

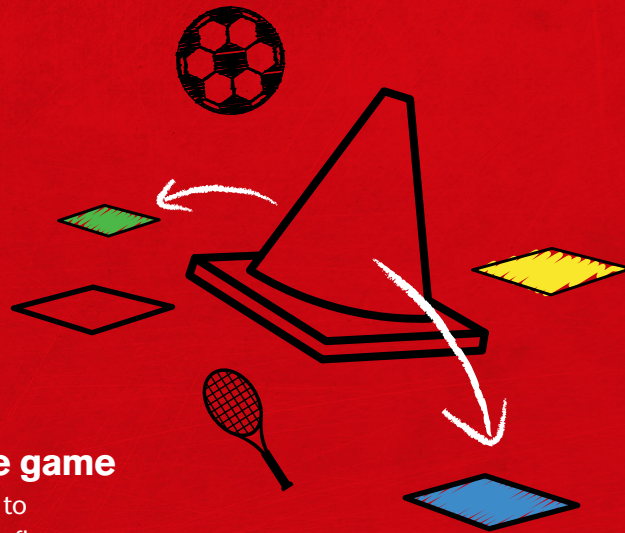
# Reactions

## What you'll need

- Cones
- Flat markers
- Pen and paper
- Inflatable football
- Racket and ball

## How to set up the game

- Use four flat markers to make a square on the floor
- Place a cone in the centre of the square
- Write a sequence of colours on a piece of paper that correspond to the coloured markers



## How to play

- Players start on the cone in the centre of the square, which is marked out with four flat markers
- Move to the coloured marker that is listed and back to the centre of the square as fast as you can
- Once you have returned to the centre of the square move to another coloured marker that is listed on the piece of paper
- See how many markers you can move to in one minute
- You can play with family members or friends to see who can move to the most markers in one minute
- Wheelchair users can move in their wheelchair to the coloured markers

## Progression

- Ask a family member or friend to call out colours instead of following your list, so you don't know what is coming next
- Players can use their football to dribble to the markers, keeping close control and using lots of small touches
- Players can also use their bat and try to balance a ball on their bat whilst moving to the markers

