

Movement Challenges & Games

NARNIA

- Based on the C.S. Lewis book “The Chronicles of Narnia” It is the story of four children who are sent into the country during the First World War. They are housed with an elderly professor whom they rarely see and to keep themselves amused in the big manor they play ‘hide and seek’. The littlest one finds herself hiding inside a big old wardrobe and it is here she stumbles across the mystical land of Narnia. It is at this point the children embark on a journey to help save Narnia.
- Team 1 - The White Witch and her dwarfs; Team 2 - The mighty Aslan Lion and his Centaurs
- Both the White Witch and Aslan have been captured and are defended by the opposing team.
- The only way to free the characters is to deliver to them the four keys (bean bags) that unlock the wardrobe.
- As soon as the Centaur enters the opposition half they may be caught by a Dwarf and vice versa. They are then frozen and have to squat down but can still catch and throw the bean bag.
- The Centaur and Dwarf can re-enter the game by:
 - a.) Catching a bean bag; b.) Being rescued by a team mate who takes them back into their own half.
- The keys must be caught on the full or they are returned to the teams own half.
- Aslan and the White Witch can only step one foot outside the hoop to catch the key and when one or the other catches all the keys the game is over.

Equipment: 8 bean bags (two separate colours), Two hoops, Cones, Colour bands.

Area Required: From basketball court to football ground sized areas.

Benefits

- Strategy (What was your strategy as a defender? / As an intruder?).
- Honesty (Did I get tagged? Did I catch the bean bag? Did I try my best?).
- Co-operation (Am I including others?).
- Teamwork (How am I using others to achieve the goal?).
- Awareness (How do I most effectively move to tag others? / How do I move skilfully to avoid being tagged?).
- Movement (speed, agility, capacity).
- Skill development (throwing, catching).

How to explain the activity

- Tell the story of ‘Narnia’.
- Explain that players are safe in their own half and can only be tagged when they cross the border (half way line).
- Refer to description.

Cues for debrief / reflection

- What was my strategy as a defender?
- What was my strategy as an intruder?
- Is this a team game? An individual game?
- What did it feel like to get tagged?
- What did it feel like to tag an intruder?
- Did I move around a lot or did I stay in the same spot?
- What are effective ways to move the keys to rescue your leader?
- What did you find challenging about that game?

How to vary the activity

- Use alternative keys eg. Frisbees, gator skins, tennis balls.
- Vary the number of keys and the size of the court.
- Tagged players can rescue themselves by hopping or crawling back to their zone.
- Once the keys have been received, Aslan or the White Witch must still return to their own zone without being caught.

