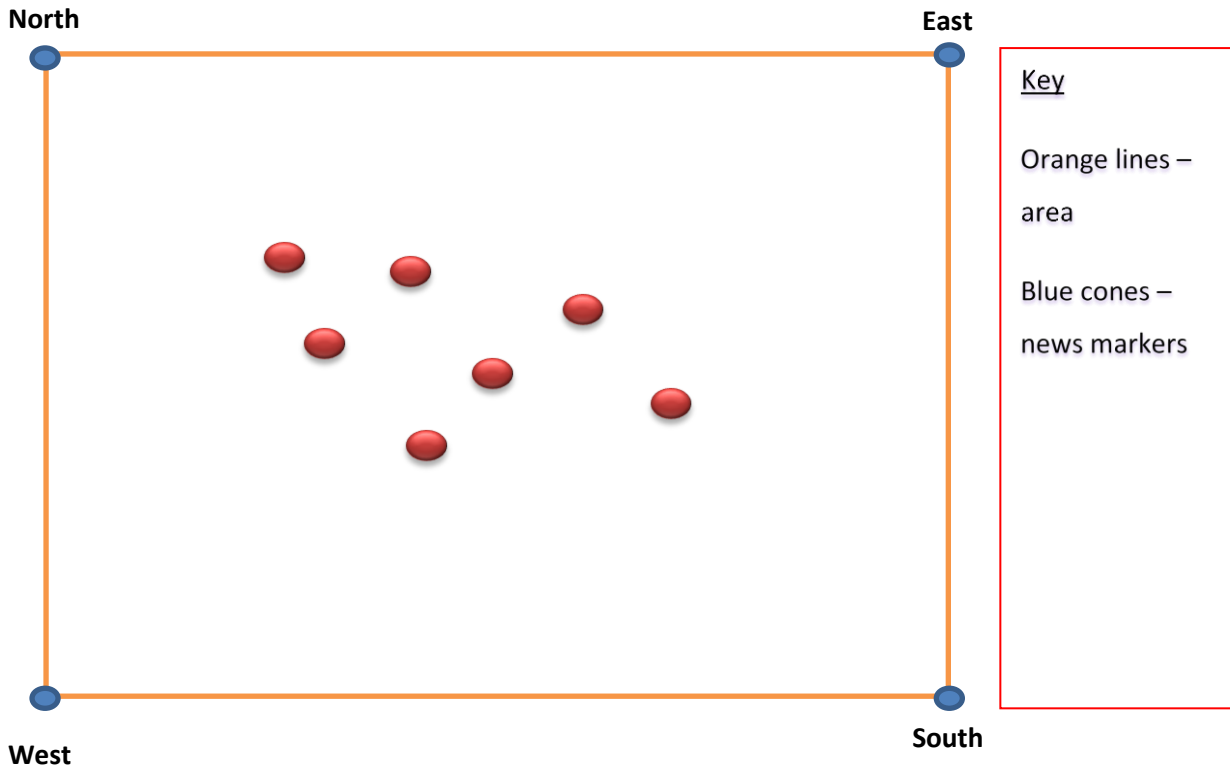


NESW



Description

Players spread out in the playing area *or* line up in the centre. Each side of the playing area is given a direction; NORTH, SOUTH, EAST and WEST (align to correct directions if possible). On coach call, the group has to either jump to face that direction or run to that sideline as fast as possible.

Progression

Hopping, one-legged, two legged, bounding, etc.