



RACING REACTIONS

INSTRUCTIONS:

Players need to get into small groups and make a circle. A ball then needs to be placed in the middle of them.

The leader shouts out commands such as Touch your Head, Do three star jumps etc.

As soon as the leader shouts 'Ball' the players need to try and grab the ball from the middle as quickly as possible.

To can also do this game but placing a cone between two players and shouting 'Cone' instead of ball.

EQUIPMENT:

- ☐ Balls
- ☐ Cones

VARIATIONS:

Instead of getting the ball with their hands, ask the players to drag the ball back using their feet.

Get players to walk around in their circle whilst doing the actions.

Play in a bigger group but have more balls in the middle. Remove a ball after each round.