

## Stuck in the Mud

### How to play this game:

Mark out an area using cones, playground markings, coats or other suitable objects. A child who wears a sash/bib is 'on'. The other children run around the area trying to avoid being tagged. If a child is tagged then he/she stands still with his/her arms out to the side (like a scarecrow). These children can be freed and re-join the game if another child passes under their outstretched arms.

For safety reasons, children must always go under a child's arms from the front to the back. This is to avoid a clash of heads when two children try to free the same scarecrow at the same time.

Play the game for 45 to 60 seconds before changing the child who is 'on'.

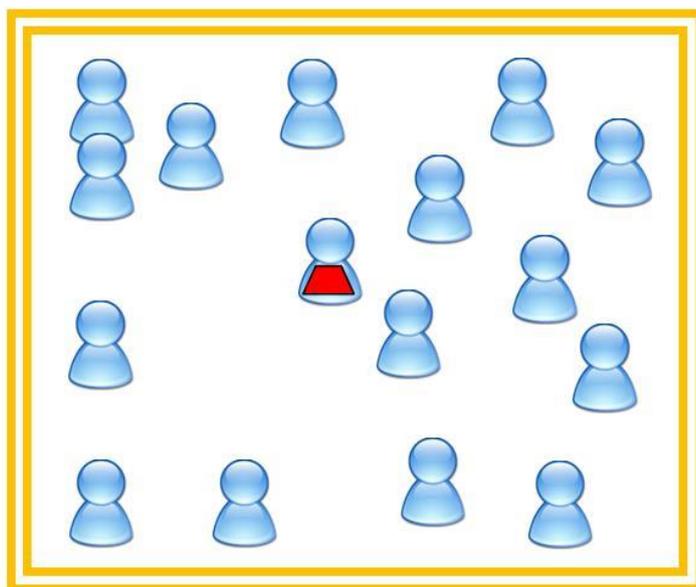
If a large number of children are playing, try having two or three children 'on'.

### Adaptations

This is a great game for easily adapting and you can easily change the stance that each player has to form when tagged and how they are released. For example you can link it to a television programme, so if a child says their Mum watches Coronation Street when players are tagged they have to stand on all 4s looking like the cat on the programme credits and to release them another child has to stroke the cat. If playing at Christmas they can stand like a Christmas tree with their hands pointed above their heads, to release them another child has to stand in front of them and shout "Ho! Ho! Ho!" etc.

If using this as a football warm-up get the children to dribble a ball around and if tagged standing with it above their heads with their legs apart, to free them another player has to pass their ball through the other player's legs. This can also be adapted for hockey or even basketball.

Introduce a change element whereby when the adult/leader shouts "change" the person who is 'on' has to give his sash or bib to the player he or she next tags.



### Learning Objectives

- Taking turns
- Spatial awareness
- Agility and reaction speed
- Can be used as a fun warm-up

### Resources

- Activity area
- Cones