



Lesson Focus: to dodge, flee and chase while pulling and accumulating clothespins (quills) from other players.

What you'll need

- Music and music player are optional
- Four clothespins for each player.

Skills to review and demonstrate

Demonstrate safe tagging by pulling at the clothespins and not the clothing or body parts.
Review safe use of general space.
Demonstrate going on one knee and attaching the clothespin to the back.

Getting started

Pass out clothespins and have students attach them to the back of their shirts while down on one knee. Scatter students in general space.

Student performance objectives



Psychomotor: Students will demonstrate spatial awareness while dodging, fleeing and chasing in general space 80% of the time.

Cognitive: Students can relate reasons to demonstrate body control in general space 80% of the time.
Students can describe what cardiovascular fitness is 80% of the time..



▶ [Watch the Video](#)

Indoor/outdoor
activity for grades

3-5

Begin the action

On “go” (or when the music starts) everyone tries to grab pins from other players. When on one knee to attach a pin you may not be tagged or tag other players. Stop the game after a few minutes and have the students count their quills and remove the extras. Put the extra pins in a pile in the center. If a pin is needed to make four pins, the student takes it from the pile. Start again.

Helpful hints

Discourage grabbing at clothes or body parts to acquire pins. Always go on one knee to attach a pin.

Recap

What happens when you work to protect your pins and not work to gain some?
When might it be a good time to pull a clothespin from a player?
Why do you think it is important to look up and around the space while you are chasing and fleeing?

Challenge
Can you accumulate more pins during the second round?

Or can you keep more pins the second round?

National standards

Standards 1&2: Fleeing; Chasing; Dodging; Spatial Awareness; Strategy.
Standard 3: Fully participates; Cardio fitness; Agility.
Standards 4&5 : Participates responsibly and cooperates with peers; Enjoys the social interactions and challenge of the game.