

## A6 ACTIVITY.- Physical education through cooperative methodology

**Country:** Slovenia

**School:** Osnovna šola Dramlje (Dramlje, Slovenia)

### EXERCISE NAME

**50 - A MESS**

**Age band :** 8 - 15

### Materials:

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### Objective:

Cooperative skills development, Motor skills development, Coordination skills development, Speed skills development, Agility skills development, Endurance skills development

### Initial organization:

individual

### **Description of the activity:**

Students position themselves standing astride randomly across the playing area. Two students are determined: the chaser and the student running away. Upon the teacher's signal, the chaser starts running after the runaway who tries to hide between the legs of one of the other students. The student who »hides« the runaway immediately assumes the role of the chaser and the former chaser becomes the runaway. We can end the game when all the students have been in the role of the chaser.

### **Rules:**

### **Variations:**

After the student has already been the chaser he/she can remain squatting and when everyone is squatting the game can end or start anew.

If there are a lot of students, we can determine two chasers and two runaways.

### **Link to the video recorded:**

<https://vimeo.com/254753384>