



# Cork screw tag

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

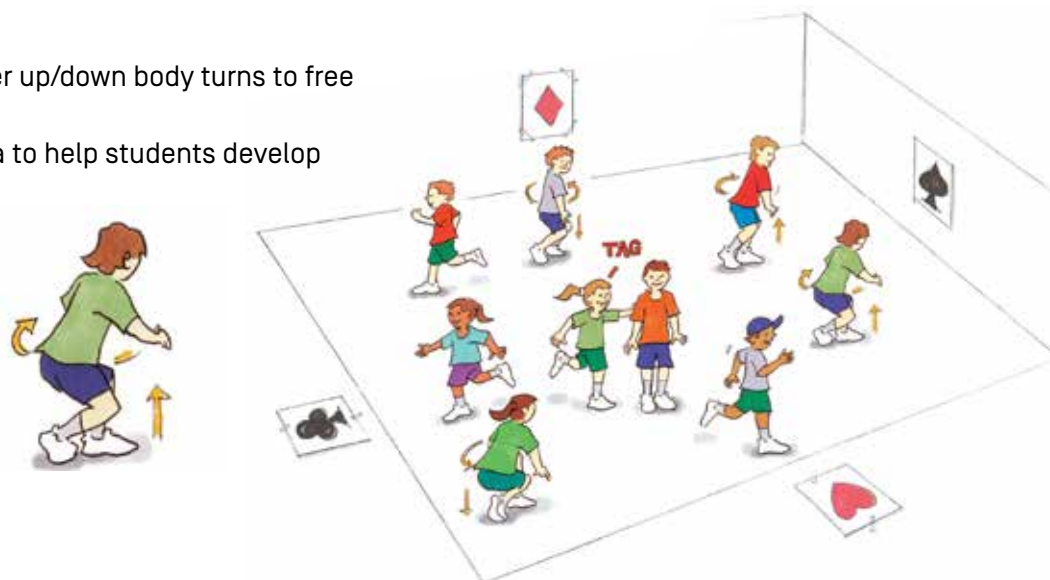
- > When you say 'GO!', one or two taggers try to tag other players.
- > Once tagged, a player must stop moving.
- > To become free, they must bend their knees and slowly turn in one direction towards the floor (like a corkscrew), finishing in a crouched floor position, and then reverse this action to 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.



## 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/BALANCE

SELF-PERCEPTION SELF-REGULATION (PHYSICAL)

PERCEPTUAL AWARENESS

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08 ACPMP025