

Movement Challenges & Games

GLADIATORS

- Students work in pairs.
- Partners stand facing each other with a ball or hoop placed on the ground between them.
- Partners hold each others hands and begin to hop on one leg.
- The aim of this challenge is to make the partner touch the ball or step into the hoop by pushing and pulling them with the linked hand only.

Equipment: Hoop or ball.

Area Required: Enough space for all pairs to move around their own hoop or ball.

Benefits

- Balance
- Agility
- Awareness
- Persistence
- Resilience

How to explain the activity

- Ask everyone to find a partner and sit together in the designated space ready for a demonstration.
- Either ask a student to be your partner to assist you do a demonstration, or ask a pair to demonstrate the activity.
- Ask the demonstrating partners to stand facing each other on each side of a hoop/ball holding hands or gripping wrists. Now start hopping on one leg and try to pull, push and manoeuvre your partner so that they either touch the equipment in the middle or put their free foot on the ground.
- The only contact with your partner is with the hand you are holding.

Cues for debrief / reflection

- What was my intention during the challenge?
- What strategies did I use to try to make my partner touch the equipment or over balance?
- What strategies did I use to make sure I didn't touch the equipment or over balance?
- How quickly did I change between the roles of attack and defence?
- How did I feel while doing this challenge?
- How could I change the challenge?

How to vary the activity

- Change the equipment that needs to be avoided.
- Change the playing surface; sand, grass.
- Change the stance to two feet.
- Change partners regularly.