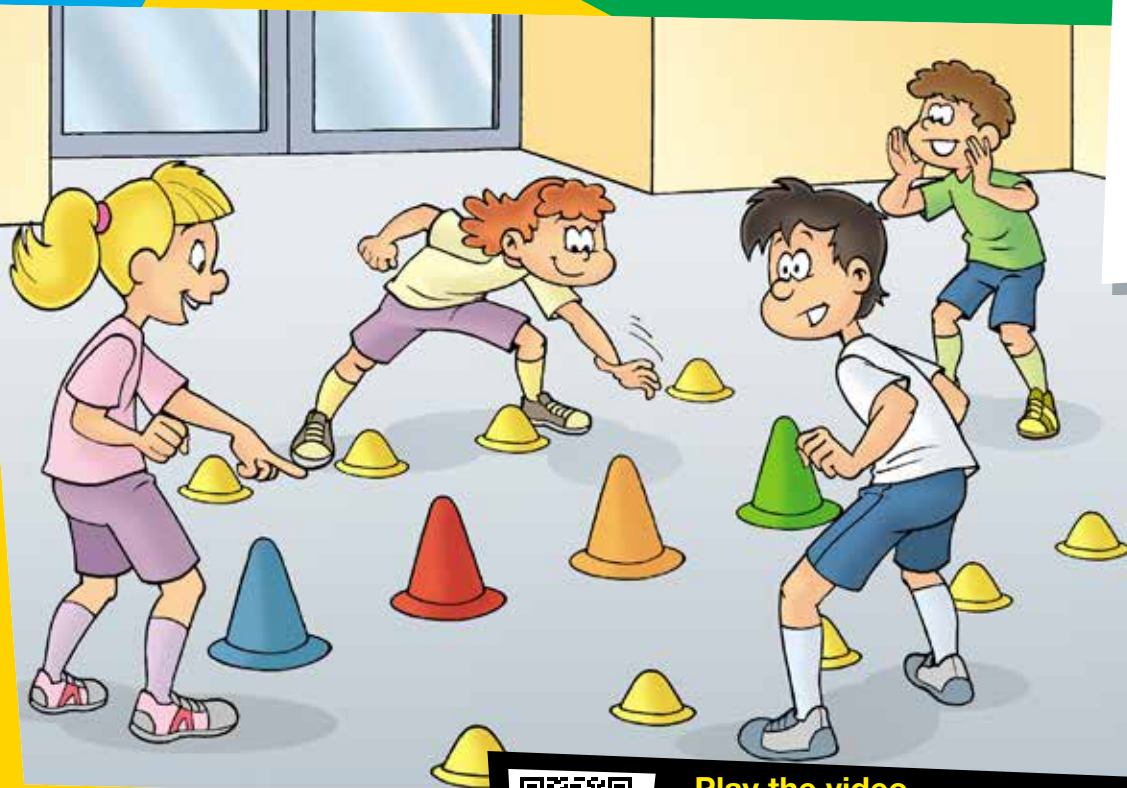


## LINE LUNGE

### Achieve the challenge

The aim is to accurately follow instructions as quickly as possible.



### How to play

1. Get into groups of three.
2. Mark out two lines using cones or markers about two metres apart and two metres wide.
3. In between the lines, place cones or markers of different colours.
4. Stand opposite a partner on opposite lines. One player is the caller and stands to the side.
5. If you are the caller, give instructions, e.g. right hand blue, left foot red.
6. If you are a player, you must sidestep along your line to the colour and follow the correct instruction, keeping at least one foot on your line.
7. Play for one minute and then swap players.

### Equipment

#### Essential

- Cones or marker of different colours (or use any items you can find).

#### Optional

- Something to mark out a line for players to stick to.

### Spirit of The Games



#### Honesty:

Do you say if your partner reached the target before you?



#### Determination:

Can you practise this type of activity during breaks and at home to improve?



#### Self-Belief :

Can you set yourself a challenging target and really believe you can achieve it?

### Safety

- Make sure there is enough space between players.
- Watch out for hitting into other players when you are bending down.



### Play the video

Scan this QR code on your mobile device to watch how the game is played.

### Link it up

- Sideways movements and quick changes of direction are important skills in sports such as boxing, fencing and judo. It is also useful when being a goalkeeper.

### Think tactics

- What is the best way to stand when waiting for the instruction?

## LINE LUNGE

### Roles for leaders and officials

- Ensure the lines are drawn and there are different coloured markers by the players.
- Time the games.
- Check for the correct actions and decide on which player gets to the markers first.

### Including Everyone

- Remember to use hand signals or visual instructions alongside giving verbal instructions. Could the items be at different heights?

### STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

#### EASIER

- S** Shorten the length of the line.
- T** Only use one type of instruction.
- E** Increase the numbers of floor markers.
- P** Play individually.

#### HARDER

- S** Increase the length of the line.
- T** Give two instructions together, e.g. left hand red, left foot green.
- E** Put floor markers behind the line.
- P** Play in teams.

### SMILES DETECTIVE

It's important to make sure you can answer YES to the following questions.



#### SMILES checklist:

- Is the activity safe?
- Is everyone joining in?
- Can you change anything if they aren't?
- Is everyone learning new things?
- Is everyone smiling and enjoying the game?

If you can't answer YES to these questions, make sure you STEP in.

### Change it up

- Change your starting position e.g. lying on your front (like a press up).
- Play individually against the clock to see how many points you can get in a minute.
- Put cones or markers behind the lines too, so sometimes you have a backwards action to make.
- Be creative with the instructions you give and the body parts you ask players to use.
- There are lots of ways that this game could be played. Be creative and come up with your own versions!