

# Stuck in the Mud

## **FMS Skills**

Locomotor- running, walking, jumping, hopping, skipping, side stepping, galloping, different types of leaping etc.  
Stability and Balance- balance on one foot, link into gymnastics and types of rolls

## **Equipment**

Boundary markers, 3-4 bands or bibs, or get taggers to hold a large soft ball and use that to tag.

## **Area**

Hall, grass, hard surface – define boundaries.

## **Formation**

Free spacing, 3 (or more) children have bands and are the taggers.

## **Instructions**

- On “Go”, the taggers chase the runners, attempting to tag them on the back.
- If tagged, runners stand with their legs out wide until freed by another runner crawling through their legs.

## **Variations**

- Change the type of locomotor movement they have to move around using, e.g. jumping, skipping, hopping etc
- Players that are tagged have to balance on one leg with arms stretched out to the side. Caught children are freed by another player side stepping around them.
- Create longer sequences to free players, Add in within the game or over a number of sessions- side step, Do-si-do, jump and high five together, washing machine etc

Target your freeing sequence to what your PE focus is:

- Locomotion- skipping, hopping, different jumps, galloping etc around the tagged person
- Gymnastics - pencil roll (tagged player) and jump over (free player), different types of leaps and travelling actions, others types of rolls

## **To make it easier**

Increase the size of the area

Have less taggers

### **For even younger children (particularly under-fives)**

- Have a large area to play in to decrease the chances of crashes
- Use the adults as the taggers
- Don't worry too much if the children start tagging as well as long as they are running around and having fun
- Change the locomotor movement they have to move around using, e.g. jumping, walking, galloping etc

### **To make it harder**

- Reduce the size of the area
- Have more taggers
- Increase the number of actions in the sequence to release tagged player
- Introduce object control skills

