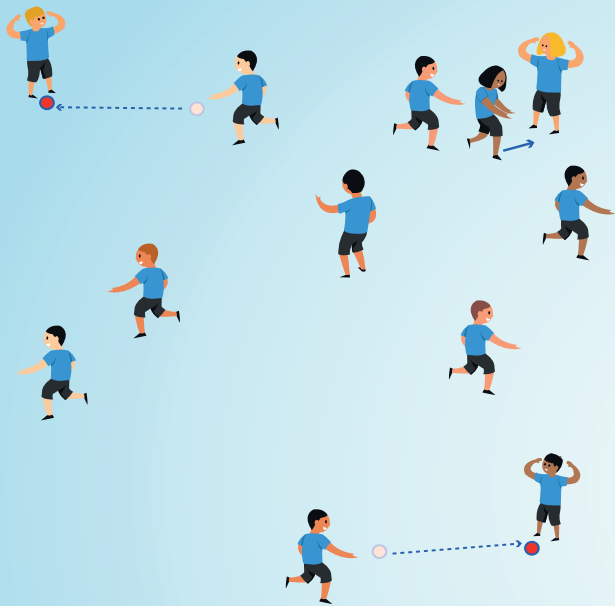


LOST IN SPACE



COMPETITION CORNER

Introduce a point for each player a catcher tags and work in pairs/teams to score the most points.



Aim

- ✓ Get ready for action
- ✓ Use different whole-body movements
- ✓ Watch and catch a ball.

Equipment



Organisation

- ✓ Two or three players are picked as catchers, with the rest of the group as runners who are given a ball each
- ✓ Runners have to avoid being tagged by the catchers
- ✓ If tagged, a runner must stand with their legs apart and their hands on their head – they are lost in space
- ✓ To be released, a free runner must roll their ball between the legs of a runner who is lost in space
- ✓ Activator can time the game, or play until all runners become lost in space.

CHANGE IT! Adaptation / Variation

Easier:

- Use large balls
- Increase playing space to avoid catchers
- Play in teams
- Run through legs of stuck players

More Challenging:

- Use small balls for catching
- A catch and return throw to release stuck players
- Change how players move round the area
- Decrease space to avoid catchers

GET THE ADULTS INVOLVED

Using adults as taggers in this game gets more kids involved in running.