

Movement Challenges & Games

PLANET INVASION

- Divide the group into two teams, one team are the invaders and the other defenders.
- Create a playing area (the planet) approximately 5m x 5m and scatter all the equipment (treasure) in it - distribute the hoops outside the playing area.
- Invaders begin on the outside of the area and attempt to take pieces of equipment by running into the play space.
- Any equipment that is captured is placed in one of the hoops.
- The defenders are guarding the equipment and if they tag an invader they must drop whatever equipment they have and run a lap of the area.
- Invaders are safe only when they are outside the playing area.

Equipment: Cones, 4 hoops, bean bags, tennis balls, sashes, any other suitable equipment.

Area Required: Large open area - basketball oval or similar.

Benefits

- Strategy (How will I avoid being tagged / how will I tag others?).
- Speed and agility.
- Risk taking.
- Awareness.
- Team work and cooperation.

How to explain the activity

- We have a planet that is rich in treasure, one team will be defending the treasure.
- The other team are the invaders who are trying to take the treasure by invading the planet.
- When invaders get some treasure they place it in one of the hoops.
- The defenders can stop the invaders taking their treasure by tagging them.
- If a defender is tagged they must drop any equipment they have and run a lap of the planet.
- We will play until all the treasure is gone or for a period of time then swap over.

Cues for debrief / reflection

- What strategies did you use?
- Did you focus more on protecting yourself or trying to pick up treasure? Why?
- What strategies did you find worked when trying to tag invaders?
- How did it feel when you had to drop equipment and run a lap?
- How did it feel when nearly all the treasure was gone?

How to vary the activity

- Increase / decrease the playing area depending on group numbers and intention.
- Vary the length of the game.
- Make the consequence of being tagged more or less challenging.