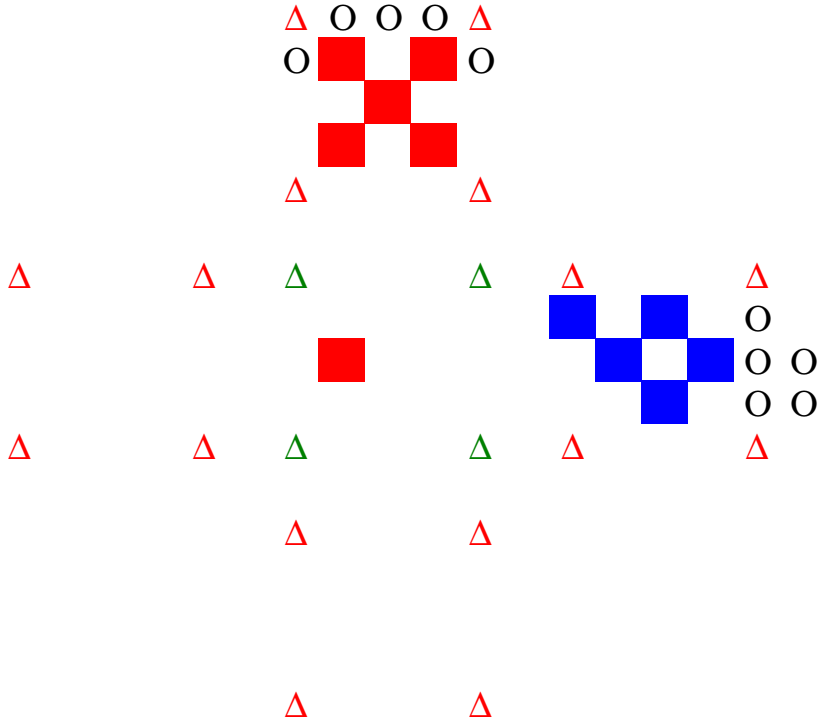


Session Title	<b>CROSS THE SWAMP</b>
Practical focus of activity	<p>Cardiovascular activity that tests agility and speed.</p> <p>Creating space as an individual.</p> <p>Decision-making and strategy.</p>
Activity Description/ diagram	<p>Arrange 16 red cones and 4 green cones into squares as shown. The side of each square should be about 5m. The green cones represent the "swamp" and one child from the red team stands in the swamp and starts as the "hungry crocodile".</p> <p>Blue team starts in the east square. They must cross the centre square (swamp) one-by-one and get to the west square without being tagged by the red crocodile. If a child is tagged, he becomes the blue crocodile, the red crocodile joins his teammates and the red team in the north square then tries to get to the south square one-by-one without being tagged. The role of crocodile switches teams each time someone is tagged. The next child can try to cross as soon as a teammate is successful or his team's crocodile tags an opponent.</p> <p>First team with all children across the swamps wins.</p> <div style="text-align: center;">  </div> <p style="text-align: right;">     ball ○      cone ▲      coach ■      player ■   </p>
Progressions	<p>Repeat game but this time, instead of tagging, each team has to get five footballs across the swamp without it being intercepted by the crocodile. The ball cannot be carried or go above head height (i.e. children must decide whether to dribble or pass). The ball can only be passed if a team mate is in the opposite square to receive it. Balls that go outside of the squares do not count and must be returned to the starting square. Crocodile changes colour (red to blue, blue to red) if ball does not cross successfully.</p>
Coaching Points	<p>Encourage teams to come up with strategies for crossing the swamp successfully. Give them clues but don't tell them the answers. At the end, discuss with them which strategies were successful.</p> <p>Technical: Finding space, ball control. Physical: Changes of direction when running. Social: Teamwork and communication. Psychological: Focusing and decision making.</p>