

The Deminers

ACTIVITY SHEET 007

Objectives: Work on simple movements

Number of players: Individual exercise

Equipment:

- Three (3) various targets, square or round, of large size, which will serve as "bombs".
- Six (6) balls of the same colour for the player.
- Six (6) additional balls for the exercise, regardless of the colour.

Set up:

- Place the targets randomly on the ground.
- Place 2 balls facing the player on each of the targets. The 2 balls must be spaced about 2 fingers apart. They must be visible to the player and not placed one behind the other.



Procedure:

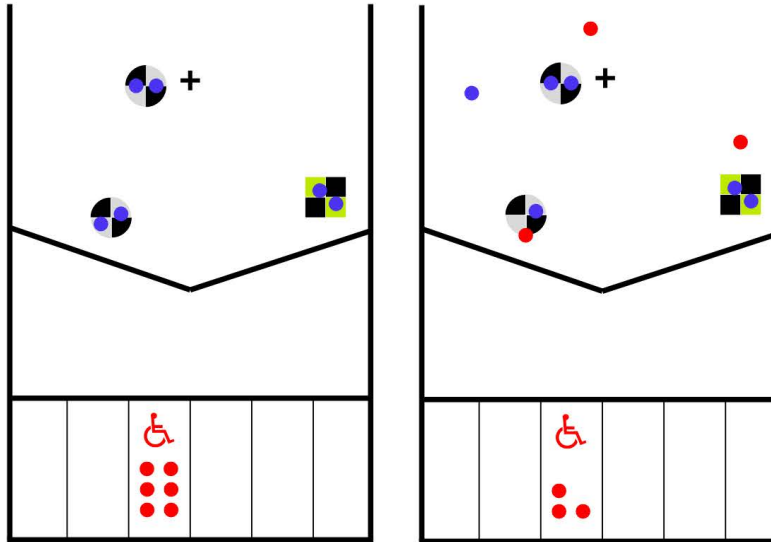
- The player stands in the playing area according to the chosen colour.
- The player must dislodge at least one of the 2 balls placed on each target ("bomb") to defuse it.
- The player has a maximum of 6 balls to successfully defuse the 3 "bombs".
- Repeat the exercise with the opposite colour.

Variation:

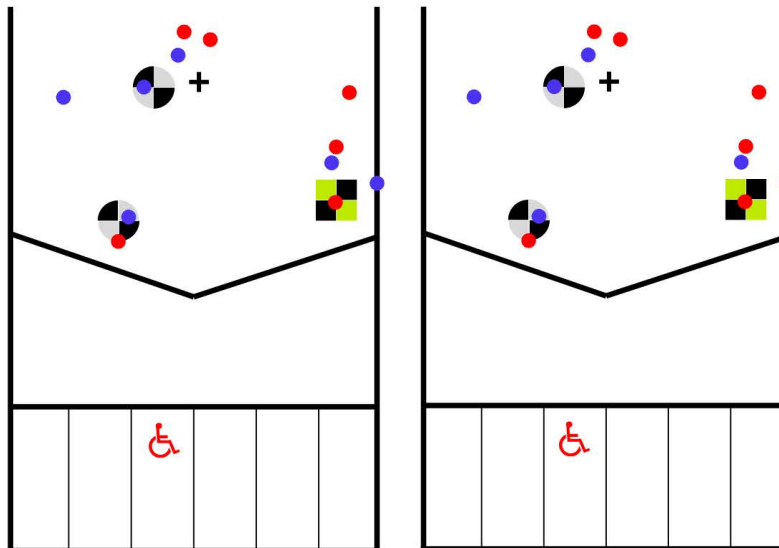
To increase difficulty, it is possible to add more "bombs" or to use only one ball to defuse each "bomb".

EXAMPLE

1. Place the targets ("bombs") on the ground with 2 balls on each of them.
2. Move at least one ball off the "bomb" to defuse it.



3. You have 6 balls to defuse all the "bombs".
4. If successful, you win the round, otherwise, you lose.



Results

All the "bombs" have been defused.