

Rob The Nest



FMS Skills

Locomotor- running, walking, jumping, hopping, skipping, side stepping, galloping, in and out, etc.
Manipulation- throw and catch, dribble, strike with the foot or implement.

Equipment

One more hoop than the number of teams e.g. five teams – six hoops (nests), 7-10 objects such as small balls, bean bags, blocks (eggs).

Area

Hall, grass, hard surface.

Formation

As in diagram to the right. Teams of three, numbered 1-3, standing behind their nests.
Objects placed in central nest.

Instructions

- Teacher calls a number and all players with this number run to the central nest and take one egg at a time back to their nests.
- When all objects from the central nest have gone runners may “rob” the nests of other groups.
- The first team with three eggs calls “Stop” and wins the round. Changes of number can be called at any time – if a new number is called during the middle of play runners must place eggs they are holding on the ground and return to their nests so the new player can take over.
- Team members are not allowed to protect their eggs by hovering over them or hiding them.
- All eggs are returned to the central nest following a win and the game begins again.

Variations

- Start with 12-15 eggs and run the game for a set time – on “Stop”, see which team has the most eggs.
- Have the team members line up and first in the line goes, gets one egg and then tags the next team member who goes and does the same and continue with this.
- Change the locomotor movement (see ideas under FMS skills).

To make it easier

Reduce the size of the area.

Reduce the distance between hoops.

Sort equipment by colour- have four coloured hoops with matching coloured beanbags.

Small groups of no more than eight.

For even younger children (particularly under-fives)

- Have all the children go at once.
- Split the group in half and set up the hoops down two sides, with the eggs spread throughout the hoops. The two groups start opposite each other at the nests. On go they all run to the opposite nests and collect an egg to bring back. Continue for a certain amount of time.
- You can change the locomotor skill after each round.

To make it harder

- Increase distance between hoops.
- Players must perform two locomotor skills, one to travel to the middle and another when carrying the beanbag.
- Assign locomotor skills to colours (i.e.) red beanbags = skipping, blue bean bag = galloping, green bean bag = side stepping.
- Players must change direction at least once in their turn.
- Change the object control skill- throw and catch to self; throw to a hoop from a distance; bounce the ball; use a hockey stick (or other implement) or foot to dribble the ball.
- Use bean bags with letters or blends on and each group collects a specific letter or blend.

