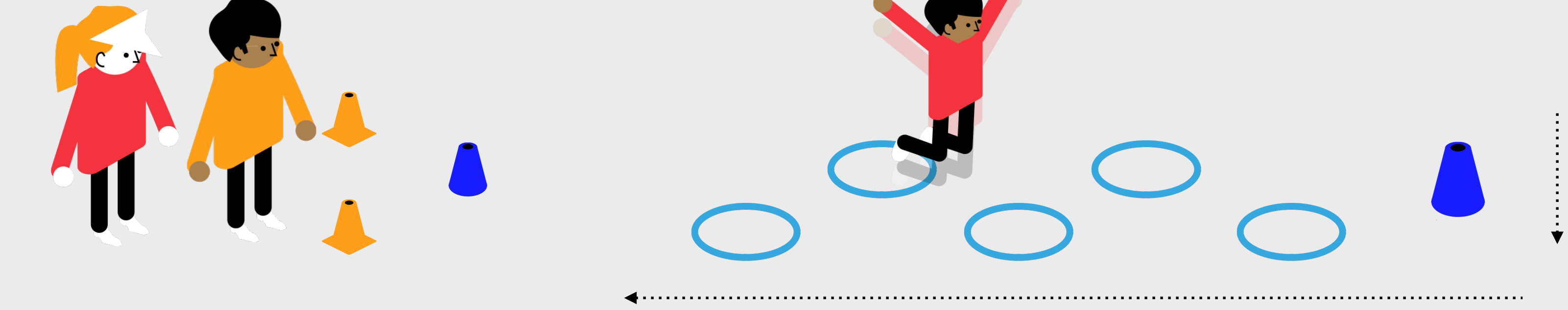
10 x Hoops



Hop Frog Zig-Zag



Go!



How to Play

- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 starts with their hand on the starting cone
- On go, the child jumps with both feet together into each hoop in alternative directions
- The team that wins is the one who gets all players home first

Progression Ideas

- Add extra goes for each child
- Decrease or increase the distance between the markers
- Play the game with different fundamental movements such as single leg jumping and alternative leg jumping
- Increase the number of steps of the ladder
- Increase the width of the ladder steps.

Equipment Needed

Orange Safety Cones

SAFETY



4 x Cones



10 x Hoops



Capture the Cone



How to Play

- This game is best played in two teams. Split the children evenly and allocate each team a base on opposite sides of the playing area
- Team 1 is trying to capture Team 2's "Crush It" cone and vice versa
- When a player ventures over the halfway line they are at risk of being tagged by the opposing team. If they are tagged they must go back to their safety zone and wait there until a member of their team tags them back in or for a designated period of time, e.g. 5 seconds
- The game is won when a player manages to capture the opposing team's "Crush It" cone and return it to their base without being tagged

Progression Ideas

- Increase or decrease the area that the game is played depending on the number of players
- Introduce different FMS such as jumping, hopping or side steps

Equipment Needed

4 x Orange Safety Cones to mark out the safety zones

SAFETY



2 x Crush It Cones



8 x Colored cones to mark the center line



4 x Colored cones to mark Team 1's base



8 x Colored cones to mark Team 2's base



Head, Shoulders, Knees and Toes



How to Play

Each child has a golf ball that they place at their feet. The coach calls out a number between 1 and 5. If the coach calls "1" the juniors have to place their hands on their head. If "2" is called, the juniors have to place their hands on their shoulders, "3" is knees, "4" is feet and if the coach calls "5" the children need to pick up the ball and jump into the air.

The coach should call slowly at first, then faster and faster before finishing the round by calling "5".

The winner is the first child to pick up their ball and jump into the air!

Progression Ideas

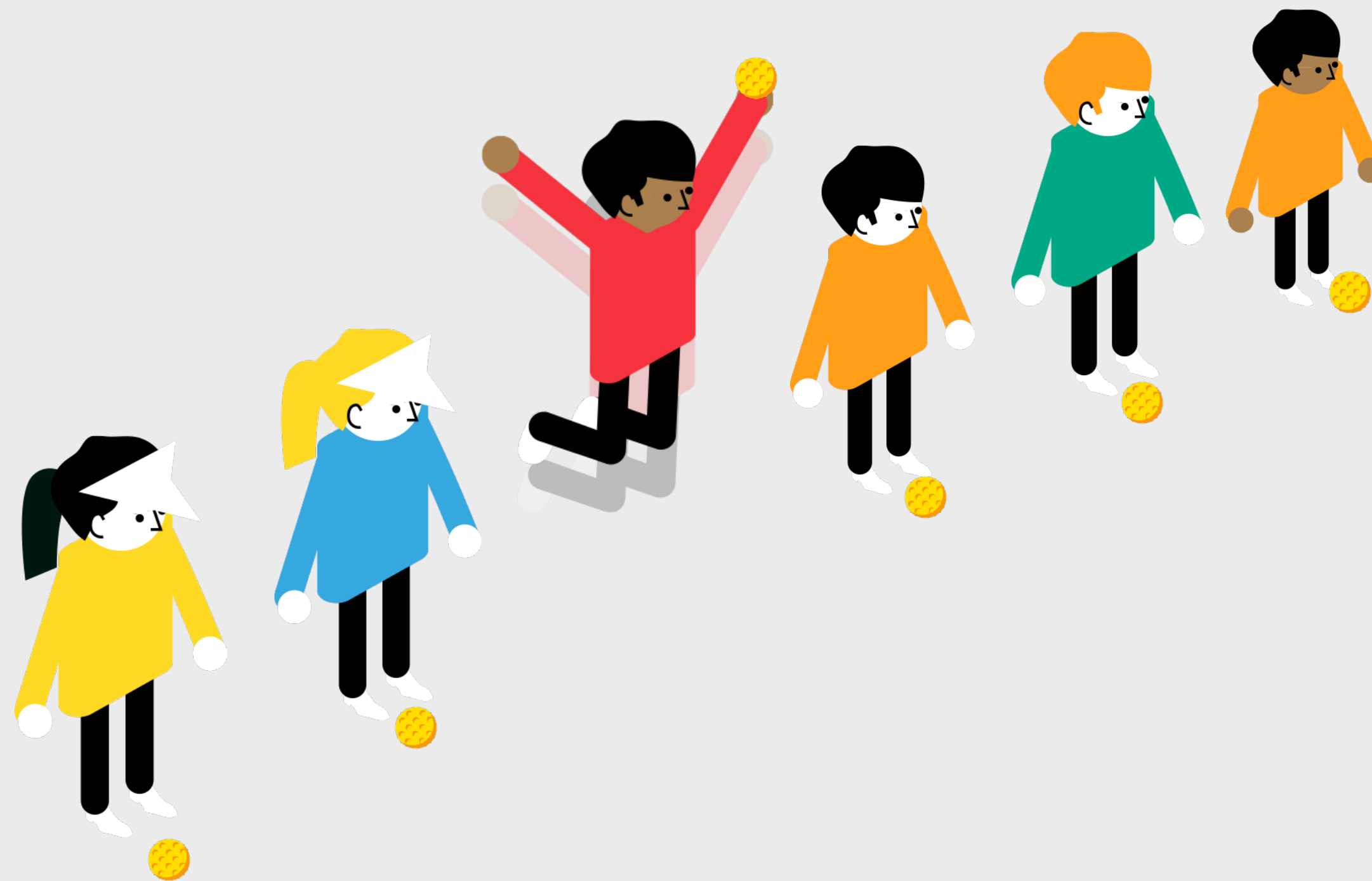
- Allow the children to call the numbers
- Add in additional actions with more numbers

Equipment Needed

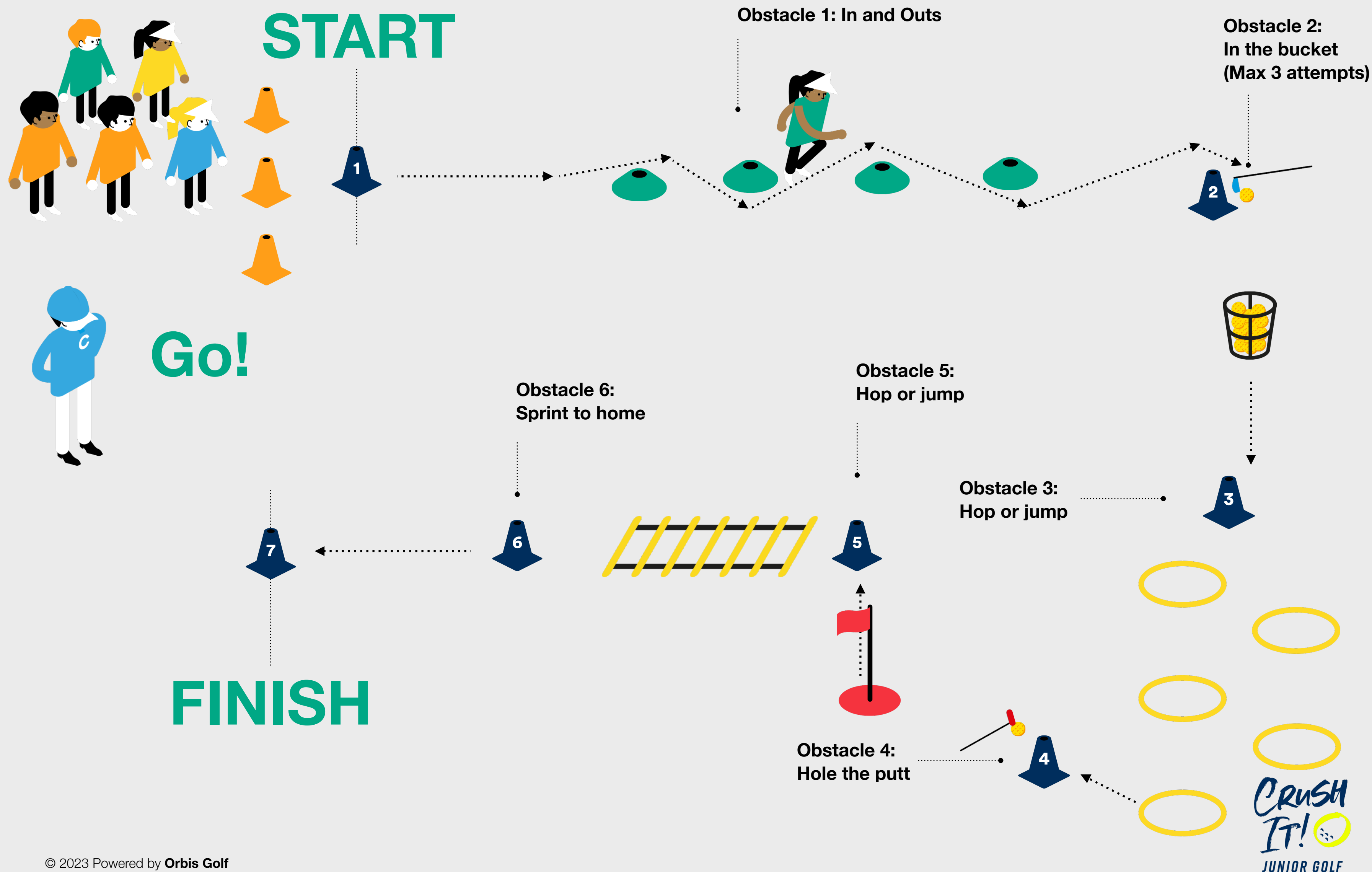
Golf Balls



5!



Obstacle Course








How to Play

- This game can be played individually or in teams
- Split into even teams or nominate players 1-6 if playing individually
- Player number 1 starts with their hand touching the start cone
- On go, the stop watch is started and the child attempts the obstacle course
- The stopwatch is stopped when the child reaches the finish line
- The winner is the child who gets round the obstacle course fastest

Progression Ideas

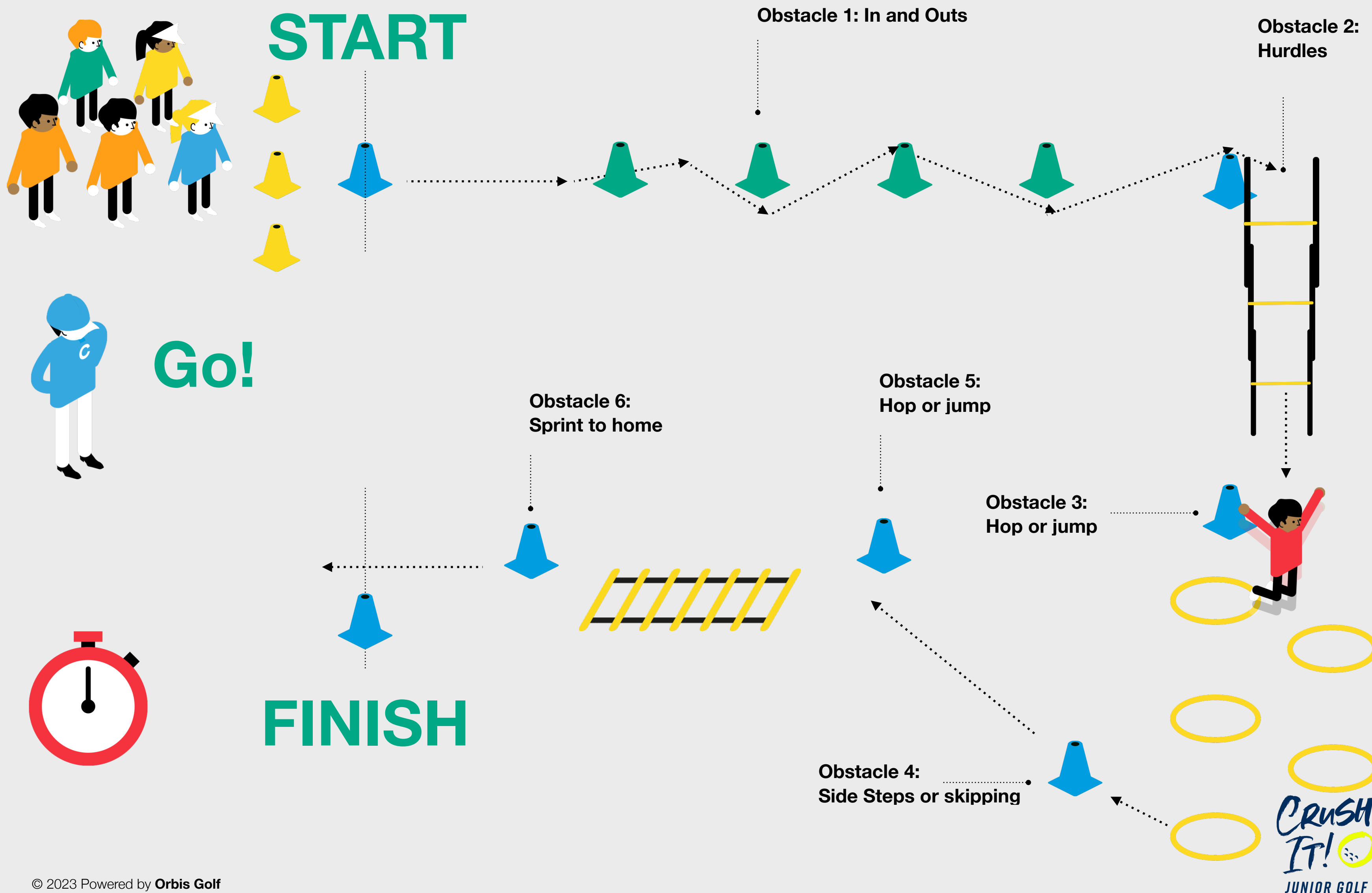
- The child gets an extra go to beat their time
- Increase the difficulty of the movement stations
- Increase the entire length of the course
- Add penalty seconds if the child incorrectly completes an obstacle
- Increase the difficulty of the golf stations

Equipment Needed

2 x Orange Safety Cones	 SAFETY	Alignment Sticks	
7 x Numbered Cones	 1	Colored Cones	
1 x Wedge & 1 x Putter		Hoops	
Golf Balls		Ladder	



Movement Obstacle Course











How to Play

- This game can be played individually or in teams
- Split into even teams or nominate players 1-6 if playing individually
- Player number 1 starts with their hand touching the start cone
- On go, the stop watch is started and the child attempts the obstacle course
- The stopwatch is stopped when the child reaches the finish line
- The winner is the child who gets round the obstacle fastest

Progression Ideas

- The child gets an extra go to beat their time
- Increase the difficulty of the movement stations
- Increase the entire length of the course
- Add penalty seconds if the child incorrectly completes an obstacle
- Increase the difficulty of the 3 golf stations

Equipment Needed

2 x Orange Safety Cones		SAFETY	Alignment Sticks	
7 x Numbered Cones		1	Colored Cones	
1 x Wedge & 1 x Putter			Hoops	
Golf Balls			Ladder	



“PGA Pro” Says



How to Play

- This game is played individually and is similar to 'Simon Says'
- Introduce the children to the golf course areas marked out with the cones
- The coach starts every command with either "PGA Pro says....run to the green" or "run to the green"
- When a child follows the command without the "PGA Pro" saying it, they drop out of the game
- The child who wins is the one left at the end after following what the "PGA Pro" says

Progression Ideas

- Explore FMS skills during the game
- Ask the children if they know any Professional golfers and use their name instead of "PGA Pro"

Equipment Needed

Orange Safety Cones

SAFETY



10 x Green colored cones



10 x Blue colored cones



2 x Red colored cones



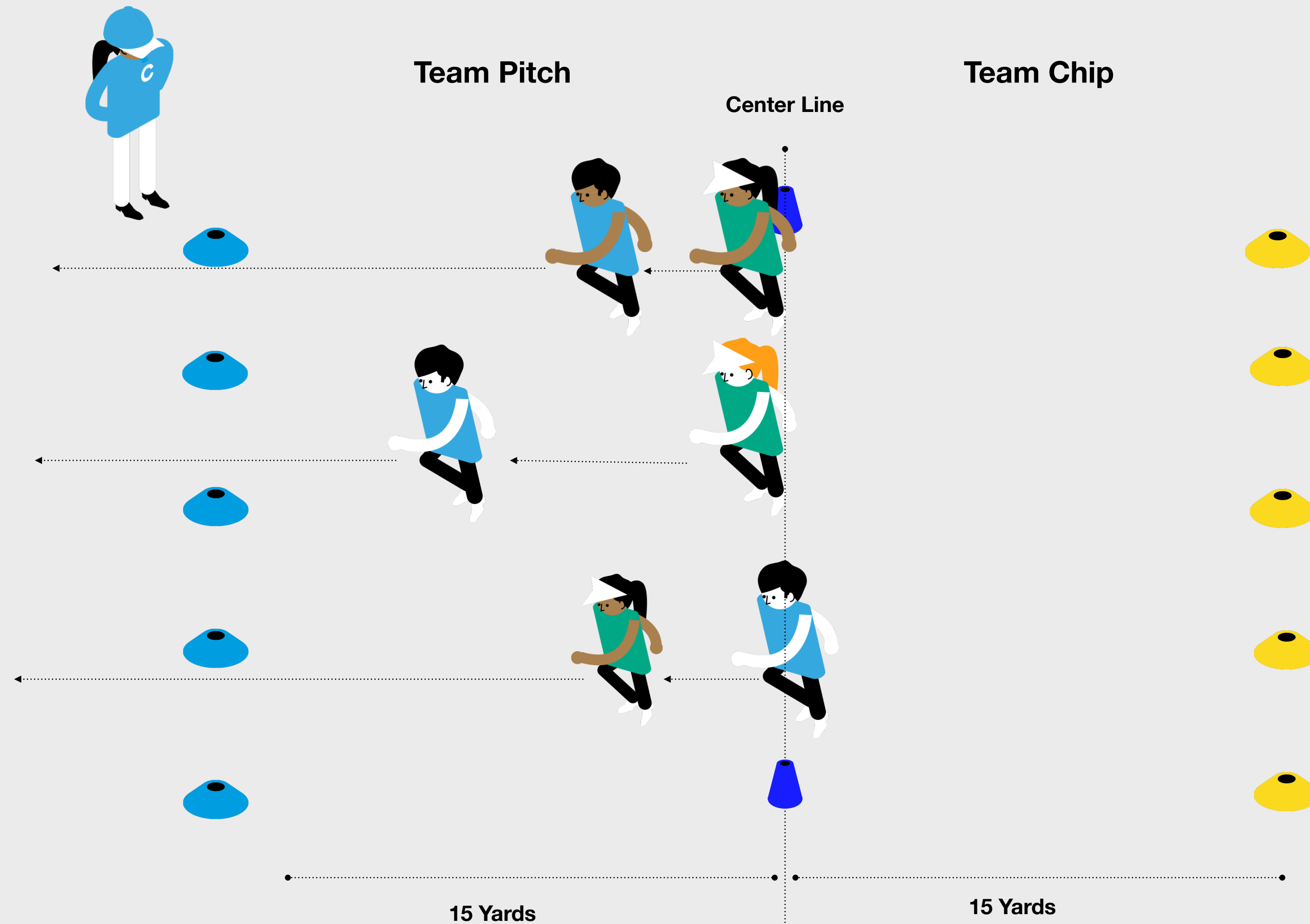
6 x Yellow colored cones



6 x White colored cones



Pitch vs Chip



How to Play

- This game is best played in two teams. Split the children evenly. One team is named the 'Pitch' and one team is named the 'Chips'
- Players stand at the center line, side by side, spaced an arms length apart. Players stand next to a player from the opposing team
- If the coach shouts "Pitch", this team runs to make it back to their finish line before their partner from the opposing team
- A point is awarded for each player that passes the finish line first
- The team that wins is the team that gets to 11 points first

Progression Ideas

- Increase the distance to the finish line
- Introduce different FMS such as jumping, hopping or side steps

Equipment Needed

Orange Safety Cones

SAFETY



2 x Cones



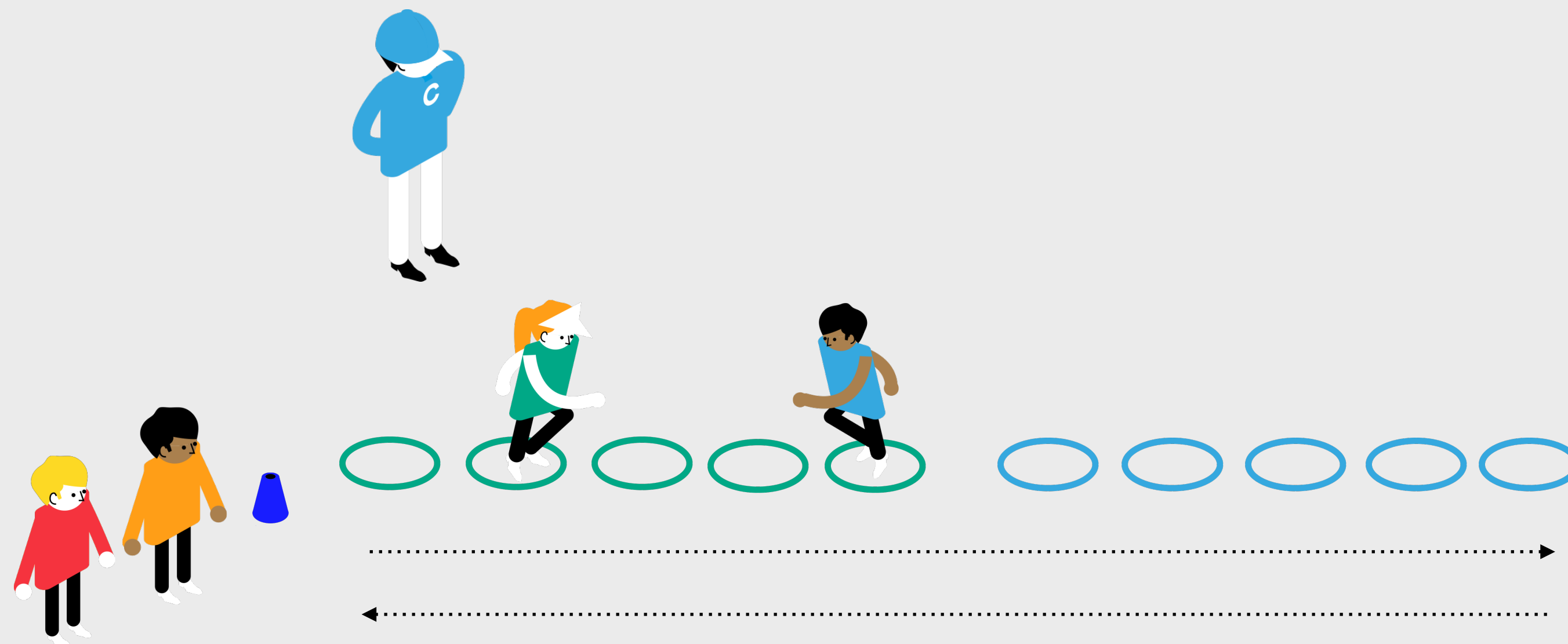
5 x Yellow colored cones



5 x Blue colored cones



Rock, Paper, Scissors



How to Play

- Split the children into two even teams
- Mark out 10 hoops, approximately 1 yard apart in a line or in a curve
- Half the group starts at one end, the other half starts at the other
- The first child from each side bunny hops along the hoops until they meet in the middle
- They play Rock, Paper, Scissors when they meet. The winner continues along the line, the loser runs to the back of their group, and the next player on that team bunny hops to meet their opponent
- This continues until one of the groups gets to the other side of the line of cones or the coach calls time on the game. If the coach calls time, the team that is closest to the oppositions' end wins

Progression Ideas

- Explore FMS during the game
- Change the distance between the hoops

Equipment Needed

Orange Safety Cones

SAFETY



2 x Cones



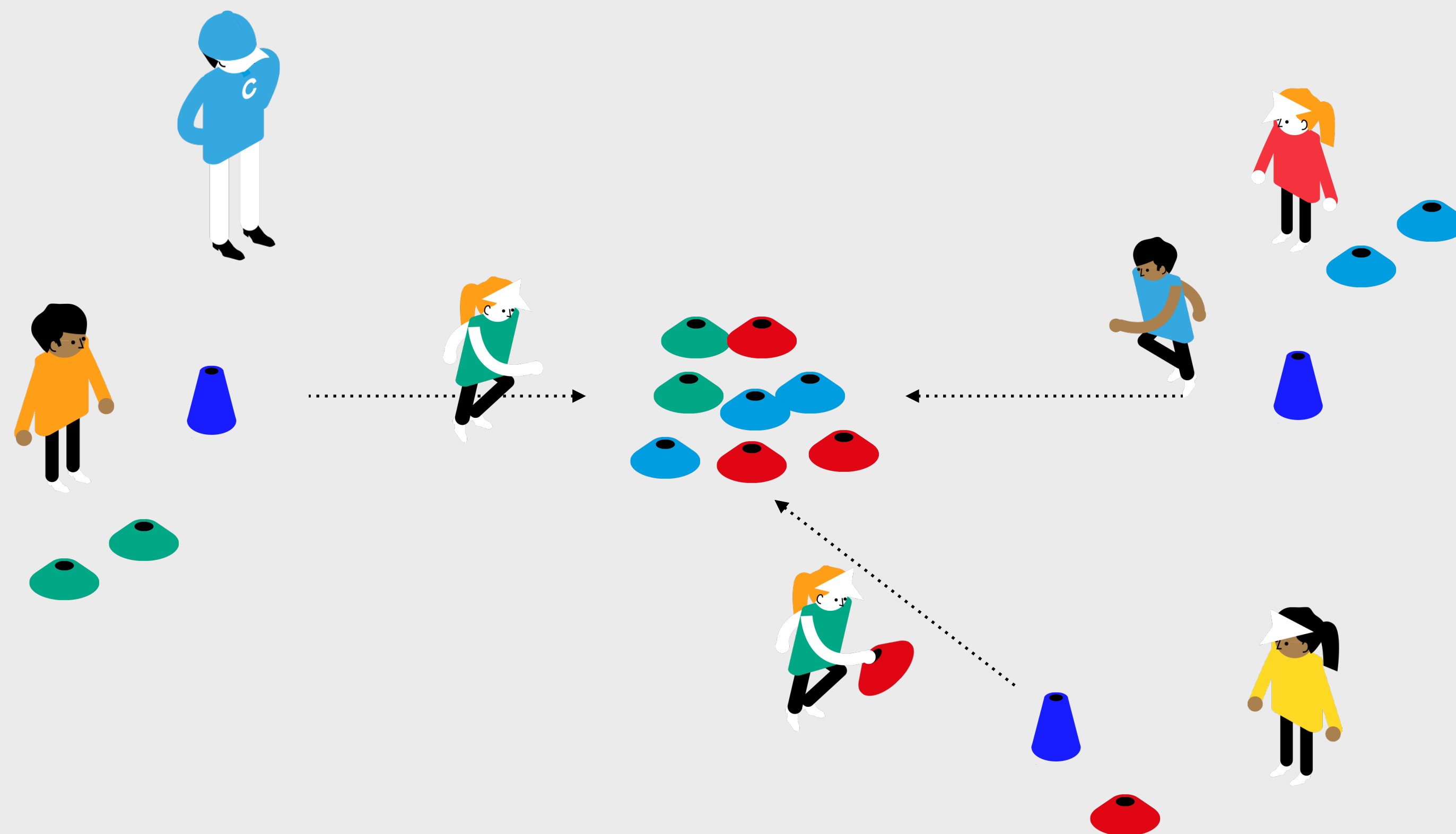
5 x Hoops



5 x Hoops



Run to the Middle



How to Play

- This game is best played in teams. Split the children into 2 or 3 even teams
- Each team starts on one of the starting cones
- On go, the first player from each team runs from their starting cone towards the pile of colored cones in the middle. Each child collects 1 cone of their team's color and returns to the start
- Players continue until all cones are collected
- The team that wins is the one who collects all their cones first

Progression Ideas

- Increase the distance between the starting cones and cones in the centre
- Add extra cones in the centre
- Introduce different FMS skills such as jumping, hopping or running backwards
- Add obstacles in between the starting cones and the cones in the centre

Equipment Needed

Orange Safety Cones

SAFETY



3 x Cones



10 x Green colored cones



10 x Red colored cones



10 x Blue colored cones



Tee It Up Challenge



How to Play

- Each team has 6 tees and 6 golf balls that are placed on the ground 10 yards from their safety cone
- When the Coach shout "Go!" the first player on each team runs forward and tees the ball up
- They run back and once they pass the safety cone their teammate can run and tee up the next ball
- The winners are the team that make it back to their safety cone with all the balls teed up properly

Progression Ideas

- Increase or decrease the gap between the safety cones and the tees and balls
- Experiment with different FMS, for example hopping or skipping

Equipment Needed

3 x Orange Safety Cones

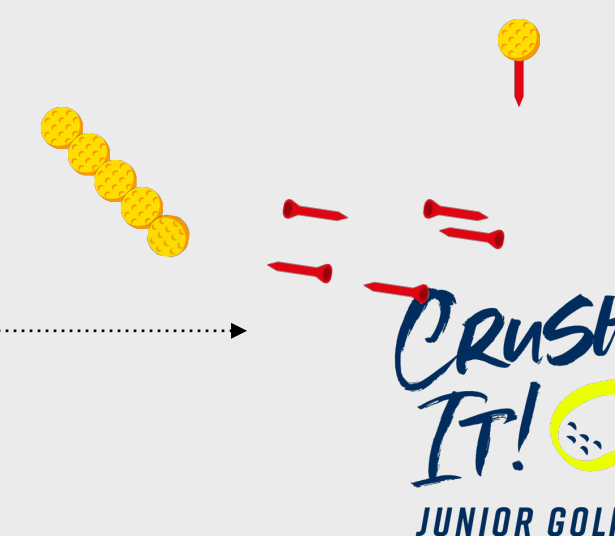
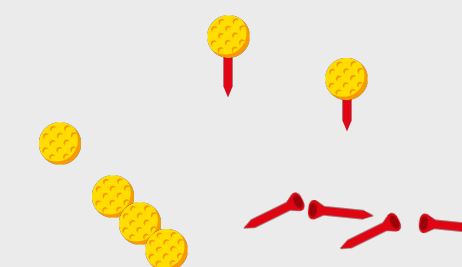
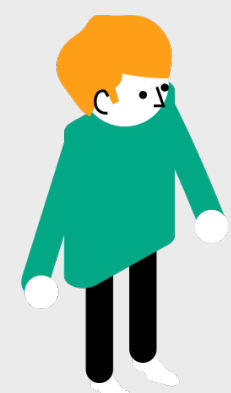
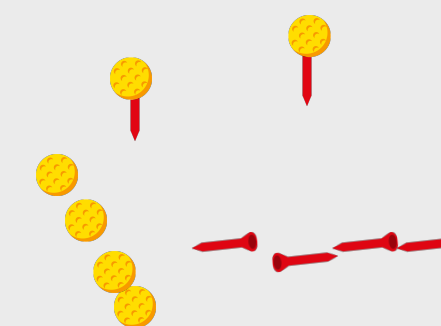
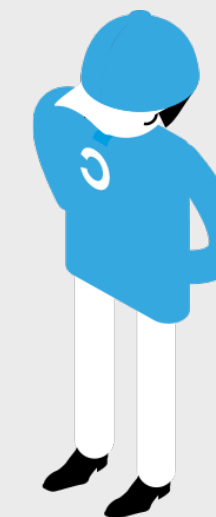
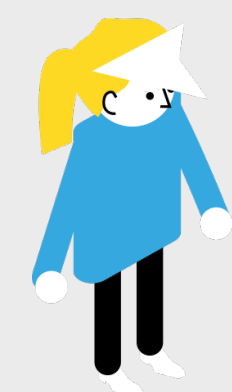
SAFETY



Golf Balls

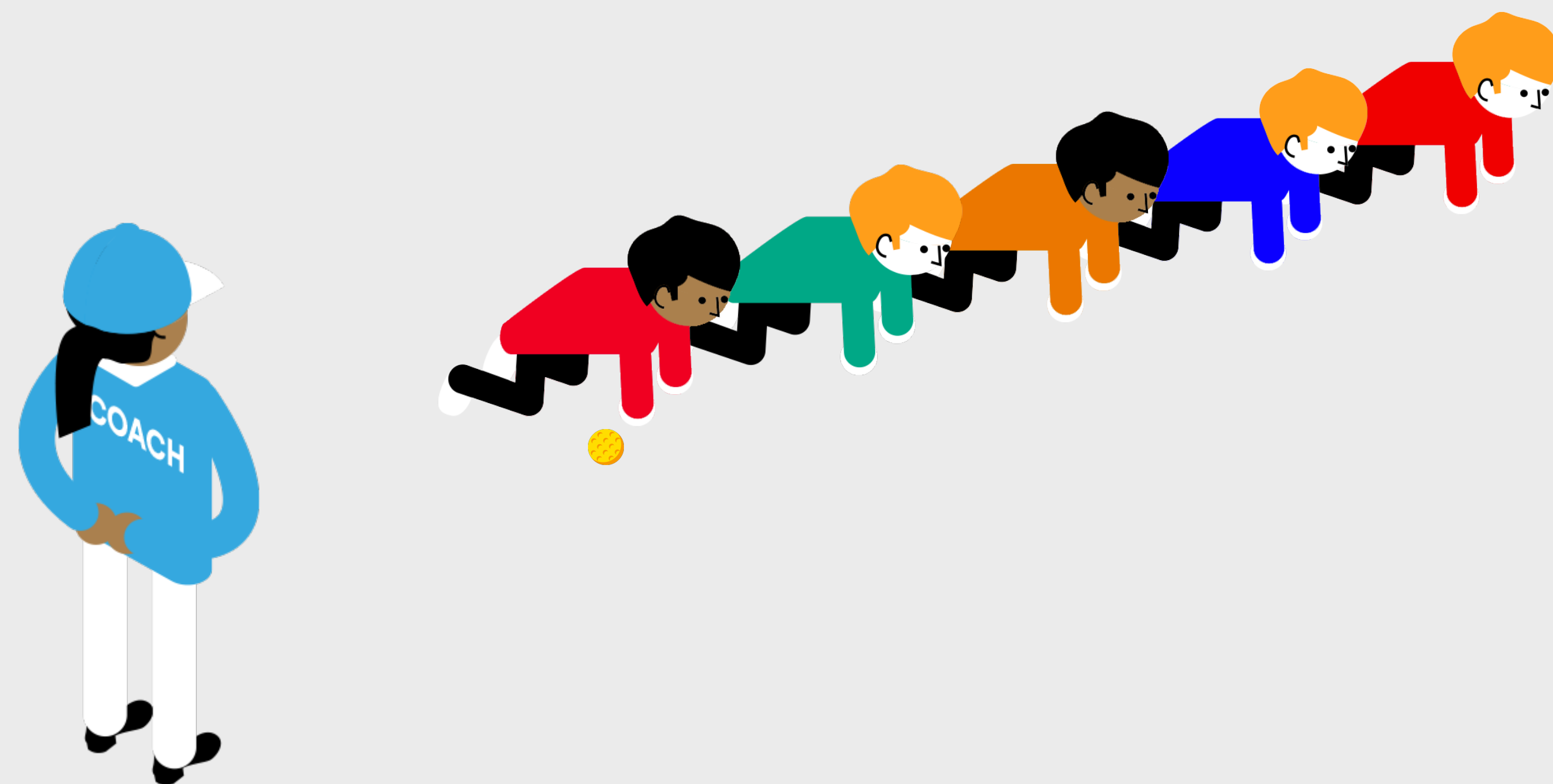


Tees



10 Yards

Pass the Ball



How to Play

- All the children lay down in a raised plank position, side by side
- The aim of the game is to pass the ball from one end of the line to the other end and then back again in the quickest time possible
- Everyone has to stay in the plank position until the ball gets back to the first child

Progression Ideas

- Put in a target time to beat
- Increase the number of times the ball has to be passed up and down the line

Equipment Needed

1 x Golf Ball



Capture the “Crush It” Cone



How to Play

- This game is best played in two teams. Split the children evenly and allocate each team a base on opposite sides of the playing area
- Team 1 is trying to capture Team 2’s “Crush It” cone and vice versa
- When a player ventures over the halfway line they are at risk of being tagged by the opposing team. If they are tagged they must go back to their safety zone and wait there until a member of their team tags them back in or for a designated period of time, e.g. 5 seconds
- The game is won when a player manages to capture the opposing team’s “Crush It” cone and return it to their base without being tagged

Progression Ideas

- Increase or decrease the area that the game is played depending on the number of players
- Introduce different FMS such as jumping, hopping or side steps

Equipment Needed

4 x Orange Safety Cones

SAFETY



2 x Crush It Cones



8 x Colored cones to mark the center line



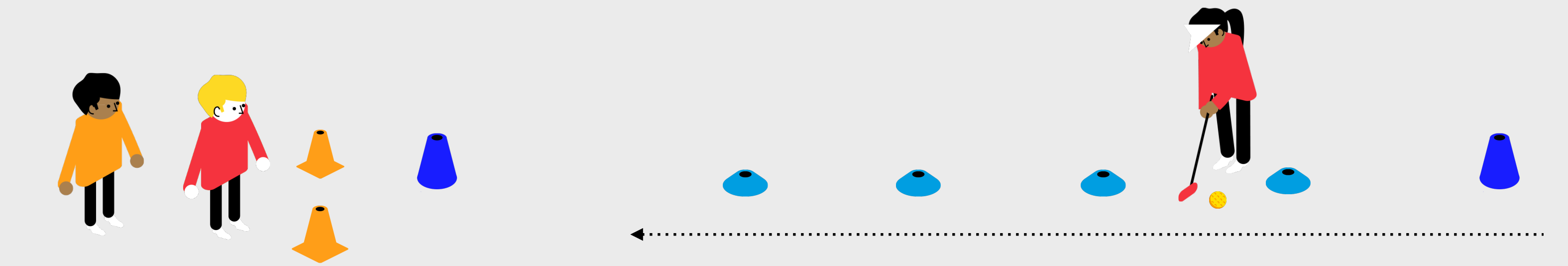
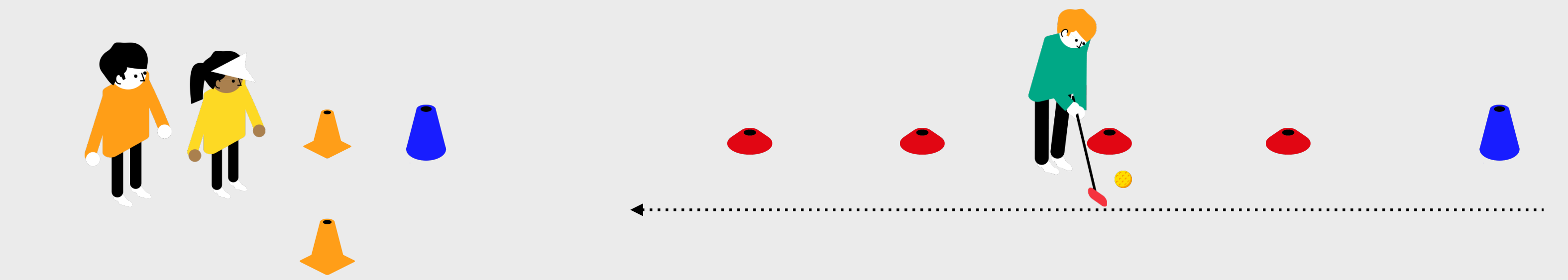
4 x Colored cones to mark team 1’s base



8 x Colored cones to mark team 2’s base



Golf Ball Dribbling



How to Play

- Play this game on the driving range or practice area
- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 starts with their hand on the starting cone
- On go, the child dribbles the ball in and out of the cones, round the end cone and back to the start
- The team that wins is the one that gets all players home first.

Progression Ideas

- Add extra goes for each child
- Decrease or increase the distance between the markers
- Play the game with fundamental movements such as crawling, side steps, skipping, jumping or backwards running
- Increase the number of cones to weave in and out

Equipment Needed

Orange Safety Cones



4 x Cones



Golf Putter



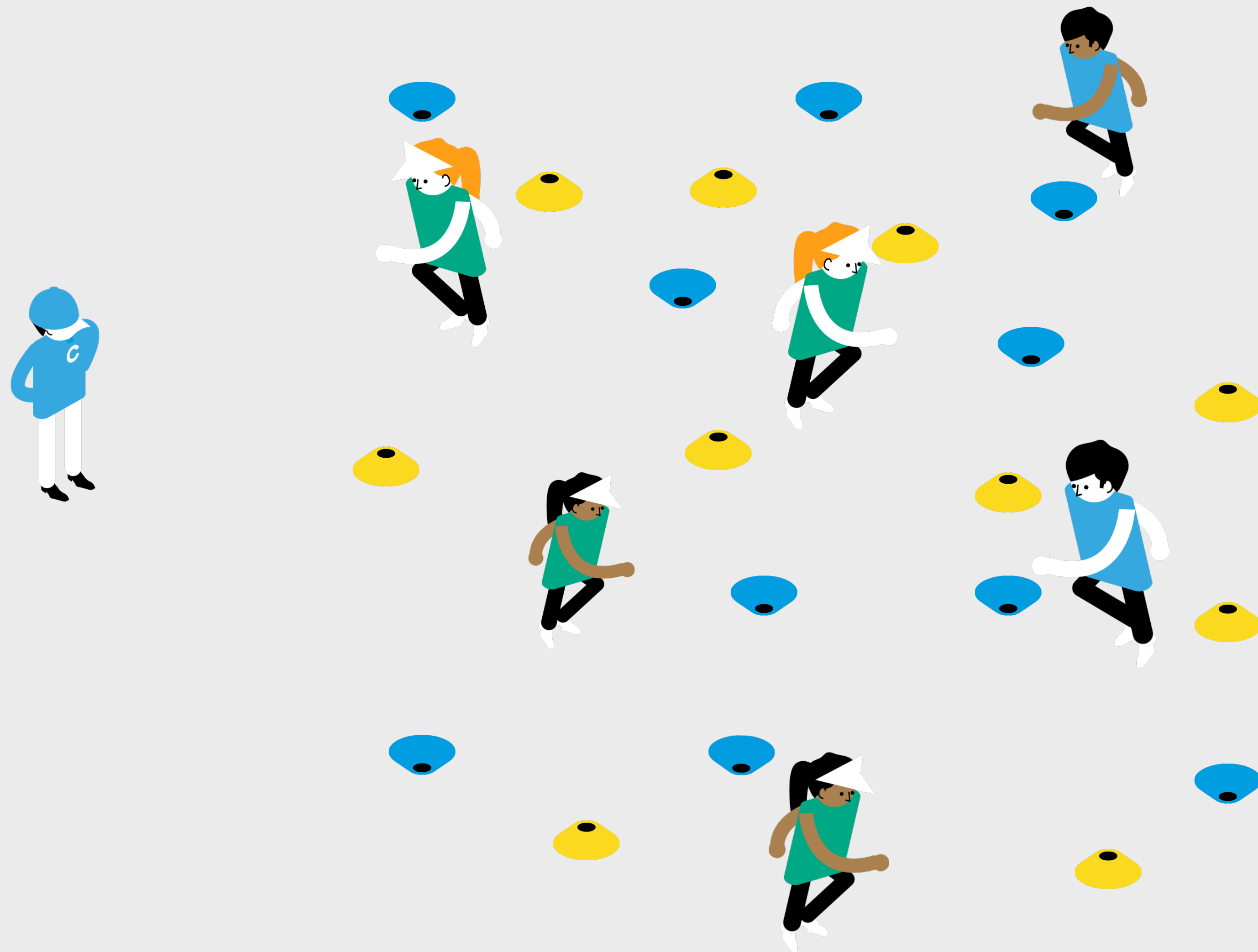
Soft Ball



Colored Cones



Superintendents and Hackers



How to Play

- Split the players into two teams of 3
- Nominate one team to be either the Hackers or Superintendents
- On "GO", the superintendents attempt to turn all of the upside down cones the correct way up. The hackers attempt to turn the cones that are the correct way up upside down
- The team that turns the most cones onto the correct side within 60 seconds wins

Progression Ideas

- Explore FMS movement during the game such as jumping, hopping and skipping
- Change the distance between the cones
- Change the number of cones in the game
- Players must turn the cones using one hand only

Equipment Needed

Orange Safety Cones



10 x Yellow colored cones



10 x Blue colored cones



Relay Race



How to Play

- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 starts with their hand on the starting cone
- On go, the child races to the end cone and runs around the cone, coming back and tagging the next player
- The team that wins is the one who gets all players home first

Progression Ideas

- Add extra goes for each child
- Decrease or increase the distance between the markers
- Play the game with a focus on developing FMS skills such as crawling, side steps, skipping, jumping or backwards running

Equipment Needed

Orange Safety Cones

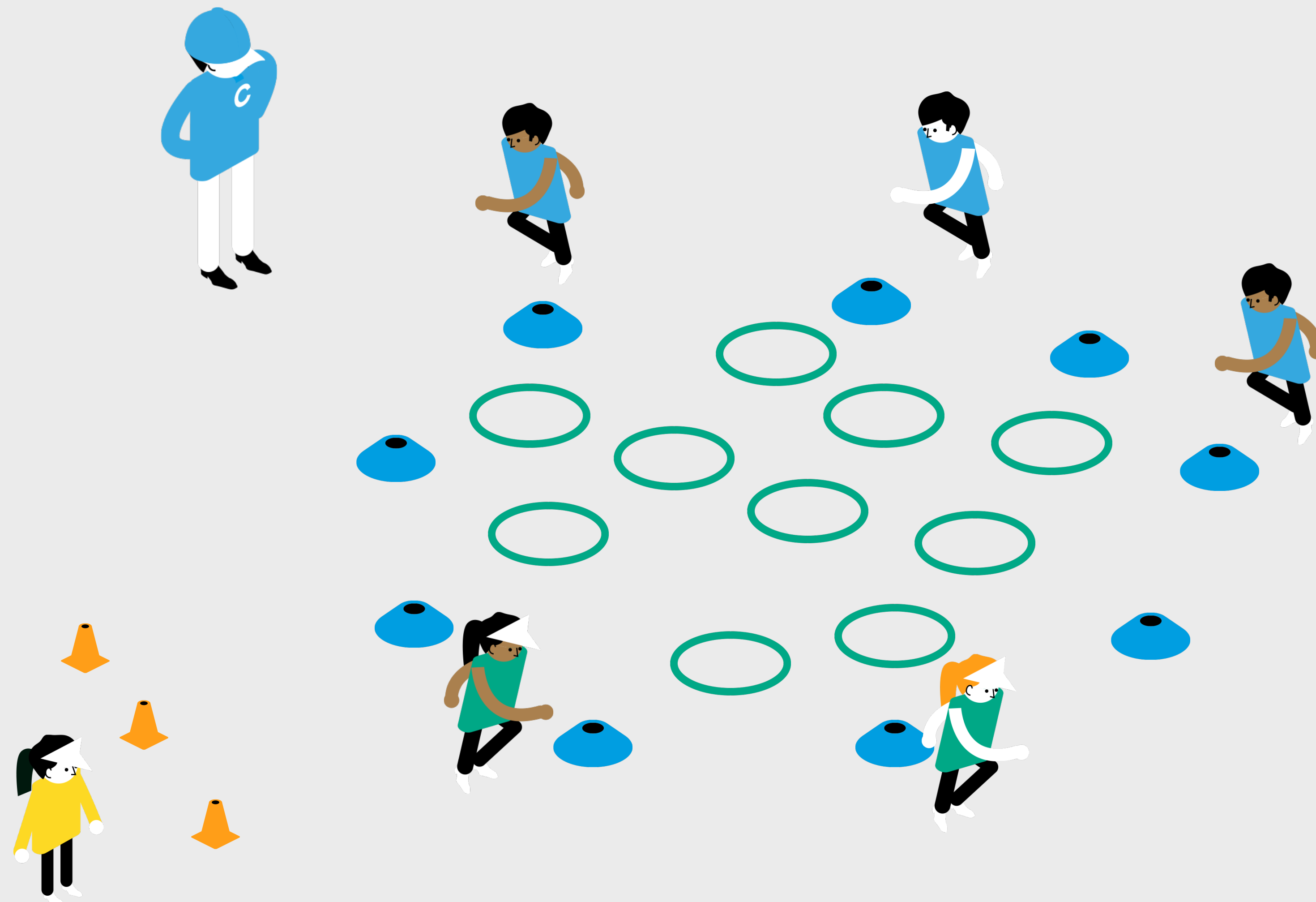
SAFETY



Cones to mark out the start and end of the race



Cross the Pond



How to Play

- This version of the game is based played individually
- The children start evenly spaced around the outside of the pond
- On go, the children run in the same direction around the pond
- On the shout of “cross the pond”, children attempt to cross the pond using the hoops or pads to represents the lily pads
- Children are eliminated from the game if they touch the pond or contact another child

Progression Ideas

- Explore FMS movement during the game such as jumping, hopping and skipping
- Increase the size of the pond
- Change the distance between the lily pads
- Reduce the number of lily pads

Equipment Needed

Orange Safety Cones

SAFETY



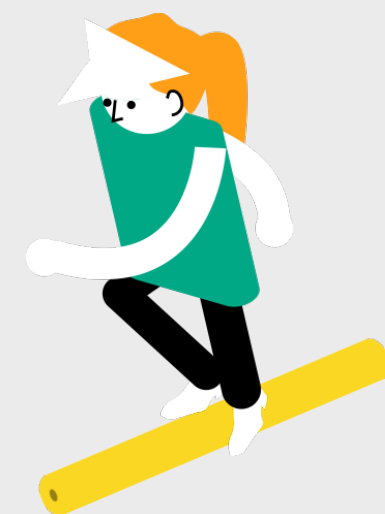
10 cones to mark the outer edge of the pond



10 x Hoops to use as lily pads



Knockdown Noodles



How to Play

- Split the children into even groups, ideally two groups of 3
- Place the numbered cones evenly spaced approximately 10 paces from the safety cones
- On go, the the first child of each team places the foam noodle in between their feet and has to jump to where the cones are, using the noodle to know over a cone
- Once they have knocked over a cone using the foam noodle they can jump back to the safety cones and pass the noodle to the next player
- The team that wins is the one who knocks the most cones over

Progression Ideas

- If the children are struggling with the noodle in between their feet, let them pick the noodle up but they have to bunny hop to the cones and back
- Move the cones further away
- Decrease or increase the distance between the cones

Equipment Needed

4 x Orange Safety Cones

SAFETY



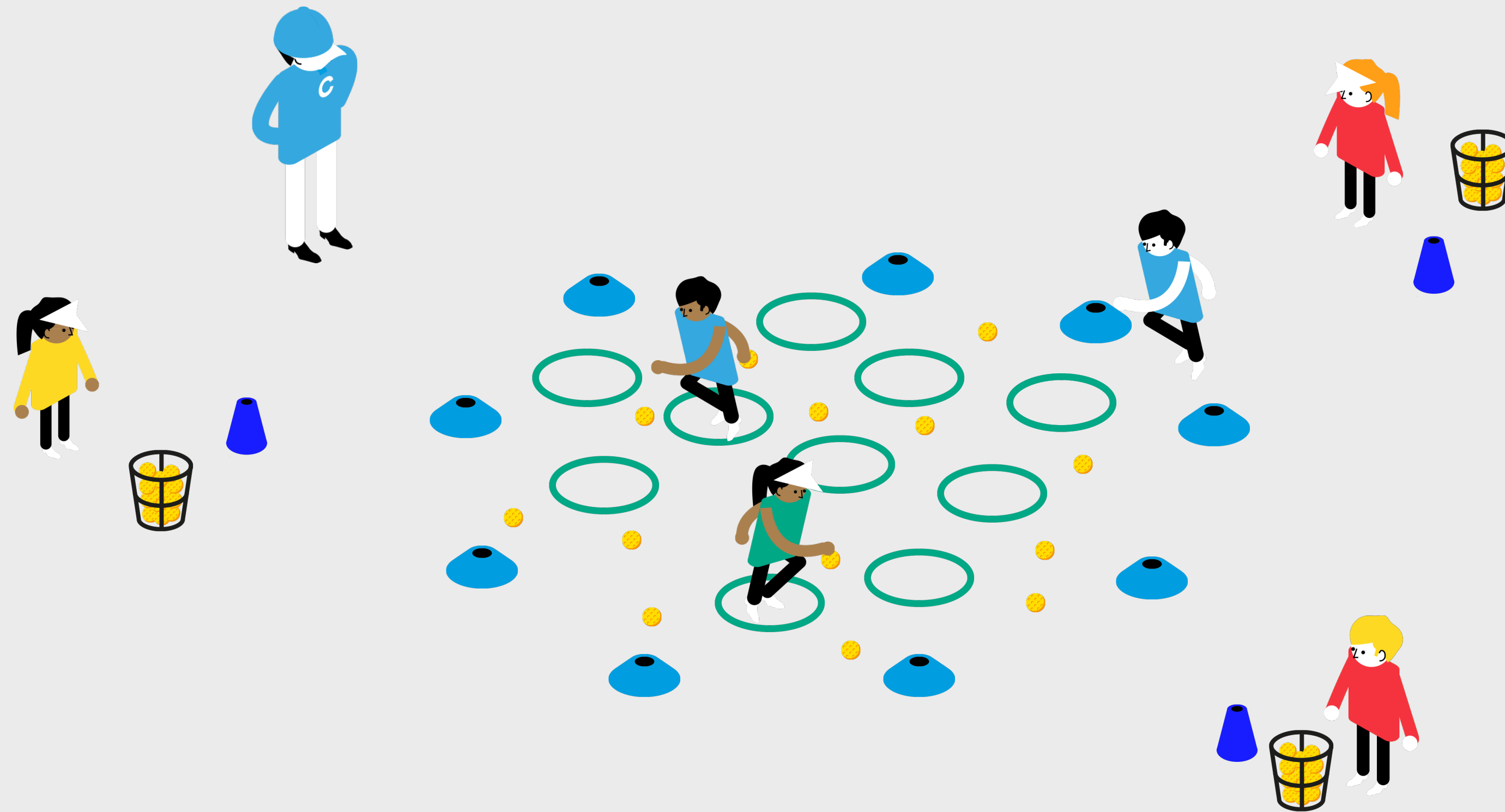
9 x Numbered Cones



2 x Foam Noodles



Empty the Pond



How to Play

- This game is best played in teams. Split the children into 2 even teams
- The teams start on opposite sides of the pond.
- Players are numbered 1 or 2
- On go, the first player runs into the pond using the lily pads. Each player attempts to collect 1 ball from the pond and return it to their teams' bucket
- If players touch the pond, they must return to the start without a golf ball
- The team that wins is the one who has collected the most golf balls from the pond after all balls have been collected

Progression Ideas

- Increase the size of the pond
- Increase the distance between the lily pads
- Reduce the number of lily pads

Equipment Needed

Orange Safety Cones

SAFETY



3 x Cones



Golf Balls



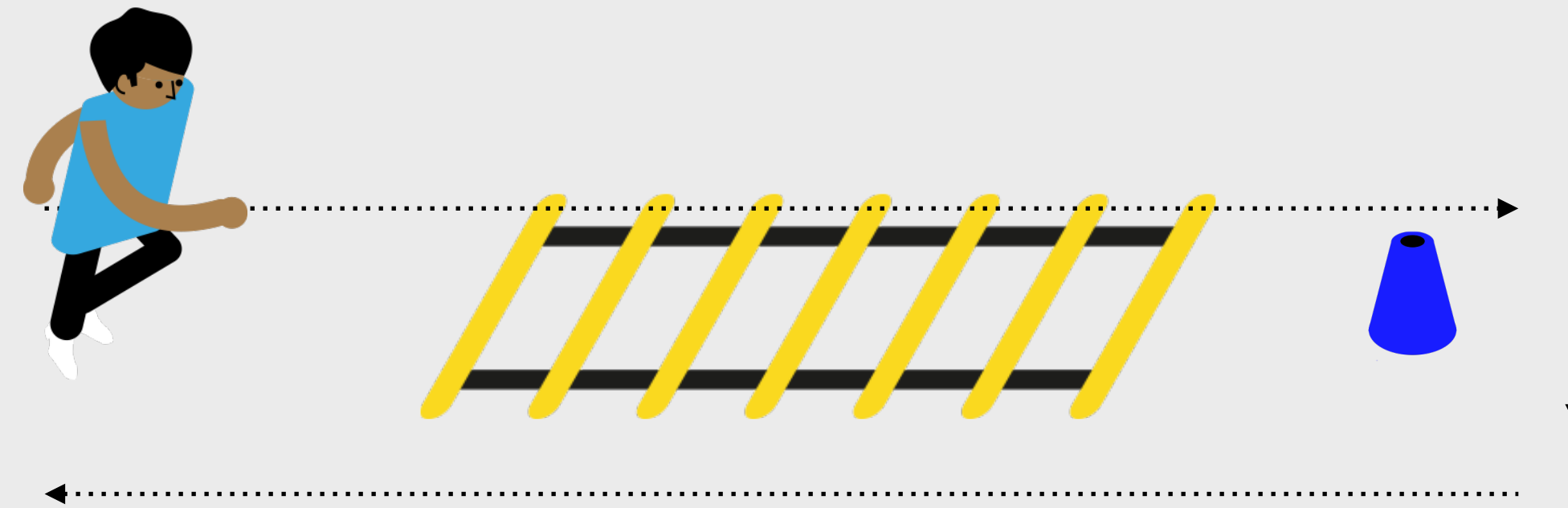
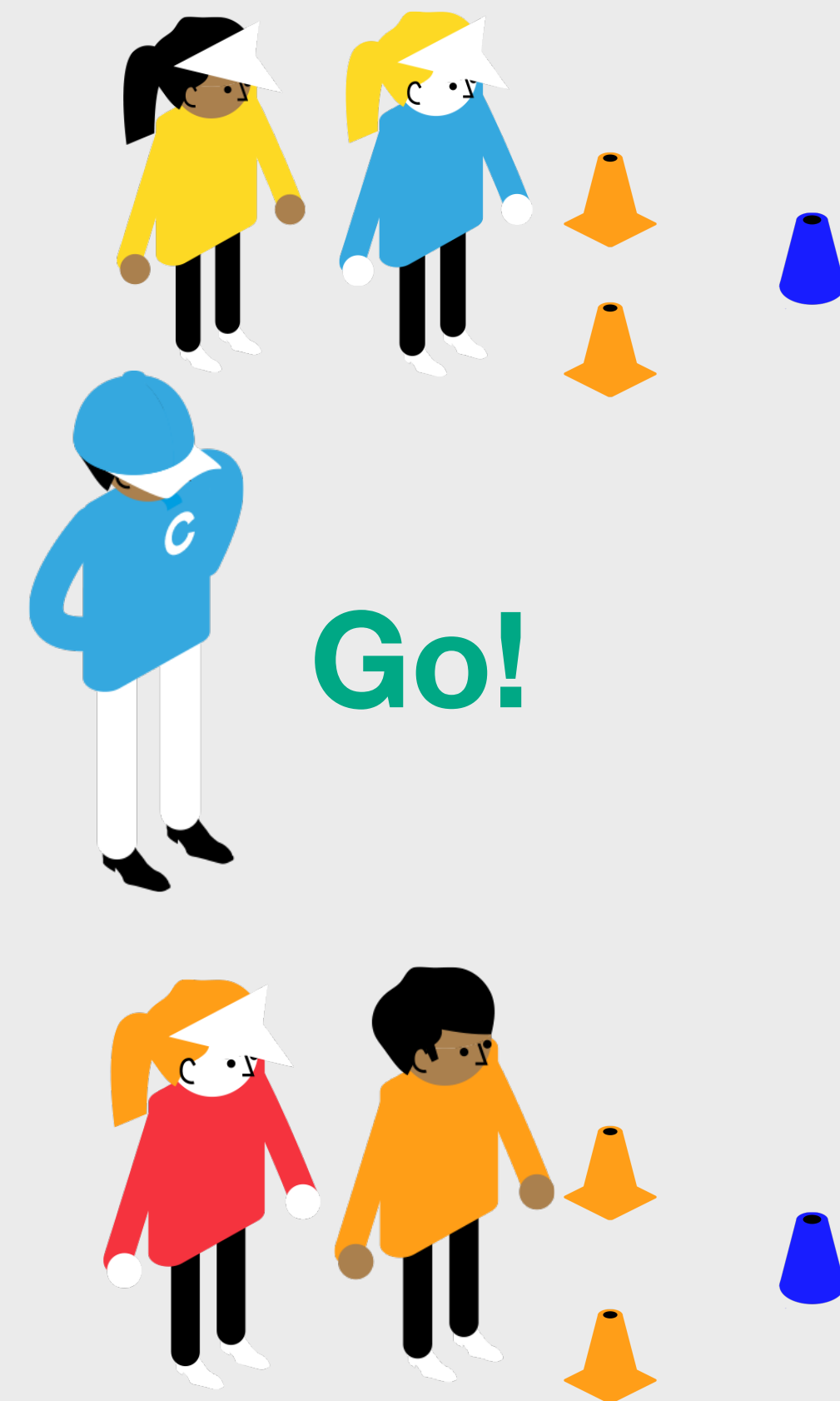
10 x Hoops



10 x Blue colored cones



Bunny Hops



How to Play

- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 starts with their hand on the starting cone
- On go, the child jumps with both feet or hops with into each step of the ladder
- The team that wins is the one who gets all players home first.

Progression Ideas

- Add extra goes for each child
- Decrease or increase the distance between the markers
- Play the game with different fundamental movements such as single leg jumping and alternative leg jumping
- Increase the number of steps of the ladder
- Increase the width of the ladder steps.

Equipment Needed

4 x Orange Safety Cones

SAFETY



4 x Cones



Ladder

