

# Tarpaulin



## Objective

A competitive and cooperative physical activity.



## Equipment

- Gym Mats/Tarpaulin



## Preparation

- Split the children equally into appropriate groups, taking into consideration ability and space available.
- Provide each team with a mat.



## Instructions

- Each team must work cooperatively to find the most effective/efficient way to flip the mat over without stepping off it.
- Children will be able to flip a quarter/half of the mat to start, and then continue to flip it as they move around.
- Provide the children with the rules:
  - You must always stay on the mat.
  - If any member of the team touches the floor you must start over.
  - You must not lift or hold another player in the air.



## Other information

- Highlight the dangers of working in a small/confined area e.g., pushing, trips and falls.
- Highlight the dangers of working in close contact with other children e.g., bumped heads.

