

## Basque Cap

Stepping Stones : Body, Movement and Senses

Materials : incl. materials

Type of exercise : oral

Duration exercise : 15 min.

### Objectives

The learner can consolidate the numbers.

### Materials

A basque cap (a beret)

### Preparation

Teach or repeat the numbers.

### Instructions

- Divide the group into two teams, which line up across from each other. There should be 10 to 30 meters between the teams.
- Give all the learners a number, the learners facing each other get the same number.
- Appoint a team captain for each team.
- Place the basque cap in the middle of the two teams.
- Shout a number.
- The two learners with the mentioned number have to run to get the basque cap.
- The learner who succeeds in bringing the cap behind the line of his/her team and handing it over to the team captain, gets a point.
- The other learner can get a point if s/he succeeds in touching the other learner before s/he has reached the line.
- Shout a second number if no one succeeds in grabbing the cap. That way the players can develop strategies on how to act.

### Variant

- You can use words instead of numbers, to consolidate specific vocabulary.

- To make the game more challenging (in terms of sport) players have to start at a specific spot or in a specific position, e.g. plank.

### **Tips for the instructor**

Don't let the exercise become too physical. Simply touching the opponent is enough. Punish fouls by taking away points.

### **Read more in our manual at [www.alternativeways.eu](http://www.alternativeways.eu)**

*Language skills / Linguistic performance*

- Listening

*Linguistic competence/knowledge*

- Vocabulary

*Social-emotional skills and competences*

- Fun