

Athletics - Chase or escape

Athletics - This is a modified tag game to help develop speed in reaction, running and moving.

Age Range

Any age

What you need

- Indoor or outdoor area appropriate to the size of the group
- Standard marker discs or cones

How to play – game basics

- Athletes get into pairs
- Each pair stands in the middle of the playing area, back-to-back; each athlete faces a finish line on their side of the space – 5-20 metres from their start position
- Each side of the playing space is given a name; for example, a colour (red/yellow), compass direction (north/south) or animal (lions/monkeys).
- The person leading the session calls, for example, 'red', and all athletes on the red side (escapers) try to reach their finish line before their partner (chasers) can catch them.
- Players score a point if they reach their line before their partner catches them.

Adaptations:

- Where pairs have different abilities, adaptations can be made.

Chasers – a slower chaser only has to reach a line marked halfway from the start point and their opponent's finish line.

Escapers – the faster chaser has to wait a certain number of seconds (3-5 seconds, for example) or perform a task (turn around 3 times). See BESO.



Something to think about

Allow players to have more attempts (for example, 3 goes) – particularly when they are learning the game. Explore ways of ensuring that all the players are equally involved.

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BESO can be applied to adapt or modify the activity as in these examples.

tegeBar (Task)

- Athletes can start from different positions; for example, an ambulant chaser with a mobility-impaired partner can start from a position lying on the floor.
- Athletes face their own finish lines; but a faster runner can be asked to perform another task before heading for their finish line; for example, touch the floor with both hands first.

hEzebe (People)

- The activity can be played by pairs or by dividing the whole group into two teams.
- Some young people may benefit from the support of a guide providing verbal or tactile assistance; for example, a helper calling from behind the athlete's finish line.

quSaquse (Equipment)

- Brightly coloured markers, cones and balls may help young people who have vision or perceptual/spatial impairments to locate the finish line.

bOta (Space)

- Vary distance between the start position and the finish lines; note that athletes can start from different positions if their movement capability is different.

Safety

- Ensure that each pair has sufficient room to turn and move.
- To avoid contact between the athletes, the chaser has to pass their opponent instead of tagging them.

How to improve

- Get into position ready for the start signal.



Extension game – 'Rock, Paper, Scissors' Chase or Escape

- In this version the pairs play the familiar playground game 'Rock, Paper, Scissors'.
- The athletes face each other and count '1, 2, 3'; on '3' they make either a rock (fist), paper (flat hand) or scissors (first two fingers extended) shape.
- Rock blunts Scissors; Paper wraps Rock; Scissors cut Paper; same shape – go again.
- The loser runs for their finish line pursued by their winning partner.
- Adaptations can be made as for Chase or escape.