

As they apply their skills

# Myths and Legends

Activity Card



## Let's play

- 8 children in each 'garden'
- 2 children as taggers, 6 children are dodgers trying to avoid having their 'tail' taken
- Taggers chase dodgers and when close enough take tails from dodgers
- Dodgers who have lost their tails stay in to try and confuse the taggers by acting as 'dummy runners'
- Taggers keep chasing until either they have all the tails or time is up
- All children to act as a tagger over time



sportswales  
chwaraeoncymsu



LOTTERY FUNDED  
ARIENNIR GAN Y LOTERI



# Myths and Legends

## Key words

Control, balance, coordination, spatial awareness

Run, swerve, dodge, lunge, avoid, chase, tag

Fast feet, fast thinking, 'ready', 'alert', 'aware'

## Resources

Throw-down markers, variety of different balls including fit-balls, tails

## Safety & Organisation

### Ensure:

- surface is safe and free from obstructions
- the children stay within their 'garden'
- large run off areas in between 'gardens'
- zones for less ambulant or wheelchair users as appropriate

## Opportunities to:

- develop agility, balance and coordination
- develop dodging and chasing skills
- develop strategies and tactics
- work with a partner to outwit opponents
- sustain activity over appropriate periods of time
- describe how exercise affects the body and will give reasons why daily physical activity is good for them

## Questions

- What did you feel like when you were a tagger/ dodger?
- What did you do to avoid your tail being taken?
  - What else could you do to avoid the taggers?
- Did you talk to the other tagger/dodgers?
  - How did /could this communication help you to be more successful?
- What skills are you going to practise to help you be more successful at this activity?
- Why are activities like these important to your health?
- Did you make any mistakes or feel like you were struggling at any time?
- Why is it important that you make mistakes?
- What is the best thing you can do when you are struggling?

## Changes to the activity

### Change the:

#### Space

- space to include a safe zone that dodgers can enter for 5 seconds

#### Task

- way dodgers and taggers can travel, e.g. skipping, sidestepping, crab, scorpion, crawling soldiers, foxes, bunnies, etc. or add in a ball
  - dodgers must throw and catch, or dribble with feet, etc.
- way the dodgers are tagged, e.g. use a ball to touch on back or thrown at legs.
- activity the dodgers do on being tagged, e.g. when caught dodgers must stand stuck in the mud, to be freed another dodger must perform a tuck jump in front of the stuck dodger or receive a ball from someone outside the garden

#### Equipment

- use different balls or implements when tagging or dodging
- the way the Tails are attached, e.g. to a wheelchair

#### People

- number of taggers/dodgers

