


<b>Warm Up</b>		<b>STUCK IN THE MUD</b>
<b>EQUIPMENT:</b> Open space with defined boundaries.		 5 Minutes
<b>DESCRIPTION</b> <ol style="list-style-type: none"> <li>1. Designate one or more students who are 'taggers'</li> <li>2. The 'taggers' chase the remaining students when a tag is made the student tagged must stand in a stationary position as if 'stuck in mud'</li> <li>3. Students must remain stuck until another student crawls between their legs to set them free</li> <li>4. The game continues until all participants are stuck in the mud</li> </ol>		
<b>CHANGE IT</b> <ul style="list-style-type: none"> <li>• It may not be appropriate to have participants to crawl between each other's legs. Participants could tap the person 'stuck' on the leg or shoulder or two</li> </ul>		
<b>ANC CODE</b>	Moving our Body	<a href="#">ACPMPO25</a>
		<a href="#">ACPMPO43</a>
		<a href="#">ACPMPO61</a>