



Look out for others!

Players run in random directions in a defined area. Players are made aware of the fact that the activity is focused on learning to play *safely* in the presence of others.

What to do

Setting up

- > Define the playing area – a key step in any player/space awareness activities.
- > Disperse the players.

Playing

- > Players move around, mindful of other players, the boundaries and the surface [e.g. if playing outdoors, are there any holes in the ground?]
- > If indoors, an option is to use a backdrop of music.
- > Change the movement skill [e.g. run, walk, hop, skip, gallop].



Change it

- > **How many ways can you...?** – every movement skill has its variations. For *running*, vary the speed, length of stride, noise made by feet, body low or high, funny variations, on the spot, height of knees, height of feet at the back, direction, arm position, clap in various positions.
- > **Run and balance** – players run randomly as above. The coach calls ‘freeze!’ and the players have to balance – either one of their own choice or a nominated balance [e.g. balance on 1 to 4 body parts]. Alter how long students hold the balances for [e.g. 5-20 seconds].
- > **Run and groups** – the coach calls a number [e.g. ‘5!’] and players quickly form groups of 5. A fun variation is to call a number and body part [e.g. ‘5 hands!’. Players come together with 5 hands touching). Use the final number called for the next activity – this assists in a quick transition.



Safety

- > Choose an area away from walls and other obstructions.
- > Start simply – add new challenges over time.
- > Start with a slow movement skill such as walking or jogging on the spot.
- > Only add variations when players demonstrate effective space and other player awareness. For first-time players, this may take several sessions.



Ask the players

- > How does your body feel when you have been running for a long time? How does it feel when you use each different movement skill?

LEARNING INTENTION

Look out for others! is an important prerequisite to ensure that students are able to move around a playing area without running in to other students or objects. Effective player and space awareness is a key preventive skill and should be continually reinforced.

PHYSICAL LITERACY ELEMENTS

CARDIOVASCULAR ENDURANCE
MUSCULAR ENDURANCE

PERCEPTUAL AWARENESS

SAFETY AND RISK

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08
ACPMPO25
ACPMPO43