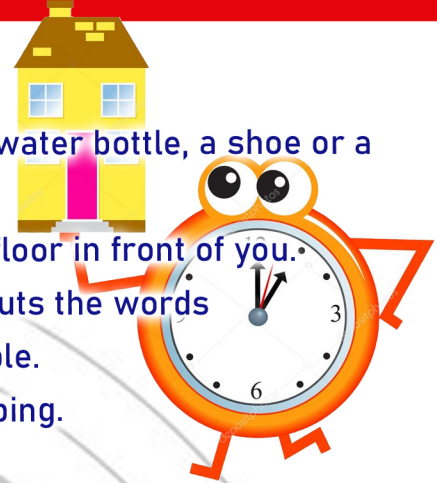




Warm up: Home time game

- For this warm up you will need a cone and a partner. (A t-shirt, a water bottle, a shoe or a rolled up pair of socks will be fine if you don't have a cone.)
- Find a big space, preferably outdoors and place your cone on the floor in front of you.
- Start by taking a light jog around the area. When your partner shouts the words **HOME TIME** you have to get back to your cone as quickly as possible.
- Play again using a different travel e.g skipping, hopping, side stepping. Remember to listen out for the words 'HOME TIME'.
- If you have someone who is playing the activity with you, turn it into a race and see who makes it back to their cone the quickest. Complete for 3 minutes.



Main activity challenge: Messy bedrooms



Equipment:

- For this activity you will need 5 pairs of socks
- You will need a target e.g a hula hoop, box, bucket or bin

Coaching points:

- Start by placing your target(s) in a space outside and then take your 5 pairs of socks and scatter them around the target to create your messy bedroom.
- Aim of the activity is to time yourself to see how quickly you can tidy up your messy room
- In order to this you must collect a pair of rolled up socks one at a time off the floor and use an underarm throw to land it into your target.
- Once you have done this move onto your next pair of socks and continue until all five pairs are inside the box.
- Ensure that you are using the correct underarm throwing technique (opposite leg forward to throwing arm, using spare arm to aim towards target, keeping eyes focused on the target, swinging throwing arm up inline with aiming arm)
- Once you have completed this, reset your messy bedroom and try again aiming to beat your previous time using the points below if necessary.

Differentiation:

- If this activity is **too challenging** you may want to get a bigger target
- You could start off by scattering the socks closer to the target to shorten the distance
- If it's **too easy** you could make the target smaller and scatter the socks further away
- You could unpair the socks first so that you have to find their matching pair and roll them up before throwing into the target.

