**Time to Learn:**

- Layout several different coloured objects on the floor.
- Partner one chooses three different coloured objects for partner two to run out and touch.
- When partner one says go, how quickly can partner two touch the coloured objects in the correct order?
- To make the game harder increase the number of colour objects that are called out or put the objects in different rooms.

**Play on your own!**
How many objects can you touch in 60 seconds? Can you beat your score?

**Challenge yourself to move in different ways to touch the objects!**

**Compete against someone!**
Who can touch the three coloured objects the quickest?

**Top Tips**

**Keep Low!**
- Bend your knees and keep your body low towards the ground. This will help create power when you push off, changing direction quicker!

**Let’s Reflect**

- How were you able to move quickly, changing direction?
- Can you explain why we might need to change direction quickly when we participate in different activities?