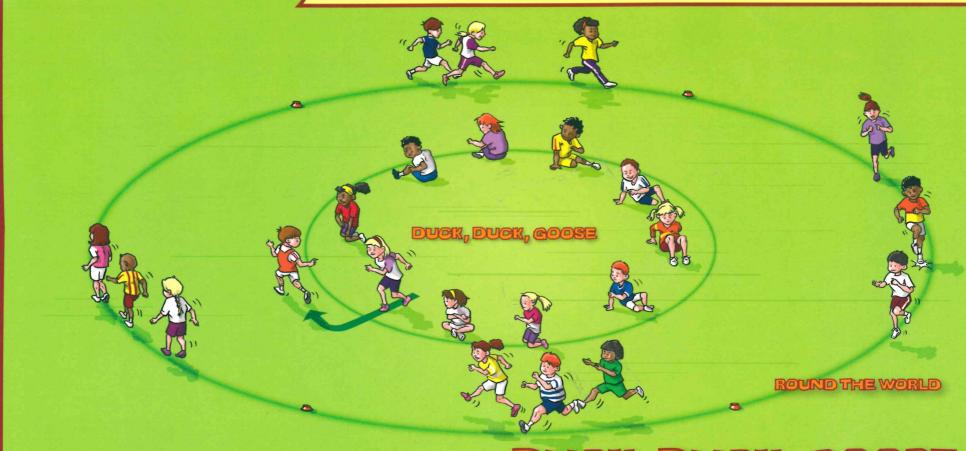
MULTI-SKILL CLUB

CO-ORDINATION 1 MOVING ON MY OWN

ROUND THE WORLD

- Teams travel clockwise, changing running style according to instruction.
- Five teams in total.
- · Vary the speed, direction and the running actions.





· One person is the fox.

· Fox runs round circle naming players 'duck' one by one until the goose is named.

- Goose must get up and chase the fox around the circle, trying to tag the fox before they get back to the goose's original position.
- · If fox is not caught, circle is entered where goose left and goose's place taken.
- · If fox is caught, fox goes again.