



Shark Attack



Fun Activity

Low Energy

Equipment required

Hoops & cones (for area)

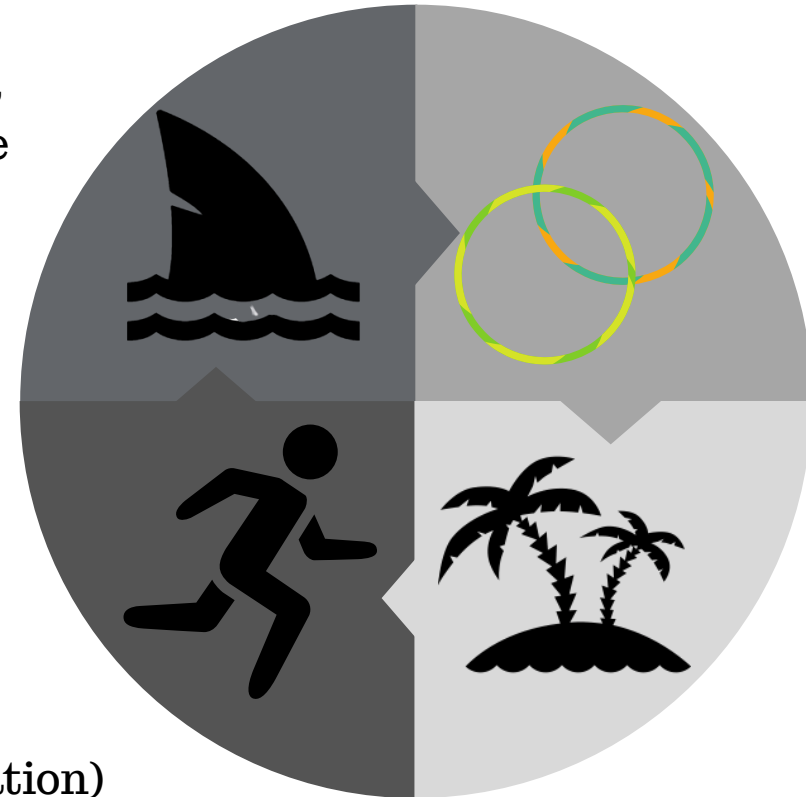
NB: Other adaptations applicable

Activity Overview

One catcher is a shark, the rest are swimmers. Spread a number of hoops around the hall, which are islands. The children jog (swim / surf / water ski) around the hall, and around the hoops. The shark swims around also, with their hands on their head, in the shape of a fin. When the coach shouts 'Shark Attack!' the swimmers must get onto an island before being caught by the shark. If any swimmers are caught they then become a shark. You play until everyone becomes a shark.

Outcomes and Skills Development

- Fine motor skills & movement (Running & Coordination)
- Awareness of collaborative work through turn-taking
- Positive behaviour that contributes to fair play: accepting defeat & following rules
- Apply group tactics & strategies





Shark Attack

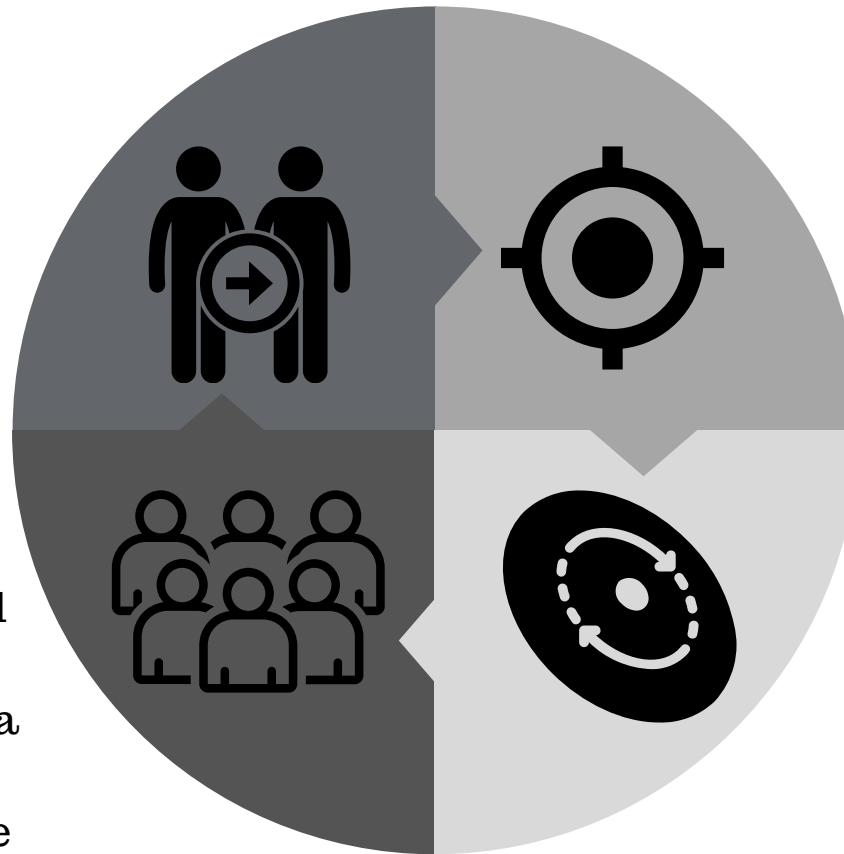
Modifications

1-2-1

Make one player a shark and one a human. The human starts at one end and has to try and swim across the sea without being caught by the shark. To challenge the shark, ask them to follow a 1 way route around the hoops.

Small Group

- Depending on the group and size, you can:
- Reduce the size of the area or number of islands.
 - Follow 1-2-1 activity above



Progression

- Alter the size of the area.
- Limit the number of people on each island.
- Remove islands as the game progresses.
- Start with no islands and only place them down once you yell 'shark attack'