**Frost and Thaw**

One player is **Frost** and is the chaser. Another is **Thaw**. Frost tries to tag as many of the other players as possible. Once tagged, they must freeze on the spot. Thaw can melt these players by touching them. They can then rejoin the game. (Play with 6 or more.)

### What to do

> Play on dry land or in a suitable pool. Establish boundaries.
> Start with running.
> Encourage frozen players to call out for Thaw.

### Change it

1. **Vary the travelling skills** – all players have to use the chosen locomotion.
2. **Two Frost**s work together but must hold hands throughout – encourage players to choose their own partner.
3. **Pool option** – a player can’t be tagged if they are completely immersed.
4. **Harder for Thaw** – one Thaw but two Frostss moving independently.
5. **Harder for Frost** – one Frost with two Thawss moving independently.
6. If you are playing in a pool, experiment with the number of Frostss and Thawss, because it is harder to move through the water.

### Safety

> Choose an area away from walls and other obstructions.
> If Fun on the spot is combined with random running, ensure players have completed space/player awareness activities, e.g. Start out WC 03a,b.
> 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.

**LEsson Link**  
Frost and Thaw builds on introductory awareness activities (Start out WC 03a,b) and provides a way to ‘disguise’ vigorous activity while maintaining interest.