

Movement Challenges & Games

PANTHERS AND LEOPARDS

- Set up two rows of cones 10-15m apart.
- Divide the class into two teams and have each team stand along a line of cones facing out (backs to the other team).
- Name one team the 'Leopards' and the other the 'Panthers'. Each person has a tail (the game can be played just as a tag game).
- On the command (whispered by Coach / teacher to the appropriate team), one team creeps up to the other team and when they are close enough the Coach / teacher shouts "the panthers/leopards are coming". The team that are standing still turn around and chase the creeping team back to their start line, trying to steal their tails.
- If they steal a tail, that player must join the other team.

Equipment: Cones, Colour bands (tails).

Area Required: Any court or open grass area.

Benefits

- Strategy (What was your strategy to catch a tail or avoid being caught?).
- Honesty (Did I get caught? Did I get a tail? Did I try my best?).
- Awareness (Am I running safely? Am I aware of others?).
- Movement (speed, agility, spatial awareness).

How to explain the activity

- Set the scene with a story from the 'Lion King'.
- Mention the speed and agility of leopards and panthers.
- This is a little like 'tail tag'.
- It is ok to lose your tail.

Cues for debrief / reflection

- What was my strategy as a Panther?
- What was my strategy as a Leopard?
- Is this a team game? An individual game?
- What did it feel like to get caught?
- What did it feel like to get a tail?
- Did I try my best?
- What did you find challenging about that game?
- How close to the other team did you creep?

How to vary the activity

- Different starting positions eg. squatting, lying down etc.
- If the creeping team can get close enough to steal a tail then chaser has to win their tail back to avoid changing teams.