



Participants learn about and practise invading an opponent's territory to score the most number of points while avoiding getting tagged.

Facility

- Gymnasium
- Outdoors

Materials and Equipment

- 20 discs
- A piece of paper for each disc which identifies a point value
- 20 hula hoops
- Pinnies for one group

Safety

Inspect the activity area and eliminate potential hazards. Check that the activity surface provides safe traction. Clearly outline the boundaries for the activity and set a safe distance from walls and obstacles. Emphasize that a "tag" is a touch, not a push or a grab. Define areas of the body that can be tagged (e.g., arms, back).

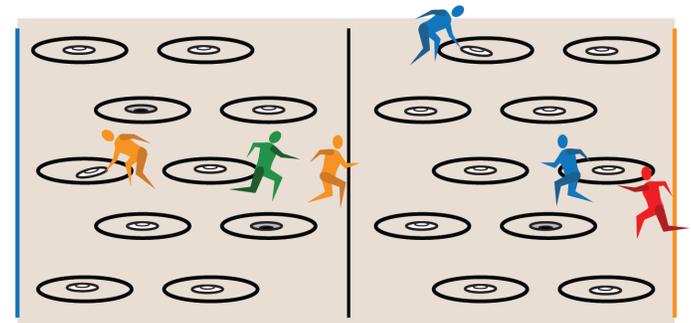
Activity Information

Activity Set-up

- Divide the participants into two groups and divide the activity area in half. Assign each group to a side.
- Participants scatter 10 hula hoops on each side of the activity area, and place a disc within each hoop.
- Participants assign a point value to each disc by taping a piece of paper with a number to the underside.
- Participants ensure the numbers are facing down so that the point values are hidden.
- Select two participants from each group to be the designated taggers.

Activity Instructions

- The object of the game is for one group to cross into the other group's side and flip over the discs to score the points indicated while avoiding being tagged.
- If a participant is tagged, that participant must return to his or her side right away.
- Once a participant has one foot inside a hula hoop, they are safe and cannot be tagged. Taggers must stay outside of the hula hoops.
- A participant can flip over only one disc at a time, after which they return to his or her own side of the activity area. Once the participant has returned to his or her side of the activity area, they may return to the other side.
- Groups work together to collect the most points by flipping as many discs as possible. Re-start the game if one group succeeds in flipping all the discs.
- The leader asks open-ended questions to help participants refine their movement strategies and tactical solutions during the activity. Examples include: Describe when the optimal time is to invade the other group's territory and why. How can you work as a group to be successful at turning over the discs? Describe one strategy you can apply to prevent getting tagged by the other group.





Adaptations

To maximize the challenge and the fun, participants could identify their own ways to increase or decrease the challenge.

To decrease the challenge, participants could:

- Increase the number of discs and hoops.
- Designate 1 participant per group to act as a “healer” who can turn the flipped discs back over, removing the points from the other group.
- Provide taggers with an item to use to tag participants, such as a pool noodle.

To increase the challenge, participants could:

- Decrease the number of discs and hoops.
- Assign the roles of taggers (defence) or runner/flipper (offense) on their group.
- Add challenges that participants are required to perform before flipping a disc (e.g., perform a fitness activity, touch two other hoops, run in a circle around a hoop).

Pause for Learning

Throughout the activity, consider highlighting the following skills, concepts, and strategies to help participants invade the other group’s territory and avoid getting tagged. Note that this is not an exhaustive list, and further learning opportunities may arise during the task.

Movement Skills and Concepts

- Spatial awareness: Moving appropriately in different directions and pathways in order to be successful in the territorial game (e.g., knowing how to move effectively as an individual or a group in order to invade the other group’s territory)

Movement Strategies

- Applying skills and strategies in order to avoid getting tagged and/or tagging other participants (e.g., using speed to move quickly to avoid getting tagged. Observing where the tagger is so that you can decide when the optimal time is to flip a disc)
- Creating and applying tactics in order to invade the other group’s territory to score points (e.g., working with group members to distract the opponents so that other group members can invade their territory)

Sport Connections

Contains aspects of:



Canadian Physical Activity Guidelines

