## **Game-Based Activity**

| Time/What          | Activity | Main Teaching Points | Safety |
|--------------------|----------|----------------------|--------|
| (Agility, Balance, |          |                      |        |
| Coordination,      |          |                      |        |
| Coordination or    |          |                      |        |
| Speed)             |          |                      |        |
|                    |          |                      |        |
|                    |          |                      |        |
| 5 Mins             |          |                      |        |
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