

Kat efter mus

(Cat after Mouse)



Aim of the game: The Cat tries to catch the Mouse – this is a tag game for many participants.

Set up: Indoor and outdoor free space (e.g. park, school backyard, gym)

Rules:

Participants hold hands in a circle facing the center. Two mice stand inside the circle and two cats stand outside circle. The mice try to get outside the circle and back again by running under the arms ("the mouse holes") of the participants. The mice are not allowed to enter through the same hole as where they come from. When the mice are outside the circle, the cat must try to catch them. If a mouse is caught, the mouse changes roles with the cat. When a mouse has been out of the mouse holes three times, it changes places with a participant from the circle. It doesn't matter if in the meantime it has been a cat.

As the number of participants increases, there can be more cats and mice playing the game.



Equipment and Materials: None

Age:
5+

Number of players:
10 - 25 per team

Duration:
10 - 30 min.

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Teaching Style

1. Provide clear and simple instruction
2. Balance the ability level of the teams (cats and mice)
3. Encourage players to communicate throughout the game
4. Safety instructions to be tailored to the environment and participants playing the game.

Equipment

1. Players with a visual impairment may use mobility aids while the 'cats' or 'mice' wear a bell to provide their position
2. Brightly coloured equipment can be used (e.g bibs)

Rules

1. Allow players forming circle to open/close holes by moving their arms up/down
2. Place items outside the circle that the mice need to collect before returning to the circle
3. Set time limit for maximum length one player is a cat/mouse
4. Increase/decrease number of players per team

Environment

1. Increase/decrease size of playing area
2. Increase/decrease space between people in the circle so as to make holes bigger/smaller
3. Ensure the indoor/outdoor/pool playing area has a smooth surface and is free of obstacles

