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!

**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.

**Ask the players**

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