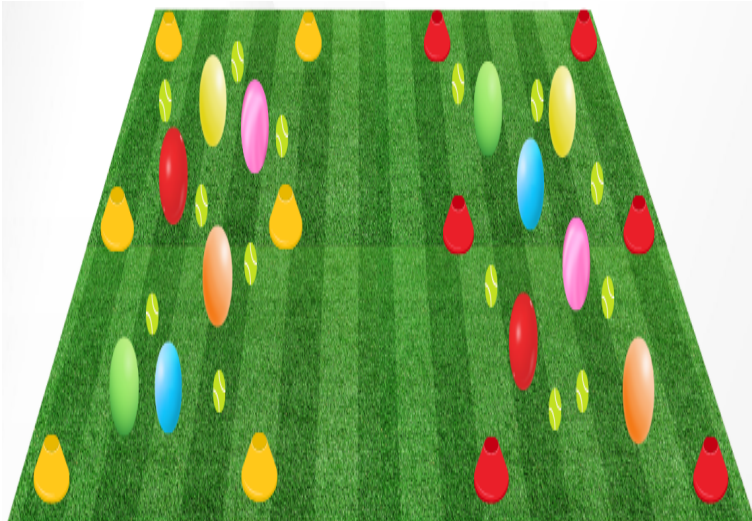


LEVEL 2

SWAP AND GRAB

HURLING / FOOTBALL / HANDBALL / ROUNDERS



EQUIPMENT LIST



Cones



Football

Swap and Grab

Organisation

- Set up area as shown
- Split up children into 2 teams
- Team 1 with tennis balls/Team 2 with big balls
- Both teams start in their box
- On the whistle both teams sidestep across to grab one ball and bring it back to their box
- Team with all their oppositions balls back in their box wins

Use STEPR to adapt and progress activity

Space, Time/Task, Equipment, People, Rules

Notes
