

Rob the nest



Lifesaving
education programs

Extension for sprints

Test your teamwork, sprinting and hand eye coordination while you try to collect as many “eggs” from the nest for your team!

Equipment:

- ☐ 4 cones
- ☐ 5 buckets or hula hoops
- ☐ Beanbags or small balls

- 1 Set up 4 cones and buckets on each corner of a 20m x 20m square. Place a bucket and cone at each corner, with one bucket in the centre holding the beanbags.
- 2 Divide participants into four groups and put each group behind a corner cone.
- 3 At the signal, the first participant runs from the cone to the centre bucket, collects a beanbag and returns it to your team bucket. They then tag the next person. The next participant takes their turn to collect their beanbag.
- 4 Game stops when the centre bucket is empty, with the winning team having the most beanbags.
- 5 Play the game several times, mixing up the movement type each time, e.g., skipping, crawling, sidestepping, jumping.

Variation

Once the centre bucket is empty, the participants can start to steal from their opponents' buckets.

