



The Bunny Carry & Leap

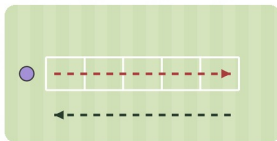
2

Active Flashcards

Part 1: carry Bunny. Part 2: dribble her home!

Set-Up

Lay a ladder flat on the grass with 5–6 squares. No ladder? Draw one in chalk or use sticks.



How to Play

1



Hug Bunny to your chest. Hop with both feet into every square.

2



Don't touch the ladder! Hop all the way to the end.

3



Walk back. Now dribble Bunny through, stopping her in every square.

Coach's tip

Small hops and soft landings keep you balanced.

Level up

Shuffle sideways through the ladder, tapping Bunny from foot to foot.

You need: Ball, a ladder, chalk or sticks



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2

Active Flashcards

Coach's Notes: for grown-ups

What to look for

- Do they land in every square without touching the ladder?
- Do they keep Bunny hugged tight while hopping?
- When dribbling, do they stop Bunny in each square?

Hop

Balance

Close control

Make it easier or harder

	Easier	Harder
Space	Make the squares bigger.	Make the squares smaller.
Task	Walk into each square.	Hop on one foot.
Equipment	Use chalk lines instead of a ladder.	Add more squares.
Speed	Go slowly, no clock.	Time Part 2 and beat it.

Inclusion ideas

- Players can step through the squares and push Bunny with their hands in Part 2.
- Use a bright chalk colour so the squares are easy to see.

Safety

Lay the ladder flat on grass so it can't slip or trip anyone.

