



Australian Government  
Australian Sports Commission

# Here, there, nowhere



# Untie the knot

Skills > Cooperation · Communication



**A** On a call from the coach, players run towards the coach (here), away from the coach (there) or do an activity on the spot (nowhere). (Play with 6 or more.)

## What to do

- > Establish a playing area – larger for children learning space-player awareness skills.
- > Explain the calls.
- > Start slowly, e.g. shuffling, crazy walks, tip-toes.

## Calls

- > **'Here'** – players run toward the coach.
- > **'There'** – players run away from the coach.
- > **'Nowhere'** – players bounce on the spot.



## Change it

**Add extra calls, e.g. 'high-5s'**  
– children 'high-5' three other children; feet must be off the ground when hands touch. Call a 'balance' – on one leg, one leg and one hand, two hands and one leg...

## Use different travelling skills

– hop, skip, long steps, jumps, high steps.



## 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 or b.

### LESSON LINK

*Here, there, nowhere* builds on introductory awareness activities (Start out WC 03a or b). Space and player awareness is important for all indoor and outdoor games and sports.

**B** Each player holds the hands of 2 different players. The aim is to untangle the knot without letting go! Encourages communication and cooperation. Try it in the water!



## What to do

- > Form groups using activities such as Start out WC 01a.

## Change it

- > **Use eye shades.**
- > **Add rope** – provide short (60–80 centimetres) pieces of rope for each player. This will spread players out.

## Safety

- > Disentangle slowly, one at a time if necessary, and communicate.

### LESSON LINK

*Untie the knot* is a cooperative game that may require some flexibility.

SESSION PLANS

Combos > Start Out CP 02a + Get Into It INV 01 + Get Into It INV 07b  
Mixed combos > Start Out CP 02b + Get Into It TG 06 + Get Into It SF 05