



Game Details

- **Equipment Needed:** Cones, Pinnies
- **Skills:** Locomotor, Teamwork
- **Grades:** 4-7
- **Game Type:** Group Activity

How to Play

Divide the group into two teams with different coloured pennies on either side of the centre line in the play area. The goal of the game is to get your entire team to the end zone (marked by cones) of either side by running, before the other team does. Once you cross over onto the other team's half of the gym you can be tagged. If you get tagged you get down on one knee and must stay on one knee until a teammate frees you by giving you a high five. You can both get a free walk back. Once you make it to the other team's side safely, you can either stay there and wait for your teammates or help your teammates that are on one knee as you can't win unless all of your teammates are on your side. If you free someone after being in the safe zone, you must go back to your side and try to cross over again.

Modifications

- ▲ Adjust the size of the playing area (less space means more action)
- Change the movement (galloping, skipping, etc instead of running when playing defense)
- ▼ Adjust the size of the playing area (larger)
- When tagged, the participants immediately return to their side of the playing area before trying again