

Sleeping Camels

How to play / Teaching points

Pupils move around the hall using Camel walking. A small number of pupils work as shape changers. These pupils agree to work as hard and as fast as they can.

When tagged by a shape changer the pupil stops and walks their hands forward into front support position. They stay in this position until they are tagged again when they move their hands back in and begin Camel Walking again.

Adapting the activity

Enable

- Practise Camel walking
- Practise Front support position
- Move from Camel Walking into Angry cat position
- Practise Angry cat position
- Move from Camel walking into a held bridge shape
- Practise Bridge shape
- If pupils are unable to hold front support allow them to hold either a bridge or Angry cat position and return to Front support when they can
- Move only in a forwards direction

Challenge

- Encourage shape changers to set targets for the number of people they are going to tag in a certain time limit
- Encourage pupils to move in all directions
- Allow pupils to change into Front support position when they want to without shape changers
- Once in Front support position rotate over into back support or side support and then return to front support
- Once in Front support position pupils perform press up/s with bent legs

Health Related Exercise benefits

- Strength of shoulders, arms and wrists
- Stamina

Links to future learning

- > Handstand

