



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

Dodging 2.1: Snatch the flag

5 - 8 year olds

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: cones or markers, flags

Introduction (1 - 2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind the children to stop, look, and listen whenever you signal.

Explain in 20-30 seconds what you will be doing today.

Can anyone tell me what "dodging" means? When might you need to dodge?

Warm-up: Octopus tag (5 - 8 minutes)

- Leader chooses 2 children “octopi” to be it.
- “Octopi” begin in the centre of the activity space.
- All other children are “fish”.
- Fish” spread out along a base line at one end of the activity space.
- When the octopi yell “*octopus!*” all fish try to run to the other end without getting tagged.
- Fish who are tagged become “seaweed” and must try to tag the other fish.
- Seaweed cannot move—their feet must remain “rooted” where they were tagged.
- For younger children, seaweed can sit cross-legged rather than stand.
- Restart the game when only 2 fish are left—they become the new octopi.

Demonstration: Dodge (3 minutes)

- Leader asks children to sit in a semi-circle.
- Leader sets up a series of cones in a line approximately 2 metres apart and demonstrates how to “dodge” the cones:
 - » *Head up, look where you are going.*
 - » *Bend knees and get low when you change direction.*
 - » *Push off your left foot to dodge right.*
 - » *Push off your right foot to dodge left.*
 - » *Change direction in one step.*

Practice: Dodging (5 minutes)

- Leader divides children into groups of 3-4.
- Leader sets up 8-10 cones in a straight line for each group.
- Each group lines up behind the first cone in their line.
- One at a time, children take turns weaving through the cones and “dodging” between them.
- Once everyone in the group reach the end, they repeat for more practice.
- Leader should ask children to go slowly at first.
- Leader can ask children to increase speed once it is clear they know how to dodge.
- Leader should emphasize that it is not a “race” but simply practice.
- *I’m looking to see who can do a great job of dodging the cones.*

CUES

- *Head up, look ahead*
- *Body low*

- *Take one step*

Game: Snatch the flag (10 - 12 minutes)

- Leader divides children into groups of 5-6.
- Leader uses cones to mark a 15x15 metre playing square for each group.
- Each player has a “flag” lightly tucked into their pants or shorts (side or back).
- On the signal, players run around and try to capture as many flags as possible while dodging and protecting their own flag.
- When a child captures a flag, they tuck it into the waist of their pants or shorts.
- When the leader calls “time”, children get one point for each flag they have captured.
- Decrease size of playing area after each round to increase the challenge.

Wrap-up (2 minutes)

Call the children back into a circle and review what they learned today.

What strategies did you use to “dodge” other kids during the game?

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