

# Wheelbarrow Tag

## Teaching Points

- Work with a partner using either a box top or a bench
- Both pupils perform a Front Support position side by side, with their feet on the box or bench and their hands on the floor
- Start close together
- One pupil is the tagger and tries to tag the other pupil's hand once tagged, they retreat to starting positions
- The pupil being tagged tries to avoid being tagged by moving their hands quickly out of the way
- Change roles after a set time, for example 30 seconds

## Questions

- What will you need to watch to be successful at this activity?



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## Adapting the Activity

### Enable

- Practise Front Support position
- Play Sleeping Camels
- Practise Caterpillar Walking
- Pupil being tagged is only allowed to move hands in a specific area, for example within a hoop

### Challenge

- Encourage Taggers to set targets for the number of times they tag the other pupil in the set time
- Encourage pupils to use both hands and feet

## Health, fitness and well-being

- Strength\*
- Body Tension
- Core stability\*
- Co-ordination

