

Athletics:

Running/Moving – Chase or Run

This game helps young people to make their running, moving and changing direction more efficient.

What you need

- Indoor or outdoor area appropriate to the size of the group.
- Tall cone, skittle or tee ball stand.
- Variety of small lightweight balls; for example, air flow-type.
- Standard marker discs or cones.

How to play

- Athletes get into pairs
- Each pair stands in the middle of the playing area; each athlete has a finish line on their side of the space – 5-10 metres from their start position
- Each side of the playing space is given a name; for example, a colour (red/yellow), compass direction (north/south) or name of a football team.
- A tall cone is positioned between the start point on both sides and the finish line; place a small ball on top of each cone.
- The teacher leading the session (or a senior pupil) calls, for example, 'red', and all athletes on the red side try to reach their finish line before their partner can reach the cone on their side and dislodge the ball.
- Players score a point if they reach the line before their partner knocks the ball off the cone; the chaser scores if they dislodge the ball before their partner reaches the line.

Think about

- Matching pairs according to ability in the first instance.



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Use the **STEP** model to modify this game:

Space

- Vary distance between the start position and the finish lines; note that athletes can start from different positions if their movement capability is different.
- Vary the distance from the start point to the cone/ball.

Task

- Athletes can start from different positions; for example, a fully ambulant chaser with a mobility-impaired partner can start from a position lying on the floor.
- Athletes face their own finish lines; but a faster runner can be asked to perform another task before heading for their finish line; for example, touch the floor with both hands first.
- Athletes can dislodge balls with their hand or by pushing them over with a mobility aid.

Equipment

- Tee ball stands can be used to support the balls in place of cones.
- Brightly coloured markers, cones and balls may help young people who have vision or perceptual/spatial impairments to locate the finish line/target ball.

People

- The activity can be played by pairs or by dividing the whole group into two teams.
- Some young people may benefit from the support of a guide providing verbal or tactile assistance; for example, a helper calling from behind the athlete's finish line.

Safety

- Ensure that each pair has sufficient room to turn and move.
- The chaser moves to their partner's cone as quickly as possible and does not tag their partner.

How to improve

- Get into position ready for the start signal.

Integrity

Whatever modifications are used, maintain the integrity of the game. Avoid modifying a game to the point where it no longer resembles the original.

Links

For more information about primary and secondary school athletics activities see

<https://www.Englandathletics.org>

Extension game – Rock, Paper, Scissors

In this version the pairs play the familiar playground game 'Rock, Paper, Scissors'. The athletes face each other and count '1, 2, 3'; on '3' they make either a rock (fist), paper (flat hand) or scissors (first two fingers extended) shape.

Rock blunts Scissors; Paper wraps Rock; Scissors cut Paper; same shape – go again.

The loser runs for their finish line pursued by their winning partner.

The cone and ball system can be used as in 'Chase or run'.