



WACKY RACES

- Place bean bags on throw down markers.
- Players lunge to pick up bean bags and then lunge to place bean bags in hoops.
- Players continue to place bean bags in hoops moving clockwise until all bean bags are in hoops or a signal is given.
- Begin with single instructions and progress to multiple instructions.
- Players may play competitively against each other or for a better performance against a time limit.



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THE NATIONAL PE, SCHOOL SPORT AND CLUB LINKS STRATEGY