

Spy Club Week 5 – Robot Invasion

Session Objectives – Complete the spy mission.

Warm Up – 10 Minutes

Everyone's it

Dynamic Stretching – 5 Minutes

Pick 4-5 stretches from the dynamic stretching information sheet covering all parts of the body.

Equipment – Dodgeballs, cones, equipment and apparatus for obstacle course.

Main Activity – 35 Minutes

The Robot Invasion

Robots have taken over the world and have stolen the international defence's hard drive. It is our mission to retrieve this before they shut down the world's entire defence system.

The Journey to the end of the world – 15 minutes

Using equipment and apparatus, set up an obstacle course involving different types of movements. This will act as the journey to the Robot's base.

Robot Cannonball Alley – 20 minutes

You are now the Robot Boss. Using dodgeball as the sport, children will now have to travel through different floors of the base to work up to the Boss level.

As children run through and are hit by the balls, they join the robot invasion and become mini robots.

Once there are only a few children left, it is time for the Final level against the Robot Boss.

Set this up as a usual game of dodgeball, children on one side vs you.

Coaching Points

Set up may take 10 mins or more.

Explain the concept of the story and show the children what they are trying to retrieve from the Robot boss, this could be anything, a USB, a watch etc.

Set the scene, children will be travelling through an abandoned factory / rainforest / desert etc.

Ensure the children travel across the working area safely and under control.

Children will run from one end of the hall to the other, with robots on the outside throwing balls into the middle alley.

Each time the children make it to the other side they will go up to the next level in the building.

Once children are hit they will be out and will sit in jail or a designated area.

As boss, you have 5 lives. Once you lose your last life, the child / children that are still in can come over to the boss and retrieve the selected object e.g. USB, watch.

Once retrieved, congratulate the children as they have now defeated the robots and saved the world.

Cool Down and Debrief – 5 Minutes

Get children into a circle and go over a few static stretches. Whilst stretching go over session aims.

Ask questions – What have you enjoyed today?

Award a certificate.

Dismiss children from designated area.