



Form a group

Players run around in random directions avoiding body contact with other players. The coach calls a number and players form groups of that size.

What to do

Setting up

- > Mark an area free of obstructions – disperse the players.

Playing

- > Start with slow jogging.
- > Try several group sizes before you get to the number you would like for a subsequent activity (e.g. start by calling 2s, then 6s, and finally the group size you want, such as 4s – you may wish to add a 'new people in the group' rule for the second and third calls).
- > As an option, use some bright music as a backdrop. Stop the music and call the number for the group size.



Change it

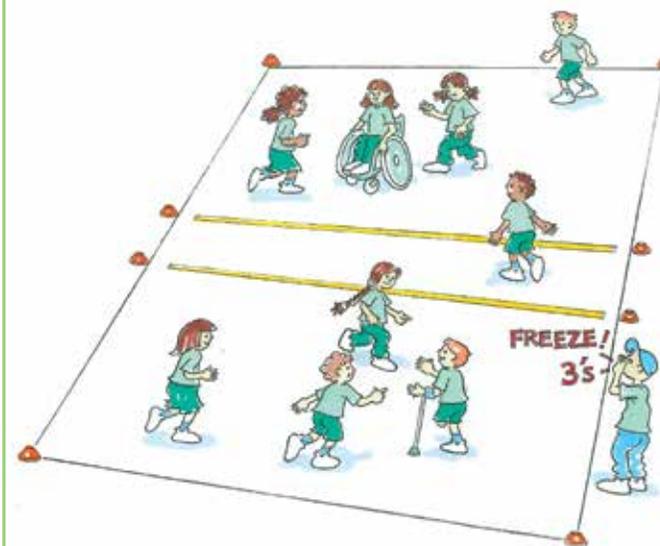
- > **Vary the movement** – short bursts of running, hopping and fast walking before calling a group size.
- > Players have to run to the nearest boundary and touch it with their feet before forming the group.
- > Walk rather than run.
- > Use at least 2 large zones – this will channel players into a zone. Call 'freeze' – players freeze on the spot. Now call the group size – players closest to a player whose mobility may be restricted form a group.

Ask the players

- > How do you best work with others to form a group with the required number of players?

Safety

- > Choose an area away from walls and other obstructions.
- > Players should be familiar with space and other player awareness activities.
- > Start with slow running.



LEARNING INTENTION

Form a group involves movement skills and requires players to 'find space' within an area and to be aware of others.

PHYSICAL LITERACY ELEMENTS

MOVEMENT SKILLS

RELATIONSHIPS

SAFETY AND RISK RULES

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08
ACPMPO25
ACPMPO43