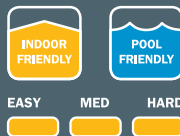




Australian Government
Australian Sports Commission

ENERGISER



Fun on the spot

A A quick energiser. 3 or 4 running on the spot variations are called. The emphasis is on short bursts of fun.



Change it

- > Fun on the spot can be adapted to an arms-only activity, if necessary.



What to do

SETTING UP

- > You need an unobstructed playing area. Most variations can be played in a pool.

PLAYING

- > Players are dispersed.
- > Call the variations – short burst, e.g. 15 seconds each.
- > **Random fun** – players can start with easy ‘all over the place’ jogging and on the call of a ‘fun on the spot’ variation do the nominated on-the-spot activity.
- > When players get to know the variations, have them call the variation.

Safety

- > Choose an area away from walls and other obstructions.
- > If *Fun on the spot* is combined with random running, ensure players have completed space/ player awareness activities, e.g. Start out WC 03a,b.

LESSON LINK *Fun on the spot* is an activator that disguises short bursts of activity.

ENERGISER



Frost and Thaw

B One player is *Frost* and is the chaser. Another is *Thaw*. *Frost* tries to tag as many of the other players as possible. Once tagged, they must freeze on the spot. *Thaw* can melt these players by touching them. They can then rejoin the game. (Play with 6 or more.)

What to do

- > Play on dry land or in a suitable pool. Establish boundaries.
- > Start with running.
- > Encourage frozen players to call out for *Thaw*.

Change it

- Vary the travelling skills** – all players have to use the chosen locomotion.



- Two Frosts** work together but must hold hands throughout – encourage players to choose their own partner.



- Pool option** – a player can't be tagged if they are completely immersed.



- Harder for Thaw** – one *Thaw* but two *Frosts* moving independently.
- Harder for Frost** – one *Frost* with two *Thaws* moving independently.
- If you are playing in a pool, experiment with the number of *Frosts* and *Thaws*, because it is harder to move through the water.

Safety

- > If indoors, boundaries should be away from walls or freestanding objects.
- > Players should be familiar with space and player awareness activities such as Start out WC 03a,b.

LESSON LINK *Frost and Thaw* builds on introductory awareness activities (Start out WC 03a,b) and provides a way to ‘disguise’ vigorous activity while maintaining interest.

SESSION PLANS

Combo > Start out WC 10a + Get into it INV 1.2
Combo > Start out WC 10b + Get into it INV 07a + Get into it INV 02