

Movement Challenges & Games

ROCK, BRIDGE, TREE TAG

- This game is played like a normal game of tag, except that each time a player is tagged they must freeze in a particular pose. The first time a student is tagged they assume the pose of a rock, the second - a bridge, and the third - a tree. If the student gets tagged a fourth, fifth or sixth and any subsequent tags after that, then the same sequence of poses follows.
- The rock, bridge and tree poses are described in the Core Movement section.

Equipment: Colour bands.

Area Required: Any designated area. Whole class participation.

Benefits

- Teamwork/Group-work (How am I working with others to achieve the goal?)
- Fun / Body awareness / Decision Making / Balance
- Practice of core movement poses
- Communication

How to explain the activity

- Select 1-3 students to be the taggers who wear a coloured band.
- Taggers chase the other students attempting to tag them.
- The first time a player is tagged they mould their bodies into the shape of a rock (child's pose - kneeling on ground with chest laying on the top of the thighs. They are freed by another student who leap frogs over them.
- The second time they are tagged they mould their body into the shape of downward facing dog (see 'Core' section of the manual for an explanation). They are freed when another player crawls underneath the bridge.
- The third time a student is tagged they mould their bodies into the shape of a Tree, (see 'Core' section of Manual for full explanation of the pose). To be released two other players must hold both hands around the 'tree' and skip twice around the 'tree'.
- If a player is tagged for a fourth, fifth, sixth ... time then the same sequence of poses follows.

Cues for debrief / reflection

- What did you like about the activity?
- Were any parts of the game challenging? (This may bring up, keeping count of how many times they were tagged, being aware where all of the taggers were)
- How did you feel when you were the tagger? Any challenges? Strategies?
- How did you feel when you were being chased?
- Did you do anything to avoid being tagged?
- Did you have to alert people that you had been tagged?
- Which job was the most challenging? Why?
- Were any poses challenging for you? Why/Why not?

How to vary the activity

- Vary the poses and the method for being freed. It may be the warrior pose from Core. To be freed two other students must simultaneously lay their hands on the 'warrior'.
- Change the movement skill that the students must use to move in the space.
- Increase the number of taggers.
- Create another scenario which may have relevance to the content being studied in the classroom eg. Space, Rainforests. From these create a story where each pose is modified to fit the context. Eg Space - first tag - rocket pose, second tag - asteroid (rock shape). Ask for the students input and decide the poses.
- Ask the students for their feedback on how the game could be modified, or any ideas they have to change it. Apply these modifications/changes.