



## **Title: 5 games - CATCH THE TAIL**

### **Objectives:**

- Develop dexterity, speed;
- Pull as many other players' tails as possible.
- Develop movement coordination.

**Equipment:** strips of fabric, string (about 50 cm. long), football and basketball balls.

### **Process:**

**Option 1.** The players tie a string behind their backs as if they have a tail (about 50 cm). Everyone has to try to pull out as many of the other players' tails as possible and save their own. The players can't hide or hold their tails.

**Option 2.** Playing in teams, boys against girls. Which team will pull out more tails during the agreed time.

**Option 3.** One player who is the catcher does not have a tail. He or she tries to catch other players and pull out their tails. Players who lose their tails are out of the game. The game ends when everybody's tails are gathered by the catcher.

**Option 4.** All kids have a football ball or a different kind ball and a tail. 2-4 catchers stand in the corners of the sports hall with balls and wait. Everyone else in the sports hall is kicking the ball with their feet. After the signal the catchers have to pull out the other players tails while kicking their balls. All players must be kicking their balls. A player is out of the game when his or hers tail is pulled out. The catcher that pulls out the most tails, wins.

**Option 5.** The same as in Option 4 but the players have to bounce the basketball ball with their hand. The catchers bounce their balls and try to pull out as many tails as possible.