

## Fox and Hound

*Equipment:* Cones

*How to Play:* All the players are in an area, scattered. Cones are set up with two less than the number of participants (for example: if there are twelve players, then ten cones are used). The cones are scattered around the area. One player is assigned to be the hound; all the other players are foxes. The foxes attach themselves to the cones which are to be called “trees”. The extra fox is without a tree and is to be chased by the hound. The hound chases the odd fox (the one with no tree), who must run and take over any tree. No tree may hold more than one fox, so the other child must leave and look for a new tree. When the hound catches the fox, they exchange places and the game continues.

This activity is from the Medical College of Georgia FitKid Project Intervention Manual.

Yin,Z., Hanes, J., Jr., Moore, J.B., Humbles, P., Barbeau, P. & Gutin, B. (2005). An After-School Physical Activity Program for Obesity Prevention in Children: The Medical College of Georgia FitKid Project. *Eval Health Prof.* 28(1), 67-89.