


<b>Warm Up</b>		<b>HOP BALL RELAY</b>	
<b>EQUIPMENT:</b> 1 ball per group			5 Minutes
<b>DESCRIPTION</b> <ol style="list-style-type: none"> <li>1. Create teams of 4 players, lined up approximately 5m across from a ball.</li> <li>2. This is a relay race, the first student hops down, grabs a ball and hops back to the line of students and hands the ball to the second player.</li> <li>3. The second player takes the ball, hops to the line and places the ball on the ground, then they hop back to the line of students.</li> <li>4. This continues until all of the students have returned to the line, the team that finishes quickest wins!</li> </ol>			
<b>CHANGE IT</b> <ul style="list-style-type: none"> <li>• Change the hop to a run</li> <li>• For younger students try using smaller balls or bean bags</li> </ul>			
<b>ANC CODE</b>	Moving	<a href="#"><u>ACPMPO25</u></a>	
	Our	<a href="#"><u>ACPMPO43</u></a>	
	Body	<a href="#"><u>ACPMPO61</u></a>	