



Description of Activity

Invite three pupils to take the role of foresters and three pupils to take the role of lumberjacks. The foresters are the taggers and move around the playing area cutting down the trees (tagging the pupils). If a pupil is tagged by a forester, they must drop to their knees or to a crouched position. The role of the lumberjack is to tag these pupils a second time. If tagged a second time, invite pupils to drop to a front support position or a back support position and performs this balance for five seconds. The activity ends when all pupils are tagged at once. Invite pupils to change roles regularly.



Variations

- Vary the number of taggers to increase or decrease the difficulty.
- Add one pupil as 'mother nature', to free tagged pupils.
- Invite stronger pupils to lift their opposite leg and arm off the floor when performing the balance.
- After tagging three pupils, invite the forester or lumberjack to choose a new tagger to take their place.

Equipment

An open playing area



- Practise the front support and back support position before the activity.
- Discuss safe tagging technique with pupils before the activity.



- In your PE journal draw a balancing sequence. Practise performing this sequence at home.



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