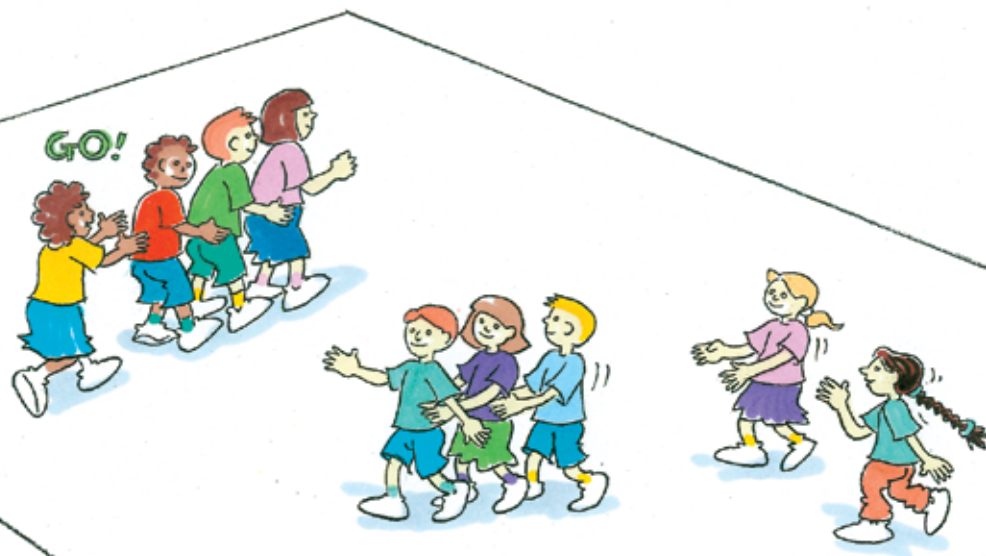




Loose carriage

Players in groups of 3 form a train (engine and 2 carriages). A few 'loose carriages' (taggers) are dispersed and try to join the end of a train. If successful in joining, the loose carriage calls 'GO' and the engine uncouples and becomes a loose carriage.



What to do

Setting up

- > Form into groups, see *Form a group*.
- > Disperse trains (groups) and ensure sufficient distance between trains and loose carriages.

Playing

- > Call 'go!' and each of the trains move safely around the playing area trying to avoid the loose carriage from joining the end of their train.

Change it

- > Have more carriages in a train.
- > Use more or fewer loose carriages.
- > Change the size of the playing area.
- > If space is restricted, slow down the loose carriages by having them hop, fast shuffle or spring from both feet.
- > Provide 'safe zones' for trains – allow a 5-second rest. Loose carriages have to keep running.



Safety

- > Choose an area away from walls and other obstructions.

LEARNING INTENTION

Loose carriage is an activity that develops cooperative behaviours as students work together to move around the playing area without 'uncoupling'.

PHYSICAL LITERACY ELEMENTS

CARDIOVASCULAR ENDURANCE
MUSCULAR ENDURANCE

COLLABORATION

STRATEGY AND PLANNING
PERCEPTUAL AWARENESS

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08
ACPMPO25
ACPMPO43