

Colour Combination

Home Physical Education

Can you explore moving in different ways between the objects?

How to play:

- Layout several different coloured objects on the floor.
- Partner 1 chooses 3 different coloured objects for partner 2 to run out and touch.
- When partner 1 says go, how quickly can partner 2 touch the coloured objects in the correct order?
- To make the game harder increase the number of colour objects that are called out or put the objects in different rooms.



Can you challenge yourself to always try your hardest?

Top Tips

Keep low!

Bend your knees and keep your body low towards the ground. This will help create power when you push off, changing direction quicker!

Let's Reflect

Were you able to move quickly, changing direction?

Can you explain why we might need to change direction quickly when we play sport?