

Name:

Date Assigned:

FUNDAMENTAL MOTOR SKILL: DODGING

ACTIVITY: *What time is it, Tricky Wolf?*³

Description: Assign one child to be the wolf who stands about 10m away from the other children. The other children ask the wolf, “what time is it Tricky Wolf?”. The wolf responds with a number between 1-12 or they can say “dinner time”. When the wolf says “dinner time”, all the children run back towards the starting line and the wolf tries to tag them.

Number of participants



3 or more



Skills

Physical: dodge the person trying to tag you, reaction time, upper and lower limb coordination, agility

Cognitive: selective attention, visual processing

Social: awareness of personal space

Equipment

- None

Adapted from <https://www.youtube.com/watch?v=CmMcks81YmM>

Goal examples:

- The child will be able to dodge 2 tagging attempts when running back to the starting line.
- I can be the wolf when partnered with a friend.

My personal goal:

³ Lloyd, M. (2010). *Fundamental Movement Skills: Active Start and FUNdamentals Stages – For Children with Developmental and/or Behavioural Disabilities*. Ottawa: PHE Canada.

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Next Check-In Date:

FUNDAMENTAL MOTOR SKILL: DODGING

ACTIVITY: *What time is it, Tricky Wolf?*³

Modifications

To make the activity easier	To make the activity harder
Change the environment	
<ul style="list-style-type: none">Require the wolf and the other children to stay at least 1m (or further or closer) from each other until the wolf says “dinner time” to decrease physical demand	<ul style="list-style-type: none">Have all the children hop on one leg after the wolf says “dinner time” to increase physical demand
Change the equipment	
<ul style="list-style-type: none">Have the wolf wear some sort of “mark” (i.e., pinny) so the dodgers can see them easily to decrease cognitive demand	<ul style="list-style-type: none">Use equipment/cones as obstacles that children need to dodge as they are running to increase physical and cognitive demand

³ Lloyd, M. (2010). *Fundamental Movement Skills: Active Start and FUNdamentals Stages – For Children with Developmental and/or Behavioural Disabilities*. Ottawa: PHE Canada.