

CLASS MANAGEMENT



EASY

MED

HARD



Fish in the net

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Hospital tag

SESSION
PLANS

B 3 players form the net by holding hands. They catch others by surrounding them. Caught players join the net and the game continues. (Play with 6 or more.)

What to do

- > Play on dry land or in a suitable pool. Establish boundaries.
- > Nominate 3 players to be the net. Other players disperse. Start the game on a signal.



Change it

- > Vary the size of the playing area.
- > Vary the methods of locomotion.
- > **Larger groups** – start with two or more 3-person nets.

- > **Free players** – pair off and have to evade the net by running in pairs.
- > **Pool option** – if you are playing in a pool, experiment with the size of the starting net, e.g. start with a 5-person net.
- > Ask the players to make up new rules.

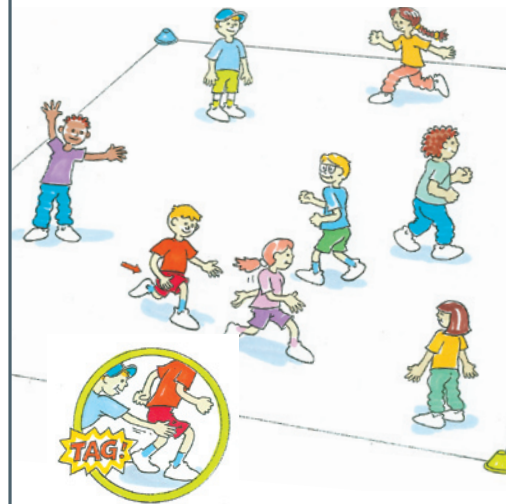
Safety

- > If indoors, boundaries should be away from walls or freestanding objects.
- > Players should be familiar with space and player awareness activities such as Start out WC 03a,b.
- > In a pool, the water depth should be suitable for the activity level of all players.

LESSON LINK *Fish in the net* builds on introductory awareness activities (Start out WC 03a,b) and provides a way to 'disguise' vigorous activity while maintaining interest. Cooperation and communication are important.

C A nominated player tags any other player. The tagged player becomes the new tagger but has to hold the part of the body that was tagged. (Play with 6 or more.)

What to do



- > Establish boundaries.
- > Nominate a player to be the tagger – disperse the other players over the playing area.
- > Start the activity with jogging.

Change it

- > Every player has to mirror the tagger who is holding a body part (i.e. hold the same body part as the tagger). Players will have to be extra alert because everyone else looks like a tagger!

Safety

- > If indoors, boundaries should be away from walls or freestanding objects.
- > Players should be familiar with space and player awareness activities such as Start out WC 03a,b.
- > Encourage players holding a body part to be on the lookout for other players.

LESSON LINK *Hospital tag* builds on introductory awareness activities Start out WC 03a,b. Provides a way to 'disguise' vigorous activity while maintaining interest.