

ACTIVITY 3

RESCUE RUN

Notice who needs help and back your teammates.

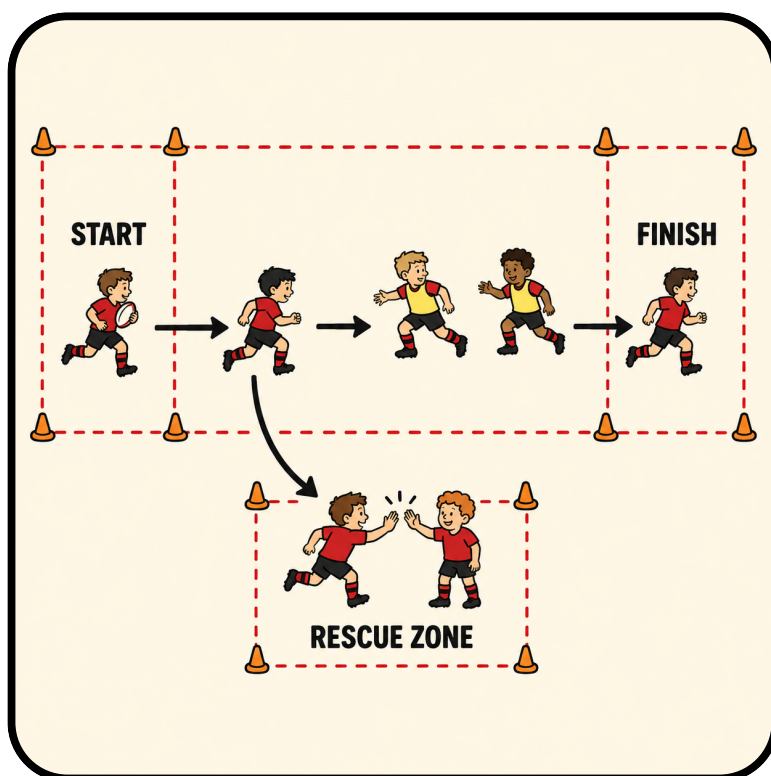
10-15 mins

WHAT YOU NEED

- Cones
- Bibs
- Open space

SET UP

- Mark a start zone at one end and a finish zone at the opposite end.
- Place the rescue zone off to one side, halfway between start and finish. Keep it clearly separate from the finish so teammates have to leave their route to rescue someone. Choose one or two taggers.



PLAY

1. Everyone starts together and tries to reach the finish.
2. Anyone tagged moves to the rescue zone.
3. A teammate can rescue them with a high five. Players already at the finish can leave to rescue someone else.
4. The team succeeds when everyone reaches the finish together.

★ EASIER

Use one tagger and shorten the playing area.

★ HARDER

Add another tagger or move the rescue zone further away.

2 MINUTE HUDDLE

- What helped you notice that someone needed support?
- Was the team stronger when people looked out for each other?

COACH LINK

Someone under pressure may not always say they need help. Being a good teammate can mean noticing, checking in and helping them speak to someone they trust.

TASG
3

RHEDIAD ACHUB

Sylwch pwyl sydd angen help a chefnogwch eich cyd-chwaraewyr.

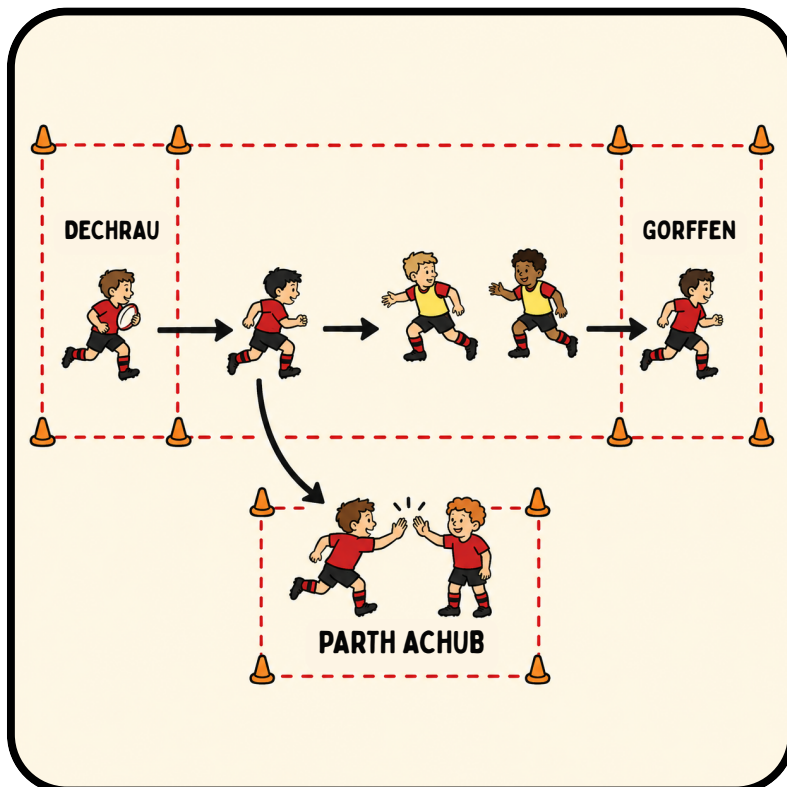
10 i 15 mun

BYDD ANGEN

- Conau
- Festiau
- Man agored

PARATOI

- Marciwch barth cychwyn ar un pen a pharth gorffen ar y pen arall.
- Rhwng y parth achub i un ochr, hanner ffordd rhwng y dechrau a'r diwedd. Cadwch ef i ffwrdd o'r parth gorffen fel bod rhaid i gyd-chwaraewyr adael eu llwybr i achub rhywun. Dewiswch un neu ddau dagiwr.



CHWARAE

1. Mae pawb yn dechrau gyda'i gilydd ac yn ceisio cyrraedd y diwedd.
2. Mae unrhyw un sy'n cael ei dagio yn mynd i'r parth achub.
3. Gall cyd-chwaraewr eu hachub drwy dario cledrau. Gall chwaraewyr sydd eisoes wedi gorffen adael i achub rhywun arall.
4. Mae'r tîm yn llwyddo pan fydd pawb yn cyrraedd y diwedd gyda'i gilydd.

★ HAWS

Defnyddiwch un tagiwr a chwtogwch yr ardal chwarae.

★ ANODDACH

Ychwanegwch dagiwr arall neu symudwch y parth achub ymhellach i ffwrdd.

SGWRS 2 FUNUD

- Beth wnaeth eich helpu chi i sylwi bod angen cefnogaeth ar rywun?
- A oedd y tîm yn gryfach pan oedd pobl yn gofalu am ei gilydd?

NEGES I'R HYFFORDDWR

Efallai na fydd rhywun dan bwysau bob amser yn dweud bod angen help arno. Gall bod yn gyd-chwaraewr da olygu sylwi, holi a'i helpu i siarad â rhywun mae'n ymddiried ynddo.