



Springbok

By Keith Monfreda on 06/11/2019

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This is a game from South Africa. The Springbok is an animal similar to a gazelle and is found only in southern Africa. Like many games from this region this one is about hunting. For centuries children played this game imitating adult Bushmen stalking a springbok.

Group Size: 10-20

Location: Gym

Estimate Time for Lesson: 30 minutes

Estimated Time for Planning: 30 minutes

- Subject(s) Check all that apply:
 - Healthy Eating and Physical Activity (HEPA)
 - Other

Other:

Multicultural

- Grade(s) Check all that apply:
 - Kindergarten
 - 1
 - 2
 - 3
 - 4
 - 5
 - 6

Materials/Resources Needed:

Two scarves for blindfolds

Lesson Objective #1:

Child will apply differences in direction and movement while listening for auditory clues.

Lesson Objective #2:

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Who thinks they can catch an animal while blindfolded!

Instructions:

1. Have all players form a circle.
2. Choose two players to start the game. One will be the springbok one will be the hunter.
3. Blindfold them both and then spin them around.
4. Have one player announce for the hunt to begin.
5. Moving quietly within the circle the hunter tries to catch the springbok, while the springbok tries to avoid the hunter.

6. Players forming the circle can either remain silent or make animal sounds to distract the hunter and springbok.
7. No one is allowed to touch either the hunter or springbok.
8. After a set amount of time, if the hunter fails to catch the springbok, a new player becomes the hunter. If the springbok is caught two new players take over.

Checking for Understanding:

What senses do you use to find the springbok?

Lesson Adaptations

Time Adaptations:

Once the game play is learned the duration can be shortened to 15 minutes. Larger groups may need more time to ensure everyone gets a chance to be the hunter.

Location Adaptations:

This game is also suitable for the playground or open and flat outdoor space.

Age Adaptations:

Find images/videos of a springbok to show students.

Learning Style Adaptations

Describe any adaptations for Visual Learners, Auditory Learners, Kinesthetic Learners, Advanced Learners, Special Needs Learners, ESL Students, At-Risk Students: