

Movement Challenges & Games

WARRIORS WARLOCKS AND ELVES

- Divide the group into two teams.
- Create a playing space with a centre line and two base lines at each end to mark the safe zones.
- Each team goes to its safe zone and decides which of the three characters to be.
- Once both teams have a character they face off along the halfway line, 1m apart.
- On the signal each team assumes its character.
- Warriors beat warlocks, warlocks beat elves and elves beat warriors.
- The winning team tries to tag the other team before they reach their safe zone.

Equipment: Cones.

Area Required: Basketball court or similar, can be played in any open space.

Benefits

- Strategy.
- Speed and agility.
- Awareness.
- Decision making.
- Cooperation.

How to explain the activity

- The battlefield is set with a safe zone for each team, we will meet in the centre to do battle.
- Each team must choose one of warriors, warlocks or elves to be in battle.
- Warriors - see core movement pose SIDE WARRIOR and add scary noise "ha aaa".
- Warlocks - see core movement pose STANDING OVERHEAD ARMS and add the scary noise "Wooooo".
- Elves - assume squatting position with fingers for horns and the scary noise "Nee Nee Nee".
- On my command each team will assume their most fearsome version of the character they have chosen.
- The winning team will attempt to capture people from the opposition to join their team.
- Once the players have reached their safe zone they cannot be captured.
- If both teams chose the same character, shake hands with the opposition and try again.

Cues for debrief / reflection

- How did you decide on a character? Did everyone have a say?
- What strategies did you need to use?
- Did you focus more on defence or attack? Why?
- How did you feel when you were facing off against the other team?
- How did you feel if you were captured?
- Did you do your best version of the posture chosen?

How to vary the activity

- Start off without the capture option to get used to the game.
- Create different characters and postures.
- Increase / decrease the playing area depending on group numbers and intention.
- The duration of the game is variable.