



CHALLENGE

Engaging in tricky things helps us to grow, learn and, connect with others.

Activity overview

A classic schoolyard game which challenges you to reach further

Equipment required

Sticks (or similar)

Flat, grassy area to play

Time required

Minutes to set up, hours to master!

FLY

This classic schoolyard game challenges you to reach a bit further and try a little harder each time. The perfect challenge to get your body moving!

Before you start:

- Collect at least 5 sticks, preferably straight and roughly the same size. You can add as many as you like. And if you don't have sticks, be creative – rulers, rolled up tea towels, skipping ropes, cut up bits of rope ... anything that won't be dangerous if you land on it will work for this.
- Line up the sticks roughly 30cm apart
- Decide who is going to be the **fly**. The **fly** goes last.

How to play

- Line up and take it in turns to step through the sticks, making sure you don't touch a stick with your feet (if you touch a stick, you're out!).
- Only one step can be taken in between the sticks.
- Be careful when the sticks are still very close together as it's just as easy to get out by knocking a stick as it is later when the sticks are much further apart.
- Once successfully through, the **fly** does the biggest leap possible over the last stick.
- The **fly** stays wherever they land and then chooses one of the sticks to be moved behind their heel to mark the place where they landed.
- The sticks quickly move further and further apart and the game gets much harder. Sometimes the **fly** might choose to do small steps at the end to make it more challenging by upsetting the rhythm of the run



Source: <https://www.mumlyfe.com.au/how-to-play-the-game-of-fly/>

This information is not for sale. It is for educational purposes only.

Contact us: Breathing_Space@maroonoec.eq.edu.au