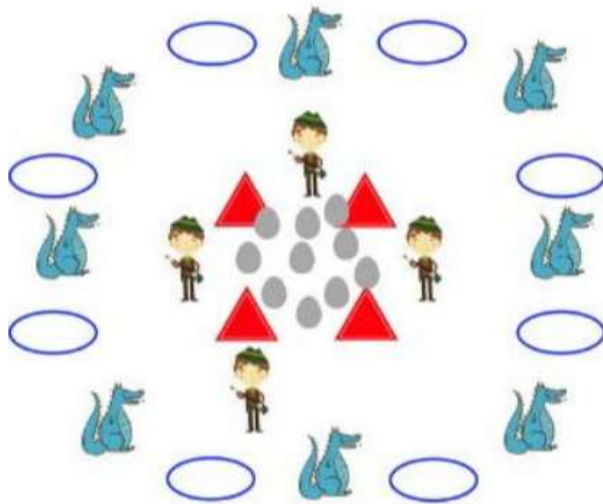


The Dragon Nest



Focus: To create a strategy to improve performance.



How to do the activity

- Create a giant square in the middle of the playing area as the Dragon Nest. Fill it with bean bags or balls (Dragon Eggs)
- Around the outside have a number of safe nests (Hoops).
- Dragons have a tail (bib/pinnie) each tucked into their shorts.
- Choose 2-5 Egg Hunters (depending on size of the group).
- Egg Hunters aim to protect the nest. They can tag by taking dragon tail
- Dragons return to a safe nest when caught and put their tail back in.
- Dragons can take 1 egg at a time and return them to safe nests.
- Dragons cannot get tagged in the main nest or safe nests.
- At the end of the time limit count the eggs rescued. Change Egg Hunter

Questions to ask

- What is a strategy?
- Why do you need a strategy?
- How can you work together to create a strategy?

What you'll need

- Bean bags/small bags (Dragon Eggs)
- Tall cones (4)
- Bibs/Pinnies (Dragon Tails)
- Hoops (6-8)

Make this task easier

- Increase the size of the playing area.
- Reduce the number of Egg Hunters.
- Make multiple Main Nests.

Make this task more challenging

- Reduce the playing area.
- Increase the number of Egg Hunters.
- Every time a dragon is tagged they do 10x chosen exercise.

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