The whole group walks around the movement space. A nominated player stops, puts their hands in the air and yells out ‘CATCH ME’. Once the group has arranged themselves behind the player, the player then goes into a stiff body position and the group holds them, supports them down to the ground, and helps them up again. (Play in groups of 8-10.)

What you need

- Floor mats, crash mats or scatter mats.

What to do

- The whole group walks around the room.
- Tap one player on the shoulder who then, stops, puts their hands in the air and yells ‘CATCH ME!’.
- The player then goes into a stiff body position and the group holds them, supports them down to ground, and then helps them back up.
- The group tells a player if their body position is too floppy.

Change it

- Vary the locomotor movement that players use when moving around the area (e.g. skipping, hopping, jumping).

Safety

- The teacher will need to be physically involved in all catches at the beginning to ensure the safety of the children being lowered to the ground.
- Use a surface such as crash mats or scatter mats to ensure a soft landing space.

Safety

- The teacher will need to be physically involved in all catches at the beginning to ensure the safety of the children being lowered to the ground.

ASK THE PLAYERS

- How can you make sure the balance is safe?
- What is the best body position to have when being caught and balanced by others?
- How can you include everyone?
- When you are supporting a student to the ground, what is the best position to have your hands and body in so that it is safe?
- What parts of your body do you need to tighten in order to hold a stiff body position?

LEARNING INTENTION:

*Catch me!* is a cooperative warm up activity that also makes players aware of core stability and how to hold a basic shape. This helps to develop the muscle control required for static and dynamic balances.