

## Resistance games

### 45. The first passes

7+

*Time of reaction (speed)/co-ordination*

*Equipment: Whistle*

- ◆ Split the class into groups of about ten players each. Each group gets into a line, one player behind the other along a running track.
- ◆ Each group jogs slowly around the track. When the teacher blows a whistle they increase their speed, still keeping in line.
- ◆ Now each time the whistle sounds the last member of the line runs faster to overtake the group and be first in the line.
- ◆ This exercise is repeated until everybody in the group has had a chance to overtake.
- ◆ If anyone in the group isn't capable of completing this task and cannot overtake the whole group, they will be out.

