

Movement Challenges & Games

ULTIMATE TEAM TAIL TAG

- Divide the group into two teams, each player has a tail and starts within their half.
- Once the game has started your tail can be taken from anywhere within the playing area.
- When you take someone's tail, you drop the tail on the ground and the person who loses their tail goes to 'prison'.
- They must remain there until a member of their team can get to the prison without their tail being taken. They can then take one team member back to their tail holding hands (they are safe while holding hands).
- The rescued player squats down and refits their tail. Once they stand up they are back in the game.
- The game can end when whole team is in prison or after a certain time period.

Equipment: Cones, Sashes.

Area Required: Any large open area. Split playing area into two equal halves with a halfway line and a prison within the playing area at each end.

Benefits

- Strategy (How will I avoid loose my sash / take sashes from others?).
- Agility (Quick changes in direction to protect sash.).
- Risk taking (Will I risk my own sash to help free others?).
- Honesty (Did I stay in prison until freed or try to sneak out?).

How to explain the activity

- When you receive your sash, you need to tuck it into the back of your shorts like a tail.
- You can see that the court is split into two halves, and that there is a prison area at each end. If you have a red sash you need to start in this half and if you have blue sash you are on the other team and need to start in the other half of the playing area.
- As soon as the game starts, you have to try and steal the sashes from people on the other team and they will be trying to steal yours. This can happen anywhere in the playing area, there is no safe zone!
- If you steal someone's sash, you need to drop it on the ground and the person you stole it from has to go to prison at the opposite end to where they started. They have to stay in prison until someone from their team can come and get them. They can then set one person free by holding their hand and walking them back to their sash. You are safe while holding hands!
- When you get back to your sash, squat down and refit your sash as a tail. You are safe while squatting down but as soon as you stand back up, you're back in the game.
- We'll stop after about 5 minutes or when a whole team is in prison.

Cues for debrief / reflection

- What strategies did you use to take /protect sashes?
- Did you focus more on protecting yourself or trying to free others? Why?
- What strategies did you find worked when trying to free others?
- How did it feel when you were stuck in jail for long periods?

How to vary the activity

- Change movement pattern (hop, skip etc).
- Introduce more than two groups with designated jails for each team. Teams simply start by their jail rather than having a halfway line.
- Increase / decrease the playing area.
- Make the home half a safe area so that you can only lose your tail in the opposition half.