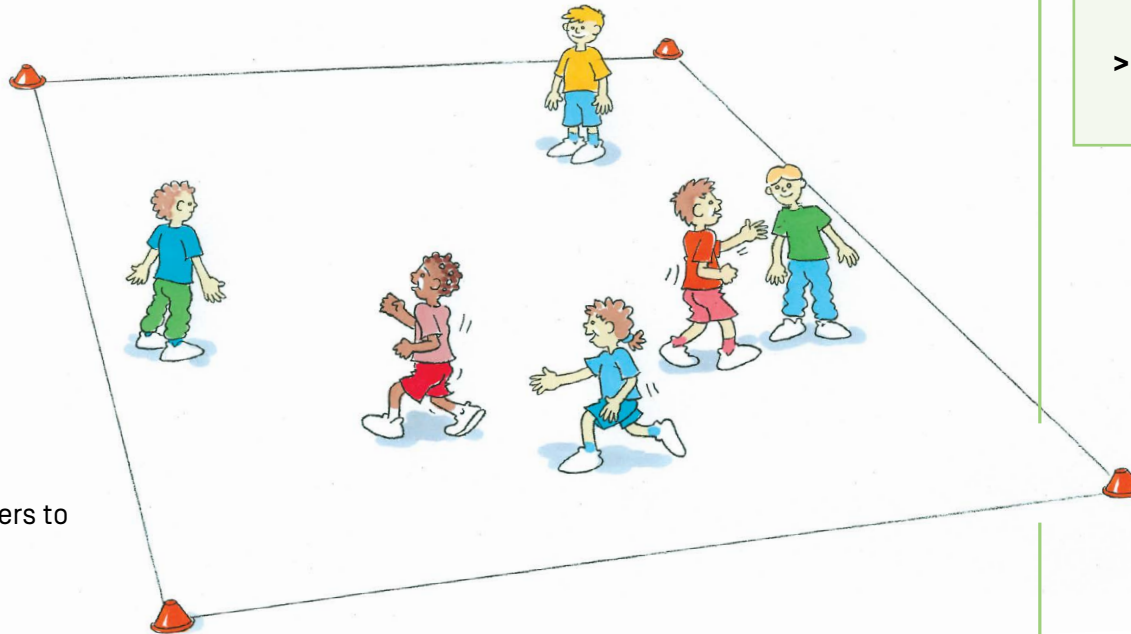


SPORTAUS



Frost and thaw

One player is *Frost* and is the chaser. Another is *Thaw*. *Frost* tries to tag as many of the other players as possible. Once tagged, they must freeze on the spot. *Thaw* can melt these players by touching them. They can then rejoin the game. Play with 6 or more.



What to do

- > Establish boundaries.
- > Start with running.
- > Encourage frozen players to call out for *Thaw*.

Change it

- > Vary the travelling skills – all players have to use the chosen movement skills.
- > **Two Frosts** work together but must hold hands throughout – encourage players to choose their own partner.
- > **Harder for Thaw** – one *Thaw* but two *Frosts* moving independently.
- > **Harder for Frost** – one *Frost* with two *Thaws* moving independently.

Safety

- > If indoors, boundaries should be away from walls or freestanding objects.
- > Players should be familiar with space and player awareness activities such as All-in tag and Look out for others!

Ask the players

- > As 'frost', what strategies do you use to catch players ?
- > As 'thaw', what strategies do you use to avoid being tagged?



LEARNING INTENTION

Frost and Thaw can be used as a warm up activity or energisers to develop body and/or spatial awareness and to encourage physical activity breaks.

PHYSICAL LITERACY ELEMENTS

MOVEMENT SKILLS
AGILITY

PERCEPTUAL AWARENESS

STRATEGY AND PLANNING

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08
ACPMPO25
ACPMPO43