

08

# SHARK TAG

## Development Stage: FOUNDATION

### Outcome of Activity

Running faster over short distance and developing awareness of others around them

### Equipment

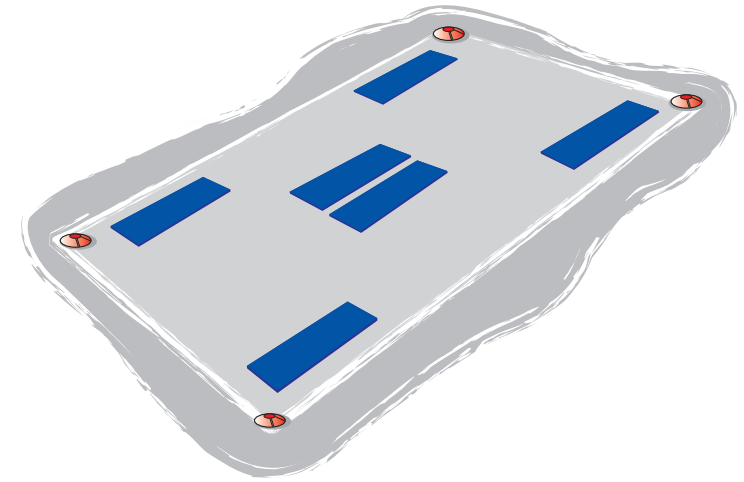
- Cone markers
- Mats

### How-2 Organise

1. Mark out a rectangular area with 4 red cones (10m x 20m)
2. Near each corner position an "island"
3. Near the centre of the area, position a "ship"
4. Pick "shark(s)" and "sailors"

### How-2 Maintain Safety

1. Keep athletes in the area avoid bumping into each other
2. Keep head up
3. Ensure area is dry



### What-2 Get the Athletes to Do

1. When the sailors hear "abandon ship" all must run to an island without getting eaten "tagged" by a shark
2. If tagged, the sailor becomes a shark and then everyone else swims back to ship
3. Continue until all sailors have become sharks

### What-2 Look For

1. Head up, looking around
2. At start, stands with one foot forwards and opposite arm (right leg, left arm)
3. Leaning forwards as they start to move
4. Pushing down and back with feet
5. Arms moving quickly

### Progressions/Variations

- Increase the size of the area
- Create teams who have to go to a set "island"
- Fewer islands