

# 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.

