ANCHORS

BIRD'S NEST

GET ACTIVE

15 MINUTES

IN THE CUPBOARD

AIM

Encourage quick thinking and moving as children work to capture eggs from other teams, in order to be the first team with 6 eggs in their bird nest.

WHAT YOU'LL NEED

- 5 Hoops
- 20 'Eggs' (Beanbags, balls, scrunched paper etc)

GET ACTIVE: BIRD'S NEST

THEME: WORKING AS A TEAM

LEADER PREPARATION

A leader will need to ensure they have 5 hoops and 20 beanbags or similar items. One hoop should be placed in the middle of the meeting space, with the other four hoops in the corners of the meeting space. All 20 'eggs' should be placed inside the hoop in the middle of the meeting space.

To ensure the group have understood the rules, you may need to demonstrate the game before playing.

GETTING INTO THE ACTIVITY

1. Split the group into four even teams and ask each team to sit by one of the hoops in the corners of the meeting space. This will become their bird's nest.
2. On **GO**, one player from each team must run to the middle bird's nest (hoop) and retrieve one egg. They then return this egg to their bird's nest and tag the next team member'.
3. Child/children continue to take it in turns to run to the centre, collect one egg and return, until all the eggs in the middle have gone.
4. When no eggs are left in the middle, players can then take an egg from other teams' nests. They cannot defend their nest and must allow eggs to be taken. They are still only allowed to steal one egg at a time.
5. The first team to collect 6 eggs in their bird's nest is the winners and the game ends.

To make the game harder, reduce the number of eggs that start in the middle.

IDEAS TO TAKE THIS FURTHER...

Allow teams to defend their bird's nest. To stop another team, they must tag that player before they get to an egg. If tagged, that team member must return to their team and send the next person.

KEEPING EVERYONE SAFE

Ask the group to be careful when playing, to make sure they don't accidently bump into each other when running.

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