

LET'S PLAY WITH TAILS



Topic: Physical activity and fitness



Key terms: catching dexterity, running

What we need: ribbon, scarfs, twines

Estimated time: 10 - 15 minutes

Methods: game, explanation, discussion

Activity description:

Possible objectives: To understand and take part in simple games following directions.

To support confidence in movement skills.

To improve fair-play attitude.

Activity:

Aim of the activity:

To defend your own tail and follow all the rules that all the participants have agreed upon.

Background context:

It is often helpful to involve children in setting some basic rules. Rules work best when they are simple, few and understood why they are set. Asking children to help you set the rules can improve their acceptance of playing fair.

Introduction to the activity:

Children, we will play a game which will test your dexterity and challenge your quickness. But first, we will all set the rules of the game.

During the activity:

After the rules are set, the children are divided to pairs and stand face to face. One of the children will be given a tail which will be placed on their back. The other child will try to take the tail of their opponent. The child with a tail tries to keep it.

Alternative: Only one child has a tail and all the other children attempt to grab it whilst they are running around. If a child manages to catch the tail, the child takes the tail and continues running whilst everybody else is tries to catch them. The number of children with tails/catching tails may vary.

Possible evaluation questions for children:

Which was easier - to defend your tail or to get somebody else's? Why? How did you defend your tail - was it efficient? Did you follow all the rules?

Curriculum links:

Movement and physical vitality

Sources: © This activity sheet was created by The Take Me Out Partnership

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