

Fair play: On your marks...

Cheat! Who hasn't shouted that at least once after an act of foul play from an opponent? In this exercise, one of the teams breaks the rules by reducing the distance it has to run.

Four teams each stand behind one of four posts, which are placed in the corners of the field of play (approx. 40 x 20m). The teams have to run round a cone placed opposite them (approx. 15m away).

The number of runners in each round varies as follows: 1st round = 1 player; 2nd round = 2 players; 3rd round = 3 players; 4th round = 4 players; 5th round = 3 players; 6th round = 2 players; 7th round = 1 player; 8th round = the whole team.



When the players run together in a group, they have to hold hands. It is only when the last player in the group is back behind the post that the next round can start. The team that completes the eight rounds first wins.

N.B.: It is secretly agreed beforehand with one of the teams that its groups will discreetly move the cone towards their own post by a few centimetres every time they go round it, in order to progressively reduce the distance they have to run.

Equipment needed: Eight cones.

Food for thought

At the end of the lesson or session, everyone gets together to discuss their experiences as a group. The participants will have to answer a number of questions: Did everyone play fair? How did the team that was unknowingly competing in unfair conditions react? And what about the winners?

Key messages

- Fair competition is possible only if all the players abide by the rules.
- Victory is enjoyable only if it is achieved fairly.
- Infringements of the rules need to be sanctioned.

Source: [with the collaboration of «cool & clean»](#)



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