



STIFF WITCH



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Objective

In this activity, the children run at a high-intensity pace to avoid being caught by the witch. Stiff witch also challenges motor skills, especially when the children must crawl between legs to save those who have been caught.

Instructions

1. Mark out a play area.
2. One child is the witch, who tries to catch the other children.
3. Those who are caught by the witch must stand with their arms and legs stretched out.
4. One of the other children must crawl between their legs to save them. The witch is not allowed to catch those who are about to save someone/be saved. Remember to change the witch at regular intervals.

Tips

- If the game is played outside and the children are wearing outdoor suits, it may be difficult to crawl between each other's legs. It may therefore be easier for the children, who have been caught, to curl up like a stone and be saved when another child jumps over them (see the variation below).

Variation

- One variation of the game is sticks and stones. Here the child who catches the other children says 'stick or stone', and the one who is caught, then become a stick (arms and legs stretched out) or a stone (roll themselves up like a ball). If the child is a stone, they will be saved when another child jumps over the stone, but if the child is a stick, they will be saved when another child crawls between their legs.

Equipment

No equipment required.