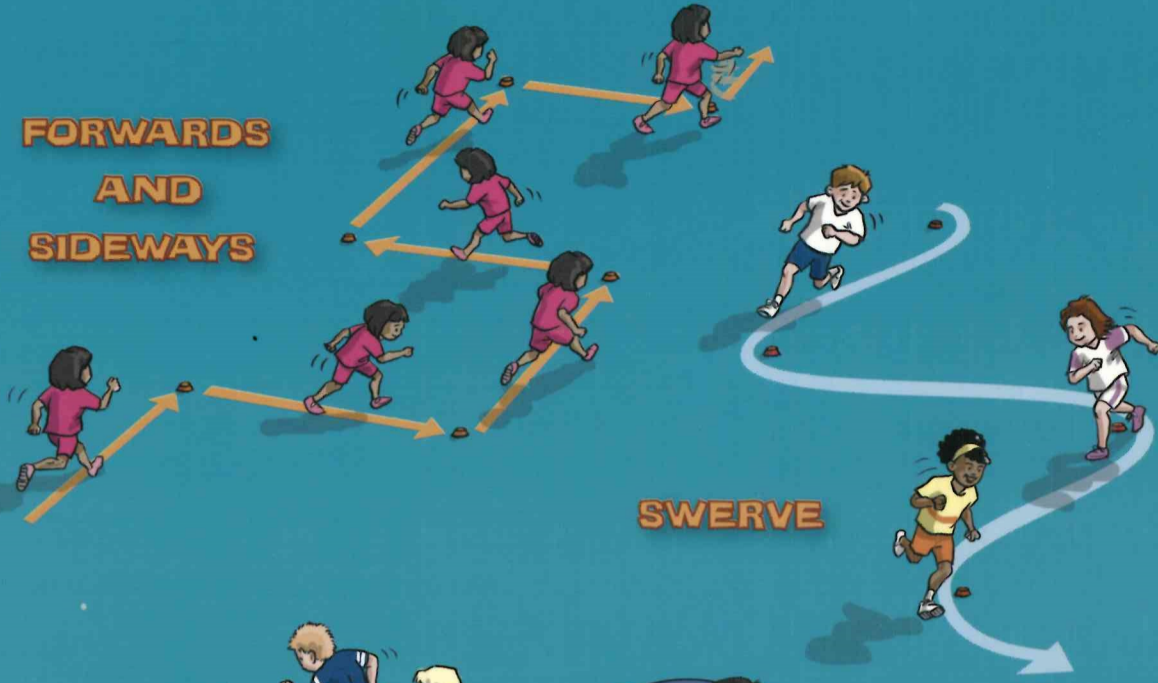
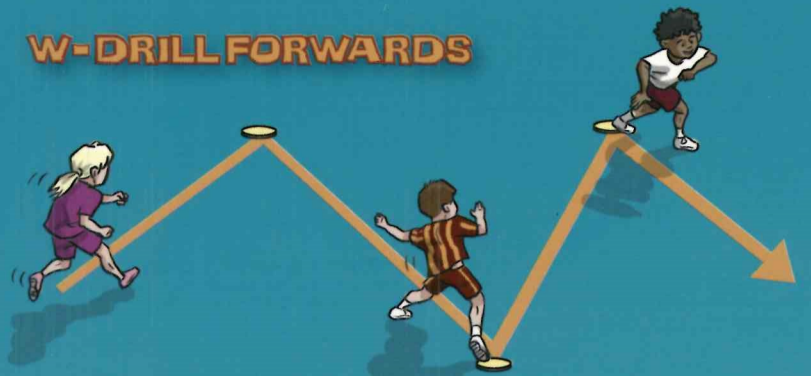


### FORWARDS AND SIDEWAYS

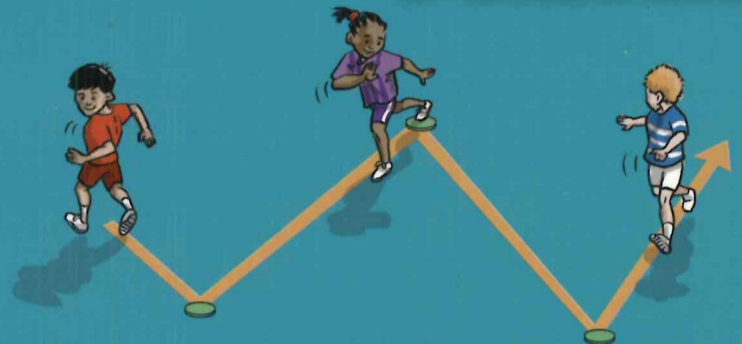


### SWERVE

### W-DRILL FORWARDS



### W-DRILL BACKWARDS



### CARS AND CARAVANS

- The 'car' tries to lose its 'caravan'. When "stop" is called, all caravans should be at least an arms distance from the car.
- One car and caravan is a chaser with the car trying to touch each caravan. Stick in mud version = car and caravan make an arch, they are released by other players running under the arch.
- Repeat with players moving facing each other with 'mirror movements' throughout.

### COLLECT THE SPOTS

- Random running, on teachers call of a colour, collect as many spots of that colour as possible.

RED

### PROTECT THE BEAN BAGS

- Prevent other players from stealing the bean bags.

### RUGBY TAG

- Run to the other line without being 'tagged' by the 'Bulldogs'.
- Players may have soft balls that can tag or be thrown at a player.

