

Movement Challenges & Games

NUMBERING THE LINES

- Number the four sides of a rectangular area 1,2,3,4.
- The rectangular area should be no larger than a basketball court.
- The Coach will call out a side and an action (eg run to 1, skip to 3).
- The Coach can also call out the command to run in circles or to perform any other movement without moving to a side (eg. Run in circles, 5 push ups, 3 star jumps).
- The actions do not have to be completed before another command is given.
- The calls may be random and include some surprises.
- Keep the students moving for 3 minutes which is a substantial warm up.

Equipment: Nil.

Area Required: Basketball, tennis, netball court or rectangular sized grassed area.

Benefits

- Strategy (What was the quickest way to move?).
- Honesty (Did I try my best?).
- Co-operation (Did I avoid collisions?).
- Listening (How was my attention to instruction while moving?).
- Awareness (How do I avoid rubbish being thrown?).
- Movement (speed, agility, efficiency).

How to explain the activity

- Use a visual demonstration of the activity for instruction.

Cues for debrief / reflection

- What was my strategy for movement?
- What was my strategy for listening?
- What did it feel like when you became tired?
- Did I try my best?
- What did you notice about your body?
- How do you feel?

How to vary the activity

- Use cones, trees, goal posts etc for points of reference.
- Use landmarks for the lines instead of numbers.
- Split the group into two or more groups to allow for recovery and encouragement.

