

MFA 39



STUCK IN THE MUD WITH “HIGH FIVE” RELEASE”

Three or four children are chosen to be “chasers”. On a signal from the teacher the chasers try to touch as many free runners as possible. When “tagged” children stand still with arms stretched high above their heads. Free runners may release any who are “stuck in the mud” by jumping up to slap both hands simultaneously (**high five**). Allow the game to continue for approximately 1 minute and then change the chasers. Have several games.



MFA 40



FOX AND GOOSE

Three children grasp hands/wrists and form a small circle. A fourth person stands **outside** the circle (*Fox*). The “fox” identifies a “goose” (*one of the three*) to chase. Dodging from side-to-side (*not reaching across the circle*) the fox tries to touch the arm of the “goose”. The other two players in the circle move from side-to-side to protect the “goose”. (**SAFETY POINT!** *The circle must move **round** in different directions to counteract the dodging “fox” **not** run away! **TIP** place a marker on the floor in the centre of the circle and they should always move **around** it*). This is an exhausting activity – change the fox every 20 seconds.

