

RABBITS AND FOXES

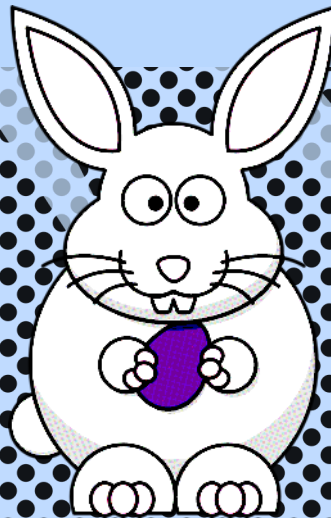
WARM UP ACTIVITY

EQUIPMENT

TWO SETS OF COLOUR BANDS AND 30 BEANBAGS.

INSTRUCTIONS

SPLIT THE CLASS INTO TWO EVEN TEAMS; ONE TEAM ARE THE RABBITS THE OTHER ARE THE FOXES. THE RABBITS CROSS THE GYM TO BRING BACK THE FOOD, WHICH ARE THE BEANBAGS. IF A RABBIT STAYS STILL BEFORE A FOX GRABS THEIR TAIL, THE RABBIT BECOMES FROZEN AND NEEDS TO BE SET FREE BY ANOTHER RABBIT. IF A FOX TAGS A MOVING RABBIT THEN THEY ARE OUT AND NEED TO SIT DOWN. PLAY FOR TWO MINUTES AND THEN CHANGE RABBITS TO FOXES, AND FOXES TO RABBITS. THE WINNING TEAM IS THE TEAM WHO COLLECTED THE MOST FOOD AS THE RABBITS.



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