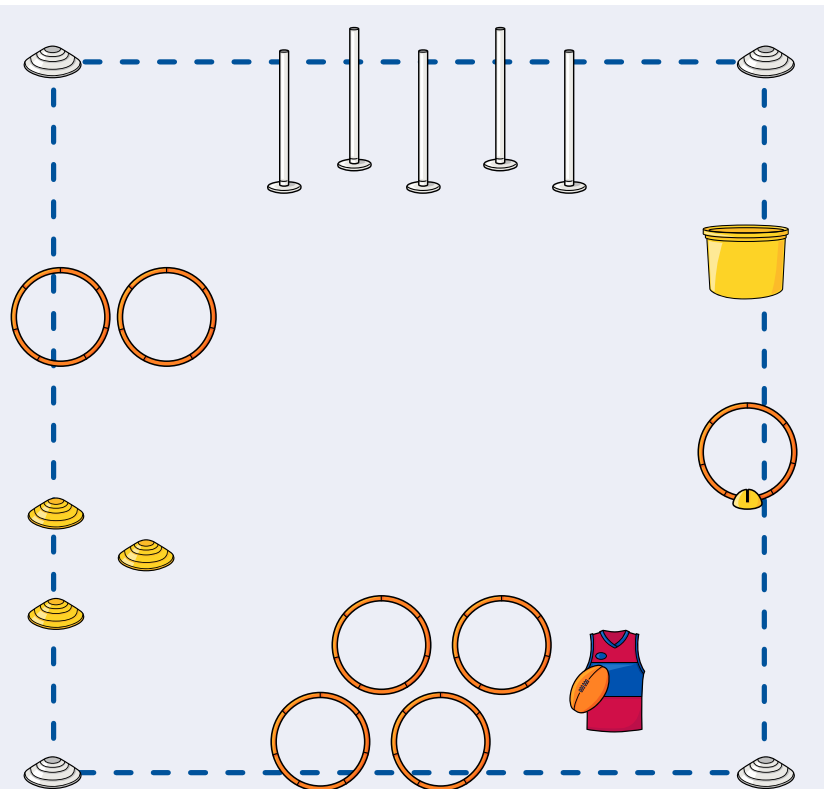




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HOW TO PLAY

- 1 Step through your course so the Auskickers can see what to do. Now it's their turn!

An example of the course might be:

- Four hoops to hop through on alternate legs;
- Three cones to tap the ball around with using two hands;
- Two hoops to bounce the ball;
- Posts to weave in and out of;
- One hoop on a stand to throw the ball through before collecting it, and;
- A tub to throw the ball into.

EQUIPMENT

4 adults per group, a collection of balls, hoops, cones, tubs and posts.



SET-UP

Set up an obstacle course. Set it out as an imaginative cool course utilizing a variety of equipment for maximum fun!

Every Auskicker uses a ball of their choice.

CHANGE IT UP

- Try making the activity a race!
- Change the way everyone moves their body around each section (e.g. instead of running they hop, skip or jump etc.).
- You can even change the direction.