

The PE Shed



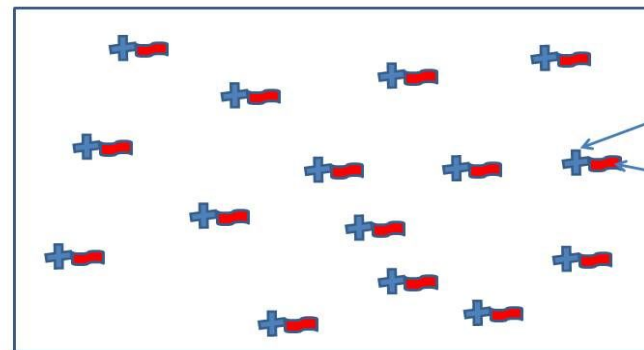
Warm Up Game: Dragon Tails

Recommended Age Range: Grade 1 - Grade 5

Focus: Movement, strategy, spatial awareness and coordination.

Equipment	Setting Up	Description	Further opportunities
Bibs/Pinnies	<p>Give every student a bib/pinnie (dragon tail).</p> <p>Students must tuck their dragon tail into their shorts/trousers. It must be clearly visible.</p>	<p>Students work individually to protect their dragon tails from others and at the same time take other students tails.</p> <p>If a student loses their tail, they are out of the game.</p> <p>Students are not allowed to touch their own tails after the start of the game.</p> <p>See variations for different ideas.</p>	<p>Differentiation</p> <p>Easier</p> <ul style="list-style-type: none"> - Increase the playing area <p>Harder</p> <ul style="list-style-type: none"> - Reduce the playing area <p>Variations</p> <ul style="list-style-type: none"> - Extra lives: If students take tails, they can keep them as extra lives. - Team Dragon Tails: Teams work together to protect each other and be the last team left in the game. Teams have different colours.

Dragon Tails



Students

Dragon Tail
(Bibs/Pinnies)

Aim:
To take dragon tails from others and protect your own.

Rules:

- All students have a dragon tail (bib/pinnie) tucked into their shorts/trousers.
- Tails must be clearly visible.
- Students are not allowed to touch their own tail after the game has started.
- Students try to take other students' dragon tails.
- If students lose their tails they are out of the game.