

A6 ACTIVITY.- Physical education through cooperative methodology

Country: Slovenia

School: Osnovna šola Dramlje (Dramlje, Slovenia)

EXERCISE NAME

49 - COPS AND ROBBERS

Age band : 8 - 13

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:

groups

Description of the activity:

We choose three students to be the chasers. They stand on three horizontal lines (outside: three lines marked by cones), while the rest of the students move against a wall at one end of the gym. The chasers can only move left and right sideways along the horizontal line and mustn't step off the line. The other students start running to the other side of the gym upon the teacher's signal. If they get caught they join the chasers on the horizontal lines. When all the students who managed to escape and successfully reach the other side of the gym gather at the opposite wall, the teacher gives the signal to start once again. If the remaining students take too long to start running, the chasers can start counting down from 5 to 0, and if they do not reach the opposite end before the countdown ends they have to join the chasers on the nearest line. The game ends when all the students are caught.

Rules:**Variations:**

- the chasers are all on a single horizontal line
- vertical lines that mustn't be overstepped are added
- students (not teachers) give the sign to start each leg

Link to the video recorded:

<https://vimeo.com/254750382>