

# MULTI-SKILL CLUB

## CO-ORDINATION 3 MOVING WITH OTHERS

### GETTING SKILFUL - FABB

Encourage the children to:

#### Feet

- run on the balls of their feet using small steps
- change length of stride to reach further.

#### Arms

- use opposite arm to leg, pumping action.

#### Body

- lean towards direction of run with head still.

#### Brain

- think about how they can communicate to others about movement, e.g. using voice, signals etc.



Encourage the children to:

#### Space

- increase the distance or complexity of pathway to offer more challenge.

#### Objects

- move with different objects to practice controlling the body as well as the object.

#### Speed

- change speed to arrive at the correct time by sprinting or slowing down as needed.

#### Strength

- drive off the ground away from the direction in which they are travelling.

### GETTING BETTER - SOSS

### ALL ROUND DEVELOPMENT, LINKS WITH:

#### Agility

- being able to respond to other people's change of movement.

#### Balance

- adjusting balance to move with someone else.

### EXTENDING SKILLS

Encourage the children to try:

- timing their movement when travelling with an object to test their control skills
- moving at the same time as a partner (unison), following on from a partner (canon)
- changing between unison and canon as they move
- to identify when it is good to arrive before, at the same time, or even after a partner, opponent or object in chosen activities.

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Strike a balance while waiting.

### MOVING CONE

- Set out safety markers in a defined area.
- Use two less markers than players.
- The two players without a marker run towards a marker with someone standing by it.
- On reaching the marker shout 'GO' and player standing by marker has to move to find another.
- Set a time limit to find a new marker and a time limit on the whole game.



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