



# Jail Break



## Fun Activity

Medium Energy

### Equipment required

Cones - at least 10  
soft beanbag or soft ball

NB: Other adaptations applicable

## Activity Overview

Mark out an area which can be used as a "jail". Depending on numbers, 1 or 2 people will be police officers. They each put on a bib, and are given a soft bean bag or ball. On 'GO' the police have to try and catch the robbers (other children) by throwing the bean bag / ball under arm to hit a robber below the waist. If the bean bag / ball touches the robber, they must go to jail. This continues until all the robbers are caught. However, if the bean bag / ball misses the robber and slides along the floor, a robber (not in jail) can pick up the bean bag before the cop, and can throw it in the jail, from where they are standing. If the bean bag / ball lands in the jail, the robbers in the jail shout "JAIL BREAK" and are free to join back in the game. The coach can also shout "jail break" if people have been in jail for a length of time.



## Outcomes and Skills Development

Fine motor skills & movement (Running, Agility, Throwing)

Awareness of collaborative work through turn-taking

Positive behaviour that contributes to fair play: accepting defeat & following instructions

Listening skills



## Activity Title

# Modifications

### 1 -2-1

Adapt this activity to work on throwing and catching skills. Start by standing apart and throwing the ball back and forth. After each successful catch you take a large step backwards. If the object is dropped, take a step back in. When you shout "Go" the cop has 30 seconds to catch the robber.

### Small Group

If following Activity Overview, make the playing space smaller. Or follow the 1-2-1 activity above



### Progression

- Alter the size of the playing area or number of police officers.
- remove the ball/bean bag and have the police catch the robbers instead.
- If people are in jail, add sport specific or skill development activities such as dribbling basketball