



Fox's Sharp Ears

7

Active Flashcards

Foxes have super ears. Listen, then react fast!

Set-Up

Dribble around. When a grown-up calls a word, do the move!



How to Play

1



"Toes!" Tap the top of Fox with each foot in turn, 10 times.

2



"Turn!" Drag Fox back and go the other way.

3



"Den!" Stop her with the bottom of your foot and sit down fast!

Too easy? The caller says two words at once!

You need: Ball, a grown-up to call





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Coach's Notes: for grown-ups

What to look for

- Do they react straight away to the word?
- Do they keep the ball close while dribbling?
- Do they look up and listen?

Listen

React

Ball close

Make it easier or harder

	Easier	Harder
Space	Use a bigger space.	Use a smaller space.
Task	Use only 1 or 2 words.	Call 2 words at once.
Equipment	Use a bigger ball.	Use a smaller ball.
Speed	Say the words slowly.	Call the words quickly.

Inclusion ideas

- Use hand signals or picture cards with the words for children who find listening hard.
- Players can carry the ball and do the moves with their hands.

Safety

For "Den!" (sitting down), check the ground is soft and dry.

