

Warm-up activity

call out

Listen carefully to the 'calls'
and react quickly



how to play

Ask players to form teams of two lines, one team facing one direction, the other team facing in the other direction.

Each player in the team stands back to back with their partner from the other team, stepping forwards with their right foot. Left heels must stay touching.

Name one team 'rats' and the other team 'rabbits'. Then call out either "rats" or "rabbits". Whichever team is called has to run away – fast! Their partner from the opposite team tries to catch them by quickly turning to tag them on the shoulder. Players need to listen very carefully in order to react correctly. Return to the centre and play again.

Safety: Make sure there is sufficient space for the game to be played safely.

equipment

Beanbags, balls.

sporting connection

Listening and communicating well are skills needed in all flight sports.



did you know?

Martine Wright, one of our top Paralympic athletes, definitely has the Olympic value of courage. After losing both her legs seven years ago, she trained hard to compete in sitting volleyball at the London 2012 Games.

wider club activities

call out

Skills	Example
Thinking me	Try and find out two interesting facts about your favourite famous sportsperson which we can share next week. (The club leader can then generate discussion about how these idols became successful).
Social me	During this week, at home or at school, try to congratulate others when they do something well - remember how it makes you feel and how it seems to make them feel.
Healthy me	Next week, bring in your favourite piece of fruit to our club session. We can all share and hopefully try some new tastes.
Physical me	Choose an activity you have tried at the club and show your parents/family at home. See if they will join in! Tell us about it next week.
Creative me	For next week, bring along a piece of junk - cardboard, plastic or fabric that we could recycle and use for an activity, like a cardboard box to use as a target or obstacle, or a scarf for dancing.

space

Make the play space larger/smaller.

Reduce/increase the distance to the finish line. This distance can be different if partners have different abilities.

task

Change the team names, e.g. 'chalk' and 'cheese'.

Challenge players by getting them to move in different ways, like hopping or moving backwards.

equipment

Markers for a finish line.

Players can carry equipment while travelling, beanbags, balls.

A slower-moving player can beat their opponent by moving a short distance and knocking a ball off a cone.

people

Swap partners around for more variety.

Match players by ability.