



# Catch me!

B

The whole group walks around the room. A nominated player stops, puts their hands in the air and yells out 'CATCH ME!'. The player then goes into a stiff body position and the group holds them, supports them down to the ground, then helps them up again. (Play in groups of 8–10.)

## What you need

- > Floor mats

## What to do

- > The whole group walks around the room.
- > Tap one player on the shoulder who then, stops, puts their hands in the air and yells 'CATCH ME!'.
- > The player then goes into a stiff body position and the group holds them, supports them down to ground, and then helps them back up.
- > The group tells a player if their body position is too floppy.



## Change it

- > Vary the locomotion movement that players use (e.g. skipping, hopping, jumping).

## Safety

- > The coach must be physically involved in all catches at the beginning to ensure the safety of the children being lowered to the ground.
- > Use a surface such as crash mats or scatter mats.

## Ask the players

- > How can you make sure the balance is safe?
- > What is the best body position to have when being caught and balanced by others?
- > How can you include everyone?

## LESSON LINK:

*Catch me!* is a cooperative warm up activity that also makes players aware of core stability and how to hold a basic shape. This helps to develop physical abilities associated with muscle control, focusing on the lower back and abdomen.