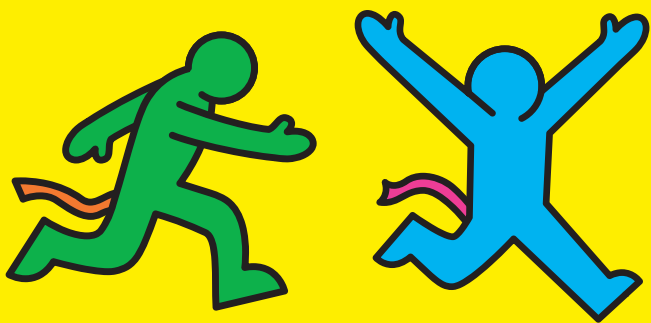


hunt 'n' grab

Grab as many 'tails' as you can, and try to keep yours!



Supporting your school to provide 30 of the daily 60 active minutes recommended

how to play



Divide the group into teams of 4-5, and mark out a space for playing in.

Each player has a tag attached to the back or side of their shorts or tracksuits – that's your tail.

You need to run around and collect as many tails from the others' team as you can. You'll need to be quick to take the tails (use a push and pull action), and keep on your toes to stop anyone taking yours. Don't forget to consider the space you're using and other people's space!

The first team to collect all of the other team's tails wins.

Safety: make sure there's enough space for everyone to move around freely. Make everyone aware of each others' movement capabilities.

equipment

Tags 'n' tails set.



sporting connection



This activity helps you develop skills involved with connecting with a moving object. That's things like speed of movement and the ability to change direction quickly. It will also help you learn the push and pull actions associated with fencing and archery.

did you know?

Fencing is one of only four sports that have been included in every modern Olympic Games since it started in 1896.

wider club activities

hunt 'n' grab

Skills	Example
Thinking me	Try and find out two interesting facts about your favourite famous sports person which we can share next week. (The club leader can then generate discussion about how these idols became successful.)
Social me	During this week, at home or at school, try to congratulate others when they do something well - remember how it makes you feel and how it seems to make them feel.
Healthy me	Next week, bring in your favourite piece of fruit to our club session. We can all share and hopefully try some new tastes.
Physical me	Choose an activity you have tried at the club and show your parents/family at home. See if they will join in! Tell us about it next week.
Creative me	For next week, bring along a piece of junk - cardboard, plastic or fabric that we could recycle and use for an activity, like a cardboard box to use as a target or obstacle, or a scarf for dancing.

space

Make the play space larger/smaller

Change the shape of the play space to a circle, square or long and thin space

Ask players to consider moving using space below (e.g. crouching low while moving)

task

Move in different ways, run, skip, tiptoe

Have one or two players just as grabbers who don't have tails

Try bouncing balls, rather than using tails - the aim is to knock the balls from the play space

Try another variation - in pairs, have one player carry and shake a sound ball (e.g. bell balls); the other player wears a blindfold and tries to tag the player with the ball (you may need to play in a small space)

equipment

Use different sized balls

Use tails of different lengths

people

Play as individuals

Play in pairs

Play as a team

Wheelchair users can have the 'tail' loosely attached to the back of their chair (it must come away easily if pulled)