

Movement Challenges & Games

COMBAT

- Divide the group into two teams.
- The aim of the game is to hit someone from the opposition team below the shoulders with a gator skin ball.
- When hit you must squat down and can only be freed by a tap on the shoulder from a team mate.
- The game finishes when one team is all squatting.

Equipment: Sashes, Gator balls.

Area Required: Any free space where there is room to run and evade. Inclosed court or gym is ideal to prevent balls going to far.

Benefits

- Honesty and acceptance (Did I get tagged?).
- Patience (How long did I wait to get freed?).
- Compassion (Am I going to free my classmates?).
- Control (How am I tagging others?).
- Co-operation (We tagged at the same time, do we shake hands?).
- Resilience (Can you keep running?).

How to explain the activity

- In most tag games we have one or two people who are 'it'. In this game every person is 'it'. This means that if you get tagged, you squat down and wait. You can come back into the game if someone 'frees' you by tapping you on the head or by giving you a high five. The same happens if you tag someone, they will squat down.
- If you tag someone at the same time that they tag you, shake hands and say 'nice to meet you'. While you are doing this, nobody can tag you. Then you keep playing.
- You have two main jobs in this game. Tag as many people as you can and remember to free people as well to keep them in the game.

Cues for debrief / reflection

- How did it feel to have every person in the class tagging?
- Did you remember to free lots of people as well as tagging?
- How did it feel when you were tagged and squatting down?
- Did you tag someone at the same time as they tagged you? What did you do then?
- What else did you enjoy about this game?

How to vary the activity

- Alter the way in which you can be tagged.
- Vary the playing space to incorporate more challenging environments - trees, playgrounds or similar.
- Try playing the game in 'silence' - if you talk or make a noise you squat down.