HIDE AND SEEK

- One person is nominated as seeker and the remainder of the group hides within the designated area.
- When tagged by the seeker that person also becomes a seeker, until all are caught.

Equipment: Nil.
Area Required: All of school grounds or as large an area as possible.

Benefits

- Stamina.
- Strategy.
- Speed and Agility (was I able to change directions when under pressure).
- Team work (did I work as part of a team when I was a seeker).
- Persistence (when chasing someone, did I never give up).
- Communication (did I provide support and encourage).

How to explain the activity

- As above.

Cues for debrief / reflection

- How did it feel to have a large open area to play this activity?
- As the seeker was there any strategy you employed?
- What were the strategies of the hider?
- Were you playing the activity with integrity and honesty?
- Did you team up with people or did you play as an individual?
- Is there any way we can adapt this activity?

How to vary the activity

- Each student has a colour band as for tail tag. When the seeker takes the tail the student wears the colour band and becomes a seeker.
- Groups of three where one person hides and the others try to find them, rotating so everyone gets a turn of hiding.