

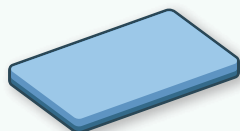
School-based Physical Activities

Rolling Adventure



Level
K1-K3

Equipment



Soft mat



Small balls

Objectives

1. Improve cardiopulmonary functions and muscle strength
2. Strengthen whole-body coordination and improve flexibility



Game Rules

- ① Place the soft mat on the ground
- ② Place three small balls at the starting point
- ③ Lie down at the starting point and pick up a small ball, roll to the finish line and put the small ball down
- ④ Roll back to the starting point and deliver the remaining small balls to the finish line one by one

Modifications

1. Increase the number or size of the objects
2. Replace with other movements (somersaults, frog jumps)
3. Set a time limit