

Spy Club – Protect the Spy Base

Session objectives –

- ★ To complete a new spy mission. To play a series of games as spies.

<p><u>Equipment</u></p> <ul style="list-style-type: none"> ★ Certificates ★ Cones ★ Gadgets ★ Mats ★ Balls 	<p><u>Warm Up – 10 Minutes</u></p> <p>Ball Tag</p> <p>One child to have a ball. While the other children will be running away. Child to throw ball at waist to toe. If hit by the ball they must sit down.</p> <p>Reset with a new ball. Add more taggers. Change taggers. Reset game.</p>	<p><u>Dynamic Stretches</u></p> <p>Pick stretches for the whole body. See if children are able to come up with some.</p>
<p><u>Stop the Bomb! – 15 Minutes</u></p> <ul style="list-style-type: none"> ★ Split the spies into 2 teams. The ball is the 'bomb'. Sit children at the start line with the coach behind them, out of view. The coach will roll a bomb between the spies. When spies see the bomb, they will race to retrieve bomb. As the spies see the bomb, the coach starts counting down from 10. If the bomb is not back by zero, it explodes and those spies will have to complete a secret mission of 5 burpees. <p><u>Coaching points–</u></p> <ul style="list-style-type: none"> ★ Pick a suitable sized ball. Tennis ball can work well. <p><u>Regressions –</u></p> <ul style="list-style-type: none"> ★ Change up the teams. Break the game down. <p><u>Progressions –</u></p> <ul style="list-style-type: none"> ★ Add a bigger ball. ★ Add in more balls. 		<p><u>Protect the Base – 20 Minutes</u></p> <ul style="list-style-type: none"> ★ Place mats on the floor. A villain has broken into base and stolen the spies' gadgets spreading them everywhere. He has poured lava on the floor. The spies have a safe zone to put gadgets. The gadgets can only be picked up one at a time. If the spies touch the lava, they must drop any gadgets they are holding and will start again from the safe zone. If the same spy touches lava more than three times, they will be eliminated. <p><u>Regressions –</u></p> <ul style="list-style-type: none"> ★ Add more mats to make easier. Or add cones for stepping stones. <p><u>Progressions –</u></p> <ul style="list-style-type: none"> ★ Rival spies - Split group into two and see which team gets the most gadgets in their safe zone. ★ Lava Monster - The villain has returned and stolen all the gadgets again. This time he has turned one of the spies into his accomplice. His accomplice can run through the lava and tag the spies. If spies are tagged, they must drop the gadgets and return to the safe zone to start again.
<p><u>Cool Down and Debrief - 5 Minutes</u></p> <ul style="list-style-type: none"> ★ Stretch the whole body – Silent Ball (see game glossary) ★ Ask what children have learnt and enjoyed in the session ★ Award certificate 		