Follow the line

A designated player tries to tag players who are moving around a court area following the lines. Once tagged, players form ‘force fields’ for the remaining players. (Play with 8–30.)

What you need

- An indoor/outdoor playing area marked by lines that intersect with one another, or tape/chalk for line markings

What to do

- Designate one player as the tagger. All other players are scattered around the court on a line.
- On your signal, players begin to move around the court, following the lines.
- The tagger tries to tag players by following the lines.

- Once a player is tagged, they must sit down in the spot they were tagged and become a ‘force field’. This means they stop any players from getting past, except for the tagger.
- ‘Force fields’ cannot move.
- The game continues until all players have been tagged.

Change It

- Use cones or bins to be ‘force fields’ at the start of the game.
- Introduce a player who can free ‘force fields’.
- Introduce more than one tagger.
- Vary the locomotion movement in which players travel (e.g. hopping, jumping, lunges, side step, grapevine).

Safety

- When players are ‘force fields’, make sure their hands are off the ground.
- The tagger must tag gently between the shoulders and the waist.

ASK THE PLAYERS

- When tagging, what’s the best way to corner and tag a player?
- When running away from a tagger, where is the best place to run to?

LEARNING INTENTION:

Follow the line is an energiser or warm up that requires students to avoid being tagged by nominated player whilst running along the lines of the court.