

# Movement Challenges & Games

## PACOSAURUS

- Divide the class into two teams.
- One team is inside the playing area (rectangle) and the other team is outside the area.
- The team on the outside select three of their team mates to wear a colour band and be allowed inside the playing area with the opposition team.
- The team on the outside of the playing area are trying to eliminate the players from inside the area, while those inside are trying to avoid being caught.
- The outside team, pass the ball to the colour band people (inside the playing area) who then try to hit the other team members on the legs. Once hit, they join the outside team.
- The colour band people cannot step with the ball but are allowed to move around the court to receive passes from their team mates around the edge.
- Players on the outside may pass to each other but only the colour band people may throw the ball at the other team.
- Start with one and introduce more gator skins as game progresses.

**Equipment:** Gator skins x 3, Cones, Colour bands.

**Area Required:** One third or half netball or basketball court.

### Benefits

- Strategy (What was your strategy to avoid being tagged - hit?).
- Honesty (Did I get tagged? Did I catch the bean bag? Did I try my best?).
- 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 or hit?).
- Movement (speed, agility, capacity).
- Skill development (throwing, catching).

### How to explain the activity

- This game is similar to Pacman.
- There are going to be intruders within this space. You are free to move as you want within the area.
- The intruders or 'Pacmen' wear sashes - their job is to hit the students in the playing area on the legs.
- However, if they have the ball in their hands, they cannot move.
- The Pacmen can pass to the Pacosaurus on the outside of the rectangle or court.
- The Pacosaurus can pass to the Pacman.
- Our job is to avoid being hit by the ball for as long as possible.
- If we do get hit we become Pacosaurus on the outside of the court.
- We keep going until only the Pacmen are left in the playing space.

### Cues for debrief / reflection

- What was my strategy as a Pacosaurus?
- 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 did you find challenging about that game?

### How to vary the activity

- Players in the middle can deflect the ball using an open hand, without penalty.
- Pacmen must tag opposition players with ball in hand instead of throwing the ball.
- Colour band players swap with a team mate as soon as they catch an opponent.
- Players on the outside of the court can throw the ball to eliminate opponents (like poison ball).

