

Baseball Tag

Locomotion & Evasion

- Participants sit down in threes.
- You have one participant as the 'chaser' and another as the 'runner'.
- The runner must avoid being tagged and can use the blocks created by the groups to help them dodge the chaser.
- If they slide into a base they must sit down with one of the threes. This makes them safe and a runner from the other end of the three is now the runner.

You can have multiple chasers and runners in the game to increase the movement.

Stuck in the Mud

Locomotion & Evasion

- The participants run around the designated area.
- Two participants are identified as the 'catchers'.
- When they tag a participant they stand with their legs apart and their arms out wide.
- Another participant can release them from the 'mud' by crawling through their legs.
- You can have multiple catchers and runners in the game to increase the movement.

Numbers

Locomotion & Reactions

- The participants run around the designated area.
- When the coach calls out a number, '3', the participants move towards each other into a group of that size.
- Those who are left perform a forfeit of their choice before the game continues.

Turn it up

As the group size is called and the group come together, the coach calls another number and the group have to have this many points (hands, feet, elbows) or patches (bum) on the floor.

* Tip for the coach: when using this activity as a warm-up, the last number you call should be the group size for the next activity or game.

Boxtails

Reactions, Object Control, Agility

- Participants have a 'tail' tucked into the back of their shorts. The tail must be visible so that other participants can grab it.
- The participants run around inside the playing area, collecting each other's tails by pulling them out of another participant's shorts.
- They drop the tail on the floor, then carry on and try to grab another.
- The participant that has lost their

tail picks it up and carries on (continuous).

- Participants can't grip their tail to stop it being collected. They protect their tail by using footwork, agility, reactions, turning and sprinting away.
- The game can be played to a time limit (say two minutes).

Knockout Rules

- When a participant collects a tail, they keep the tail in their hand and collect as many as possible
- The game can be played to a time limit (say two minutes), with the

winner the participant that has the most tails at the end.

- * This can be a great opportunity to develop tactics and cooperation, as participants team up against others (think 'Hunger Games').

Locomotion

- The game can be adapted using different forms of locomotion; it could be two-footed jumps, hopping, crab walks, bear crawls.
- * Tags can be made with tag belts, football socks, tea towels.

Chain Tag

Locomotion, agility & reactions

- The game starts with two participants asked to hold hands to create a chain.
- The chain become 'taggers' and attempt to catch other participants without breaking the chain.
- When they catch one person they become a chain of three (when you are 'tagged' you join the chain), when they catch another to make a chain of four the chain splits into two pairs.
- The two pairs continue to become 'taggers' and continue trying to catch participants until everyone is caught.