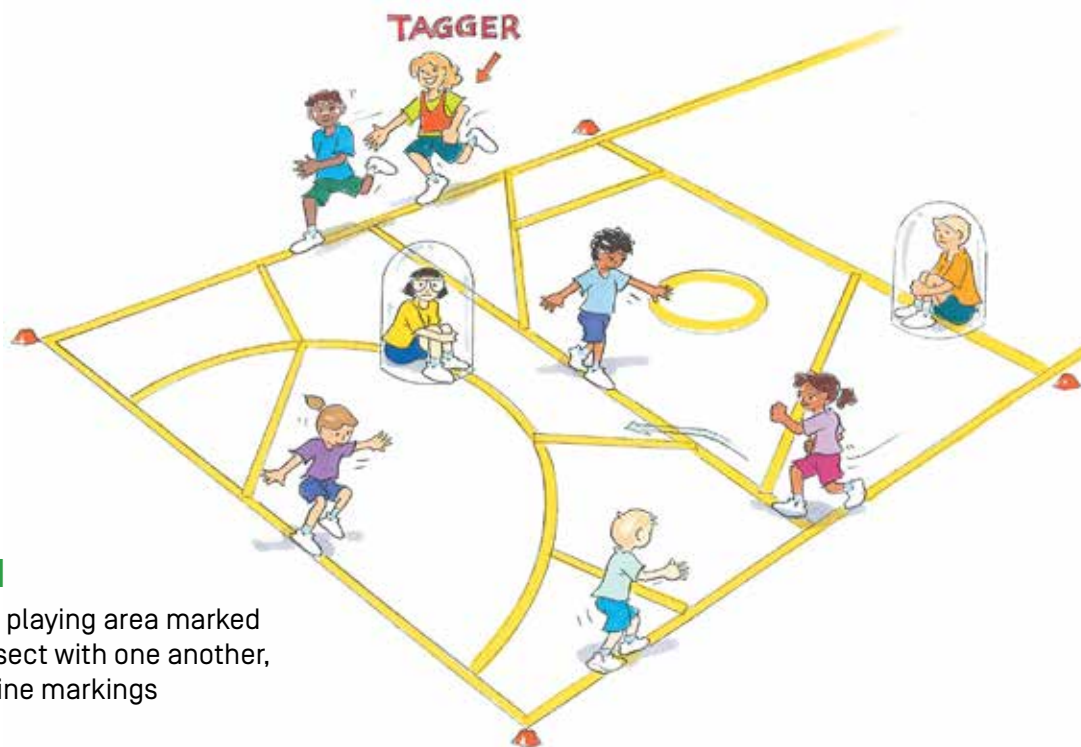


# SPORTAUS



# Follow the line

A designated player tries to tag players who are moving around a court area following the lines. Once tagged, players form 'force fields' for the remaining players. Play with 8–30.



## What you need

- > An indoor/outdoor playing area marked by lines that intersect with one another, or tape/chalk for line markings

## What to do

- > Designate one player as the tagger. All other players are scattered around the court on a line.
- > On your signal, players begin to move around the court, following the lines.
- > The tagger tries to tag players by following the lines.

- > Once a player is tagged, they must sit down in the spot they were tagged and become a 'force field'. This means they stop any players from getting past, except for the tagger.
- > 'Force fields' cannot move.
- > The game continues until all players have been tagged.

## Change it

- > When students become 'force fields', have other students run up to them to 'high 10' so they can return to the game.
- > Use cones or bins to be 'force fields' at the start of the game.
- > Introduce a player who can free 'force fields'.
- > Introduce more than one tagger.
- > Vary the way players move [e.g. hopping, jumping, lunging, side stepping or grapevine].

## Safety

- > When players are 'force fields', make sure their hands are off the ground.
- > The tagger must tag gently between the shoulders and the waist.

## Ask the players

- > When tagging, what's the best way to corner and tag a player?
- > When running away from a tagger, where is the best place to run to?

## Learning intention:

*Follow the line* is an energiser or warm up that requires students to avoid being tagged by nominated player whilst running along the lines of the court.

PHYSICAL LITERACY ELEMENTS

MOVEMENT SKILLS  
AGILITY

SPEED

STRATEGY AND PLANNING  
REASONING

AC:HPE CONTENT DESCRIPTIONS

ACPMPO09  
ACPMPO29  
ACPMPO44