

T - Mission Impossible

Key Points:

Create challenging tasks that get progressively more difficult. I taught over 25,000 PE classes in my career and this was the most popular activity. We did it as a role playing game and half were guards and the other have trying to escape from a prisoner of war camp. Everyone had to be silent and if the prisoner failed the guard said bang and they had to go back. It made it more fun to have the story attached but in a hockey practice you wouldn't have to do this. It was such a popular activity that at noon intramural time there would be kid's from grade 1 to grade 9 playing at the same time.

Description:

1. Have the players line up and do various skill tasks.
2. If they are successful they go to the next station. If they fail they have to go back to the start.
3. Have two teams that get between 5-10 minutes to go through while the other team judges each station. Compete to see which team has the most players finish the circuit.
4. Another alternative is to have coaches be the judges and all the players do it.

This is a link to many pictures of kid's doing Mission Impossible in PE class and Intramurals. They absolutely loved it.

<https://1drv.ms/f/s!FukXg5gWoW-9iF1xR3kzTUVVdiFIRSQM?e=FD38xM>

