



Australian Government
Australian Sports Commission

Here, there, nowhere



On a call from the teacher, players run towards the teacher (here), away from the teacher (there) or do an activity on the spot (nowhere). (Play with 6 or more.)

What to do

- > Establish a playing area – larger for children learning space-player awareness skills.
- > Explain the calls.
- > Start slowly, e.g. shuffling, crazy walks, tip-toes.

Change it

- > **Add extra calls, e.g. 'high-5s'** – children 'high-5' three other children; feet must be off the ground when hands touch. Call a 'balance' – on one leg, one leg and one hand, two hands and one leg...
- > **Use different travelling skills** – hop, skip, long steps, jumps, high steps.



Calls

- > **'Here'** – players run toward the teacher.
- > **'There'** – players run away from the teacher.
- > **'Nowhere'** – players bounce on the spot.



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

Here, there, nowhere builds on introductory awareness activities. Depending on the "calls" that you make, students can practise locomotor skills and static and dynamic balances.

Untie the knot



Each player holds the hands of 2 different players. The aim is to untangle the knot without letting go! Encourages communication and cooperation.



What to do

- > Ask students in groups of 8-10 to stand in a circle and place their hands into the centre of the circle and join hands with two different people.

Once the knot is formed students have to work together to untangle the knot.

Change it

- > **Add rope** – provide short (60–80 centimetres) pieces of rope for each player. This will spread players out.

Safety

- > Disentangle slowly, one at a time if necessary, and communicate.

LEARNING INTENTION

Untie the knot is a cooperative activity that develops critical and creative thinking as groups try to solve the movement challenge.

SKILL FOCUS

HERE THERE NOWHERE: BALANCING, LOCOMOTOR MOVEMENT
UNTIE THE KNOT: BALANCE, TEAMWORK

CONTENT DESCRIPTIONS

ACPMPO08

ACPMPO25

ACPMPO43