

# Movement Challenges & Games

## DOG POUND

- An area is marked out, usually a large square or rectangle with a circle in the middle. The area should be large enough for all to run freely but not so large that it becomes difficult for the dog catcher.
- Start with two or three dog catchers who wear a sash/colour band.
- The dog catchers chase the dogs (everyone else in the class) and attempt to tag them.
- Once a dog is tagged the dog catcher says “got you fido” and escorts the dog to the dog pound (circle in the centre).
- Dogs in the pound squat and may be freed by other free dogs running through the pound and tagging them.

**Equipment:** Cones, Sashes/colour bands.

**Area Required:** Any indoor or outdoor space large enough to allow whole class to run freely.

### Benefits

- Spatial Awareness (did I run into anyone?).
- Agility (How was I best able to avoid being caught?).
- Cooperation (How did it feel to be caught/catch someone? /What did I do once I was caught or I caught someone?).
- Discussion Making (Who should I chase? /Where should I move to?)

### How to explain the activity

- We're all dogs that have escaped from the dog pound.
- The people with the sashes/colour bands on are the dog catchers. They are going to chase us.
- If a dog catcher tags you they will say “got you fido”. They will then walk you back to the pound in the middle of our area.
- The dogs are not allowed to resist the dog catcher.
- If a dog catcher tags you, but forgets to take you to the pound, you are free to keep running.
- If you run outside our area, it is the same as being tagged and you must go straight to the pound.

### Cues for debrief / reflection

- Did I run into anyone?
- How was I best able to avoid being caught?
- How did it feel being caught?
- How did it feel to catch someone?
- What did I do once I was caught?
- What did I do once I caught someone?
- Who did I chase?
- Where did I move to?

### How to vary the activity

- Change area to a circle.
- Add more dog catchers.
- Increase the area.
- Decrease the area.
- Change the movement hopping, skipping, jumping.
- Different movements for dog catchers and dogs.

