

Movement Challenges & Games

TAIL TAG

- All students start with a coloured sash tucked in the back of their shorts and hanging down behind them (tails).
- On “GO”, all students run around trying to grab the tails from other students.
- It doesn't matter if they lose their tail; they still play on and try to regain a tail from another student.
- Students can have a maximum number of tails (three is a good number) at which time they must focus of protecting rather than stealing.

Equipment: Coloured Sashes.

Area Required: Any indoor or outdoor area that allows the class to move freely. Basketball court is sufficient.

Benefits

- Speed (Chasing and escaping.).
- Agility (Quick changes in direction to prevent tail being taken.).
- Peripheral awareness (Is anyone trying to snatch my tail from behind / the side?).
- Strategy (What tactic will I use to protect my tail / snatch others?).
- Persistence (Will I keep trying even if my tail is taken?).

How to explain the activity

- When I hand you a sash, you need to tuck it into the back of your shorts so that it hangs down like a tail (a belt loop or pocket if you have a dress on).
- When I say “GO” you need to try and snatch sashes from other people while also trying to make sure you protect your sash.
- It doesn't matter if you lose your sash, just keep going and try to get one back from someone else.
- You can't have more than three sashes at a time, so if you have three sashes try to see how long you can protect them for.

Cues for debrief / reflection

- What strategies did I use to protect / snatch sashes?
- What difficulties did you face trying to snatch sashes?
- Did I have my sash hanging down an appropriate length? Why?
- Did I ever hold my sash to prevent it being snatched? Why?

How to vary the activity

- Change the movement pattern (skipping, jumping etc).
- Vary the maximum number of sashes that students can have at one time.
- Play the game in varied environments (smaller / larger areas, incorporating obstacles etc).