

lunge for it

Lean and reach while you pull, pull, pull!



how to play



Players stand side by side with one foot forwards and one behind in a lunge position, back foot turned outwards at 90 degrees.

Give everyone a long piece of string/rope with a beanbag tied to one end, laid out full length. Players race to pull their string towards them and reach for the beanbag. First to grab it is the winner!

Now let's mix things up. Play and shout a command. Players must vary their stance to match, ensuring a solid stable base. The commands are: "Left foot forward, lunge", "Right foot forward, lunge", "Stand sideways to the left" and "Sideways to the right". This will change the head position and the way you pull.

Safety: make sure the object tied to the rope isn't too heavy and other children don't run across the play space.

equipment

Long lengths of string/rope, beanbags or similar, stop watch, flat markers, buckets.



sporting connection

This activity helps practise skills of lunging and selecting the appropriate head position each time and that's needed for the sport of fencing.



did you know?

Fencing takes place on a narrow 14m x 2m 'piste' taking its influence from the castle hallways where fencing duels were fought.

wider club activities

lung for it

Skills

Example

Thinking me

Think about a new skill or game you have learnt today and try practicing it at home.
Have you been able to get better or have you beat your score?

Social me

This week, we need some volunteers to discuss with the headteacher how we could share some of what we do during an assembly. (The club leader can help volunteers by arranging a meeting with the headteacher for the children and develop some questions with the volunteers that they could use at the meeting.)

Healthy me

For next week, let's think about what it is about our club that makes us each feel good and happy.

Physical me

At next week's club session, let's share some of the new activities you have tried during the week, at home, school or playing out.

Creative me

Could we design a healthy eating advert for the rest of the children in our school using the information on the Change4Life website?

space

Make the play space bigger

Make the play space smaller

task

Attempt to pull the beanbag in fewer pulls each time to encourage larger pull actions

Once the player has caught their beanbag, race to put it back to where it started

Seated players can change position or lead with alternate hands instead of 'lunging'

Players using mobility aids like crutches or wheelchairs can move forward and back over a line instead of lunging

Players time themselves and try to beat their previous time

equipment

Tie larger/heavier equipment to the end of the string (make sure it's not too heavy for players to pull in)

Change beanbags for bigger/smaller equipment

people

Play as an individual

Play in a pair

Play in teams