

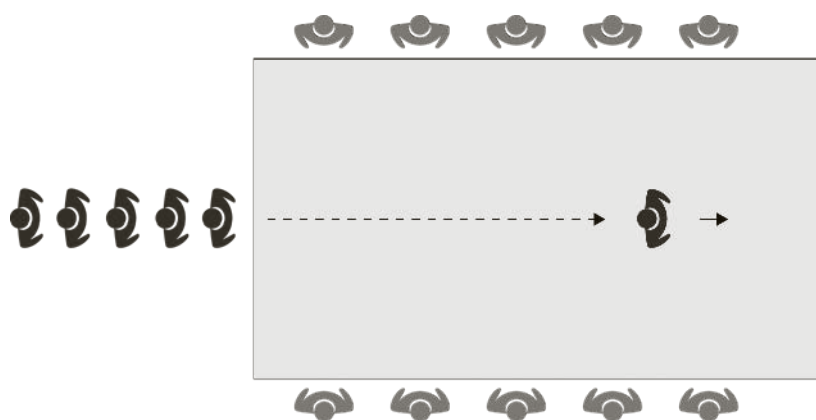
Movement Challenges & Games

HERO 2

- Divide the class into two teams - Shooters and Runners.
- Set up two lines of cones approximately 4m apart.
- Runners line up at one end of the cones, shooters spread out along the lines.
- Runners choose a Hero who tries to make it to the other end without being hit by Shooters who are armed with soft balls and Frisbees.
- Once the runner is through the rest of the team tries to get to the other end without being hit.

Equipment: Gator Skins, Colour Bands, Frisbees and Cones.

Area Required: long rectangle with one team along the side and the other at one end.



Benefits

- Speed.
- Agility.
- Coordination.
- Throwing and Ball handling.

How to explain the activity

- The team at the end chooses a Hero who tries to make it to the other end without being hit by the team on the sides who are armed with Gator skins and Frisbees.
- If the Hero makes it to the end then the whole team has a free walk to the other end.
- If the hero is hit, they join the team on the side and become a thrower.
- The remainder of the team then have to try and run through and make as many runs as possible but if hit have to join the team on the sides and become throwers.
- Throwers must be behind the line before they can throw.
- Teams rotate once all runners have been hit.

Cues for debrief / reflection

- What strategies did you use?
- Where did you have to aim?
- What piece of equipment is easier to throw and dodge?
- What did it feel like running through the middle?

How to vary the activity

- Vary the width of running zone.
- Throwers have to throw under arm or overarm only or use opposite arm.
- Throwers have to stand on one leg when throwing.
- All runners have an opportunity to be Hero.