

# Movement Challenges & Games

## SPACE HUNTERS

- Students continually move around in the nominated area hunting for space.
- The space will come and go as the group moves, the hunt is continuous.
- Start with walking and gradually increase the tempo.
- The idea is never to contact another person - if you are truly looking for space contact will never happen.
- On a whistle or call the group will freeze and outstretch their arms to check if they have their own space.
- Encourage students to move through the middle of the space for extra challenge.
- The idea is not to touch or bump anyone and have the group evenly distributed in the space when the freeze command is given.

**Equipment:** Nil.

**Area required:** Varies between full/half/third/quarter of a netball court.

### Benefits

- Spatial awareness.
- Agility and anticipation.
- Focus and endurance.
- Trust and honour.

### How to explain the activity

- Ask students to move around in the nominated area searching and hunting for open space.
- When they hear the whistle or your voice they freeze and outstretch their arms to check if they have their own space.
- Remind them that the idea is not to touch or bump anyone.
- Nominate how you want them to move: running, walking, hopping, skipping etc...

### Cues for debrief / reflection

- Hands up if you were able to not touch anyone?
- What did you notice about the different movements?
- What did you notice about the area?
- Where were you looking or focusing on?
- Were you confident that everyone was trying to find space?

### How to vary the activity

- Try spinning when passing someone or moving backwards.
- Make the space smaller as they progress and try it with walking, sprinting, hopping and skipping.