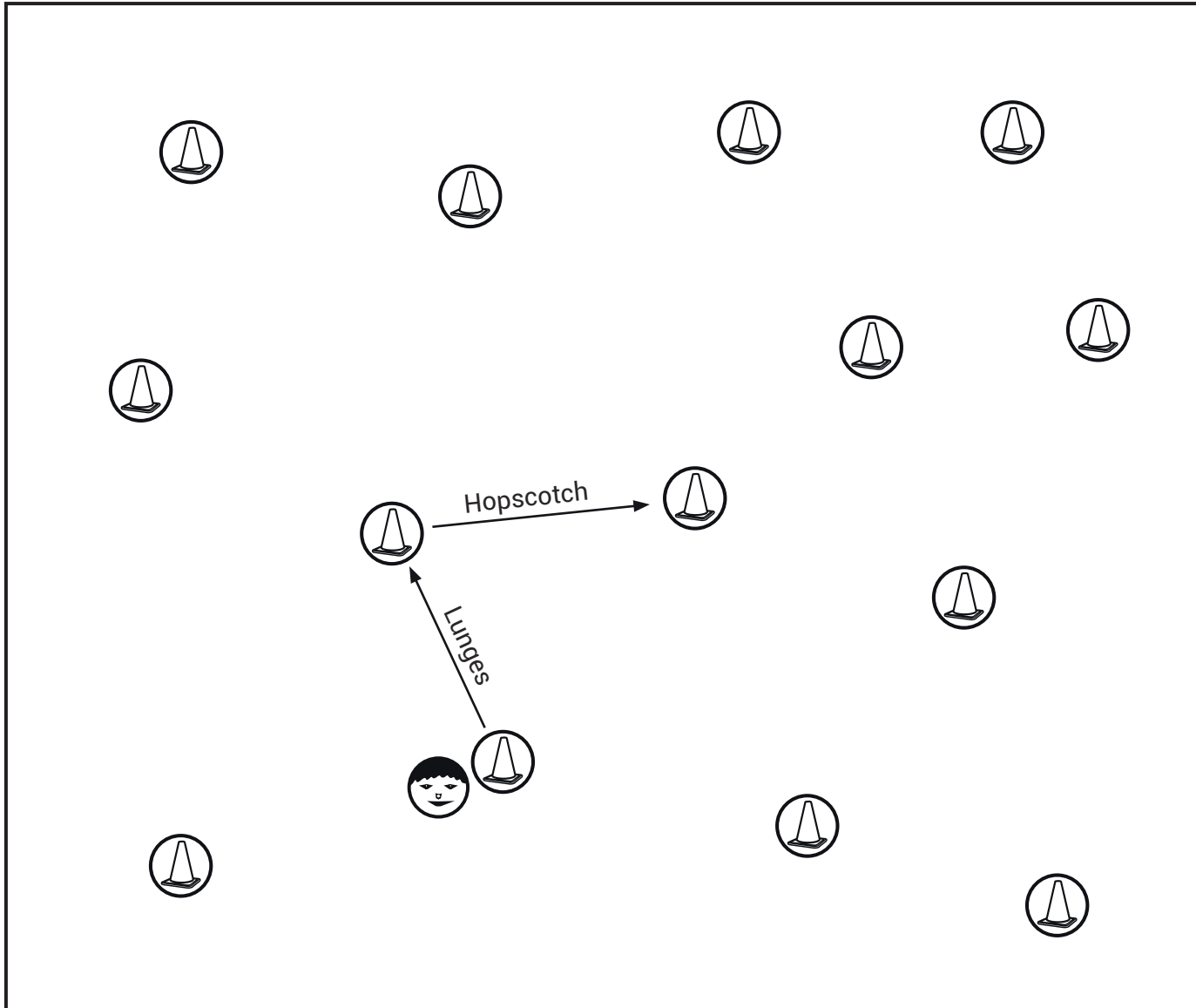


Area Plan: Lunges and Hopscotch Training



Place cones around the playing space, ensuring there is at least one cone per child.

Instructions:

- Children position themselves next to a cone.
- They travel towards a different cone using a lunging action.
- They then travel to another cone using a hopscotch action.
- Continue moving between cones, alternating these two actions.

KEY



cone



child