Chasing Fitness

JMU HPAI 2022

Andrew Wymer

andrewwymer@hotmail.com

Wild Goose Chase

Have students partner up

Each group will need four small disc cones and create a square or rectangle.

Once the dimensions are set up one person will stand on one side of the square and the other partner will stand on the opposite side. Select one person to be the tagger and the other to be chased.

Play begins as one chases the other around the outside of the square (variations could be to change the locomotor movement.) with the object being to try to catch their partner.

If the partner proves too elusive you may institute a “cut through” modification. This means the chaser or the one being chased may cut through or across the square in an attempt to tag their partner. You may decide on how many “cut throughs” you wish to implement. Once all cut throughs are used up they don’t get any more for that round so encourage strategic implementation!

Action/Reaction-

Partner game designed for speed, agility and fun!

Two people will lay down head to head on a baseline. The player who is facing the opposite baseline is the tagger and will be doing the reacting. The player who is facing away from the baseline is the runner and will be doing the action.

As they lay on their belly the player who is facing away from the baseline will get up quickly and start to run towards the opposite baseline. As soon as the tagger sees his partner move, he will react immediately by standing up and chasing.

The object is to tag the runner before they get to the opposite end of the gym.

Considerations: to keep safe, always run in a straight line. When the round is over both players need to walk back to the starting point where they began and then switch roles. Do not start a new round at the opposite end.

Adjust the space between the two players if needed to ensure a more competitive experience.

Another variation is to have players start in a pushup position to begin.

Lost in the Crowd

Create a LARGE circle in the gym outside using cones. Have people get into groups of three and stand in a single file line at a cone facing the center of the circle.

The teacher will instruct the first person in each line to go into the middle of the circle. On the starting cue (I use music) the second person in line goes into the middle to chase the person who was first in their line. Once the first person is tagged, they will return to their starting cone and tag the third person in line and that person now chases the second person who is in the middle of the circle.

Keep this rotation and play for as long or as short as you want.

If a player is too hard to catch, put a 15-20 second time limit for chasing and then the person being chased has to come out and switch with their person at the cone.

Safety is of utmost importance for this game. Make the playing area very large to keep people spaced out more. Remind players to “look where they are going, not where they have been,” meaning look ahead.

A variation would be to have the person at the cone move around the circle and when a tag in the middle has been made, the person coming out of the game would have to find their third person to tag them into the game.

Sneak up Tag

Have students get into partner groups. One person will stand on a starting sideline and the other person will go the other sideline across the gym. The person across the gym will stand on their line facing away from their partner.

The partner on the starting sideline will have an object (beanbag, foam brick, etc) and will place it down on the floor within the path of the starting line and their partner. Once they place the object down they will continue towards their partner across the way. They will tag their partner and then that partner will immediately start to chase the tagger back to the starting line. On the way back to the starting line the player who placed the object down will try to pick it up on the way back to the starting line all the while without getting tagged.

If you want to add a scoring system:

5 points for making it back safely

10 points for making it back safely with the object(s)

Cup Tag

Get a partner and one stack of twelve cups. In a straight line have one player set up stacks of three in a row (straight ahead) every ten to fifteen feet or so. Once the game is set up the first person in line will go to the first set of three comes in the line and stack up the three cups. Once that person is going to the next set the partner at the starting line begins chasing by downstacking the cups quickly and then racing to their partner to try to tag them before they get done with all of the cups. Make sure fumbles are fixed before advancing to the next stack. When you are done with one round, switch jobs and continue playing back at the starting line.

Goal Line D

Have students pair up. Make a large square per pair for the playing area. Both players meet in the middle. One person has a flag belt. The object of the game is for the offensive player to get past the defensive player to the goal line. Both players are in the middle of their square to start. On the go signal both players will sprint to their baseline, touch it with their foot or hand, sprint back to the midline, then go back to their baseline again. After they get to their baseline for the second time it’s game on. The offensive player will try to use speed and agility to get to the defensive player’s baseline. The defensive player will try to grab the offensive player’s belt before they cross the line. Switch jobs each round.

Cat and Mouse

The object of the game is to use speed, agility and spatial awareness to avoid being tagged. To begin you need four people and a long jump rope.

At level 1 have the rope turners stand at the end of each rope and have the two runners (cat and mouse) stand directly across from each other as they stand beside each turner.

On the go signal, the cat (runner) will chase the mouse (runner) in a figure 8 pathway around the turners. The object is for the cat to tag the mouse.

Level 2- do the same as level one but now the turners will now be turning the rope. The cat and mouse will run in the same figure 8 pattern but also now must avoid the rope when they cross over the middle. If a cat or mouse hits the rope and stops the rope from being able to turn that player loses the round.

Catch me if you can

Groups of three,

Have two people stay at an end line and have the third stand at an end line.

The objective is acceleration. One person from the group of two side will run to a designated line towards the person on the opposite side and touch the line and run back. The person on the opposite side will be standing on a spot 3-5 feet past the line the runner is trying to touch. Once the runner touches the line and turns to go back the opposite side runner starts chasing to catch up and try to tag the runner before they get back to the starting line. After the round, the person who didn’t didn’t run mixes in. Rotate however you want as long as everyone is getting equal chances at each spot.

Teaching emphasis: Acceleration- talk about how acceleration is the process of starting from a stop to getting to top speed. Maybe do a demo of what slow acceleration and fast acceleration looks like for a visual.

Groups of three make it an interval activity. Each person should in essence do two sprints and then rest one. down or for a designated amount of time.

Golden Belt

What makes this game so good is that it is just like traditional CTF except in this game instead of the flag or object you are trying to get being on the ground or in some other static position, the object is a yellow flag that is worn by people on each team. There are no boundaries to this game. If a golden belt is pulled they switch belts with the person who pulled it. If a non golden belt player pulls a non golden belt of someone on the other team, any type of reentry task is completed then the player continues.

Play for a period of time and then have the teams count up how many golden belts they have.