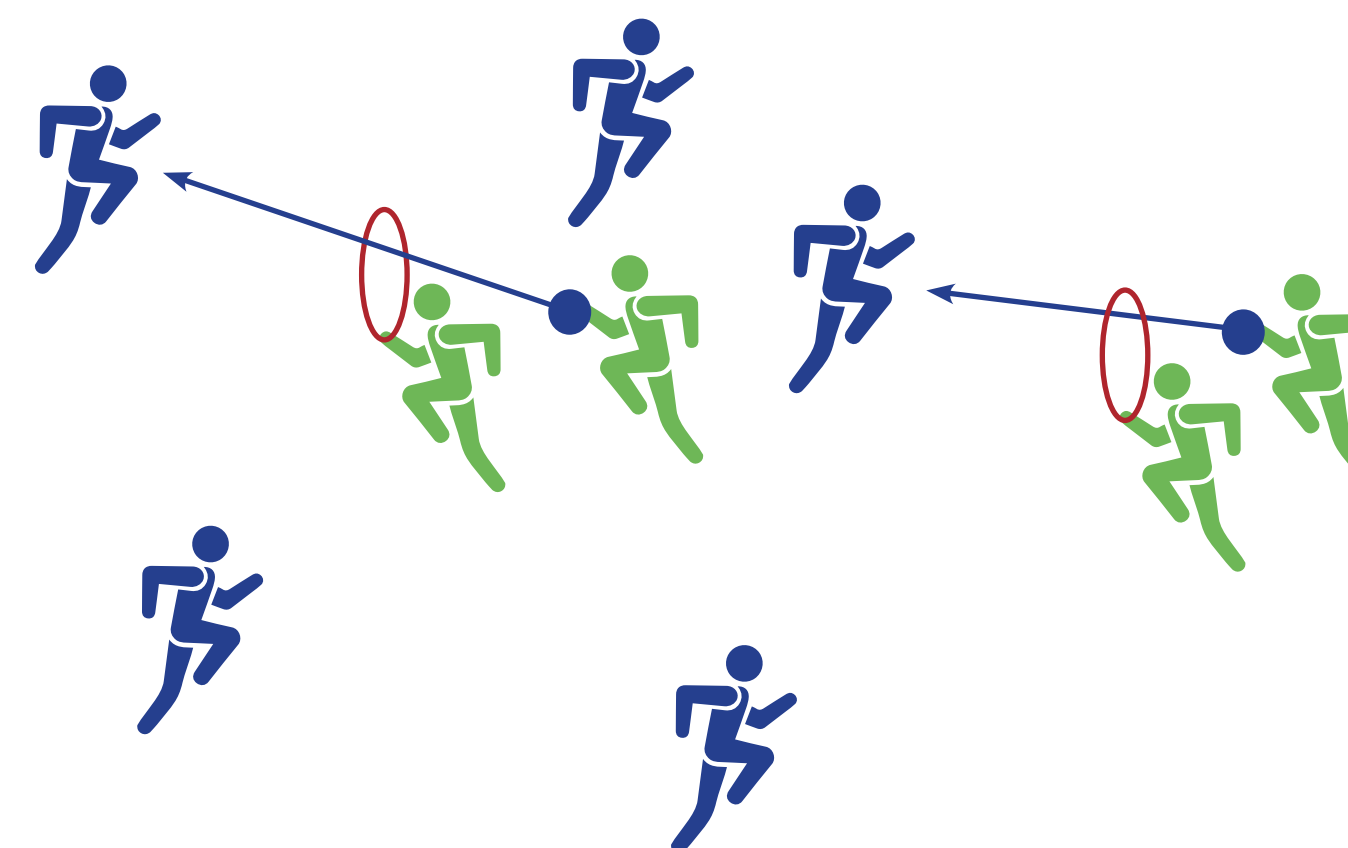


Striking - Aim - Fire - Dodge - Early/First Level

1. This game involves teams of taggers and evaders (one player with a hoop = AIMER and a teammate with a ball = FIRE). Action is to exchange the hoop and the ball at the same time.
2. The taggers need to work together, the AIMER trying to target an evader, whilst the FIRE player tries to throw the ball through the hoop and hit the evader like dodgeball.
3. If that player is hit they must be still until they are high fived to move again.



Cognitive Skills

- > Decision Making
- > Focus & Concentration

Physical Competencies

- > Coordination & Fluency
- > Gross & Fine Motor Skills
- > Rhythm & Timing

Personal Qualities

- > Responsibility & Leadership
- > Communication

Physical Fitness

- > Speed
- > Stamina

Progressions

Early Level - Use a big hoop and bigger ball (beachball or bigger dodgeball)

1st Level - Use a smaller hoop and smaller ball

Equipment

- > Hoop, Ball, Bibs

Questions

1. What can we do to help our communication?
2. Should we go at the same speed or different speed as our partner?
3. Should you aim for the space the evaders are running into or directly for the evader?