



Bunny Burrow Dash

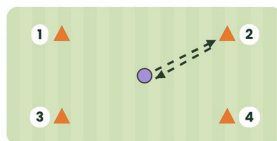
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Active Flashcards

Which burrow is safe? Roll the dice to find out!

Set-Up

Make a square with 4 cones, 6 big steps apart. Number them 1 to 4. Start in the middle.



How to Play

1



Roll a dice. Got a 5 or 6? Roll again!

2



Dribble Bunny to that burrow as fast as you can.

3



Turn and dribble back to the middle. Roll again!

Coach's tip

Turn sharply at the burrow, then speed back.

Level up

Do 10 rolls. Time yourself and beat it.

You need: Ball, 4 cones, a dice





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Coach's Notes: for grown-ups

What to look for

- Do they react quickly after rolling the dice?
- Do they turn sharply at the burrow?
- Do they keep Bunny close while dribbling fast?

Quick start

Turn

Speed

Make it easier or harder

	Easier	Harder
Space	Make the square smaller.	Make the square bigger.
Task	Walk with the ball.	Weaker foot only.
Equipment	Use a bigger, softer ball.	Use a smaller ball.
Speed	Rest between rolls.	Roll straight away each time.

Inclusion ideas

- Players can carry the ball to the burrow, or a grown-up can call the number.
- Put a coloured cone or picture at each burrow as well as a number.

Safety

Leave space round each burrow cone to turn safely.

