

Movement Challenges & Games

DOUBLE FREEZE TAG

- Aim is for the students to move in the designated area and avoid being tagged by the taggers who are simultaneously bouncing a ball.

Equipment: Cones to define the area. 6 Basketballs or similar - taggers. 2 Bean bags - defrosters.

Area Required: Any space where a ball can be effectively bounced. For example - basketball court, wooden floor, packed dirt. Whole class participation.

Benefits

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

How to explain the activity

- Select 6 students to be the taggers and give them a basketball each.
- Select 2 students who will be the defrosters, and give them a bean bag each.
- The aim is for the taggers to tag as many students as possible whilst dribbling their basketballs.
- Any student who is tagged must immediately freeze on the spot.
- Frozen students can be released by the defrosters tagging them.
- Defrosters walk around the area with their bean bags on their heads whilst releasing the frozen students.
- Defrosters can not be tagged by the basketball dribbling taggers, however if the beanbag falls off the head of the defroster then they must freeze themselves, leaving the bean bag where it fell.
- Another student can come along pick up the bean bag place it on their own head and assume the role of the defroster. They then can free any frozen students.

Cues for debrief / reflection

- What did you like about the activity?
- Were any parts of the game challenging? (This may bring up 'personal space', walking whilst balancing the bean bag, bouncing the ball whilst tagging someone)
- How did you feel when you were the tagger? Any challenges?
- How did you feel when you were being pursued?
- How did you feel as the defroster? Any strategies?
- Did you have any strategies to elude/chase other students?

How to vary the activity

- Be creative with the movement that the group have to use to move in the space. eg walking/skipping.
- Ask the student for their feedback on how the game could be modified, or any ideas they have to change it.