



PASS AND CHASE

STUDENT TARGETS

- **Skill:** I will apply movement concepts to safely chase or flee from my partner.
- **Cognitive:** I will identify ways to safely move when chasing or fleeing.
- **Fitness:** I will stay actively engaged during the activity.
- **Personal & Social Responsibility:** I will work with my teammates in a respectful way.

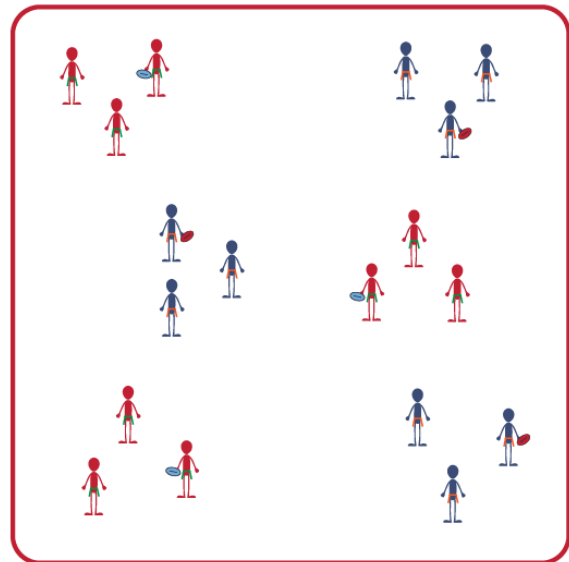
EQUIPMENT & SET-UP

Equipment:

- 1 football (or any tossable object) per 3 students
- 1 flag belt per student
- 4 cones for boundaries
- Music and music player

Set-Up:

- Create groups of 3 students. All students will be wearing a flag belt.
- Each group spreads out in the activity space with 1 football (or tossable object).
- Each group will begin in a triangle formation approximately 15 feet (5 yards) apart.
- Set up boundaries with the 4 cones.



ACTIVITY PROCEDURES

1. This activity is called Pass and Chase. The object of the game is for the person with the ball to flee and avoid getting their flag pulled when the music stops.
2. You will begin facing your partners in a triangle formation. When the music starts, you begin overhand passing the football with your group.
3. When the music stops, the person with the ball must immediately (and safely) move away from their 2 partners who are trying to pull their flag. The defenders will have 10 seconds (counted by the teacher) to catch and pull the flag.
4. 1 point is earned each time the person with the ball is able to successfully flee from their partners and not get their flag pulled. 1 point is earned by the defender if they are able to successfully catch and pull a flag within the 10 seconds.
5. Once you hear the stop signal, the partner currently holding the ball will move and find a new group before we reset and play another round.

GRADE LEVEL PROGRESSION

- **Grade 6:** Play as described above.
- **Grades 7 & 8:** Allow anyone without a ball to pull the flag of anyone who does have a ball when the music stops.

TEACHING CUES

- **Cue 1:** Communicate with your teammates using positive language.
- **Cue 2:** Pull down on the flag when trying to pull the flag belt from your partner.
- **Cue 3:** Be aware of your surroundings and keep your eyes up in order to move safely through the activity space.
- **Cue 4:** Remember to show respect and hand the flag back to your partner after you pull it.



PASS AND CHASE (continued...)

UNIVERSAL DESIGN FOR LEARNING

- **UDL 1:** Allow students to use objects of different sizes, colors, weights, and textures.
- **UDL 2:** Decrease the size of the activity space if needed.
- **UDL 3:** Use peer partners as needed.
- **UDL 4:** Provide verbal cues and visual demonstrations for each challenge.

ACADEMIC LANGUAGE

Pass, Agility, Safety, Chase, Flee, Teamwork

PRIORITY OUTCOMES

Locomotor Skills:

- Combines locomotor skills with movement concepts in dance, fitness, and sport environments.

Social Interaction:

- Demonstrates respect for self and others in activities and games by following the rules, encouraging others, and playing within the spirit of the game or activity.

DEBRIEF QUESTIONS

- **DOK 1:** How would you describe what teamwork looks like?
- **DOK 2:** What were some ways you worked with your teammate when trying to chase and pull the flag of your partner?
- **DOK 3:** If someone wasn't having a positive experience with a teammate, what is an example of a way they could communicate with that teammate in a respectful way?