



These games support your child in progressing from confident walking to running with purpose. They will help your child to develop core strength and muscle and hone spatial awareness.

# HOME TEAM CHALLENGE

## PURPOSE OF GAME:

Reaction time, balance, change of direction, evasion, acceleration/deceleration control, decision making, fitness

## HOW TO PLAY:

1. Divide the players into two 'teams'.
2. Create two home areas.
3. Give each player a different coloured flag / handkerchief / napkin.
4. Each player puts their flag / handkerchief / napkin, on the 'home' line of their territory.
5. Everyone lines up at one of the team's 'home' line.
6. On 'GO' everyone scoots across to the other team's home line and the opposite team tries to capture the other team's flag / handkerchief / napkin before that team gets to it to defend it first.
7. The player with the flag must get back to their home territory before being tagged by the opposite team.
8. The object is to be the first to capture all the opposing team's flags.



## PRODUCTS MOST SUITED TO THIS STAGE:



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