



Bunny Leap & Dash

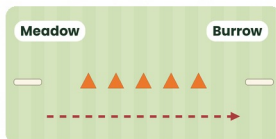
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Active Flashcards

Bunnies leap and land without a wobble. Keep Bunny safe!

Set-Up

Put 4–6 low cones in a line, 1 big step apart. Put a jumper at each end: the Meadow (start) and the Burrow (finish).



How to Play

1



Start in the Meadow. Hug Bunny to your chest with both hands.

2



Jump over each cone with both feet together.

3



After the last cone, run fast to the Burrow to keep Bunny safe!

Coach's tip

Land softly on your toes, like a real rabbit.

Level up

Hold Bunny out in front with straight arms while you jump.

You need: Ball, 4–6 cones, 2 jumpers





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Coach's Notes: for grown-ups

What to look for

- Do they jump with both feet together?
- Do they land softly on their toes, without wobbling?
- Do they keep hold of Bunny all the way?

Two feet

Soft landing

Sprint

Make it easier or harder

	Easier	Harder
Space	Put the cones further apart.	Put the cones closer together.
Task	Step over the cones instead of jumping.	Hold Bunny out in front with straight arms.
Equipment	Use flat markers instead of cones.	Use slightly taller cones.
Speed	Walk to the Burrow.	Time the sprint and beat it.

Inclusion ideas

- Players can step, walk or wheel through the cones, carrying Bunny on their lap.
- Use brightly coloured cones so they're easy to see.

Safety

Use soft, low cones only. Play on grass, not concrete.

