



Australian Government  
Australian Sports Commission



# Catch me!

SKILL FOCUS

BALANCING TEAMWORK

CONTENT DESCRIPTIONS

ACPMPO43 ACPMP061

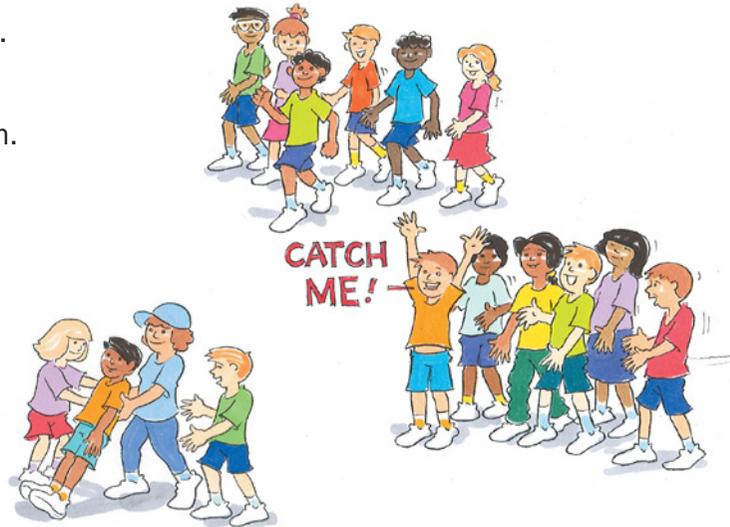
The whole group walks around the movement space. A nominated player stops, puts their hands in the air and yells out 'CATCH ME'. Once the group has arranged themselves behind the player, the player then goes into a stiff body position and the group holds them, supports them down to the ground, and helps them up again. (Play in groups of 8-10.)

## What you need

- > Floor mats, crash mats or scatter mats.

## What to do

- > The whole group walks around the room.
- > Tap one player on the shoulder who then, stops, puts their hands in the air and yells 'CATCH ME!'.
- > The player then goes into a stiff body position and the group holds them, supports them down to ground, and then helps them back up.
- > The group tells a player if their body position is too floppy.



## Change it

- > Vary the locomotor movement that players use when moving around the area (e.g. skipping, hopping, jumping).

## Safety

- > The teacher will need to be physically involved in all catches at the beginning to ensure the safety of the children being lowered to the ground.
- > Use a surface such as crash mats or scatter mats to ensure a soft landing space.

## ASK THE PLAYERS

- > How can you make sure the balance is safe?
- > What is the best body position to have when being caught and balanced by others?
- > How can you include everyone?
- > When you are supporting a student to the ground, what is the best position to have your hands and body in so that it is safe?
- > What parts of your body do you need to tighten in order to hold a stiff body position?

## TEACHING TIPS

- > Before starting the activity demonstrate to the class how to hold a stiff body position. Have students practice holding their body in a stiff position.
- > Ask 8-10 students to come to the front of the group so they can help demonstrate the correct way to get in position behind the student being "caught", emphasise the correct body position (one foot forward and hands up ready to catch the person's back).
- > Emphasise to students the correct technique when "falling" to be caught e.g. move backwards until you feel the groups hands on your back, slowly lean backwards while still maintaining a stiff body position, let the group take the weight of your body to slowly lower you to the ground.

## LEARNING INTENTION:

*Catch me!* is a cooperative warm up activity that also makes players aware of core stability and how to hold a basic shape. This helps to develop the muscle control required for static and dynamic balances