



The Iron Shell

8

Active Flashcards

Turtles hide in their strong shells. Keep Turtle safe from the seagull!

Set-Up

Make a square with 4 cones, 4 big steps wide. Put 1 more cone (the safe rock) 5 steps away. A grown-up is the seagull.



How to Play

1



Tap Turtle round inside the square with little kicks, using both feet.

2



Seagull shouts "Squawk!" and reaches in: foot on Turtle, back to the seagull, knees bent, arms wide!

3



Escape! Tap Turtle out to the safe rock, then go back into the square and play again.

Coach's tip

Peek over your shoulder at the seagull, then escape the other way.

Level up

Seagull gives no "Squawk!" warning. Ages 8–9: escape with a spin.

You need: Ball, 5 cones, a grown-up





The Iron Shell

8

Active Flashcards

Coach's Notes: for grown-ups

What to look for

- Do they keep the ball close with little taps?
- Do they keep their body between the ball and the grown-up?
- Do they look up before they escape?

Protect

Strong shell

Escape

Make it easier or harder

	Easier	Harder
Space	Make the square bigger.	Make the square smaller.
Task	Hold the shell for 3 seconds, no escape.	Escape out of a different side each time.
Equipment	Use a softer, lighter ball.	Use a smaller ball (size 1 or 2).
Speed	The seagull walks in slowly.	The seagull comes in at any time.

Inclusion ideas

- Players can protect the ball on their lap or under a hand.
- The seagull claps and shouts before reaching in.

Safety

The seagull only reaches with a hand, never kicks or pushes.

