

# Taha Wairua (Spiritual Wellbeing)

## Freeze and Thaw

Taha Wairua is about the values and beliefs that determine the way people live, the search for meaning and purpose in life, and personal identity and self-awareness. The focus for this activity in relation to Taha Wairua is around games and sports providing children with an opportunity to feel a sense of belonging.

### Freeze and Thaw

**Level:** All ages (modify to suit)

**Equipment:** Balls or beanbags (enough for one each), something to identify the taggers

**Taha Wairua Outcome:** To feel a sense of belonging through their different roles in the game

**Formation:** Whole class

**Aim of game:** To move around a specific area, keeping control of an object

### Instructions:

Define an area for the activity. Select a number of players to be taggers. All other players move around the area freely, maintaining control of their object. When tagged, players must freeze, hold the object between their knees and send and receive four times with another player before re-entering the game. Swap taggers often.

Note: If you are freeing someone you cannot be tagged.

1. Play first without thinking about roles- what did this feel like?
2. Discussion around what are the roles and aims within these?
  1. Taggers – to work together as a team to get everyone tagged.
  2. Those tagged – Communicate with those free to come and rescue them (discussion around best ways to
  3. communicate).
  4. Those free – Stay away from the taggers and free as many people as they can.
  3. Give the tagging team time to talk and come up with a game plan.
  4. Play again- does it feel any different? How did the game change? Link back to a sense of belonging- how did
  5. this fit?

### Progressions:

- Use different sending and receiving skills such as bounce pass, spiral pass, and pass and trap (with bats and sticks).
- Change the locomotor skills the taggers use.
- Change the locomotor skills the players use.
- Modifications to make the activity easier:
- Increase the size of the area.
- Use large soft balls.
- Reduce number of taggers.

#### **Modifications to make the activity harder:**

- Reduce the size of the area.
- Change the objects used so students all have different objects.
- Increase number of taggers.
- Tag a certain part of the body such as the hip or arm.
- Increase the number of times players send and receive with each other.
- Increase number of people with whom to send and receive.

#### **Links to fundamental movement skills:**

##### **Locomotor skills**

- Running

#### **You could also challenge the children to move using different locomotor skills such as:**

- Jumping
- Hopping
- Skipping
- Side stepping
- Galloping etc

##### **Manipulative skills**

- Throwing
- Catching
- Dribbling
- Bouncing