

Movement Challenges & Games

OCTOPUS TAG

- Create a court approximately the size of a basketball court.
- Three participants are nominated as the taggers (Octopus).
- The rest of the group (Fish) assemble at one end of the court.
- When the taggers signal the group attempts to get to the other side of the court without being tagged.
- If tagged they become taggers (Seaweed) and must remain standing on the spot where they were tagged, they may move their arms to try and tag others.
- The game ends when all fish have been turned to seaweed.

Equipment: Cones to define the area if necessary.

Area Required: A basketball court or similar - any open space.

Benefits

- Teamwork/Group-work (How am I working with others to achieve the goal?).
- Fun.
- Speed and agility.
- Decision Making.
- Body Control.
- Challenge.

How to explain the activity

- We are going to have three Octopus in the court.
- They will be trying to catch the Fish - the rest of the group - who are trying to get to the other side.
- The Fish run when the Octopus give the signal.
- When a Fish gets tagged they become Seaweed and cannot move their feet.
- Seaweed can tag other fish by moving arms only.

Cues for debrief / reflection

- What did you like about the activity?
- Were any parts of the game challenging?
- How did you feel when you were the Octopus? Any challenges?
- How did you feel when you were a Fish?
- What was it like being Seaweed?

How to vary the activity

- Vary the court size.
- Vary the number of taggers (Octopus).
- Allow Seaweed to pivot on one foot.