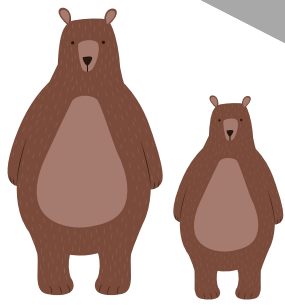


SHHHH, don't wake the bears!



Students will rehearse their agility, object control & stability skills

What is the toughest aspect of this game?
How can you stay still during a balance?
In which sports might you need some of these skills?

Students encourage team mates throughout the game. High five each other.

How did you feel before the game/
How do you feel after?
Are you confident at completing the object challenges?
How do you feel if you find something hard?

Setup: Mark out a playing area or use the school hall. Within the space (this is the forest), position 6 hoops around the outside, representing 6 teams. Split the ss into 6 teams and send them to a hoop. Position some beanbags and a variety of balls inside a central zone and scatter a number of poly spots around the area.

How to Play:

Layer 1 - The students take turns running to the middle of the playing area, choosing an object and then returning it to their hoop, taking care to avoid the poly spots (trees) going in and coming out. If they touch a spot, they return their object and go back to their team. When a team member returns back, they high five their teammate and then perform 5 hops on each leg (to get the mud from their shoes in the forest). Which team can collect the most objects?

Layer 2 - As with Layer 1, except students must complete a challenge with an object before returning back with it.

Beanbag - Balance on your head. If it falls, stop, place it back on and continue.

Ball - Bounce the ball 5 times before returning/throw & catch the ball 5 times before returning

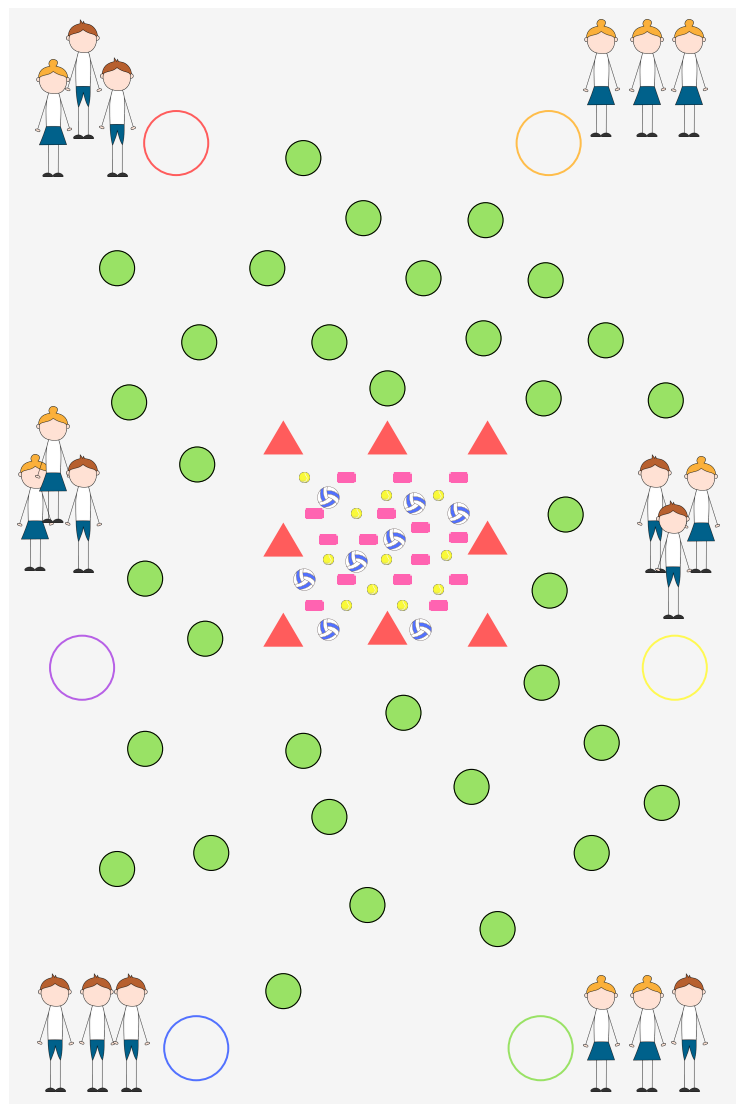
Remember to avoid the trees and clean your shoes once you return!

Layer 3 - Teacher/Teaching assistant become bears. Play as in layer 2, but when the teacher calls 'The bears are here!', any students in the central area (forest) must climb a tree (poly spot) and perform a balance on their spot, remaining as still as they can.

Teacher/TA prowl around checking for movement. Anybody moving must return to their team empty-handed.

Which team will collect the most objects?

When objects are all gone, teams have 1 minute to take from other teams!



Easier:
- play without the trees

Harder:
- Students must move in and out of the forest in a certain way (jump, skip, backwards)
- 1 handed throw/catch

Teaching Points:
- Fast feet (agility) to avoid the spots
- Awareness of objects
- Stability for balancing

Equipment: Marker cones/rubber spots, bibs, assorted balls, beanbags, hoops