DROP THE BISCUIT



Description of Activity

Give a cone to approximately one third of the group. Pupils without the cones are the chasers and pupils with the cones must try to avoid them. When a chaser tags a pupil with a cone they call 'drop the biscuit'. The pupil holding the cone must drop it and then becomes a chaser. The chaser then picks up their cone and joins the other pupils with cones trying to avoid the other chasers.



Variations

- Vary the locomotor skill used e.g. hopping only, skipping etc.
- Alter the number of chasers and cone holders to increase/decrease difficulty.

Equipment

An open playing area, cones

- This activity could be adapted to practise dribbling or kicking with a ball.
 - Remind pupils about safe, respectful tagging. Ensure that pupils do not grab or push each other, and that they use soft hands to gently tag their opponents, on the back of the torso between the hip and the shoulder. Explain clearly to pupils how to tag safely.
 Ensure pupils exercise caution when dodging around each other, by keeping their eyes open and looking forwards in the direction they are travelling.
- Place some cones/toys/teddy bears around the back garden and dodge around them.

