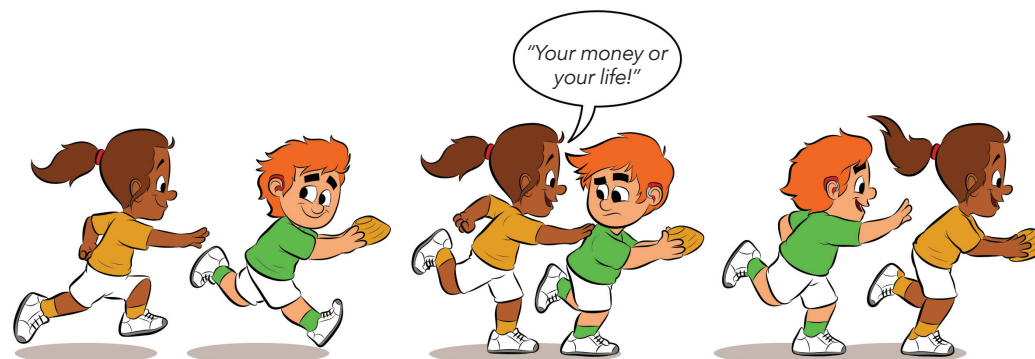


Chasing Games

Highwaymen

- One third of the class are given a cone (preferably yellow). The others are all highwaymen.
- In a safely defined area, children have to try and tag the players with the gold. As they tag them, they say "Your money or your life!". Players have to drop their gold. The tagger picks up the gold and can then be tagged by the Highwaymen.



Come out to Play

- One child is designated the gorilla.
- The others, the monkeys, stand behind a line on one side of the hall/field.
- The gorilla says, "Monkeys, monkeys, come out to play!". They start to walk to the other side of the hall.
- The gorilla then shouts "Gorilla attack!" and the monkeys have to run to the other side. If they are tagged, they also become a gorilla.
- Play until there are only a couple of monkeys left. They can then start as the gorillas.



Safety:

- Ensure size of area is sufficient for number of players.
- Talk to children about how they might avoid others.

Equipment:

- Cones to mark area. Yellow cones for gold.

Chasing Games

Skills	Example
Thinking Me	
Make reasoned decisions	What is the best route to the other side?
Predict	What helps you decide which way the taggee might go?
Problem solve	How can you make sure you don't bump into anyone?
Consider	Is it harder to be the tagger or the taggee?
Social Me	
Empathise	What could you do if someone is always caught quickly?
Praise	What could you say to your teammates when they get safely past the gorilla?
Collaborate	How could you work together to get past the gorilla?
Listen to others' views	How can you make sure everyone contributes to your plan?
Healthy Me	
Cope with failure	What could you do if you are finding it difficult to tag people?
Identify how to be more physically active	Which other chasing games do you know?
Recognise the effects of exercise on the body	What happens to your body when you have played this game for a while?
Understand how to warm up	What kind of warm up could you do to prepare you for this game?
Physical Me	
Move with agility	How can you avoid being tagged?
Maintain balance	What do you need to do to pick up the cone efficiently?
Co-ordinate actions	What helps you change from walking to running quickly?

S SPACE Change the size of the playing area.

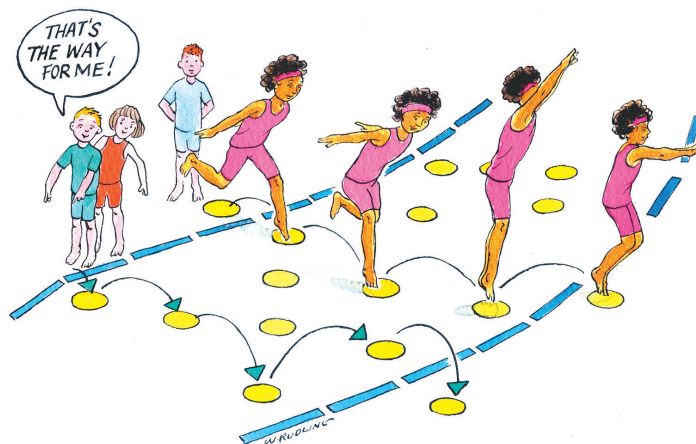
E EQUIPMENT Use equipment to tag players, below the knee if throwing.

T TASK Different ways of locomotion - skipping, hopping, etc.

P PEOPLE Vary the number of taggers.

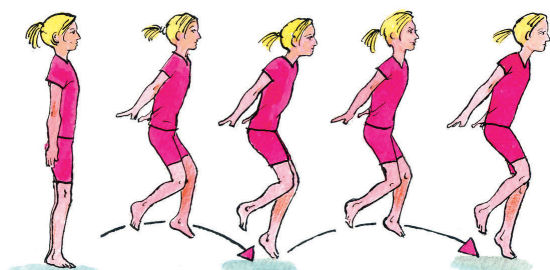
Jump to it...

One foot to two feet



Stepping stones

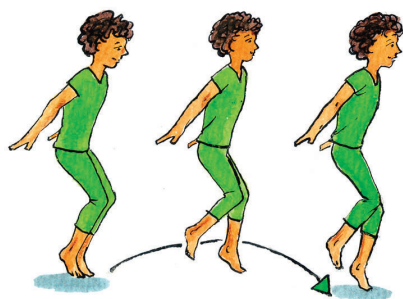
- > Children to jump between stepping stones (spots) to cross the river.
- > They must use a different jump each time.
- > Ask the children to use different routes across.



One foot to same foot



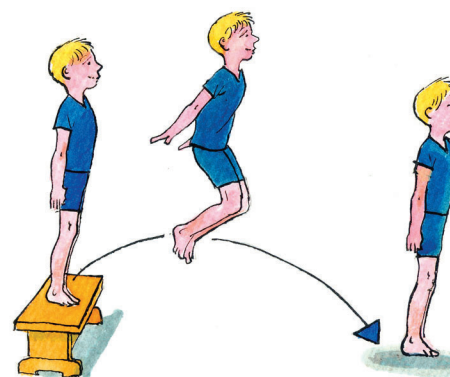
One foot to other foot



Two feet to one foot

Two feet to two feet

Off bench/box top high,
on floor in squat position
on floor long jump



Safety

Ensure the children:

- Understand how to land using a ball of foot to heel action on landing
- Bend knees on landing
- Have sufficient space for their work and are aware of others when completing tasks
- Show competence on floor before trying skills on apparatus

Jump to it...

Skills		Example
Thinking Me		
Explore	Predict	Which jumps will be the most difficult to perform? Why?
Compose	Investigate	Which order of jumps flow better? Why?
Perform	Create	Invent a practice to help you improve your jumping? Why would this practice help you to improve?
Social Me		
Explore	Support	How can you support others working alongside you? Why would you want to do this?
Compose	Collaborate	How did you decide the order of jumps when creating a sequence?
Perform	Co-operate	How can you ensure you do not move onto a piece of apparatus at the same time as others?
Healthy Me		
Explore	Understand the effects of exercise on breathing	What happened to your breathing during this activity? Why?
Compose	Understand the health benefits of playing games	Why do people participate in gymnastics?
Perform	Understand that everyone enjoys different activities	What did you like or dislike about this activity?
Physical Me		
Explore	Maintain balance	Describe how you maintain balance when changing direction and why is this important?
Compose	Co-ordinate actions	What is the best way to achieve height when jumping?
Perform	Improve fluency	What can help you make your movements more fluid? Why?

Easier

- S SPACE** Start jumps from very low apparatus rather than the floor
- T TASK** Hold onto fixed apparatus or another person for support while practising jumps
- E EQUIPMENT** Use throw down spots to encourage control
- P PEOPLE** Play a game of 'Follow My Leader'

Harder

- Encourage greater height and distance
- Create a sequence of 2/ 3/ 4 jumps
- Experiment using different jumps onto apparatus
- Create a sequence of jumps with a partner moving in unison

Sprint relays

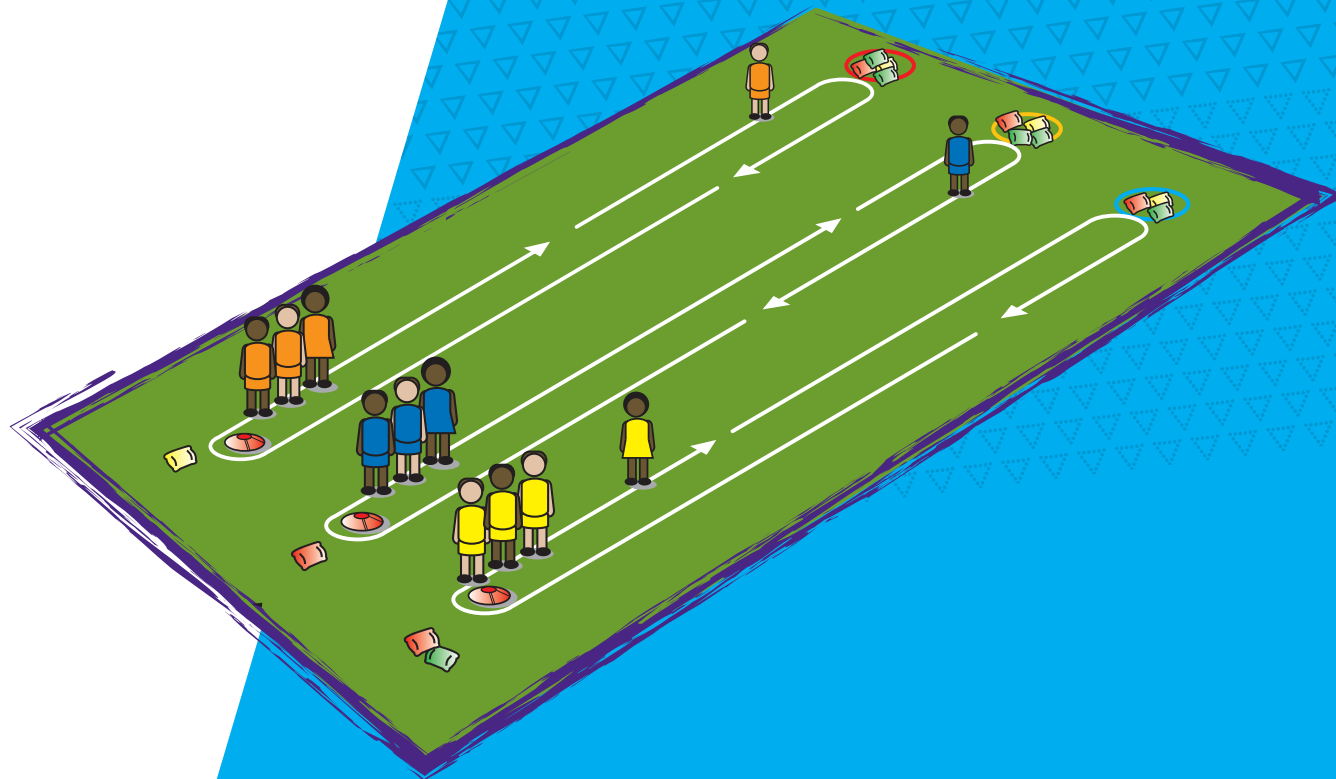
Use this activity to:

- develop working as a team
- practise planning
- improve change of pace
- improve endurance
- improve speed
- introduce relay baton handover
- focus on technique of running
- warm up for other activities.

Sprint relays

In teams of three or four.

- Place beanbags in a box or in coloured hoops on the ground.
- One person collects a beanbag and returns, running round a cone behind their team and placing the beanbag on the ground.
- Next person goes when first person has returned.



Equipment:

- Large playing area
- Start line
- Stopwatch
- Beanbags and a variety of other balls/quits
- Tape to mark the position of the beanbags
- Hoop/plastic box/net or similar in which to put beanbags

Safety:

- Encourage the children to bend their legs rather than back when picking up a beanbag
- Ensure there is sufficient space for a 'run-out' when the children are running at speed.

Sprint relays

Skills	Example
Thinking Me	
Explore	Which hoop will you choose to go to first? Why?
Create	Invent a practice to help improve the skills needed to participate in this activity and teach it to someone else. How will this practice help improve the skills?
Compare	Why can some children turn quickly?
Make a reasoned decision	Which starting position will you use? Why?
Social Me	
Play fairly	What can we do to make sure we are being fair to others? Why is playing fairly important?
Take turns	How can we ensure that everyone has a turn? Why would we want to ensure that everyone has a turn?
Praise	How did you congratulate each other? Why do you think congratulating others is important?
Motivate	How can we motivate our team-mates? Why would we motivate team-mates?
Healthy Me	
Understand the effects exercise has on the body	How does your appearance change during exercise? Why?
Recognise the need for good hygiene	Why is it a good habit to change your clothes when exercising?
Recognise why keeping hydrated is important when exercising	If we sweat during exercise what must we do to replace the moisture? Why is this important?
Cope with failure	How can you use your defeat to your advantage?
Physical Me	
Move with agility	How can we make an explosive start?
Maintain balance	When waiting ready to move, what should we be looking at and why?
Co-ordinate actions	How can we pick up the beanbag quickly and prepare to run at the same time?
Improve accuracy/fluency/control/consistency	How can we ensure we pick up the beanbag first time?

Easier

- S SPACE** Reduce the distance to the beanbags.
- T TASK** Place beanbags at various distances and allow children to choose which one to collect (in a race this could be used as a tactic). Start walking and then jog.
- E EQUIPMENT** Raise the beanbags from the floor by placing them on a traffic cone.
- P PEOPLE** Children who have mobility impairments can collect from a closer hoop. Visually-impaired children can follow a tactile trail to the hoop.

Harder

- Increase the distance to the beanbags.
- Return beanbags when they have all been retrieved. Use high knee lift. Use bounding strides. Time teams or individuals.
- Use different shapes/sizes and weights of equipment. Use the beanbag as a baton and pass it on.
- Different numbers in each group. Vary ability groups.