



Description of Activity

Invite three pupils to act as the bears (chasers) and all the remaining pupils are the crabs. The bears move about the playing area on hands and feet in a bear crawl position without their knees touching the ground. The crabs move around in an inverted position trying to avoid being caught by a bear. If a bear successfully catches a crab, they switch roles and the activity continues.



Variations

- Vary the locomotor skill used to move around the area, e.g. snakes side step, frogs hop and bunnies jump, etc.
- Invite pupils to perform a paired balance for three seconds when caught.
- Restrict the pathways pupils may travel, e.g. backwards, sideways or curved.

Equipment

An open playing area



- Encourage pupils to keep their heads up to see others in their path.
- Ensure tagging is done softly and safely.



- In your PE journal, draw a picture of five different balances.



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