



HOW TO PLAY

- 1 Ask the Auskickers to raise their hands above their heads then touch their toes.

Then try all sorts of movements like:

- Balancing on one leg, then touching their nose;
- Leg kicks, running, knee lifts;
- Standing on tip toes;
- Hopping;
- Spinning on the spot;
- Leaping for a mark;
- Landing on different feet;
- Dodging, pivoting, weaving, jumping and twisting.

EQUIPMENT

1 adult per group.



SET-UP

Auskickers spread out on the playing area.

CHANGE IT UP

The sky is the limit to mixing it up! Add any instructions you can think of.