Smække fluer

(Swatting flies)

Aim of the game: To touch the opponent and return to one's position as fast as possible to avoid being caught by the opposing team.

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

Rules:

Two teams stand behind their own "pax" or safety line.

In turn, each team sends a player to the opposing team, which is lined up, hands stretched out and palms faced upwards.

The "delegate" now passes up and down the line, pretending to strike somebody on the palm.
At some point, the "delegate" chooses an opponent and strikes its palms.
The delegate must then try to get back home to the safety line while the opponent tries to catch him.
The delegate that gets touched by the chaser must join the opposing team.

The game should be played in any indoor or outdoor area that allows the players to move freely.

Variation:
1. Strike three times; 1, 2, - and first at strike 3 will make the opponent try to catch!
2. Each team can send a "delegate" at the same time.
3. Strike at the knees or feett of the opponent.

Equipment and Materials:
None

Age:
5+

Number of players:
4 – 25 per team

Duration:
10-30 min.

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Teaching Style

1. Encourage players to communicate throughout the game
2. Balance the ability level of the team
3. Safety instructions to be tailored to the environment and participants playing the game

Equipment

1. Allow participants in the triangle to be connected via rope/rings
2. Provide a bell for the catcher so as to provide aural awareness

Rules

1. Reduce number of players to 3 (2 hold hands, 3rd is the catcher)
2. Increase players to 5 (4 hold hands and 5th is the catcher making a square0
3. Set a time limit to prevent one person being catcher for too long /short a time
4. Modify movement pattern: e.g. jump on one leg, in press-up position (forward/backward), everybody sitting in a wheelchair

Environment

1. Ensure the indoor/outdoor playing area has a smooth surface and is free of obstacles

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