

Snatch and Run

How to play this game:

Divide the children into two teams. The two teams stand or sit approximately three to four metres away from each other. Number each member of each team. Put the five balls in the middle of the central playing area. Then call out a number, e.g. "Number seven!".

The two children that were named 'Number seven' run into the central area. They take one ball each and return it to their place. They return to the central area and take another ball, which again they take back to their place. The two children then have to race to snatch the last ball and return to their place with it. The first child to have three balls in their place is the winner. Replace the balls in the central area and select another pair of children.

Adaptations

Increase the size of the playing area for a more cardiovascular workout.

Increase the number of balls making sure that you always have an odd number.

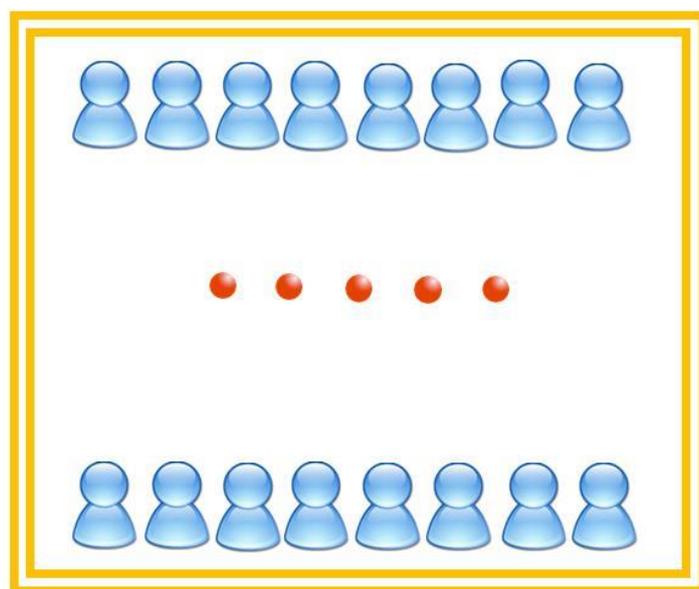
Change the method of travel, e.g. jumping or hopping.

Increase the number of balls in the middle and have two numbers running at different times.

Introduce a relay element whereby the first child after getting one ball tags any teammate who then has to do the next run.

Introduce two hoops on the floor, one between each team and the balls. The player who is 'on' has to complete a short task or exercise in the hoop before collecting a ball, for example, 3 star jumps.

This can be used as a rugby passing drill whereby the player running to the rugby balls has to collect one and pass the ball back to one of their teammates. This introduces the concept of having to pass backwards.



Learning Objectives

- Taking turns
- Running fast over short distance
- Agility and reaction speed
- Can be used as a fun warm-up

Resources

- Activity area
- Balls