

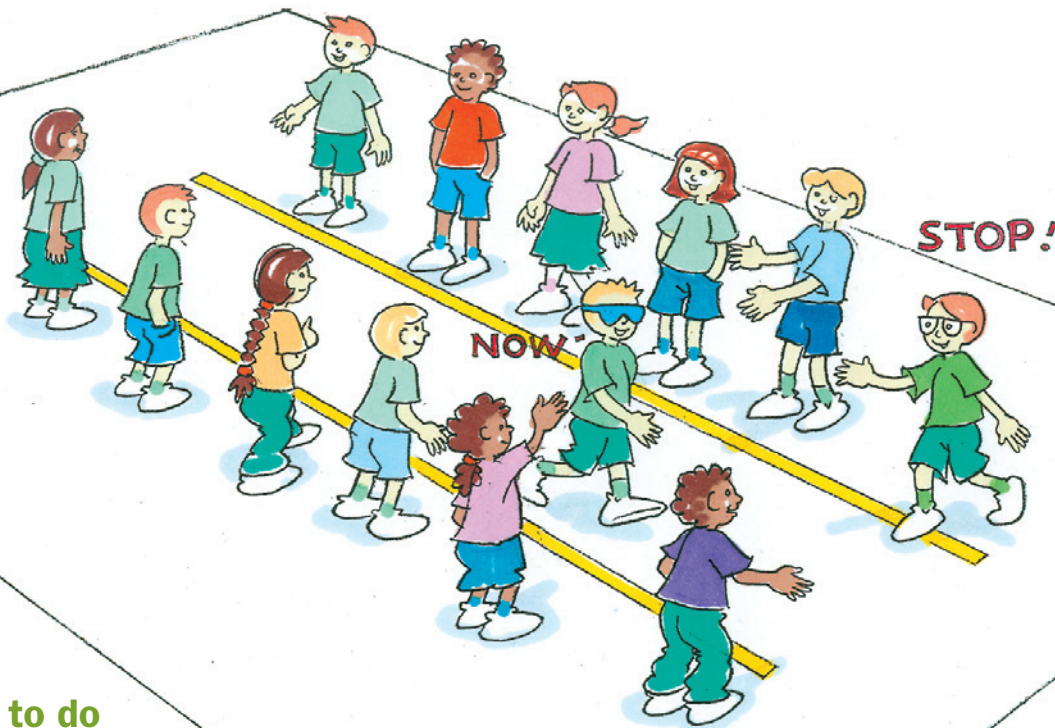
EASY MED HARD



Blind run

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A player with eyeshades or eyes closed moves through a corridor of team-mates while trying to judge the end of the corridor.



What to do

SETTING UP

- > Form a corridor of players about 2–3 metres apart. See Start out WC 01a for forming groups.
- > With larger groups, form several corridors.

PLAYING

- > Start with a walk, building up speed.
- > The player passing through the corridor calls 'NOW' when they think the end is reached.
- > Players at the end of the corridor gently tap the runner on the shoulder and call 'STOP'.

Change it

- > **Half-turn to start** – the runner starts with back facing the direction of travel, then has to complete a half-turn to face in the right direction. The corridor players provide lots of orientation suggestions! The 'GO' signal is not given until the runner is facing in the right direction.
- > **Chain clapping** – each person in the corridor line-up claps once at the moment the runner passes them. Ask 'Did this help the runner?'.
- > **Vary the length of the corridor** – more players or looser/tighter spacing.

Safety

- > Allow sufficient space for an 'over-run'.

LESSON LINK

Blind run is cooperative activity. The sense of distance becomes distorted as visual cues are removed. Players may be surprised when they find out where the corridor really ends.