

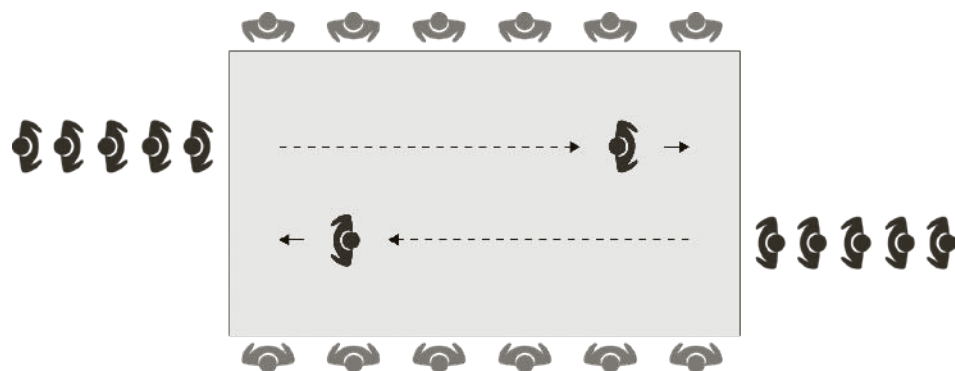
Movement Challenges & Games

HERO

- Divide the class into two teams - Shooters and Runners.
- Set up two lines of cones approximately 4m apart.
- The runners are trying to score as many points as possible by running from end to end dodging soft balls and Frisbees.
- The shooters are trying to stop runners by throwing soft balls and Frisbees to hit them below the shoulders.
- Swap roles after designated time.

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

Area Required: Approximately the size of netball court.



Benefits

- Throwing.
- Speed.
- Agility.
- cooperation.

How to explain the activity

- Split class into two teams - “shooters” and “runners” (one team in colour bands).
- Shooters are armed with gator skins and Frisbees and stand on outside line of netball court.
- The running team is split between each end - runners in turn attempt to run the gauntlet to the other end.
- Shooters are trying to stop runners from getting to the other end by throwing balls and Frisbees at runners.
- Shooters can collect equipment but must be behind the line or cones before can throw.
- If runners are hit they have to hop, if they are hit again they have to crawl and if they are hit a third time they have squat and be rescued by another runner going the same direction by holding hands to the end.
- Hero’s can rescue as many hit runners as they like.
- 2 points can be scored when runners make it across and 5 when they save hit runner.

Cues for debrief / reflection

- How did it feel running through the middle?
- What strategies did you use?
- How many hit runners did you rescue?
- Where did shooters have to aim?
- Did shooters only shoot from behind the line?

How to vary the activity

- Shooters can use opposite hand or be hopping on one leg when throwing.
- Runners can run in larger numbers.
- Runners can squat when hit first time to promote more team work through more rescues.
- All runners from one end with bean bags at the other to be collected. If hit you have to drop the bean bag and hop etc.