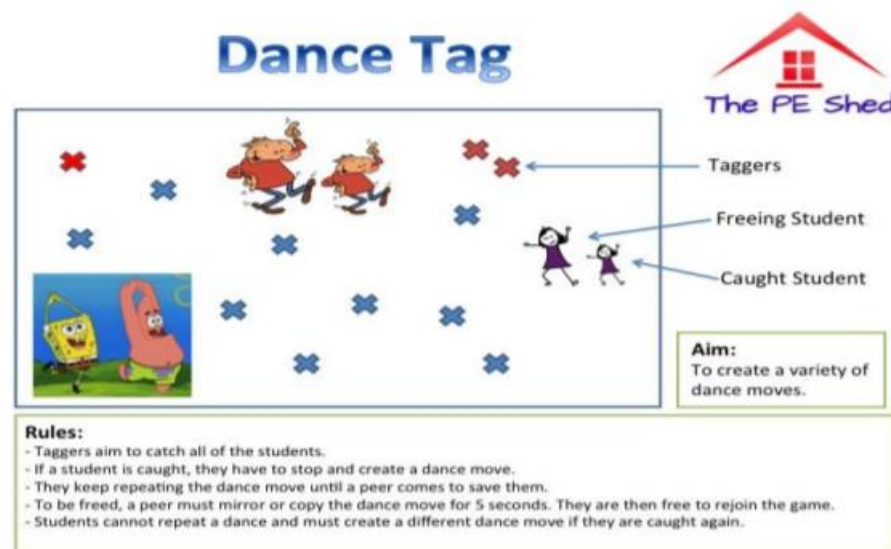


Physical Activities'

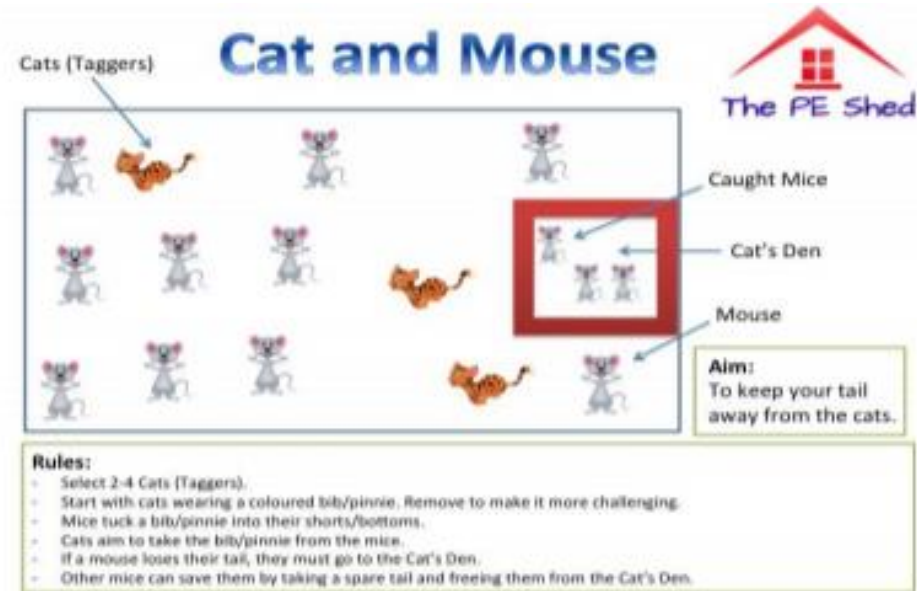
Dance Tag

Recommended: Junior Classes

Focus: Movement, coordination, creativity and fun



Equipment	Setting up	Description	Further opportunities
No equipment is essentially needed, music can be used but not essential	<p>Select 1-3 taggers</p> <p>Set up the Music/audio if being used</p>	<p>Taggers aim to catch all of the students.</p> <p>If a student is caught, they have to stop and create a dance move. They keep repeating the dance move until a peer comes to save them.</p> <p>To be freed, a peer must mirror or copy the dance move for 5 seconds. They are then free to re-join the game.</p> <p>Students cannot repeat a dance and must create a different dance move if they are caught again.</p>	<p>Differentiation</p> <p>Easier: reduce taggers</p> <p>Harder: -Increase taggers -Increase complexity -Increase complexity of the dance moves required (e.g., the dance move must go from low to high movements)</p>



Physical Activities'

Tom and Jerry / Cat and Mouse

Focus: Movement, coordination, strategy and teamwork

Recommended: Junior Classes

Equipment	Setting up	Description	Further Opportunities
<p>Cones and sports: to mark out playing areas and cat's den</p> <p>Bibs/ Jerseys: cats to wear and for mice to use as a tail</p>	<p>Mark out a playing area</p> <p>Mark out a cat's den</p> <p>Select 2-4 cats and give them a bib to wear</p> <p>Give each mouse a tail (bib)</p> <p>Set out spare bibs around the playing area</p>	<p>Mice can move anywhere inside the playing area and aim to stay away from the cats</p> <p>If a cat takes their tail (bib) then they go to the cat's den</p> <p>To get free from the cat's den, another mouse must collect a new tail and deliver it to the cat's den without trying to get caught, only 1 tail at a time</p>	<p>Differentiation</p> <p>Easier:</p> <ul style="list-style-type: none"> -Cats start wearing bib for visibility -Increase size of playing area <p>Variations:</p> <ul style="list-style-type: none"> -Team cat and mouse: team work together to protect each other and to be the last team left in the game

Physical Activities

Slide in the Mud

Focus: Movement, coordination, balance and spatial awareness

Suitable for junior classes



Equipment	Setting up	Description	Further opportunities
<p>No equipment needed, will need more than two players</p> <p>Timer is needed if the players must be caught in a certain amount of time</p> <p>A marked out playing area (marked with cones)</p>	<p>Depending on the number of available players, select 1-2 taggers</p>	<p>If a player is tagged, they must stand in a frozen star shape position</p> <p>To save: a player must crawl under the star and lie on their stomach with their arms stretched out (they are now safe)</p> <p>A player pulling the person on the floor can be tagger</p> <p>The Game is over if the time runs out or if all players are caught</p>	<p>Make this task easier:</p> <ul style="list-style-type: none"> -increase the size of the playing area -reduce the number of taggers -do not allow the taggers to guard caught players <p>Male this task harder:</p> <ul style="list-style-type: none"> -Reduce the size of the playing area -increase the number of taggers -allow taggers to guard caught players