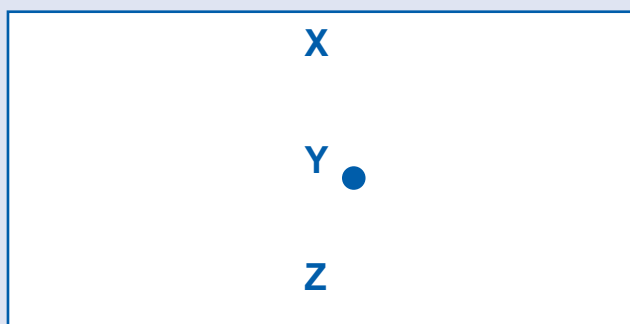


NO. 5

1	2	3	4	5
15				6
14				7
13				8
12	11	10	9	

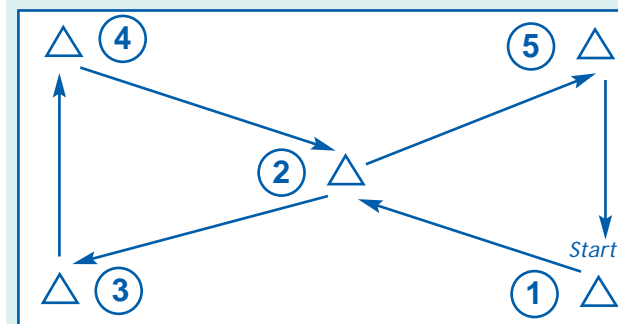
1. Movement circuit.
2. Students move from station to station.
3. All activities done at a low intensity – lasting 20 secs. per station
e.g. of activities:
 - a) shuttle run – no sharp turns
 - b) jogging on the spot
 - c) pass ball off the wall
 - d) etc. etc.

NO. 6



1. 3's – X, Y, Z. Y has the ball.
2. Y passes to X and goes to X's place.
3. X controls / catches and passes to Z and takes Z's place.
4. Z controls / catches and passes to X and so on.
5. After first three passes it should be virtually constant low intensity running with no sharp turns.

NO. 7



- With / without ball – students jog from cone to cone performing a different action between each cone and maintaining a constant low intensity
- e.g. jog from 1 – 2
hop from 2 – 3
skip from 3 – 4
side skip from 4 – 2
grapevine from 2 – 5
jog from 5 – 1