

Let's start with the warm up.

The first/second/third game is...

To finish let's relax.

Make a circle

Make groups of

Move your head / arms....

Throw the balls.

This is your field.

The balls burn.

Test with both hands.

Throw as hard as you can with your skillful hand.

You are now dead.

How does a dog/cat/snake move?

This is a circuit.

Jump as long as you can with your good leg.

The countdown starts now.

Cavalry!

Cops and thieves.

At the signal run as fast as you can.

The chain has broken.

Pass the baton.

This is the pódium of the champions.