Who Stole My Cheese

Age:	3-7 Year olds
Participants:	4+
Time:	10 Minutes
Equipment:	Cones, selection of small balls and beanbags

Skill(s):

Running Hopping Jumping Skipping

Set Up:

- Mark out a start line with cones
- Scatter balls and beanbags (the 'cheese') in the 15 metres in front of the start line

Description:

Start with coach as the Chef and all the children are the Mice. The Mice start in a line marked by cones 15 metres from the Chef.

When the Chef turns her back the Mice sneak on their tiptoes up to the Chef. Every time the Chef yawns, stretches her arms up and looks around, the mice need to freeze in place. If the Chef sees the mice move they have to go back to the start line. When the Chef feels the Mice are getting close the Chef calls out 'Time for Lunch' and the Mice run back to the start line trying to collect as much cheese along the way. If the Mice are tagged they must freeze on the spot and drop their cheese before running back to the start line.

Try with the Mice having to do different methods of locomotion e.g. jump, hop, skip, run or gallop.

Let a child have a turn being the Chef.

Variations:

- If caught by the Chef children can do 3 star jumps
- Move the mice further away
- Change the method of locomotion each time you start a new game
- Have 2 Chefs in different locations and put hoops in area as 'safe spots' so children can drop their cheese and try to get more. At the end if the Chef catches the children they have to drop all their cheese.

Teaching Points:

Jumping
- Land like you are riding a motorbike – arms forward, ankles, knees and hips bent, feet apart
- Land as quiet as a mouse
- Swing & Spring
- Reach for a star and bring it down again

Running

- Hip to lip – arms are bent and travel from a child's hip to their lip
- Hands closed lightly – like holding a small bird
- Eyes up
- High knees
- Land on the ball of the foot

Hop
- Quiet landings (bend ankles, knees and hips)
- Bend your leg to push off
- Head up and eyes forward (look towards where you are hopping)
- Swing & spring

Skip
- Step-hop, step-hop, step-hop
- Step forward and hop up
- Look ahead
- Keep body facing forward