

Balance

Control

Travel

I am building my sports

My **first** sport:

Football (blind football)



My **Second** sport:

Taekwondo
(para taekwondo)



I will practise **balance** by playing:

1-2-3- red light

Skill: Stopping with control

I will practise **balance** by playing:

Compass control

Skill: Turning with control

I will practise **control** by playing:

All in order

Skill: Watching other players

I will practise **control** by playing:

Top-class catcher

Skill: Top-class catcher

I will practise **travel** by playing:

Pirates

Skill: Moving in different directions

I will practise **travel** by playing:

Go green

Skill: Using my legs for power