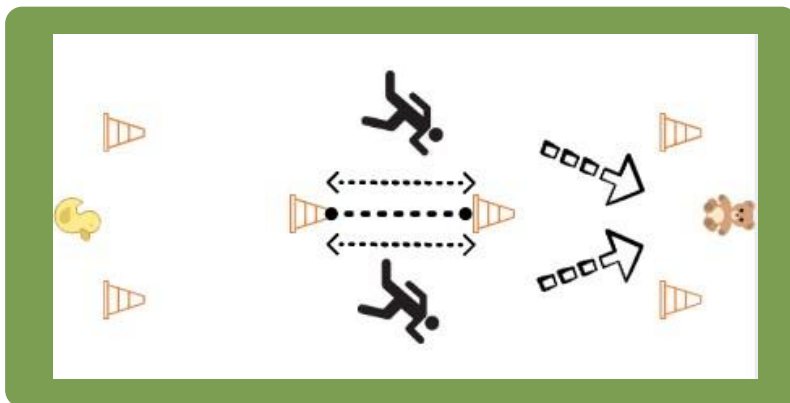


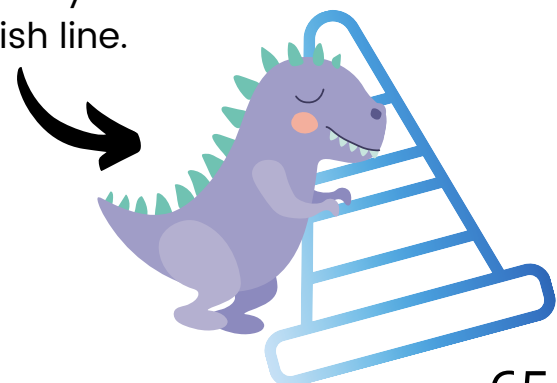


# Fake-Out Race-Out

## INTERACTIVITY IN A SNAP SHOT



The winner squeaks the toy as they cross the finish line.





# Fake-Out Race-Out

## COMPETITIVE INTERACTIVITIES

### Student Targets



#### Movement Competence

Perform and apply movement skills and strategies appropriately to understand how to stay with an offensive player and how to get away from a defensive player in territory games.



#### SEL

Apply skills that help them build healthy relationships, and communicate with others by following their partners bodily cues that signal the next movement.



#### Relationship

Learn how to interact with their partner relationally by matching, mirroring, following and moving away from others. Learn how to interact with the terrain by getting a feel for its curvature, firmness and traction so that they can produce the appropriate force and effort to move successfully.



#### Physical Distance

This game can be performed at a 2 meter distance by creating two separate side gates for each participant and two center gates facing each other.



#### Close Proximity

This game can be performed in close contact with someone in participants' social bubble by setting up only one center gate and one gate on each side.

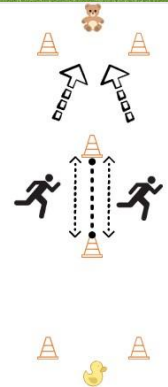


#### Online

This game can be performed online using visual educational technology by having each participant set up their own gates facing the camera.



[CLICK HERE to watch this InterActivity in action!](#)



### Activity Overview

In this competitive, agility-based game, students explore synchronous and asynchronous movements by trying to lose their opponent who is trying to beat them to their destination.



# Fake-Out Race-Out

## COMPETITIVE INTERACTIVITIES

### Getting Started:

#### With Virtual Partner or Sibling, Parent, or Guardian:

- Create one playing area consisting of 3 gates (see diagram above). If playing virtually, each player creates their own.
- Partners start facing each other on either side of the middle gate.
- One partner will be the Faker and the other will be the Chaser.
- The Faker will begin by creating a synchronous mirrored connection (as experienced in mirror cone touch) and when an opportune moment is sensed will attempt to 'Fake Out' the Chaser by making fast cutting movements inside the playing area.
- Once the Faker believes they have lost the Chaser, they will race out through one of the gates on either side of the playing area.
- The partner who races through the gate first and squeaks the squeaky toy or buzzes the busser wins the round.
- Once the Faker leaves the center gate, they can no longer come back into the gate, they must continue to race through the gate of the side they chose.
- Switch roles.

### Modifications to the Game:

- **Locomotor Movement:** Participants can choose to change the locomotor to provide a fun creative twist to the game (i.e., backpedal, speed walk, skip, skaters, scooter...etc.)
- **Size of playing area:** The distance of the outside gates can be spaced closer or further from the middle gate.
- **Use of a manipulative:** Introduce a manipulative the students must control while moving.

### Adaptations to Rules of the Game:

- **Change the direction of play:** Once the faker believes they have faked out the chaser, they race out to one of the gates on either side. Once the faker has chosen a side, the chaser tries to run through the gate on the opposite side before the faker gets through their gate.
- **Cooperative Rally:** Partners score a point when they get through their gates at the same time. Partners can also play a competitive rally but in teams instead of doubles. So, instead pairs work together to try and fake-out the opposing pair and beat them to the gate.



# Fake-Out Race-Out

## COMPETITIVE INTERACTIVITIES

InterActive Function2Flow Assessment:

<b>InterActive Function</b> (Connecting Postures)	<ul style="list-style-type: none"><li>• Is the leader able to align their posture to indicate where they want their partner to think they are going to move in order to fake them out?</li></ul>
<b>InterActive Form</b> (Connecting Positions)	<ul style="list-style-type: none"><li>• Is the follower able to adjust their position i.e., lean/ turn/ twist/ bend their body (shoulders, waist, hips, knees, arms) in relation to where their partner is leading them?</li></ul>
<b>InterActive Feeling</b> (Connecting Sensations of Timing & Force)	<ul style="list-style-type: none"><li>• Is the leader able to get a feeling for the timing and force required to move to where they want to go?</li><li>• Is the leader able to tell when it is advantageous to break free from synchronous movement with their partner in order to get through the gate first?</li></ul>
<b>InterActive Flow</b> (Connecting Energies)	<ul style="list-style-type: none"><li>• What were the positional/torso movements that facilitated optimal connection between the leader and follower when they were in the central gate?</li><li>• What were the responsive actions and reactions to the unpredictable moments of surprise when the leader broke free from synchronous movement to race through the gate?</li></ul>