

CHASE'N'FUN BELT

escape the cat

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KEY AREAS OF PHYSICAL DEVELOPMENT

- ▶ Reactions, acceleration, agility, co-ordination.

SET UP

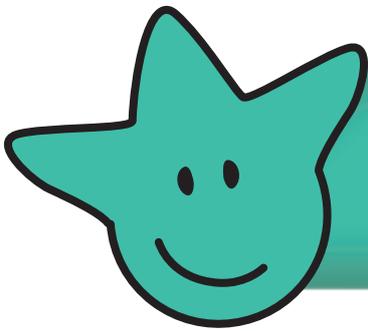
- ▶ Pick a mouse (leader/evader) and pick a cat (chaser).
- ▶ Mouse starts in the front and cat at the back.
- ▶ Start in balanced half crouch position with a forward lean.
- ▶ The belt should hang but not touch the floor.
- ▶ Do not start with the belts taut as they will separate very quickly during the activities.

INSTRUCTIONS

- ▶ Using running and agility the leader (mouse) attempts to get far enough away from the chaser (cat) to break the Velcro tab connecting them together.
- ▶ The mouse can score a point each time they escape and the belts are broken.
- ▶ The cat must move fast to stay close and keep the belts intact.

KEY TEACHING POINTS

- ▶ Maximum effort at all times.
- ▶ Swap positions after 1 minute, the cat becomes the leader and tries to beat their partners score.



KEY AREAS OF PHYSICAL DEVELOPMENT

- ▶ Lateral movement, reactions, balance, foot control, co-ordination.

SET UP

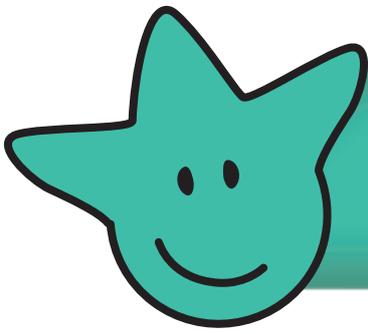
- ▶ Pick a mouse (leader/evader) and pick a cat (chaser).
- ▶ Cat and Mouse face each other with a slight hang in the belt.
- ▶ Start in balanced half crouch position with a forward lean.

INSTRUCTIONS

- ▶ Using lateral movement the leader (mouse) attempts to get far enough away from the chaser (cat) to break the Velcro tab connecting them together.
- ▶ Students must move sideways like a crab! Forward and backwards movement is not allowed.
- ▶ The mouse can score a point each time they escape and the belts are broken.
- ▶ The cat must move fast to keep the belts intact.

KEY TEACHING POINTS

- ▶ Ensure the students stay square and do not turn their hips or cross their feet over.
- ▶ Maximum effort at all times.
- ▶ Swap positions after 1 minute, the chaser becomes the leader and tries to beat their partner's score.



KEY AREAS OF PHYSICAL DEVELOPMENT

- ▶ Lateral movement, reactions, balance, acceleration, agility.

SET UP

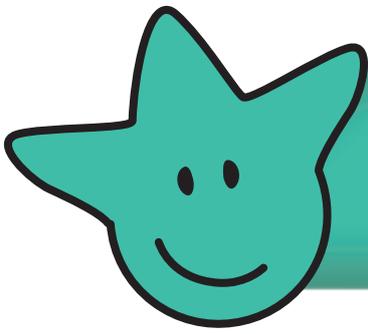
- ▶ Pick a mouse (leader/evader) and pick a cat (chaser).
- ▶ Cat and Mouse face each other with a slight hang in the belt.
- ▶ Start in balanced half crouch position with a forward lean.
- ▶ The belt should hang but not touch the floor.

INSTRUCTIONS

- ▶ Using lateral movement the leader (mouse) attempts to get far enough away from the chaser (cat) to break the Velcro tab connecting them together.
- ▶ At any time the mouse may also turn and sprint left or right to lose the cat.
- ▶ The cat must react to the mouse's running direction and sprint to keep the belts intact.
- ▶ The mouse can score a point each time they escape and the belts are broken.

KEY TEACHING POINTS

- ▶ Maximum effort at all times.
- ▶ Swap positions after 1 minute, the chaser becomes the leader and tries to beat their partner's score.
- ▶ Have good spacing between each pair so students do not run through each others belts.



KEY AREAS OF PHYSICAL DEVELOPMENT

- Acceleration, reactions, balance, agility, endurance.

SET UP

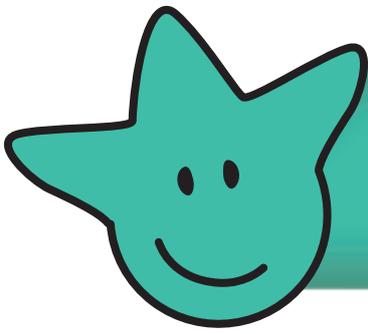
- Mark a start line and finish line 10-30m away.
- Pair up students of similar running ability.
- Cat and Mouse start in a push-up position side by side.

INSTRUCTIONS

- On the whistle students get up as quickly as possible and race to a marker 10-30m away.
- This activity is a straight race with both students attempting to get far enough ahead of the other to break the belt.
- If belts are still intact at the end mark, students turn and sprint back and continue up and back until the belt is broken.
- One point is scored for each time the leading student breaks the belt.

KEY TEACHING POINTS

- If one student is clearly faster than their partner have them start 1m behind the start line.
- Maximum effort at all times.
- Have good spacing between each pair so students do not run through each others belts.



KEY AREAS OF PHYSICAL DEVELOPMENT

- ▶ Jumping and landing, balance and body control, leg and ankle strength.

SET UP

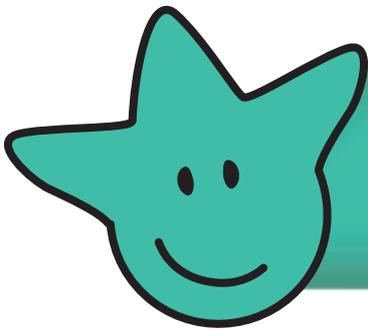
- ▶ Mark a start line and finish line 10-30m away.
- ▶ Pair up students of similar athletic ability.
- ▶ Cat and Mouse start standing side by side.

INSTRUCTIONS

- ▶ On the whistle both cat and mouse jump as quickly as possible and race to the marker 10-30m away.
- ▶ This activity is a straight jumping race with both students attempting to get far enough ahead of the other to break the belt.
- ▶ If belts are still intact at the end mark, students turn and jump back and continue up and back until the belt is broken.
- ▶ One point is scored for each time the leading student breaks the belt.

KEY TEACHING POINTS

- ▶ Both feet must stay together in the jumping motion.
- ▶ If one student is clearly superior to their partner have them start 1m behind the start line.
- ▶ Maximum effort at all times.
- ▶ Have good spacing between each pair so students do not jump through each others belts.



CHASE'N'FUN BELT

catch the mouse

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KEY AREAS OF PHYSICAL DEVELOPMENT

- ▶ Reactions, acceleration, agility, co-ordination.

SET UP

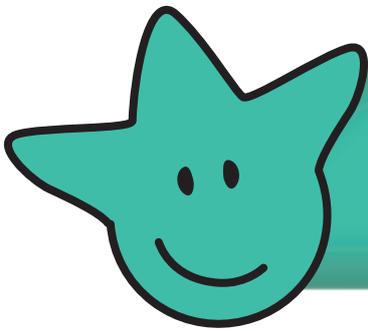
- ▶ Pick a mouse (leader/evader) and pick a cat (chaser).
- ▶ Mouse starts in the front and cat at the back.
- ▶ Start in balanced half crouch position with a forward lean.
- ▶ The belt should hang but not touch the floor.

INSTRUCTIONS

- ▶ Using running and agility the leader (mouse) attempts to get far enough away from the chaser (cat) to break the Velcro tab connecting them together.
- ▶ The cat must not only stay with the mouse but catch it with a two handed touch to the waist.
- ▶ The activity is stopped and a point awarded to either the cat for catching the mouse, or the mouse for losing the cat and breaking the Velcro connection.

KEY TEACHING POINTS

- ▶ Maximum effort at all times.
- ▶ Swap positions after 1 minute, the chaser becomes the leader.

**KEY AREAS OF PHYSICAL DEVELOPMENT**

- ▶ Lateral movement, reactions, balance, foot control, co-ordination.

SET UP

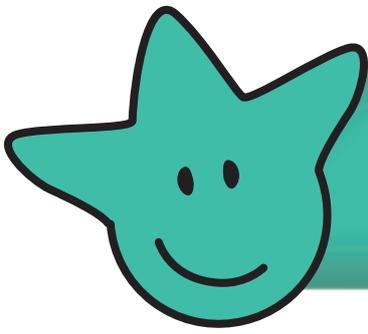
- ▶ Pick a mouse (leader/evader) and pick a cat (chaser).
- ▶ Cat and Mouse face each other with a slight hang in the belt.
- ▶ Start in balanced half crouch position with a forward lean.

INSTRUCTIONS

- ▶ On the whistle start a lateral race to a marker 10-30m away.
- ▶ Students must move sideways like a crab! Forward and backwards movement is not allowed.
- ▶ This activity is a straight race with both students attempting to get far enough ahead of the other to break the belt.
- ▶ If belts are still intact at the end mark, students turn and sprint back and continue up and back until the belt is broken.
- ▶ One point is scored for each time the leading student breaks the belt.

KEY TEACHING POINTS

- ▶ Ensure the students keep facing each other.
- ▶ Do not turn hips or cross their feet over.
- ▶ Keep the feet apart and stay in a balanced position.
- ▶ Maximum effort at all times.



KEY AREAS OF PHYSICAL DEVELOPMENT

- ▶ Acceleration, reactions, balance, agility, endurance.

SET UP

- ▶ Mark a start line and finish line 10-30m away.
- ▶ Pair up students of similar running ability.
- ▶ Cat and Mouse start on all fours side by side.

INSTRUCTIONS

- ▶ On the whistle get up as quickly as possible and race to a marker 10-30m away.
- ▶ This activity is a straight race with both students attempting to get far enough ahead of the other to break the belt.
- ▶ One point is scored for each time the leading student breaks the belt.
- ▶ Vary the starting position for each sprint.
Options include:
 - Seated facing forward.
 - Arms and legs crossed.
 - Facing each other seated.
 - One knee on the ground.
 - Running on the spot.

KEY TEACHING POINTS

- ▶ If one student is clearly faster than their partner have them start 1m behind the start line.
- ▶ Have good spacing between each pair so students do not run through each others belts.