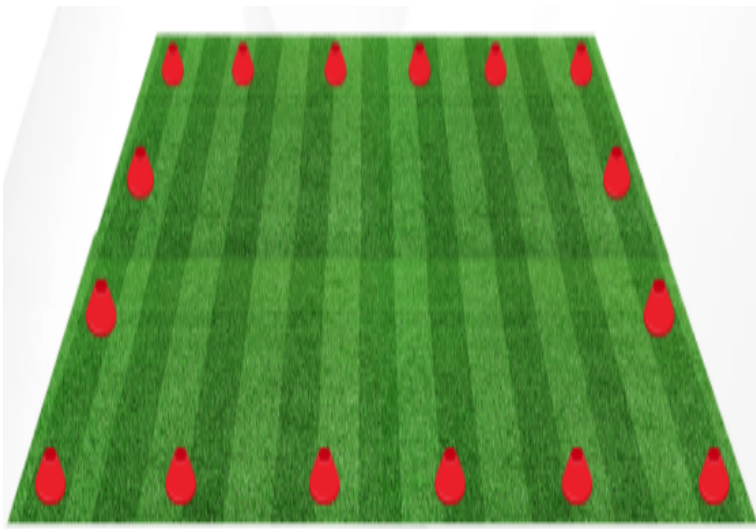


LEVEL 2

CHASING SHADOWS

HURLING / FOOTBALL / HANDBALL / ROUNDEERS



EQUIPMENT LIST



Cones

Chasing Shadows

Organisation

- Set up area as shown
- Divide players into pairs
- Nominate one leader, partner attempts to follow their partner wherever they go and repeat the exercise eg. skipping, hopping on one foot, turning left/right, touching the ground with their hand etc.

Use STEPR to adapt and progress activity

Space, Time/Task, Equipment, People, Rules

Notes

[illegible]