



Shake

A tagging game of uncertain origin played widely by children in Tanzania.

Age: 5+

Players: Two teams of six.

Pitch: A grid (i.e. boxes with corridors) drawn on the ground the approximate size of a volleyball court.

Time: Unlimited.

Rules: Two teams of six players.

A grid (ie boxes with corridors) drawn on the ground the approximate size of a volleyball court.

The defending team's players position themselves along any corridors within the grid.

The attacking players position themselves outside the grid at one end.

On a signal, the attacking team moves from box to box in an

attempt to get to the opposite end of the grid.

The defending team aims to tag the attackers whenever they pass through a corridor space.

Scoring

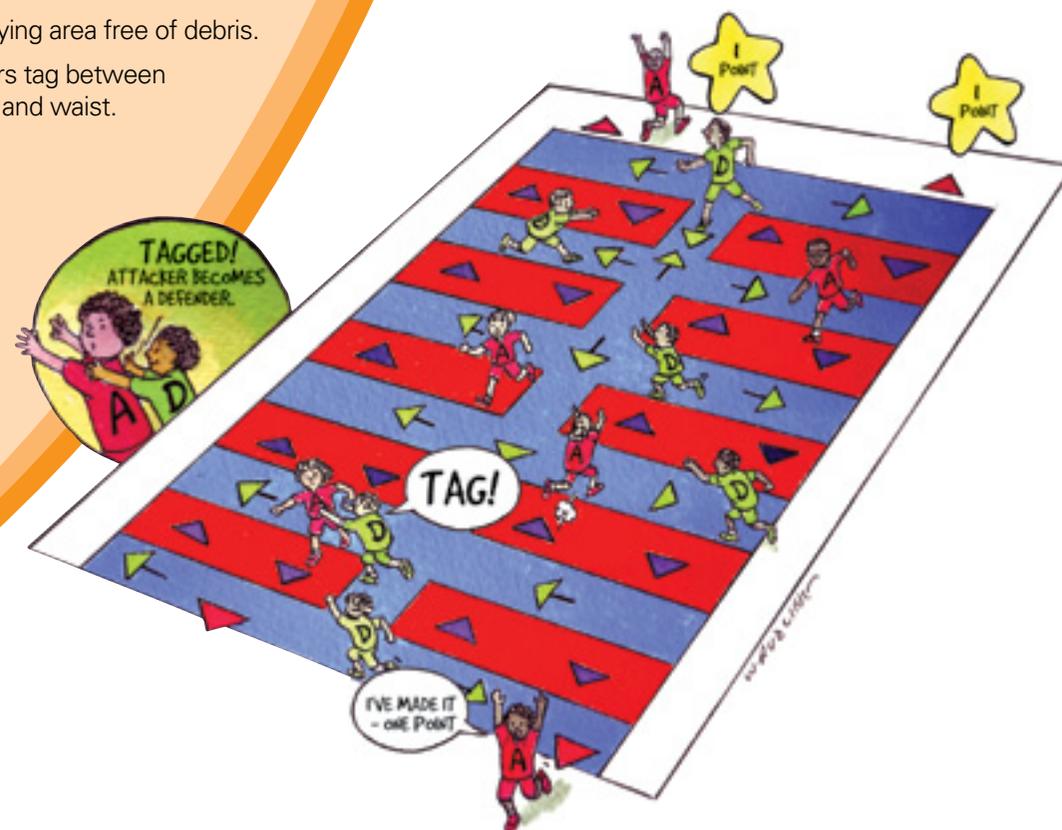
- Each member of the attacking team who reaches the opposite end of the grid without being tagged scores one point.
- The attacking team repeats the activity back to the starting line scoring in the same way.
- When an attacker is tagged in a corridor he or she becomes a member of the defending team.
- When the attacking team has had two attempts to score points the teams change over.

Equipment

- A playing area the size of a volleyball court marked with grids and corridors.

Safety

- A flat playing area free of debris.
- Defenders tag between shoulder and waist.



Adaptations and variations

Easier

- **Space:** Decrease the size of the corridor areas.
- **Task:** Attackers score one point for every box reached successfully.
- **Equipment:** NA
- **People:** Increase the number of attackers.

Harder

- **Space:** Increase the size of the corridor space.
- **Task:** Attackers must cross the grid there and back to score one point.
- **Equipment:** NA
- **People:** Decrease the number of attackers.

Inclusion

An attacker could score one point for each box reached successfully.

Skills developed

- Running
- Stopping
- Changing direction
- Teamwork
- Planning and strategies

This activity can be used as

- A warm up
- A skill-development activity
- A game

Who could use this card?

- Teachers
- Young leaders
- Sports coaches
- Community leaders
- Students

