

PAC-MAN



Foundation

OBJECTIVE(S)

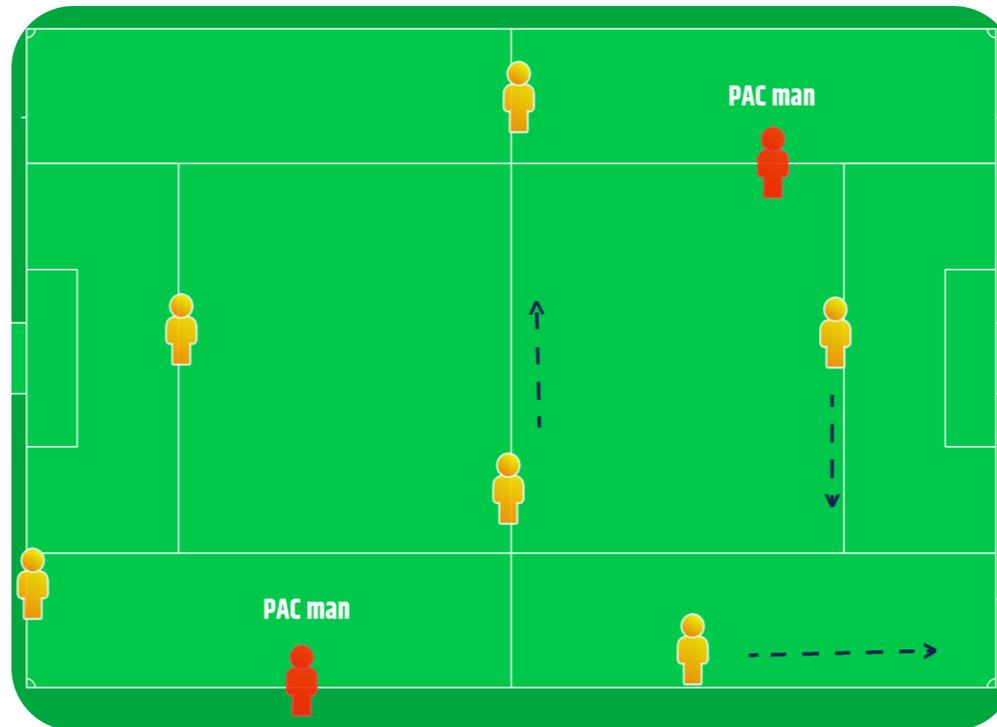
- To improve balance from both stationary and moving positions

THE GAME

- Players must keep feet on the lines when moving (walking/running)
- 3/4 "pac men" are the catchers and must move around the lines trying to tag players.
- When player is tagged they must complete a 5 second balance in order to play again

COACHING POINTS

- Head up, arms out to balance
- Be careful with foot placement



HARDER/EASIER

- Harder - coach can point out when players "fall off" the line and give forfeit.
- Add more or less catchers.
- Give each participant 2/3 lives, once all lost they are out.

CURRICULUM LINKS

- PDMU
- Numeracy
- World Around Us

FOOTBALL LINKS

- Balance is important when striking the ball for a pass or shot in football.

