

# Nest - Two Ways to Play

## *Activity*

**Resource:** Play for All

**Division(s):** Junior Intermediate

**Location:** gymnasium, large activity space, tarmac, outdoor field

## What's It All About?

Nest can be played in various locations. Each version is designed for maximum and meaningful participation and inclusion for everyone in a fun and welcoming environment. This game encourages movement while sending and receiving passes. Participants work together to maintain possession of the object and send it to the “nest keeper” to receive points for the group.

## Considerations

- Select the version of the activity that best meets the interests and needs of participants who choose to take part in this intramural activity.
- Incorporate some or all of the variations listed in the “Variations” section while planning the activity. This will help to best meet the needs and interests of participants during play and maximize the fun, inclusion, and participation of everyone.
- To elevate participant voice and choice, periodically pause the activity and share the variations with participants. Ask them to determine how they would like to change the activity to maximize the fun, inclusion, and meaningful participation for everyone. Encourage participants to add any variations of their own.

# Safety

- Visually inspect the equipment and playing area to identify and remove hazards. Check that the playing surface provides sufficient traction.
- Establish the boundaries for the designated playing area at a safe distance from walls and obstacles. Share the boundaries with participants.
- Review the safety rules and activity instructions with participants prior to the activity.
- Instruct participants to be aware of their surroundings, including the locations of other participants during play.

## Version 1: Nest (small group play)

### Equipment

- 2 cones or pylons
- 4 pinnies
- 4 utility mats (4' x 4')
- 10 objects of various sizes to send (e.g., soft-skinned balls, beach balls, beanbags)

### How to Play

- Divide participants into small groups of 5 – 8. Assign each group to 1 half of the playing area.
- Participants set up their designated playing area by placing 2 mats on the ground at each end of the playing area.
- Ask 2 participants from each group to volunteer as “nest keepers” and wear pinnies. The nest keepers position themselves on the mats that are located at the opposite end of their half of the playing area. Encourage groups to take turns volunteering to be the nest keepers.
- Use cones or pylons to designate the centre line of the playing area as the boundary line that participants do not cross.
- Have each group select 5 objects (“eggs”) to send. Groups can change the type of objects they have selected at any point during play.

- Participants begin the game by positioning themselves on their side of the playing area with possession of their 5 eggs. Participants remain on their half of the court while trying to send (e.g., lob, roll, handoff to group member) their eggs to their nest keepers.
- A point is earned each time a nest keeper receives an egg without it touching the ground. The nest keeper may then send the egg back into play to their group to promote continuous play.
- If an egg touches the ground before the nest keeper receives it or is intercepted by the other group, the egg is in play and can be used by the opposing group to earn a point.
- Participants may choose not to keep score or create a different point system.
- After a period of play, provide participants with some or all the variations. Ask them to decide how they might change the game to enhance their fun, challenge, and success. Encourage participants to add any variations of their own.

## Variations

- Increase or decrease the size of the playing area.
- Increase or decrease the number of nest keepers.
- Allow an egg to bounce or roll before the nest keeper receives it.
- Increase the number of objects in the game.
- Change the type of object to send (e.g., sensory ball, tumble ball, rubber chicken, foam disc).

## Version 2: Rover Nest (small group play)

### Equipment

- 2 cones or pylons
- 2 pinnies of a different colour
- 4 pinnies
- 4 utility mats (4' x 4')
- 10 objects of various sizes to send (e.g., soft-skinned balls, beach balls, beanbags)

## How to Play

- Divide participants into small groups of 5 – 8. Assign each group to 1 half of the playing area.
- Participants set up their designated playing area by placing 2 mats on the ground at each end of the playing area.
- Ask 2 participants from each group to volunteer as “nest keepers” and wear pinnies. The nest keepers position themselves on the mats that are located at the opposite end of their half of the playing area. Encourage participants to volunteer to be nest keepers at regular intervals during the activity to provide opportunities for all participants to play various roles.
- Ask 1 participant from each team to volunteer as the “rover” and select a different coloured pinnie than the nest keepers. Rovers play on the sidelines of the playing area. Encourage participants to volunteer to be rovers at regular intervals during the game to provide opportunities for all participants to play various roles.
- Rovers may travel the entire length of one of the sidelines of the playing area. Rovers pick a sideline to play on and stay on the designated sideline while moving safely up and down the entire playing area to receive passes.
- Use cones or pylons to designate the centre line of the playing area as the boundary line that the on-court participants do not cross.
- Have each group select 5 objects (“eggs”) to send. Groups can change the type of objects they have selected at any point during play.
- Participants begin the game by positioning themselves on their side of the playing area with possession of their 5 eggs. Participants remain in their half of the court while trying to send (e.g., lob, roll, handoff to group member) their eggs to their nest keepers.
- Participants remain in their half of the court and try to send the eggs directly to their nest keepers or to their rovers and then the nest keepers to score a point.
- A point is earned each time a nest keeper receives an egg without it touching the ground. The nest keeper may then send the egg back into play to their group to promote continuous play.

- If an egg touches the ground before the nest keeper receives it, or a pass is intercepted, the egg is in play and can be used by the opposing group to earn a point.
- Participants may choose not to keep score or create a different point system.
- After a period of play, provide participants with some or all the variations. Ask them to decide how they might change the game to enhance their fun, challenge, and success. Encourage participants to add any variations of their own.

## Variations

- Increase or decrease the size of the playing area.
- Increase or decrease the number of nest keepers or rovers.
- Allow an egg to bounce or roll before the nest keeper receives it.
- Increase the number of objects in the game.
- Change the type of object to send (e.g., sensory ball, tumble ball, rubber chicken, foam disc).
- Rovers play for both teams moving along the entire sideline.