

Rats & Rabbits

Home Fun – Running



Organisation

Equipment:

- Anything to act as markers

Set up and Timing:

- Large open space (may need to go to nearby park)
- 10 minutes



Learning Experience

Instruct students to:

- One person is the caller, one is the 'rat' and the other is the 'rabbit'.
- The rat and rabbit stand facing each other 1m apart.
- The caller yells out either 'rat' or 'rabbit'. If 'rat' is called out, the rat needs to run to a line behind them (about 10m away) and the rabbit must chase them.
- If 'rabbit' is called out, the rabbit needs to run to a line behind them and the rat must chase.
- First to tag the other three times is the winner. Take it in turns to be the caller, rat and rabbit!



Teaching Tips

Teaching Tips:

- Correct RUN technique:
 - Lands on the ball of the foot.
 - Non-support knee bends at least 90 degrees.
 - High knee lift
 - Head and trunk stable, eyes focused forward.
 - Elbows bent at 90 degrees.
 - Arms drive forward and back in opposition to legs.