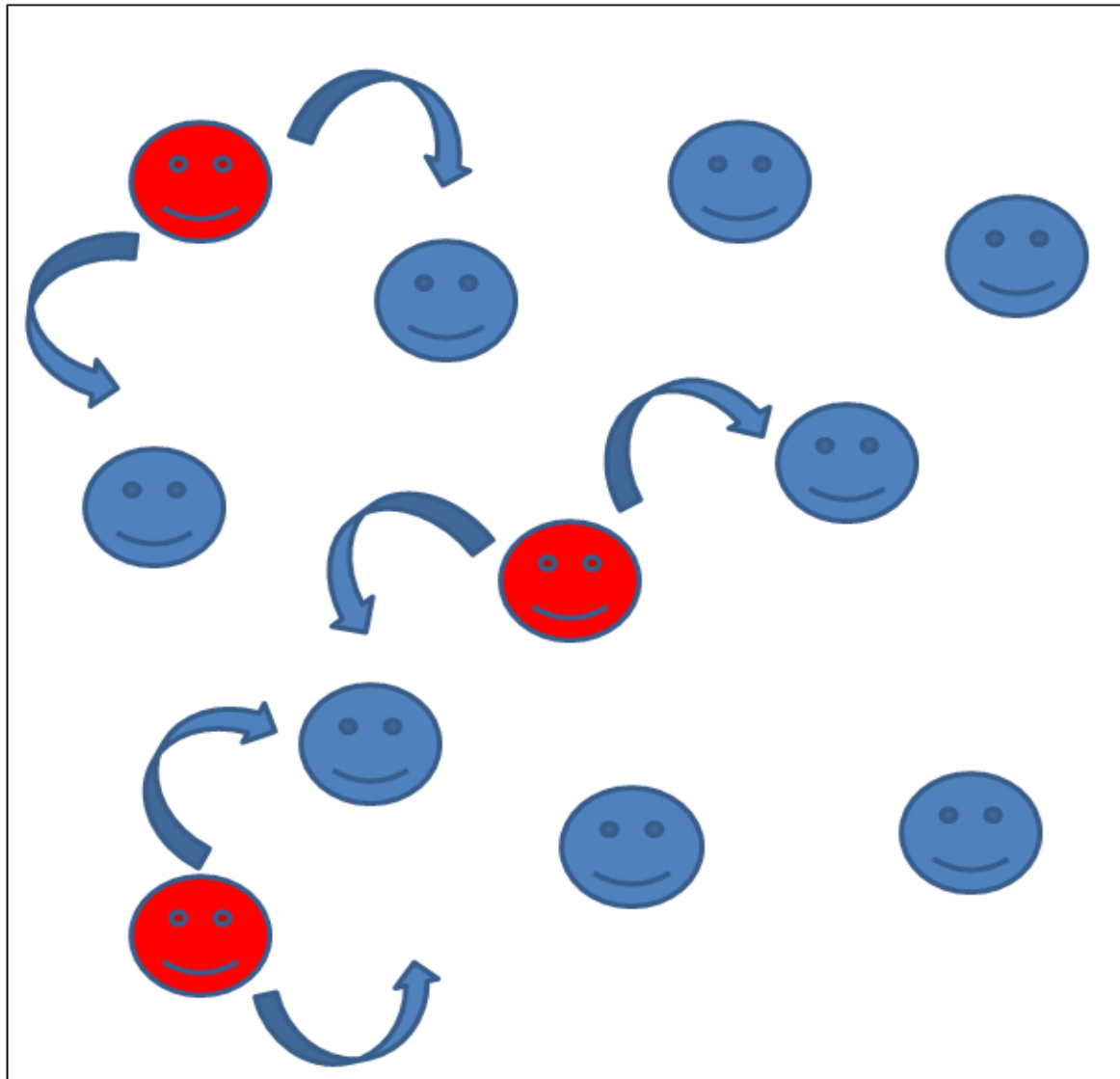


Step Chase



How to Play?

- Coach chooses 3 or 4 children to be chasers. (wearing bibs)
- Remaining class members run around the area until the coach calls "Stop" and all must stand still.
- The catchers may then take 1 step or 1 leap in any direction to try and touch a player.
- Anyone touched changes places with successful catcher and process is repeated.

Step Chase

Make it harder

- Increase the number of chasers.
- Limit children to 1 small step rather than leap, making it harder for chaser.
- Challenge children to explore different methods of travelling. (Sideways, backwards, skip, hop or jump)

Make it easier

- Let chaser take 2 steps or leaps after stopping.
- Increase the runners therefore less space.
- Less chasers.