

Colour Command



Get Set 4
Education

What you need: 4 – 6 different coloured socks or items

How to play:

- Lay out 4–6 different coloured pairs of socks in a circle formation and stand in the middle.
- Ask a helper to call out 2 colours and see if you can use your speedy feet to get quickly to the correct colours in turn.
- Return to the middle of the circle and repeat with a new call.

Top tips:

- Start in the ready position, feet shoulder width apart and knees bent, ready to react.
- Head and shoulders facing forwards
- Turn your hips and move your feet to each colour.



www.getset4education.co.uk