### Fish in the net

**What to do**
- **Free players** – pair off and have to evade the net by running in pairs.
- **Pool option** – if you are playing in a pool, experiment with the size of the starting net, e.g. start with a 5-person net.
- Ask the players to make up new rules.

**Change it**
- Vary the size of the playing area.
- Vary the methods of locomotion.
- **Larger groups** – start with two or more 3-person nets.

**Safety**
- If indoors, boundaries should be away from walls or freestanding objects.
- Players should be familiar with space and player awareness activities such as Start out WC 03a,b.
- In a pool, the water depth should be suitable for the activity level of all players.

**Lesson Link** *Fish in the net* builds on introductory awareness activities (Start out WC 03a,b) and provides a way to ‘disguise’ vigorous activity while maintaining interest. Cooperation and communication are important.

### Hospital tag

**What to do**
- A nominated player tags any other player. The tagged player becomes the new tagger but has to hold the part of the body that was tagged. (Play with 6 or more.)
- Establish boundaries.
- Nominate a player to be the tagger – disperse the other players over the playing area.
- Start the activity with jogging.

**Change it**
- Every player has to mirror the tagger who is holding a body part (i.e. hold the same body part as the tagger). Players will have to be extra alert because everyone else looks like a tagger!
- Encourage players holding a body part to be on the lookout for other players.

**Safety**
- If indoors, boundaries should be away from walls or freestanding objects.
- Players should be familiar with space and player awareness activities such as Start out WC 03a,b.

**Lesson Link** *Hospital tag* builds on introductory awareness activities Start out WC 03a,b. Provides a way to ‘disguise’ vigorous activity while maintaining interest.