



Australian Government
Australian Sports Commission

EASY MED HARD



CLASS MANAGEMENT

Form a group

A

Players run around in random directions avoiding body contact with other players. The coach calls a number and players form groups of that size.



What to do

SETTING UP

- > Mark an area free of obstructions – disperse the players.

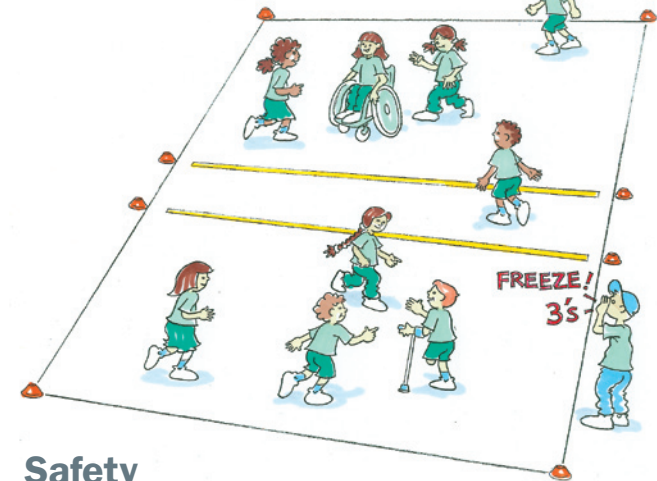
PLAYING

- > Start with slow jogging.
- > Try several group sizes before you get to the number you would like for a subsequent activity, e.g. start by calling 2s, then 6s, and finally the group size you want, such as 4s – you may wish to add a ‘new people in the group’ rule for the second and third calls.
- > As an option, use some bright music as a backdrop. Stop the music and call the number for the group size.

Change it

- > **Vary the locomotion** – e.g. short bursts of running, hopping and fast walking before calling a group size.
- > Players have to run to the nearest boundary and touch it with their feet before forming the group.

- > Walk rather than run.
- > Use at least 2 large zones – this will channel players into a zone. Call ‘freeze’ – players freeze on the spot. Now call the group size – players closest to a player whose mobility may be restricted form a group.



Safety

- > Choose an area away from walls and other obstructions.
- > Players should be familiar with space and other player awareness activities.
- > Start with slow running.

LESSON LINK

Form a group combines running with cooperative throwing and catching. It also requires players to be aware of others and emphasises ‘space finding’. See cards Start out WC 03a,b.