

Movement Challenges & Games

WASPS

- Mark out an area relative to size of group, a basketball court is ideal for 25 students.
- Within the designated area, three -five students are chosen as “wasps” and are given bean bags. They then attempt to “sting” the other students.
- They do so by throwing the bean bag at them and aiming to hit them anywhere below the waist.
- When stung by a wasp, the student hit must pick up the bean bag and become the wasp.

Equipment: Bean bags, Cones.

Area Required: Basketball court or smaller.

Benefits

- Speed.
- Agility.
- Throwing.

How to explain the activity

- Demonstrate how the “stinging” takes place by showing an underarm throwing action.
- Explain that the ‘sting’ only works on the legs.

Cues for debrief / reflection

- How could we modify/change the game?

How to vary the activity

- Use squidgy disks or gators.
- Make the target lower leg or feet for extra challenge.
- Add or remove stingers (bean bags).