

# SCOUTS

## Activity: Play Foxes and Rabbits (Squirrels, Beavers, Cubs, Scouts)

🕒 10 mins

### Be active

Look after your body by being physically active.

### Live healthily

Gain awareness and practical skills to take care of your body and mind.

## Safety alerts

### Active games

The game area should be free of hazards. Explain the rules of the game clearly and have a clear way to communicate that the game must stop when needed. Take a look at our guidance on [running active games safely](#).

Avoid the dodgeballs and being caught by the foxes in this quick team game

## Equipment

- Soft balls
- Anything to mark a large square on the floor

### Before you begin

- Use the [safety checklist](#) to help you plan and risk assess your activity. Additional help to carry out your [risk assessment](#), including examples can be found here. Don't forget to make sure all young people and adults involved in the activity know how to take part safely.
- Make sure you'll have enough adult helpers. You may need some parents and carers to help if you're short on helpers.

## Setting up the game

- Mark out a large square in the middle of your space to represent your rabbit warren. You could choose to use masking tape, cones or chalk.

## Go hunting

1. Choose two players to start as foxes. Everyone else will be starting as a rabbit.
2. All of the rabbits should spread out in the rabbit warren.
3. The foxes should get a soft ball each.

4. The foxes should roll their ball at the feet of a rabbit to catch them. The rabbits should try to dodge the balls.
5. If a rabbit is hit with a ball below the knee, they should become a fox. They should get their own ball to start catching rabbits with.
6. The game ends when there are no rabbits left in the warren.

## **Reflection**

Take the time to think about what you did and why – you'll be amazed at what you learn. Try out a quick, active reflection from our [reflective toolkit](#) to lock in the great things you tried and learned in this activity.

## **Change the level of challenge**

To make this game harder, you can introduce more balls or make the warren smaller.

You can also play the game where the rabbits can catch the foxes in the same way and rabbits can roll the balls at the foxes. If a fox is caught, they become a rabbit. If a rabbit is caught, they become a fox. Will there be one fox or one rabbit left at the end of the game?

## **Make it accessible**

Make sure the warren is laid out with enough space for everyone. For example, you may need to think about people who use mobility aids.

People can work together to make sure everyone can pick up and roll the balls.

## **Take it further**

Try out some more active games and get your body moving with our [activity finder](#).

