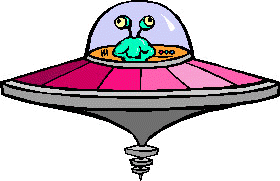
****Orienteering Game Early level **Back to Base**

This is a fun game and will help you develop quick reactions, sequencing and fitness. See <https://youtu.be/Jg7nP-lAI8w>

You will need: 4 different objects as markers, like 4 large coloured lego pieces or 4 soft toys and a family helper.

**How to play:**

1. Place your 4 objects in a large square shape with an object at each corner then stand in the middle.
2. Your family member needs to call out an object. Begin with 1 object and increase the number and direction.
3. You must move ( bunny hop, jump,hopscotch,crab) quickly to the object, touch it and back to your base in the middle.
4. Play again but change the position of the objects.

Extension:

* Decide a fitness exercise for each object eg red lego block is 4 star jumps or teddy is 10 jogging on spot
* Play the game as above but you must perform the exercise on the final given object.