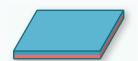
School-based Physical Activities





Equipment



Dual-colour plastic mats

Objectives

- 1. Enhance cardiopulmonary functions and whole-body coordination
- 2. Improve cooperation skills and communication skills



Game Rules

- Divide children into the "Front Team" and the "Back Team", each queueing behind the line respectively
- The teacher will randomly place the items, half facing up and half facing down, all over the venue
- 3 Set a time limit for each round, each team sends a child at the same time to flip an item
- The "Front Team" must flip items to the front side, while the "Back Team" must flip them to the back side
- **5** Each child can only flip one item at a time, and should pass the turn to the next one after hefinishes
- **(E)** The team with more items facing the assigned side wins

Modifications

Use different moving methods













