

Rats and Rabbits

FMS Skills

Locomotor- running, + could change to other locomotor movements such as walking, jumping, hopping, skipping, side stepping, galloping etc.

Stability- Turn and pivot

Equipment

Cones if no lines are marked.

Area

Hall, grass, hard surface with line markings.

Formation

As in diagram on next page – children in 2 teams lined up adjacent to a mid-line. One team called Rats, the other called Rabbits.

Instructions

- When teacher calls “Rats”, the children in that team run to the safety of their own line, while the Rabbits chase them.
- If tagged they join the other team’s line.
- Both teams return to central line.
- When teacher calls “Rabbits”, the Rabbits team runs to their safety line chased by Rats – if caught, the Rabbits join the other team.

Variations

- Select other group names beginning with the same letter or sound.
- Use a range of different locomotor movements.
- In pairs, children have to play paper scissors rock. The loser turns and sprints to their safe line. If they get there without being caught they are awarded a point. If the partner catches them the partner is awarded a point. Both players return to the middle and begin game again.
- Players experiment with different starting positions (i.e. feet parallel, one foot in front of the other, seated, lying down on back, lying down on front).

To make it easier

- Shorten the distance the players run.
- To make it easier for the runners increase the space between the two teams.

For even younger children (particularly under-fives)

- Have all the children in one line and if rats are called all run to the safe line one way, if rabbits are called run the other way.
- Change the safe zone lines to names that reflect the way they are running, e.g. playground and sandpit.

To make it harder

- Increase distance they have to run, or change it so the faster runner has to run further.
- Changing the locomotor movement will make it harder for a lot of children.

