


Warm Up		RUN & TOUCH	
EQUIPMENT: Whatever equipment you have available			5 Minutes
DESCRIPTION <div><div>1.</div><div>The coach lists a number of objects that students must run to touch before returning to the starting point i.e. touch 2 doors, 3 volleyballs, 1 net, 3 walls and 4 different coloured lines on the floor and come back to me.</div></div> <div><div>2.</div><div>Include objects that are spread over a reasonable area to reduce the likelihood of participants colliding as they move from one object to another.</div></div>			
CHANGE IT			
Beginner		Advanced	
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ANC CODE	Moving our Body	ACPMPO25	
		ACPMPO43	
		ACPMPO61	