

Movement Challenges & Games

CHAIN TAG

- Movement activity which requires students to move whilst linked to other students.
- Played like a normal game of tag except that each time a player is tagged they join hands with the tagger.
- Once the fourth person is tagged the chain breaks into two sets of two players and they continue. This means that there is only ever three 'links' (people) in a chain.

Equipment: Cones to define the area.

Area Required: Any space. Whole class participation.

Benefits

- Teamwork/Group-work (How am I working with others to achieve the goal?)
- Fun
- Body awareness
- Decision Making
- Body Control
- Communication

How to explain the activity

- As above.

Cues for debrief / reflection

- What did you like about the activity?
- What parts of the game were challenging? Enjoyable? (This may bring up 'personal space' and moving whilst linked)
- How did you feel when you were the chain? Any challenges? Strategies?
- How did you feel when you were being pursued?
- Did you have any strategies to elude/chase other students?

How to vary the activity

- Be creative with the movement with which people can move in the space. eg walking/skipping.
- Two students begin as taggers. Chains do not split but continue to form two longer chains.
- Ask the student for their feedback on how the game could be modified, or any ideas they have to change it.