

S2: Chase, Dodge and Flee



Aim: To learn the skill of *chasing, fleeing and dodging*

Infrastructure Required: Playground

Props & Equipment Required: Cones/Saucers and Soft balls

Class Size: Large class size of 40-50

How to Proceed

Level 1:

- Begin the lesson with a warm-up (Refer Appendix).
- Tell the children that chasing and tagging is very common but today they will learn the specific skills needed for chasing, dodging and fleeing.
- First, mark a starting line and then an end line at a distance of 30 feet.
- Have the children run as fast as possible from the start line to the end line, they should stop at the end line and try to stay balanced since they are coming at a high speed.
- After a couple of rounds, go to the next level.
- When the children are running in full speed, give the signal of 'turn right' or 'turn left', after which they have to make a sudden turn towards the respective direction.
- After the children are able to quickly change directions, ask them to come in as pairs.
- On a signal, they should run quickly and as far away as possible from each other.
- On another signal they should run quickly and come towards their partner.
- Mark a rectangular boundary and do the above activities within this boundary. This will give them more instances in which they will need to dodge and flee. Encourage them to make their actions quicker.

Level 2:

After a few repetitions of the above, divide the class into partners once again. Give a slight head start to one partner. The other partner should chase after them. Do the same but have the other partner flee.

Divide the class into groups of 5 children each. Nominate one child as the runner and the other 4 as the chasers. The runner has to dodge and get away from the chasers. The chasers should try to chase and tag the runner.

Life Skill - Help others

Give an instance where a child is running on the ground and falls down. The child has bruises on its knees and hands. Everyone is watching but no one helps him/her get back on his/her feet. Ask the children how they would feel if they were in such a situation. They would not feel too good. Therefore, tell the children that when someone needs help, you should always be there. When someone falls on the ground or if someone needs something in class, you should always help them.