

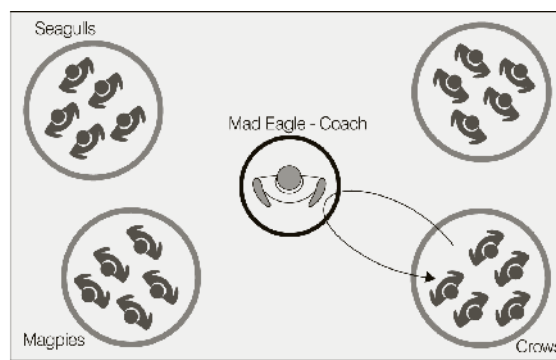
Movement Challenges & Games

MAD EAGLE

- Create a circle from cones or use markings on a court (the centre circle of a basketball court is an ideal size), this is the Mad Eagle's nest.
- The Coach/Teacher plays the role of the Mad Eagle.
- Students are separated into 3 or 4 groups and given nests approximately 10 metres away from the Mad Eagle nest (could be the four corners of a court).
- Groups are given names e.g. Bluebirds, Green Galahs, Red Ravens, Yellow Cockatoos.
- When the Mad Eagle chooses a group, the group members must run in and swoop through Mad Eagle's nest without getting caught (tagged), then return to their own nest area where they are again safe.
- Anyone caught (tagged) by Mad Eagle must remain in the Mad Eagles nest until freed by being tagged by another bird.

Equipment: Cones, Tennis Balls, Bean Bags.

Area Required: Half to full Basketball Court sized area.



Benefits

- Speed.
- Agility.
- Cooperation.
- Anticipation.
- Great energy building game.

How to explain the activity

- The animation of the Mad Eagle is very important in this game, the more the role is built up and 'played' the more excitement and energy will be generated.
- Don't play this game in the first couple of weeks or you will be bombarded with requests to play it again for the rest of the year...use wisely!

Cues for debrief / reflection

- Why was that so much fun?
- Where did the energy come from?

How to vary the activity

- Use Tennis Balls or Bean Bags as Mad Eagle's eggs, students try to steal one egg on their way through Mad Eagle's nest. If tagged their stolen egg must be returned. If using Bean Bags the groups can only try to steal their colour (Green Galahs steal green bean bags etc.).
- Give Mad Eagle a 'helper' or two.
- Mad Eagle can call more than one group at a time.
- If more than one group is called at a time, then the groups may attempt to steal one egg at a time from the other group/s nest also. Each group may appoint a 'Mummy' bird who has the role of protecting their nest from 'egg thief's'. Caught (tagged) birds must remain in the nest they were attempting to steal from until saved. This variation goes into unhealthy attachment and possessiveness and can become quite emotional as children try to hang on to their stolen eggs or get upset when they are re-stolen. This variation of the game will offer up some perfect experiences which can be used in reflection time to point to issues like perceived ownership, control of emotion, and the ability to be able to let go and move on to another egg, just to name a few. Be ready to finish the game at the right time and deal with the potentially high emotions until the reflection can begin and understanding can be formed.
- A 'freed' bird joins the group who freed it. This mixes up the teams a bit and emphasises the freeing part which is sometimes lost in the desire to steal eggs.