

Activity Sheet

Title: Hook - Unhook

Category: Motor education

ORGANISATION OF THE EXERCISE

Duration: 15 to 20 min

Arrangement: in a circle

Age: 5 to 6 years olds

Materials: /

Objective(s): Encourage students to take part in a collective action

Respect the rule

Run to save or catch

CONDUCT OF THE EXERCISE

Motivation(s) for the exercise : The teacher explains to the pupils that this is a chase game. "There's a cat and a mouse. The others are going to get into pairs and hold each other's arms. The cat has to catch the mouse. The mouse must hold on to a pair of friends before it gets hit.

Exercise : The pupils form a circle. The teacher pairs them up and they hold each other's arms. The free hand is placed on the hip. The pairs move apart so that there is space between them and the mouse can hold on. The teacher chooses a cat and a mouse. The cat tries to catch the mouse by running around the round. When the cat touches the mouse, it becomes a cat. The mouse can rest by holding on to a friend. The player on the opposite side of the pair becomes the mouse.

Control of acquisition: The cat has to catch the mouse. The mouse must hold on before being touched. The pupils in the pair must be alert to the possible arrival of a mouse before leaving.