



THE LION AND THE GAZELLE

Let's play and have some serious fun!

How to play

- Imagine you are a lion and a gazelle and move around the perimeter of a chosen geometric shape (triangle, square...) with at least three meters per side.
- The lion chases the gazelle (one touch and it's caught).
- Start running from the two furthest points of the shape.
- The lion and the gazelle can change direction or stop.
- When the gazelle is caught, or after a set time limit, they switch roles.

HOW

Use at least 3 markers
(bottles, boxes,
shoes, etc.).

WHO

2+ players
Basic game
and variations 1-2: 6+
Variations 3-5: 8+

WHERE

Outdoors
(garden, yard, park).

One game leads to another

1 The siesta

The Savannah Shaman (a parent or friend) knows that the gazelle doesn't have it easy, so she decides to let it rest inside the shape just once during each game. But choose your moment carefully, gazelle! When the gazelle is ready to play again, the two animals start from the furthest points of the shape.

2 A chance for the lion

It's getting harder and harder to catch that gazelle... so the lion gets crafty and realizes he can catch her if he uses hunting gear like humans do. Give the lion a foam ball and he can throw it at the gazelle only when they're on the same side of the shape and only once during the game: if he hits the gazelle, she's caught.

3 In the rainforest

The forest is a little more treacherous than the savannah, because it has a lot more obstacles: giant trees, a dense layer of intertwining branches, creepers, and undergrowth. Arrange obstacles that you imagine you will encounter in the forest along the sides of the play area; if you are in a garden or park with trees, they will be the natural obstacles; otherwise use shoes, boxes, various objects and do your best to avoid them!

4 A bigger forest

If catching is too easy, try expanding the shape: this way the ball has to be thrown farther.

5 Prey or predator shake-up

Now let's test the animals' mental agility as well as their physical skills. The Savannah Shaman (a parent or friend) can randomly call out: "Lion chase and gazelle run!" or "Lion run and gazelle chase!" In the first case, the game continues as normal with the lion chasing the gazelle; in the second case, the lion runs away, and the gazelle chases him.

How the game becomes a story

The family storyteller can start off like this: "Shut your eyes tight... now open them..."

we've been teletransported to the Savannah! And what's in the Savannah?

Wide-open spaces where you can run far and fast. What two animals run in the Savannah?

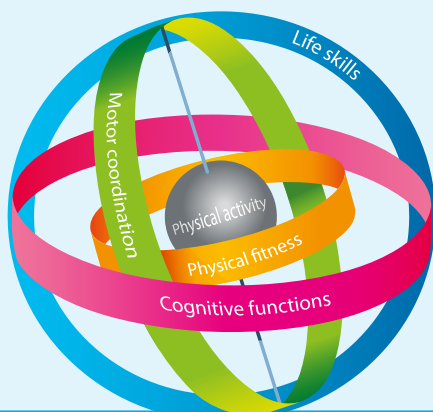
Easy, the lion and the gazelle! Pretend to be these animals: feel the rush of the hunter and the fear of the prey!"

Now continue the story using your imagination...

Fun games for a joyful growth

Joy of moving method

This game is inspired by the scientifically recognized Joy of moving educational method that encourages children to get moving through play and enables them to improve or acquire skills in an engaging and joyful way. The games challenge your kids by training the 4 rings which are fundamental for their growth, ranging from physical fitness and motor coordination to cognitive functions and life skills.



Getting inside the game

"The lion and the gazelle" is a running game: the smaller the play area, the more changes of direction, if the gazelle does not want to end up in the lion's tummy! To change direction while running, you need to decelerate and then re-accelerate, putting in place explosive, speed strength. Vice versa, the larger the play area, the greater the effort for the heart: you have to resist fatigue. But you also need the strength to resist to your opponent's feints, not reacting to them. The lion must also curb the impulse to throw the ball to hit the gazelle: he has only one shot, he cannot waste it, he has to wait for the right moment! And when the roles are reversed, the quickest at changing the escape/chasing strategy will have the upper hand.

Put your own twist on the game and build a play community

Try elaborating this game that trains some sport-specific skills... add equipment from your favorite sport (a football, basketball, etc.): what is the new rule with the ball? Who uses it and how while they are chasing the other person? It's going to get complicated... but more challenging as well.

Share with others your family playtime moments
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we have more fun together!

Growing up active, growing up happy!

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