



Safe Nest Sprint

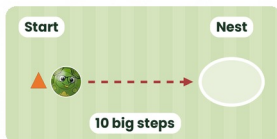
3

Active Flashcards

Uh oh, a hungry seagull! Race Turtle home to her safe nest.

Set-Up

Put a hoop (the nest) 10 big steps from a start cone. Start with Turtle by the cone.



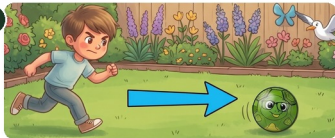
How to Play

1



Put your foot on top of Turtle. Wait for the grown-up to shout "Seagull!"

2



Kick Turtle towards the nest and sprint after her.

3



Stop Turtle inside the nest with the bottom of your foot. Safe!

Coach's tip

Kick Turtle just a few steps ahead so you can catch her up.

Level up

Grown-up counts down from 10. Reach the nest before 0!

You need: Ball, a cone, a hoop





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Coach's Notes: for grown-ups

What to look for

- Do they set off straight away on "Seagull!"?
- Do they keep the ball close enough to reach it?
- Do they stop the ball with the bottom of their foot?

React

Sprint

Stop

Make it easier or harder

	Easier	Harder
Space	Put the nest 5 steps away.	Put the nest 15 steps away.
Task	Walk Turtle to the nest with little taps.	Tap Turtle round a cone on the way.
Equipment	Use a bigger hoop.	Use a smaller nest, like a tea towel.
Speed	Jog after Turtle.	Beat the countdown from 10.

Inclusion ideas

- Players can push the ball with their hands or a stick.
- Clap as well as shouting "Seagull!" for players who find listening hard.

Safety

Lay the hoop flat and keep the space around the nest clear.

