

# The PE Shed



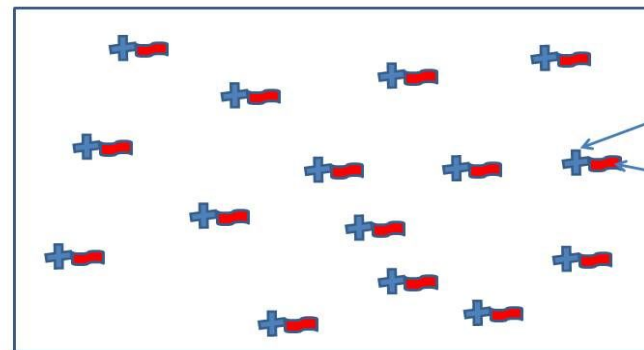
**Warm Up Game:** Dragon Tails

**Recommended Age Range:** Grade 1 - Grade 5

**Focus:** Movement, strategy, spatial awareness and coordination.

Equipment	Setting Up	Description	Further opportunities
Bibs/Pinnies	<p>Give every student a bib/pinnie (dragon tail).</p> <p>Students must tuck their dragon tail into their shorts/trousers. It must be clearly visible.</p>	<p>Students work individually to protect their dragon tails from others and at the same time take other students tails.</p> <p>If a student loses their tail, they are out of the game.</p> <p>Students are not allowed to touch their own tails after the start of the game.</p> <p>See variations for different ideas.</p>	<p><b>Differentiation</b></p> <p>Easier</p> <ul style="list-style-type: none"> <li>- Increase the playing area</li> </ul> <p>Harder</p> <ul style="list-style-type: none"> <li>-Reduce the playing area</li> </ul> <p><b>Variations</b></p> <ul style="list-style-type: none"> <li>- Extra lives: If students take tails, they can keep them as extra lives.</li> <li>- Team Dragon Tails: Teams work together to protect each other and be the last team left in the game. Teams have different colours.</li> </ul>

## Dragon Tails



Students  
Dragon Tail  
(Bibs/Pinnies)

**Aim:**  
To take dragon tails from others and protect your own.

**Rules:**

- All students have a dragon tail (bib/pinnie) tucked into their shorts/trousers.
- Tails must be clearly visible.
- Students are not allowed to touch their own tail after the game has started.
- Students try to take other students' dragon tails.
- If students lose their tails they are out of the game.