

KEEP YOUR TAILS

Achieve the challenge

The aim is to protect your tail and see how many times you can get your partner's.

How to play

1. Get into pairs.
2. Mark out a small area to play inside.
3. Attach three tails to yourself (bibs or a tag rugby belt), one on each side and one at the back.
4. Face your partner with your toes facing forwards, knees slightly bent, straight back and hands on your hips.
5. Bow to your partner and begin trying to catch their tails.
6. If all three tails are caught, replace them, and the play starts again.

Equipment

Essential

- Bibs or rugby tags.

Optional

- Cones/markers to mark out an area.



Play the video

Scan this QR code on your mobile device to watch how the game is played.

Safety

- Make sure the area is safe.
- Watch out for hitting into other players when you are bending down.

Link it up

This game will help you with agility and quick feet which are useful skills in sports such as boxing, fencing and judo.

Spirit of The Games



Respect:

Why is it important to bow to your opponent?



Teamwork:

Do you help your opponent when replacing your tails?



Passion:

Are you excited about playing this game?

Think tactics

- What do you need to do to make it difficult for your opponent to catch your tails?

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Roles for leaders and officials

- Make sure all the equipment is ready.
- Mark out the playing area.
- Time the games.
- Check the scores for each pair.
- Make a judgement about whether you need to increase the time.

Including Everyone

- If someone can't see very well, give them a partner with a bell. The partner shakes the bell in different areas and the other player has to tag it.

STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

EASIER

- S** Decrease the area size.
- T** One foot must stay in the same place, so can lunge but not move.
- E** Create longer tails.
- P** Only one person with tags and take turns.

HARDER

- S** Increase the area size.
- T** Players decide which tag, left, right or back they must go for.
- E** Add more tags.
- P** One person with tags, two people stealing.

SMILES DETECTIVE

It's important to make sure you can answer **YES** to the following questions.

SMILES checklist:

- Is the activity safe?
- Is everyone joining in?
- Can you change anything if they aren't?
- Is everyone learning new things?
- Is everyone smiling and enjoying the game?

If you can't answer **YES** to these questions, make sure you **STEP in**.



Change it up

- Add more players per team and play 2v2 or 3v3.
- Play for one minute and see who has caught the most tails in that time.
- Can you find a safe way of adding tags to different parts of the body?
- Use mats as a way of creating an area to play.
- There are lots of ways that this game could be played. Be creative and come up with your own versions!