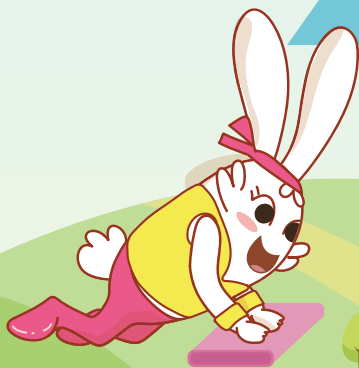


School-based Physical Activities

Sliding Master

Level
K3



Equipment



Towel



Slalom cones

Objectives

1. Enhance muscle endurance and strength
2. Improve whole-body coordination

Modifications

1. Add obstacles
2. Team relay



Game Rules

- ① Squat at the starting point and place both hands on the towel
- ② Push the towel and slide to the finish line
- ③ Keep one foot on the ground when pushing the towel