



WINTER TENS



A 10 minute activity to get everyone moving!

DUSTER DODGE

Did you know?
Chinese children
clean their school
as part of their
daily schedule.



Colour
me in!

10 Mins



DUSTER DODGE

Martial Arts



Activity type

Home

Away

Indoor

Outdoor

Equipment

- 1 duster for each player (or scarves, ties, socks etc)
- Timer, e.g. watch, clock, phone



How to play



2

One person is the timekeeper. (Keep swapping so the timekeeper also gets to play.)

1

Each player tucks a duster into the waistband of their clothes so it is dangling down their back. This is their 'tail'.

3

Shout 'Go!'. The players move and dodge around the space, trying to catch other players' tails, without losing their own.

4

After 60 seconds, shout 'Stop!'. Each player checks to see if they still have a tail and counts how many tails they caught.

5

Repeat to see if you can keep your own tail and can catch more tails than last time.

Variations

- One player is the catcher and stands in the middle of a circle. Other players dodge but can't run away.
- Each player wears the tails they caught.
- Make up your own rules.

Challenge yourself

- Can you move faster?
- Can you move around a bigger space?
- Can you make each round longer than 60 seconds?

What next?



Try something similar

Judo, karate, taekwondo, fencing, boxing



Try something different

Scooting, cycling, skateboarding



Log your activity and find more Winter Ten activities and resources at getset.co.uk/bound-beijing