



## Ocean Motion



be fit for life  
moving alberta

### Equipment

- Open activity space
- 2 pylons or spot markers

### Activity Description

- Have everyone line up on one side of the open activity space.
- Choose 1 participant to be "it". This participant will take care of the ocean. They will be able to move along the line in the middle of the open activity space, field, or gym that is marked off with the pylons. The participant is unable to move off of this horizontal line.
- Everyone else waits for the participant that is "it" to yell, "Ocean motion!" All participants then try to cross the ocean without being tagged by "it".
- If tagged, participants find a space along the horizontal line and help "it". Eventually a wall of people will be built in the middle, making it harder for participants to cross. This is a good point to start a new game.



## Setup



## Skills Explored

Running, dodging, chasing, fleeing

## Tips...

- Maintain control of movement so that you can dodge people in the middle without falling over
- Push off when transitioning between directions

## Safety

- Discourage participants in the middle from linking arms or holding hands in an attempt to create a chain and hold people back
- Encourage participants to walk or run with safety in mind; discourage jumping over the participants in the middle

## Remember...

Adding the element of creativity may engage more participants. Ask the participants to move like various sea creatures or animals as they play.

## Variations...

- Use different forms of movement when trying to pass the middle such as running backwards, hopping, and side shuffling
- A great activity to do on the ice or in the water as well

