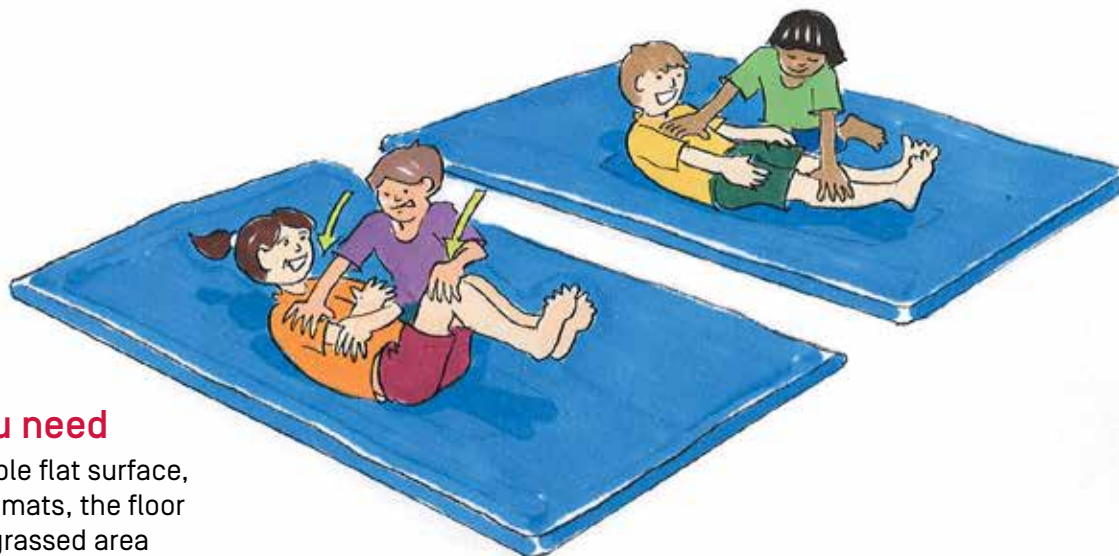




Spaghetti bodies

In pairs, players try to 'break' their partner's basic shape and test for 'loose body'.



What you need

- > Any suitable flat surface, including mats, the floor or a soft grassed area
- > Optional: bean bags, small balls

What to do

- > Players work in pairs.
- > One partner lies on the ground and assumes the basic shape of either a tuck position or a banana. The other partner tests for a 'loose body', trying to 'break' their partner's shape.
- > In the 'tuck position', players tuck their legs up to their stomach and their partner tries to push their legs to the ground.
- > In the 'banana position', players make the shape of a banana and their partner tries to push their legs and shoulders to the ground.

Change it

- > Add equipment such as bean bags or balls between players' knees.

Scoring

- > Players score by getting their partners to break their shape as many times as they can in 1 minute.
- > Players score by keeping their shape the longest (max 30 seconds).

Safety

- > Players are learning how to maintain 'core' stability. It is important that the player who is 'breaking' or pushing the player making the shape does this with care, using gentle actions only.
- > Make sure there is enough space between players.
- > Ensure players do not arch their lower backs.
- > Have players practice engaging their core as a warm up (i.e. lie on back with feet on floor/knees bent. Tense core or perform pelvic tilts to practice.)

Ask the players

- > What muscles do you have to hold tight to make sure your partner doesn't 'break' you?
- > How do you keep your body tight and in the same position?

LEARNING INTENTION

Spaghetti bodies is a short, simple activity that makes players aware of their core stability and how to hold a basic shape. This helps to develop physical abilities associated with muscle control, focusing on the lower back and abdomen. It also helps to reduce the chance of injury and forms the basis of many other activities.

PHYSICAL LITERACY ELEMENTS

STABILITY/BALANCE STRENGTH

SELF-REGULATION (PHYSICAL)

SAFETY AND RISK

AC:HPE CONTENT DESCRIPTIONS

ACPMPO25 ACPMP043