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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Tiggy Scarecrow | | **Target:**  5-6 / 7-8 | **FMS/FSS Main Category:**  Locomotion / Agility |
| **Intensity Level:**  High |
| **Description:**  In a defined area children move around the space trying to avoid being caught by the nominated catcher/s. If caught the children should stand as a scarecrow with arms out wide. Scarecrows can be freed by their teammates by one of them running underneath one of the outstretched arms of a scarecrow without being caught. The game finished either after a short period of time or if the catchers have caught all of the scarecrows. Once completed, change the catchers. | **Equipment:**   * Cones or markers | | |
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| **Variations:**   * Give the children a ball to dribble to weight the game in favour of the chaser. If caught scarecrows place ball between their feat. * Change the method of travel for either the chaser, those being chased or both to vary or weight the game (e.g. hopping, running, jumping, side-steps etc). * Change size of space to increase or reduce difficulty for catcher/s or those being chased. |
| **Keep an eye on:**   * Ability to start, stop and change direction. * Ability to avoid others. |
| **Other Benefits:**   * Character and caring development by respecting the rules in being a scarecrow when caught. * Development on connection between the group as they try to work to ‘free’ each other. | **Coach’s Comments:** | | |