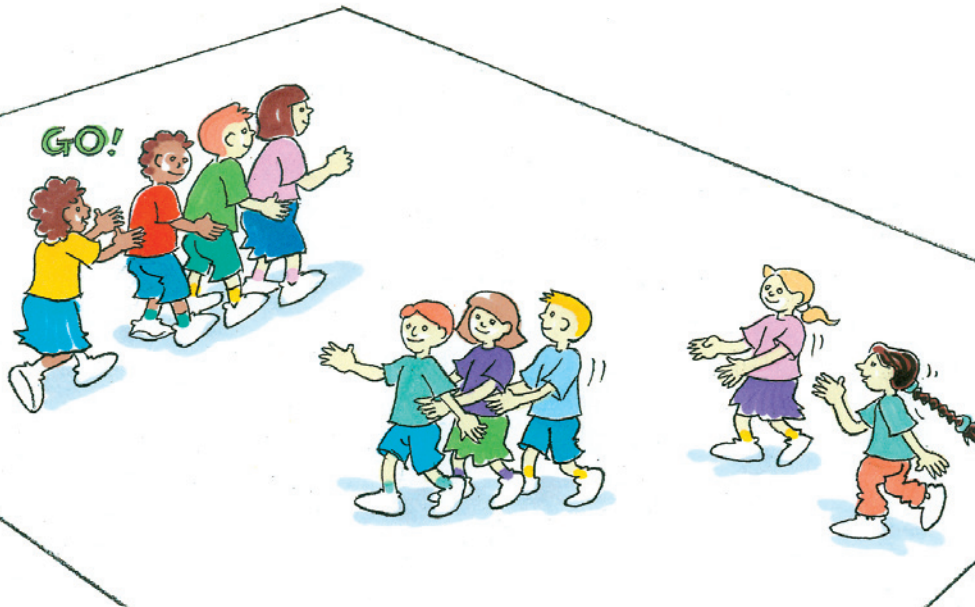




Loose carriage

C

Players in groups of 3 form a train (engine and 2 carriages). A few 'loose carriages' (taggers) are dispersed and try to join the end of a train. If successful in joining, the loose carriage calls 'GO' and the engine uncouples and becomes a loose carriage.



What to do

SETTING UP

- > Form into groups, see e.g. Start out WC 01a.
- > Disperse trains (groups) and ensure sufficient distance between trains and loose carriages.

PLAYING

- > **Go!**
- > An agile train will avoid the loose carriage.
- > Observe the group to judge how long to play. Remember, 'kill a game before it dies!'

Change it

- > Have more carriages in a train.
- > Use more or fewer loose carriages.
- > Change the size of the playing area.
- > If space is restricted, slow down the loose carriages by having them hop, fast shuffle or spring from both feet.
- > Provide 'safe zones' for trains – allow a 5-second rest. Loose carriages have to keep running.

Safety

- > Choose an area away from walls and other obstructions.
- > If performed in the pool, the activity should not come within one metre of a wall – call '**STOP**' if necessary.



LESSON LINK

This is an energiser that could be performed at any time.