

# Movement Challenges & Games

## PACMAN

- An area is marked out - often in a square or rectangle shape. The space should allow room for all to move within it but not so big that the Pacmen will be too challenged.
- Start with 2 or 3 or 4 'Pacmen' who wear a sash/colour band.
- Pacmen pass a soft ball around the space trying to get close enough to reach out and tag 'intruders' with the ball still in their hand.
- When the Pacman has the ball they cannot move their feet. When they don't have it they can move as they wish.
- When the Pacmen tags an 'intruder' they collect a sash from the side of the playing area and join the Pacmen as another tagger.
- The game continues until every free player has been tagged.
- More balls may be added as the number of Pacmen increases.

**Equipment:** Cones to define space. Soft balls for tagging.

**Area Required:** Section of or entire court. Any other coned off area, indoor or outdoor relative to size of group.

### Benefits

- Strategy (What was your strategy as a Pacman? / as an intruder?).
- Honesty (Did I get tagged? / Did I move my feet with the ball to tag? / Did I step outside the boundary?).
- Co-operation (Am I including others?).
- Teamwork (How am I using others to achieve the goal?).
- Awareness (How do I most effectively move to tag others? / How do I move skilfully to avoid being tagged?).

### How to explain the activity

- We are all going to be 'intruders' within this space. We are free to move as we want to without going outside the area.
- We also have a number of 'Pacmen' who will wear sashes - their job is to get close enough to us to be able to reach out and tag us with the ball. The ball must be in their hand when they tag us.
- However, if they have the ball in their hands, they cannot move. They can pass the ball and then move to a new space.
- Our job is to avoid being tagged by the ball for as long as possible.
- If we do get tagged we get a sash and help the Pacmen out.
- We keep going until every intruder has been tagged and we may get more balls to help us as we get more Pacmen.

### Cues for debrief / reflection

- What was my strategy as a Pacman?
- What was my strategy as an intruder?
- Is this a team game? An individual game?
- What did it feel like to get tagged?
- What did it feel like to tag an intruder?
- Did I move around a lot or did I stay in the same spot?
- What are effective ways to move the ball so you can tag intruders?
- What did you find challenging about that game?

### How to vary the activity

- Begin by playing in smaller squares with smaller numbers to introduce the idea of moving without the ball. i.e. groups of 5 with 2 Pacmen.
- Gradually, make the groups and spaces bigger until you can incorporate the entire class.
- Allow one step for beginners until they get the idea of not moving with the ball.
- For a fast restart - make the last 2 or 3 people to be caught the new pacmen - this time without sashes.

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Each time the tag an intruder, the intruder takes their sash off.

- Varying the size of the space - Escaping is easy in a large space, more challenging in a small space.
- Vary the equipment used to tag - this changes the way in which it is caught and thrown.

