

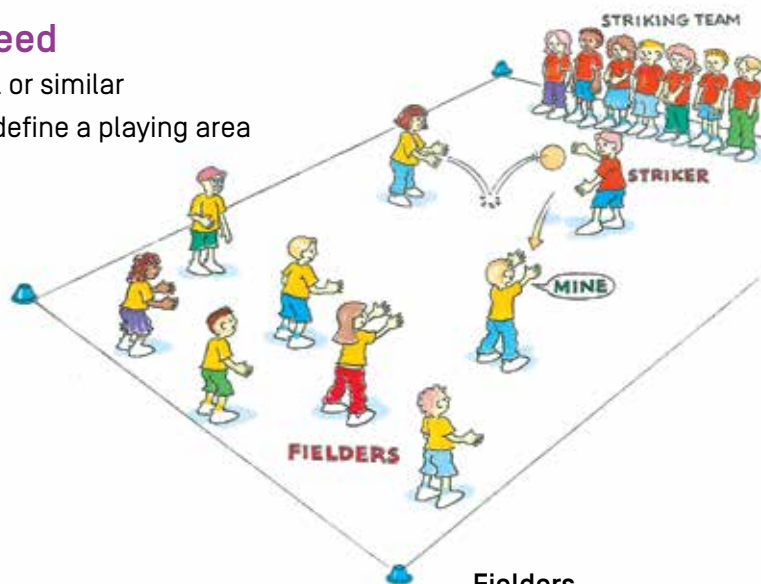


Tunnel and laps

A member of the striking team hits a lobbed ball then runs around team-mates, who are standing shoulder-to-shoulder, to score points. At the same time, the fielders come together to make a tunnel. The ball is rolled through the tunnel; the last person runs to the front with the ball and calls 'STOP!' Play with 8 or more.

What you need

- > One volleyball or similar
- > 4 markers to define a playing area



What to do

Setting up

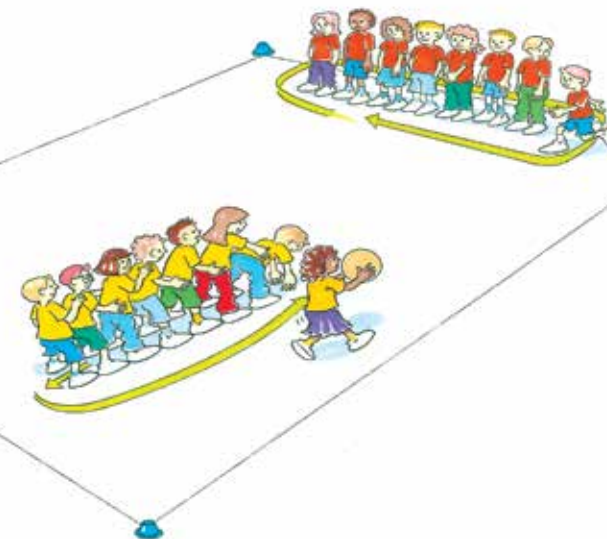
- > Strikers and fielders go to positions as shown.
- > One fielder is positioned to pitch a ball that must bounce once before being hit, and one striker stands in position to receive and hit the ball.

Strikers

- > The striker hits the ball and runs around the team as many times as possible until a fielder calls 'STOP!'

Fielders

- > All the fielders line up behind the player who fields the ball.
- > They form a tunnel – legs apart – and the original fielder rolls the ball through the tunnel.
- > The last person making the tunnel gathers the ball, runs to the front and calls 'STOP!'
- > The game continues this way until everyone has had a turn as striker and then there's a changeover. A new pitcher is chosen for each new striker.



Scoring

- > Strikers = 1 point for each lap around team-mates before 'STOP!' is called.
- > A cumulative score is maintained for the innings.

LEARNING INTENTION

Tunnel and laps combines fielding with hitting a pitched ball. Finding space is a key challenge for the striker. Activity levels are increased in a fun way for both strikers and fielders.

PHYSICAL LITERACY ELEMENTS

COLLABORATION SPEED

ENGAGEMENT AND ENJOYMENT SELF-REGULATION (EMOTIONS)

STRATEGY AND PLANNING PERCEPTUAL AWARENESS

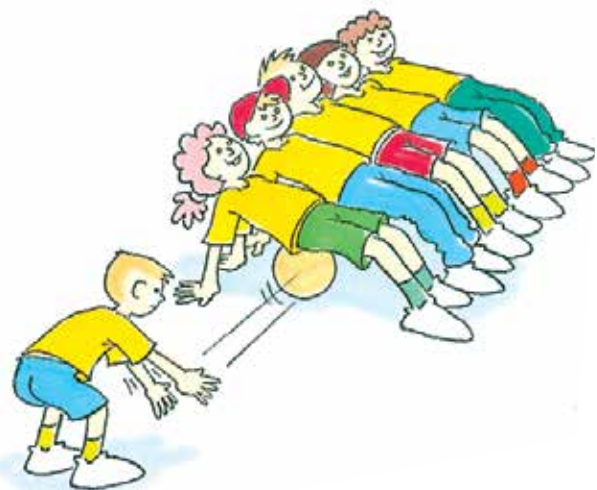
AC:HPE CONTENT DESCRIPTIONS

ACPMPO43 ACPMP061

change it...

Coaching

- > Encourage students to look out for team mates who are having trouble with the activity. How might they feel? What could you do to help them?
- > After some initial play, use role models to highlight effective striking actions (e.g. swing of arm and what part of hand is used to hit the ball).
- > Ask the players for ideas to ensure everyone is included.



Game rules

- > **Fielders** – a player who may be restricted in movement becomes the head of the tunnel irrespective of who fields the ball.
- > **Strikers** – one person strikes the ball and a second person runs the laps.
- > Change the number of fielders (e.g. twice as many fielders as strikers).
- > **Harder for fielders** – set a minimum starting distance between the closest fielder and the striker (use cones). Fielders can move in once the ball has been hit.
- > **Easier for strikers** – tunnel variations or fewer fielders.
- > **Harder for strikers** – increase the distance between players in the batting line-up.
- > Make different tunnels.



Tunnel and laps

Equipment

- > **Harder for fielders** – strikers use a paddle bat and tennis ball to hit a lobbed ball.
- > **Easier for fielders** – use a slower ball.

Safety

- > For the *push up* and *legs raised* tunnels – ensure all fielders line up side by side first and then go down together;
- > If a bat is used, make it a rule that the ball must be hit along the ground or high (above head height).

Ask the players

- > How do your emotions affect how you play the game?

Fielders

- > Is there a formation that allows you both to field all balls *and* come together quickly to form tunnel?

Strikers

- > Where will you hit the ball – will a short ball help you score laps?
- > If you hit a lob, can you score more runs?