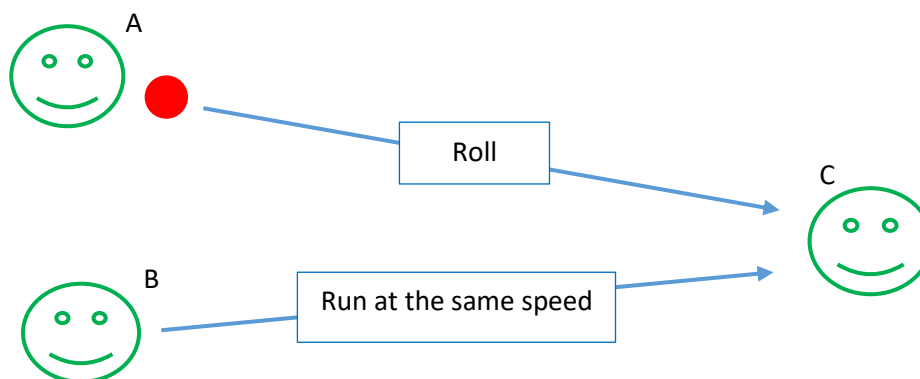


Garden Games

How to set up:

- ✓ Play in groups of 3.
- ✓ Instruct two people to stand at one side of the area.
- ✓ The 3rd person stands 10m away.
- ✓ You will require a ball.



Equipment:

- ✓ Ball

How to score:

- ✓ Players score 1 point if they manage to keep up with the ball and get to the other side at the same time.

How to Play:

- ✓ Player A will roll the ball at a speed of their choice to Player C.
- ✓ Player B must keep up with the ball using the correct pace to arrive at Player C at the same time as the ball.
- ✓ Player B will then roll the ball using a speed of their choice to Player A, Player C must then keep up with the ball using the correct pace to arrive at the same time to Player A.
- ✓ Keep this cycle going.
- ✓ Encourage the children to relate the different speed paces to different athletics events. For example, 100m sprint = fast pace, Long distance running = steady pace.