



the next pylon until you win a match of r-p-s. Meanwhile, the leader stands at the starting cone, handing out a popsicle stick (or material of their choice) every time a participant passes “Go”. The goal is to get as many sticks as possible encouraging participants to run as quickly as possible. Rotate through different movements to get to the different cones (Crab walk, bear walk, gallop, skip, walk backwards, side-shuffle, etc.)

**Ask what dodging means**

- *How to dodge, what sports/games use it?*

**Demonstrate dodging and cutting**

- Head up, look where you are going.
- Bend knees and get low when you change direction.
- Push off your left foot to dodge right.
- Push off your right foot to dodge left.
- Change direction in one step.

**Canadian Tail Dogs:**

Canadian Tail Dogs Kids try to run from one end line to the other without getting their “tail” (flag tucked into shorts) pulled out by the 2 “Canadians” in the centre. (Very similar to British Bulldog but with flags).

*1 up: Make the playing area much larger to make it harder for taggers*

*1 down: Make the playing area smaller to make easier for taggers*

**MINDFULNESS/ REFLECTION**

**Calm Bodies:**

Have all participants find a quiet space on the gym floor, be sure to have your own space (away from walls and other participants). Once your body is calm one of the leaders may tap you on the foot, when you feel this you may quietly line up at the door.

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