

# Over, Under, Around and Slide

12

Move your body to achieve the tasks. Can you link the moves at speed?

## How to play

- In threes, one player stands opposite a partner holding one chiffon scarf, skipping rope or elastic in their right hand and one in their left hand.
- A player stands opposite and holds onto the ends of the scarf/elastic.
- The third player jumps over the scarves, turns and runs under the scarves, then runs around the two standing players to the other side and then slides/crawls under the scarves.
- The players holding the scarves crouch down to allow the player to jump over, hold them high for players to run through and crouch low for players to slide/crawl under.
- This can be played as race between trios. Instructions are called out: Over, under, round and slide. GO!



## Equipment

Beanbags/balls various sizes, scarves, shapes.



## Safety tips

Familiarise players with the actions prior to playing faster.

This activity links to the Change4Life Primary Sports Club Creative theme.

## Challenging Me: Providing challenges and ideas to develop the whole player

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Thinking Me	Consider the best ways to be faster than others when competing.
Social Me	Work as a trio to motivate each other when competing with other teams.
Healthy Me	Try carrying a ball or beanbag while performing the moves.
Physical Me	Travel and move in different ways to improve agility skills.
Creative Me	Create new more challenging combinations of moves to perform.



**STEP:** Making the game easier and harder and including ALL young people

### Great for playing...

- in Change4Life Sports Clubs
- at home
- at playtime/lunchtime
- in the classroom

### Making this game work in a small space

When played in groups of four, this game requires less space.

**SPACE** Use skipping ropes to create a greater distance between scarf holders.

**TASK** Race against another trio. Swap roles so all three have a turn at the actions.

**EQUIPMENT** Provide verbal instructions to mix up the order of the movements.

**PEOPLE** Swap roles.