
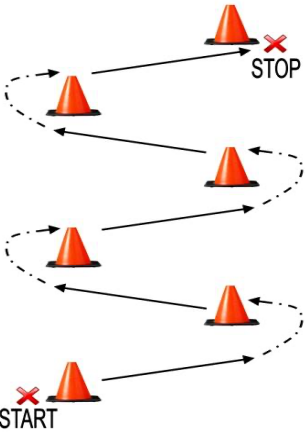
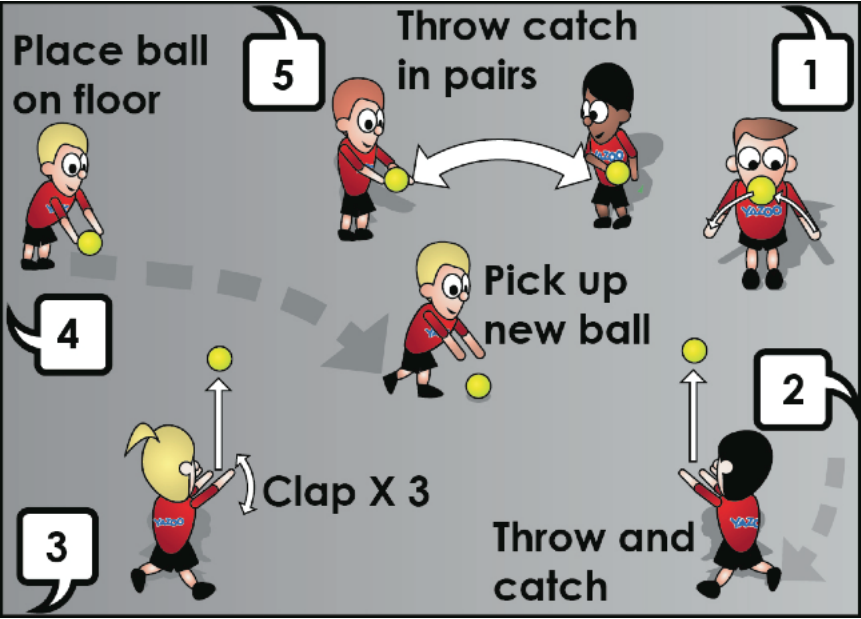




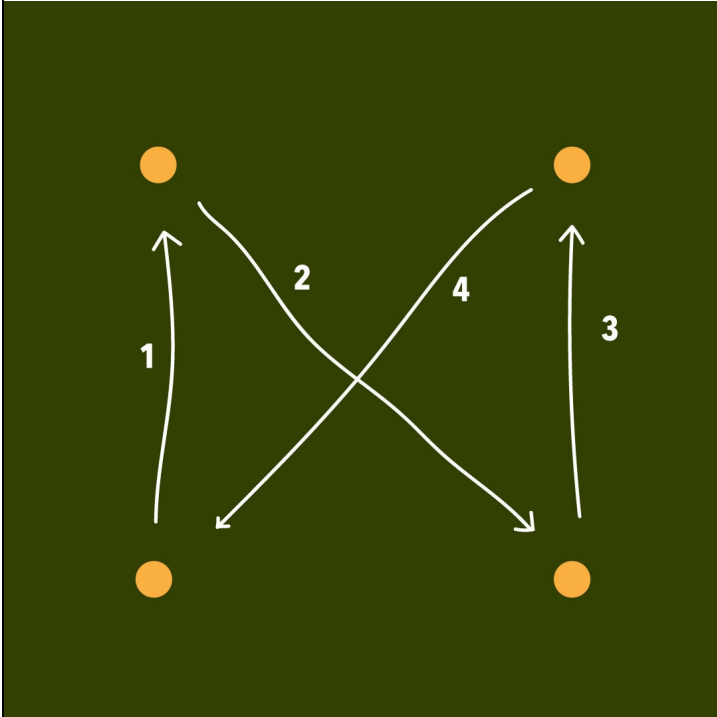
GotGame

RUGBY ACTIVITIES * IF YOU DON'T HAVE A RUGBY BALL, USE A SMALL PILLOW OR TOY THAT IS SIMILAR SIZE TO A RUGBY BALL

	30 SECONDS	45 SECONDS	1 MINUTE
<p data-bbox="464 483 632 524">Sprinting</p>  <p data-bbox="588 575 997 768">How many times can you sprint from 1 wall to the other side of the wall?</p>			
<p data-bbox="491 792 687 831">Zig Zag Sprints</p>  <p data-bbox="491 898 986 1055">How many times can you zig zag through the cones?</p>			
<p data-bbox="344 1247 751 1288">Throwing and catching</p>  <p data-bbox="113 1973 983 2013">How many times can you do each step. One at a time</p>			

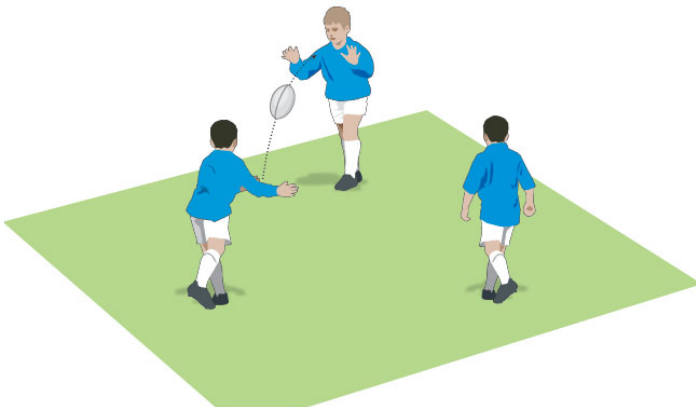


Sprinting in a pattern



How many times can you sprint from number 1 – 4?

Passing with 1,2 or 3 people. Throw ball from your hip then sideways



How many times can you pass the ball around?