PLAYING
>
> Mark an area free of obstructions – disperse the players.

PLAYING
>
> Start with slow jogging.

PLAYING
>
> Try several group sizes before you get to the number you would like for a subsequent activity, e.g. start by calling 2s, then 6s, and finally the group size you want, such as 4s – you may wish to add a ‘new people in the group’ rule for the second and third calls.

PLAYING
>
> As an option, use some bright music as a backdrop. Stop the music and call the number for the group size.

Set up
>
> Walk rather than run.

> Use at least 2 large zones – this will channel players into a zone. Call ‘freeze’ – players freeze on the spot. Now call the group size – players closest to a player whose mobility may be restricted form a group.

Change it
>
> Vary the locomotion – e.g. short bursts of running, hopping and fast walking before calling a group size.

> Players have to run to the nearest boundary and touch it with their feet before forming the group.

Safety
>
> Choose an area away from walls and other obstructions.

> Players should be familiar with space and other player awareness activities.

> Start with slow running.

LEARNING INTENTION

Form a group combines running with cooperative throwing and catching. It also requires players to be aware of others and emphasises ‘space finding’. See cards All-in tag and Look out for others!