

# Movement Challenges & Games

## WEDGE-TAIL EAGLE TAG

- The class is divided evenly on to four sides of a square, each wearing a sash as a tail.
- One player starts as the 'Wedge-Tail Eagle' and starts in the middle of the square and wears their sash over their shoulder.
- The Wedge-Tail Eagle points to opposite sides of the square and the players of the indicated sides must run through the square to the opposite side.
- Meanwhile, the Wedge-Tail Eagle attempts to steal the tails of the players running across the square.
- If a player loses their tail, they wear their sash across their shoulder and join the Wedge-Tail Eagle in the middle.

**Equipment:** Sashes, cones.

**Area Required:** Any large open area, half basketball court size upwards.

### Benefits

- Speed (How was I best able to catch someone to steal their tail?).
- Agility (How was I best able to protect my tail?).
- Cooperation / teamwork (How could we work together to capture people's tails?).
- Peripheral awareness (What did I need to do to avoid colliding with others?).

### How to explain the activity

- We are going to play a game using this big square.
- One person will start as the Wedge-Tail Eagle in the middle wearing a sash over their shoulder.
- The rest of you will be split into four groups on each side of the square and wear your sashes like a tail.
- The Wedge-Tail Eagle will choose and point to two groups on opposite sides of the square.
- When you are chosen, you have to try and make it to the opposite side of the square without having your tail stolen by the Wedge-Tail Eagle.
- If you do lose your tail, it doesn't matter, you get to put your sash over your shoulder and become a Wedge-Tail Eagle as well.

### Cues for debrief / reflection

- Is this an individual or a team game?
- What was my strategy as an eagle / runner?
- Did I enjoy being an eagle or a runner more?
- What did I need to do to avoid colliding with others?

### How to vary the activity

- Change movement pattern (hop, skip etc).
- Change size of square.
- Have all four teams trying to cross the square at once.
- Have only one team crossing the square at a time.
- Have teams starting at the corners of the square so they run diagonally across.