Peer-teaching assignment

**Foxtails**

Objective:

Everyone in the class takes one (1) pinny and tucks it into their back pocket or waistband. Everyone spreads out. The objective of the game is to run around and “steal” other people’s pinnies without letting your own get stolen. You collect as many pinnies as you can. If you lose all your pinnies, you continue to try to steal pinnies until the end of the game. The student with the most pinnies by the end of the game is the winner!

Equipment

* Pinnies (33)

Level of physical activity

This is a vigorous activity because it requires constant guard and running to protect your pinny while simultaneously steal others’.

Step-by-step

* Teaching cues
  + Introduce it as “Foxtail” (the pinny is the “tail”)
  + Clarify where the end of the “forest” is (This is the boundary)
  + You want your tail to be as bushy as possible, and the only way to do that is to steal as many pinnies as you can
* Rules
  + Starting with one (1) tail per person
  + Wait for teacher to say “go.”
  + No hiding tail intentionally (Against a wall, tail too deep in pants)
  + ONLY ONE (1) tail can be taken from a person at a time (Can’t run up and take all of someone’s tails)
  + No hitting, grabbing peoples clothes or limbs
  + Tail penalty: If you disobey any rules, you forfeit a tail at teacher’s discretion
  + Stay within set boundary (teacher will clarify boundaries
* Boundaries
  + Use discretion when setting size of “forest”
  + The whole gym (older)
  + Half gym (younger)
* Modifications
  + Changing the “forest” size depending on age and skill
  + Changing the forest size if wanting to do a battle royale style (different tiers)
  + To make the activity **moderate** physical activity, change the rules so that there are 3 people without pinnies when the game starts, and everyone else has one pinny and can only have one pinny at a time. If you don’t have a pinny, you’re “it,” and have to try to steal a tail from someone, making them “it” instead of you.
  + To make the activity **Team-based,** you can add different coloured pinnies and make kids only able to “steal” pinnies of other colours. Team with the most amount of other teams-coloured pinnies “wins.”

Intentions

This activity is particularly beneficial in prepping for leg-based sports such as soccer, running, track, field hockey, etc. It improves cardio as well as endurance while running. It also benefits spatial-awareness while making students work on their hand/eye coordination. 