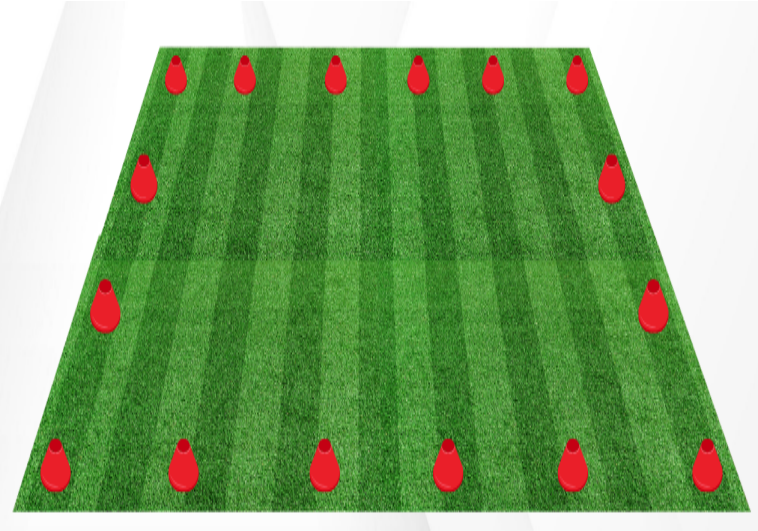
LEVEL 2

CHASING SHADOWS

HURLING / FOOTBALL / HANDBALL / ROUNDERS



EQUIPMENT LIST

- Cones

Chasing Shadows

Organisation

- Set up area as shown
- Children are in pairs
- One child is the leader, their partner is their shadow
- The shadow stands behind the leader and follows their actions
- The leader might touch the ground, hop on one leg, jump in the air
- Change over roles

Use STEPR to adapt and progress activity

Space, Time/Task, Equipment, People, Rules

Notes