

Movement Challenges & Games

SHADOWS

- The aim of this activity is to 'shadow' a partner as closely as possible without touching them.
- Students stand in pairs one behind the other spread out over the activity area.
- The student in front starts as the leader, the other is the follower.
- The follower should try to be no more than arms length from their leader at all times.
- The leader attempts to 'lose' the follower moving through and around the other pairs in the activity space.
- Start off walking then up the pace as appropriate.
- Change roles regularly on a given signal.

Equipment: Nil.

Area Required: An open area large enough for the whole class to move freely around.

Benefits

- Develops trust and the use of feel.
- Strategic planning (How can I make the most of the situation?).
- Cooperation and empathy.
- Improves agility and speed.
- Improves space awareness.
- Anticipation and reaction speed.

How to explain the activity

- Outline where the boundaries are. Ask everyone to find a partner and stand one behind the other in the designated space.
- The student in front is the 'leader'. The student behind is the 'shadow'. On the whistle (or given signal) the roles will change over. Listen out for the instruction.
- The Leader is to make it as hard as possible for the shadow to follow.
- The Shadow moves as closely as possible without touching the Leader.
- The challenge is to be an arms length away from the leader at all times, checks will be made on the whistle.
- Ask the leaders to move off and attempt to lose their shadow.
- Blow whistle (give the signal) regularly and ask the shadows to check how they went with the challenge to be arms length of the away, or just get the pairs to swap roles.

Cues for debrief / reflection

- Where was my focus as a shadow? As a leader?
- What strategies did I use to try to keep away from my shadow?
- What strategies did I use to get my shadow too close/to touch me?
- What strategies did I use to keep an arms length of the leader at all times?
- How quickly did I change to the different roles?
- How did I feel being the 'Leader'? While being the 'Shadow'?
- What changes could we explore to this activity?

How to vary the activity

- Explore playing the game in a variety of playing areas: using a larger / smaller area, playing without designated boundaries, playing amongst trees, obstacles, playground equipment.
- Explore playing with other movements ie: hopping, skipping, animal walk, Shadows must mimic the movements and stay close.
- Explore using a hoop held waist height around body and attempt the same activity without bumping anyone with the hoop.
- Ask the students to change partners regularly.
- Increase the number of shadows, ie: work in groups of 3 or 4.