

SPORTAUS

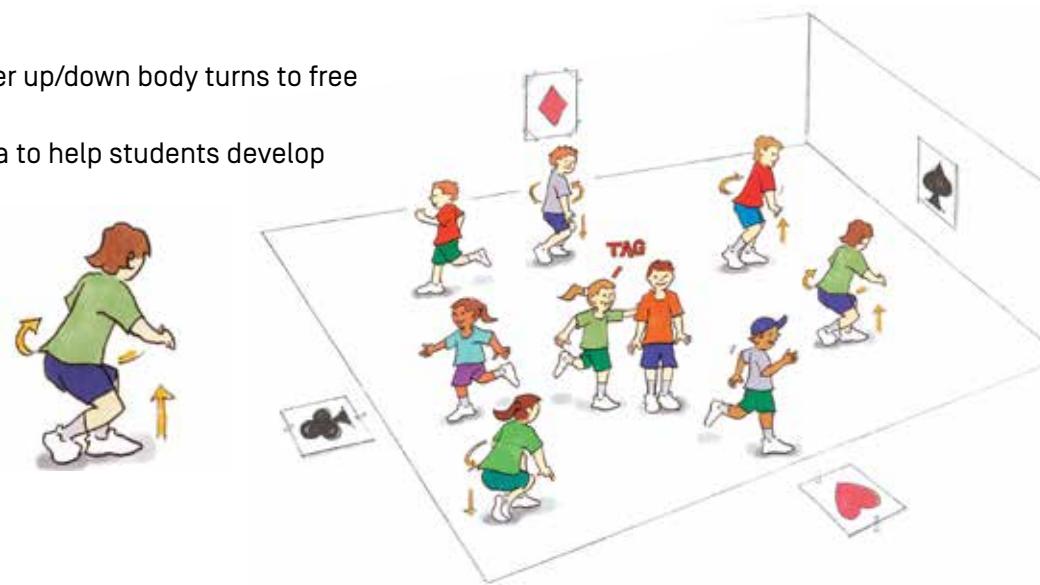
One or two taggers try to tag other players who must perform a corkscrew up and down to become free again. Play with 8 or more.

What to do

- > When you say 'GO!', one or two taggers try to tag other players.
- > Once tagged, a player must stop moving.
- > To become free, they must bend their knees and slowly turn in one direction towards the floor (like a corkscrew), finishing in a crouched floor position, and then reverse this action to a standing position.
- > The game stops after a set period of time or when all the runners are tagged.
- > Change runners and taggers frequently.

Safety

- > Have markers on the wall for players to use as a spotting aid when spinning.
- > Avoid too much spinning.
- > Make sure the floor covering does not inhibit players' movement for floor spins (e.g. carpet can restrict movement).
- > Choose an area away from walls and other obstructions.

**Change it**

- > Players choose other up/down body turns to free themselves.
- > Enlarge playing area to help students develop pacing strategies.

Cork screw tag**Ask the players**

- > What cues can you use to prompt a change in running strategies (e.g. being puffed)?
- > What strategies can you use so you don't get too tired?
- > What body position made it easiest to spin downwards?
- > How could you use your arms to help you balance?
- > Was it easier to go in one direction than the other when spinning downwards? Why do you think it might be easier to go in one direction?

Teaching tips

- > Keep your upper body above your knees when rotating downwards and upwards.
- > Hold your arms out wide to help maintain your balance.
- > Rise up on to the balls of your feet to make rotating downwards easier.

LEARNING INTENTION

Cork screw tag develops static and dynamic balance skills and movement skills.

PHYSICAL LITERACY ELEMENTS

MOVEMENT SKILLS
STABILITY/BALANCESELF-PERCEPTION
SELF-REGULATION (PHYSICAL)

PERCEPTUAL AWARENESS

AC:HPE CONTENT DESCRIPTIONS

ACPPMP008

ACPPMP025