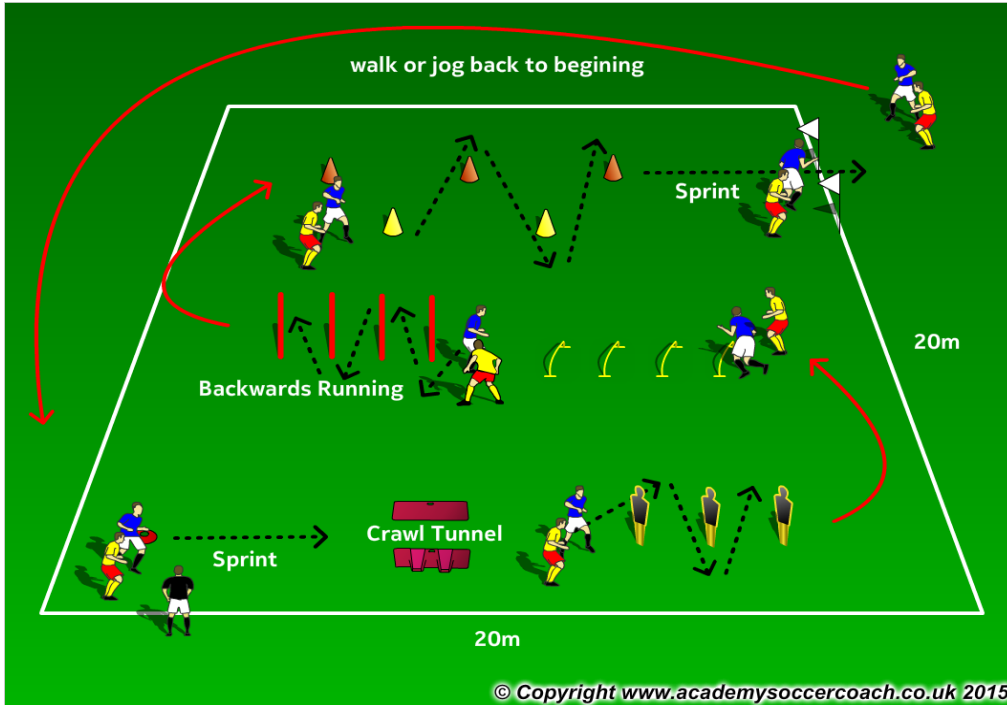




Active Start Mystery Maze



Organization: Using a 20x20m area set up a variety of obstacles that the players can move through. Parents (Yellows) should accompany the children through the course.

Procedure: One-by-one the children will enter the obstacle course and move through the different obstacles. The coach should position his/herself at the start of the course to help start the players at the correct time. Be creative and develop obstacles that will challenge the children to use different movement skills to overcome each part of the course. A,B,C'S: Hop's, Skip's, Jumps, Sprints, Forward/backwards running, shuffles etc. should all be incorporated.

Time frame. 5-8 minutes

Emphasis:

Fundamental Movement Skills
Engaging parents to create backyard environment

<p><u>Psychological</u> Safety Confidence</p>	<p><u>Technical</u></p>
<p><u>Physical</u> Change of Direction Running Hopping/Jumping Crawling</p>	<p><u>Social</u> Communication Encouragement FUN</p>