

BODY



fit for fun

Games

BODY*fit for fun*

Basketball

Draw two circles, one at each end of the hall, about 5/6 feet across. In the centre of each place a bowl/bin/box to be the 'goal'. Divide the players into two teams. These rules may be helpful: no body contact, no ball over head height, no entering the chalked goal area, only one step whilst in possession, no holding the ball for more than three seconds. Anybody putting any part of their person over the goal area gives the other team a free throw. A goal is scored by throwing the ball into the bowl/bin/box.



No maximum number
depending on adequate
supervision



5/10 minutes for each
game

Catch Relay

Teams in line. Number Ones face their teams, a few feet back, each has a large ball. He throws to Number Two, who catches and returns it, then crouches so that the ball can be thrown to Number Three, and so on, each player ducking down after he's returned it. This is then played as a relay game.

Circular Tug of War

Put the boys into teams and number them, matching sizes and strengths. Take a rope and join in a circle (with a non-slip knot). Place this in the centre of the hall. Ten feet away from that put one item per team, so that the items and rope form two concentric circles. When a number is called, all the players of that number grasp the rope, and on the word 'go', pull. The one who manages to pick up his team's object gets the point.

Mime Race

Prepare a set of cards detailing various jobs or activities; have three or four the same, then shuffle, and all the players take one and mime their activity; they also have to find the other players with the same card, solely by their mimes. Suggestions: policeman, teacher, vicar etc.

Noughts and Crosses

Two teams. Put nine chairs in a 3x3 pattern. This can be played either as a straight noughts and crosses, or as a quiz, with a player taking a chair only if he gets a question right. The first team to get three-in-a-row wins the point. If your numbers aren't enough to make the teams, chalk a grid on the floor and use coloured markers for each side. The players should make their moves for themselves, with no hints from their team-mates.

All Change

All players form a circle, sitting or standing and spread out to at least arm's length. 'IT' is in the centre. Each player in the ring is given a number, starting at one. 'IT' calls out numbers, at least two at a time, and the numbered players must immediately change places. If 'IT' can grab a place before one of the players, that person becomes the new 'IT'. After a couple of rounds people become confused about where they must dash to, which adds to the fun of the game. The merry-go-round can be made more exciting by calling out 'all odds' or 'all numbers below six'.



Watch for polished floors,
trip hazards and boys
bumping in to each other

Shoe

All players take off their shoes, divide into two teams and line up on opposite sides of the room, holding their shoes. A bean bag or duster is placed in the centre on the floor. The object of the game is to move the duster or bean bag into the other team's half by throwing shoes at it. Players may use any shoes that come near them. Bean bags can be used instead of shoes.

Colour Race

Divide the players into two teams, one 'Odds' and the other 'Evens' – each team has a scorer. One of the scorers throws the ball up in the air and whoever catches it shouts out 'Odds' or 'Evens', depending on their team. The player then tries to throw the ball to another player in the same team, which the opposing team tries to intercept. The team which scores the greater number of catches wins.

Boat Race

The players divide into teams and form lines at one end of the room, with their hands on one another's shoulders. The leaders of each team must be level with each other. At the word 'GO' the teams bend down with knees bent, and jump together towards the other end of the room. If a player lets go, the team has to go back to the beginning again.

Relay Skate

Each team will need a pair of 'skates' (pieces of thick card, cut into oblongs a bit larger than an adult's foot) with string to fasten around the foot. There are a quantity of bean bags scattered around the hall. Number One puts the skates on the floor, stands on them, and skates out to pick up a bean bag, returns and hands the skates to Number Two. This continues until all the team has had a go. The team to collect the most bean bags wins.

Triangular Football

Divide the players into three teams. Use cones, widely spaced, to be the three goals. Play your normal football rules, except that there are three teams contesting the ball.

Walking the Plank

Draw a straight chalk line down the hall. Split the players into teams; one team has to walk down the line to the far end of the hall, and the other team, equipped with soft balls, is spread out to either side, and tries to make them 'fall off' the line. You will have to decide what constitutes 'falling off'; play it that if one foot is completely on the floor and off the line, the players has fallen off. Count the players reaching the far end, and then swap.

Defend your Area

The hall is quartered, and the players divided into four teams, making sure if possible that sizes are evenly distributed. Each team has a quarter of the hall: the object is to keep the ball out of one's own area, and tries to get it into somebody else's. Every ten seconds a whistle is blown, and whoever's area the ball is in, or passing over, gets a point. The team with the least points at the end of the game wins. Every few minutes, rotate the teams until they've all been in each quarter – this neutralises natural obstacles.



Hoppit

Two teams are numbered from alternate ends, and sit facing each other, about ten feet apart. When their number is called out each player folds his arms and hops out to the centre: the idea is to make each player put both feet on the floor at once. Hoppers can change feet, so long as both aren't down together.

Letter Hunt

Give each player or team a pencil and paper. Tell them to go round the meeting place, listing every item they can find beginning with a certain letter, which you tell them. See who can get the longest list.

Pirates

The boys are divided into four equal groups, with one group sitting in each corner. Seven bean bags are put in the centre of the room, with a square drawn around them, and a small hoop or square is marked in front of each team. Each team member is given a number, from one onwards. The leader calls out a number, eg 4: the four boys whose number is 4 run to the centre of the room and pick up a bean bag and then take it to their own hoop or square. Only one bean bag may be picked up at a time. It must be placed in the hoop or square, not thrown. They then return to the centre and pick up another bean bag. When all the bean bags have been picked up from the centre they then may take the bean bags, again one at a time, from any of their opponent's hoops or square. This continues until one of the 'Pirates' has three bean bags in his hoop or square. The leader then calls out other numbers until all the boys have had a go, and the team with the most numbers wins.

Trains

The boys are put into four groups, and form 'Trains' by holding each other, one behind another. Each is allocated a 'Railway Station Name': eg Euston, Glasgow Central, New Street, Lime Street, and take up positions round the room. One player is blindfolded in the middle of the room. The leader shouts 'Euston to New Street' and the Euston and New Street 'trains', make noises like a train and change places. The player in the centre must try to catch hold of a 'train' and, if successful, then changes place with one of the boys in the 'caught train'.

Size

Each team member must draw the shape of an object as near to the correct size as possible. Make sure that the objects are not in sight. Some examples: match box, various coins, a milk bottle etc.

Change Places

The boys except one sit on chairs in a circle. The boy without the chair stands in the middle of the circle. The person taking the game or the boy in the middle then asks, eg 'all boys with blue eyes change seats'. The boy who is standing in the centre has to find and sit on one of the vacant chairs before it is occupied by another boy. The boy who does not manage to find a vacant chair will then stand in the centre ready for another 'change'. Some example changes: black shoes, watch, blue jumper, black hair etc. the list will depend upon the variety of colour, clothing etc that is within the group.

Odds and Evens

Divide the boys into two teams, one 'Odds' and the other 'Evens'. A leader throws a large sponge ball up in the air and whoever catches it calls out either 'Odds' or 'Evens' depending upon which team they belong. The player tries to throw the ball to another player in his team as the other team members try to intercept it, the idea is to see how many consecutive passes can be made between team players. The leader will need to keep the score and after an allotted time the team that has the highest number of passes will win the game.

Cat and Mouse

Two boys are selected for the first go, one will be the cat and the other will be the mouse. The other boys stand in equal lines depending how many you have, all facing the same direction linking hands with arms outstretched. The cat chases the mouse who runs up and down the lines. When a whistle is blown the boys in the lines drop their hands and turn to their right and link hands with the boys either side of them. The chase continues going up and down the newly formed lines. Every time the whistle is blown the boys turn to either their original position or will do a right turn and re-link hands. The chase finishes when the cat has caught the mouse. Two new players are selected and the other boys take their places in the lines. The cat and mouse should not break through the linked hands and arms of the boys in the lines.

Twos and Threes

This is a game for any number. Two boys are selected, one to be the 'fugitive' and one as the 'captor'. The other boys stand in pairs one behind another and form a circle. The fugitive has to avoid being caught by the captor by running in and out of the circle, between and behind and in front of the pairs.

The fugitive can at any point stand directly in front of a pair and at this point the boy at the back then becomes the fugitive and has to start running. A pair must never become a threesome.

If the fugitive is caught he then becomes the captor and another boy becomes the fugitive.

Escape Ball

The boys must form a circle, standing with their legs apart and their feet touching the foot of the boy either side of them.

Select one boy to be the 'hitter' who will stand in the middle of the circle with a large sponge football. The boy in the centre must try to get the ball through the legs of the boys in the circle by using his hands only. The boys in the circle can 'defend' and stop the ball going through again by using their hands only. There is no kicking allowed.

When the ball has successfully gone through the legs of one boy the hitter and the boy change places and the game continues.

Party Games

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Aim: To have fun playing these games

The Chocolate Game

Equipment:

- A large bar of chocolate
- A knife and fork
- An unbreakable plate
- A small table
- A dice

Instructions:

- All the boys should sit in a large circle. Put the chocolate on the plate on the table with the knife and fork, the table should be in the middle of the circle.
- The dice is passed round the circle and each boy rolls it in turn. If the dice ends up showing a 6 then the boy runs to the table to cut one square of chocolate with the knife and fork and eats it; this can continue until another boy throws a 6 on the dice.
- The game continues until all the chocolate is finished.
- The game can be made more interesting if the chocolate has been put in a fridge until the games commences and you can add a pair of gloves which the boy must put on before he attempts to cut the chocolate.



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supervision



5/10 minutes for each
game

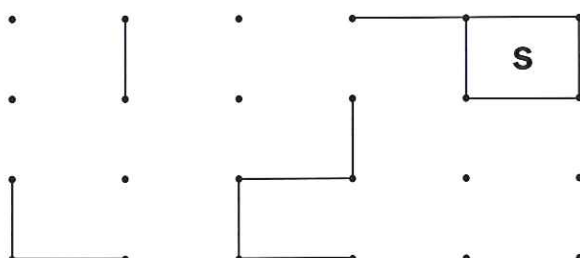
Squares

Equipment:

- Pen/pencil
- Paper

Instructions:

- A game for up to 4 players per sheet of paper.
- Mark out a sheet of paper with dots as shown below, they need to square shapes and can be as many as required. Each player in turn makes a line by joining up two dots. The player who puts the fourth side claims the square by putting their initial in the middle of it and they then draw the first line for the next square. The winner is the player who has the most squares with their initials in them.



Wink Murder

Equipment:

- Chairs

Instructions:

Select one boy to be the detective and place him out of the room so that he cannot see the other boys who are sitting on chairs in a circle. All the other boys are seated with their eyes closed and a leader goes round the circle to choose one boy by tapping him lightly on the shoulder who will be the murderer. When this has happened the boy who was selected, 'the detective' then enters the centre of the circle. The murderer looks around the circle and winks at another boy who groans and slumps on his chair as if dead. The detective has to try to spot who the murderer is before all the boys in the circle are killed off.

Tommy

Equipment:

- Chairs
- At least 6 – 10 different small objects

Instructions:

- One boy goes out of the room and the other boys sit in a circle on chairs.
- The leader places on the floor in the middle of the circle how ever many objects you have decided upon and the boys choose one of the items to be 'Tommy'. The boy then returns to the room and picks up the items one at a time until 'Tommy' is picked up. The total items picked up are noted and then another boy has a go, the boys in the circle deciding which item will be 'Tommy' this time. The game can continues until all the boys have had a go and the winner will be boy who manages to collect the most objects.

Changed Attire

Equipment:

- Chairs

Instructions:

- The boys need to sit on chairs in a circle.
- Select one boy who will first of all take a good look at all the other boys to look at what each of them is wearing and will then leave the room.
- Then select two boys who must change some part of what they are wearing with each other for example shoes and when this has been completed the boy then returns to the room. He will need to stand in the middle of the circle and try to find out which two boys have changed items, the boy in the middle can be given say 3 guesses. The game then continues.



Match Game

Equipment:

- Used matches

Instructions:

- Give each boy 5 used matches and they then must go and speak to each other trying to make them say either 'yes' or 'no'. Each time anyone says 'yes' or 'no' he must give a match to the boy talking to him. The boys must try to speak to as many other boys as possible.
- Set a time limit and the boy with the highest number of matches is the winner.
- Safety tip – do make sure that the matches are not live.

Blow Line

Equipment:

- Plastic cup
- String
- Straws for each boy

Instructions:

- Make a hole at the base of the plastic cup and then thread it on the piece of string which should be about 10 metres long.
- Two boys from each team must hold the string taut while the other team members one at a time blow into the cup with their straw until it reaches the end of the piece of string. The boy then returns the cup to the start and the rest of the team take their turn.
- The first team to complete this will be the winners.

Art Gallery

Equipment:

- Newspapers

Instructions:

- The boys will need to be in groups for this activity.
- Each group will be given the same number of pages of the same size newspaper.
- A list of objects is given to the groups such as different animals/shapes of buildings/cars etc and the boys must tear the sheets of newspaper to create the listed shapes. The shapes are to be displayed in an 'art gallery' of exhibits and the group with the most accurate shapes will be declared the winners.



Alphabet Game

Equipment:

- Paper
- Pens/pencils

Instructions:

There are many ways that the letters of the alphabet can be used in games such as the following suggestions:-

Using each letter of the alphabet:-

- Go round the church premises and find one thing or item.
- Name a football team.
- Boys' or girls' christian names.
- Places in the world.
- Makes of cars.
- Different types of fruits or vegetables.
- Cities or towns.
- Animals or birds.

You could add to this game by putting up pictures of the various items from magazines, catalogues, etc.

Water Games

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Hop and Splash

Teams sit in a relay formation with a bucket of water in front of them. An empty bowl or bucket is placed in front of them some distance away. On the word GO the first player in each team fills a plastic mug with water and hops to the empty bucket, into which he pours any remaining water. This player returns and the next one goes. The winning team is the one which has collected most water.



No maximum number depending on adequate supervision



5/10 minutes for each game

Head Waiters

Players line up in a relay position with a bucket of water in front of them. An empty bowl or bucket is placed in front of them some distance away. On the word GO the first player in each team fills a plastic cup with water and places it on his head. By using one hand only to steady the cup they race to the empty bowl where they pour out what remains of the water. They return and the next player goes. The winning team is one which has collected most water.

Mouth relay

Teams sit in relay position with a bucket of water in front of them. An empty bowl is placed in front of them some distance away. On the word GO the first player in each team fills a cup with water, holds it in his mouth between his teeth and runs to the empty bowl where the remaining water is poured in. They return and the next player goes. The winning team is one which has collected most water.

Soak and Squeeze

Players line up in relay position with an empty bowl some distance in front. In front of each team is a bucket full of water and in it, a car sponge. On the word GO the first player in each team picks up the sponge and runs to the empty bowl. He squeezes out the water into the bowl and returns to the team, dropping the sponge back into the bucket ready for the next player. Continue doing this for eg 4/5 minutes. The winning team is one which has collected most water.

Waiters

Boys should be divided into 2 equal teams. Team A divides itself in 2 and stands in 2 lines about 5 metres apart, facing inwards. A bucket of water is placed about 3 metres away from one end of the divide and an empty bucket placed about 3 metres from the other end. On the word GO the players in team B take it in turns to fill 4 cups with water, place them on the tray and run between the two lines of the other team to the end where the empty bucket is. They pour any remaining water into the bucket. Then they return and hand the tray and cups to the next person. Meanwhile the players in Team A each have a water soaked sponge which they throw, trying to knock the cups off the tray. Measure the amount of water collected and swap the teams over.



A change of clothes would be a good idea! Be aware of slippery floors

Human Tables

Working in teams, one player in each team is chosen to be the table and kneels down with their hands on the ground, keeping their backs as flat as possible. On the word GO the team members fill plastic cups with water and place them carefully on their 'table'. Teams are given a set time to place as many cups as possible on their table. At the end of the time the amount of water still in cups on their team's table is measured.

Firefighter

Equipment:

- Candles
- Matches
- Water pistols

Instructions:

Each player tries to extinguish a lighted candle using a water pistol. Play this game against the clock or in pairs – have plenty of spare candles ready for all to have a go. **Extra care must be taken over the use of matches and candles.**

Sitting Ducks

Equipment:

- Water pistols
- A table
- Plank of wood
- 6-10 plastic ducks

Instructions:

The plank is put on its edge on the table top and the ducks are lined up along the uppermost edge of the plank. Two players face each other, either side of the table, and each holds a water pistol. On the word 'go' they must try to shoot the ducks off the plank onto their opponent's side of the table. You may need to erect a string line which players must not cross, depending on how powerful your water pistols are. The winner is the player who has the least ducks on his or her side of the plank. The drenching of an opponent is, of course, permitted in order to put them off – but avoid squirting the eyes.

Water Catch

Equipment:

- Balloons – filled with as much water as possible

Instructions:

Players face each other and stand about 1m apart. One player gently throws the balloon to his or her partner, who catches it and takes a step backwards, before throwing it back carefully to the first player. This continues, with each player taking a step backwards between throws until someone drops the balloon. See how far apart they can go successfully without getting wet feet.



Water Pyramids

Equipment:

- Plastic cups
- Water

Instructions:

Working on their own, in pairs or groups, players build a pyramid using the cups filled with water. See how high they build them and see the effect of pouring water gently into the top cup.

Sack Soak

Equipment:

- A supply of water
- One plastic cup per player
- Two black plastic sacks
- A brave (and waterproof) leader

Instructions:

The leader holds a sack in each hand and teams are named 'Left and Right'. The players must try to get as much water in their own sack as possible within the given time. The leader may wander, or run, around the given area and turn around at will. No physical contact is permitted and the game continues for about 4-5 minutes. The team with the most water in its bag is the winner. Naturally, players might wish to distract their opponents to prevent them filling the sack – this is fine, although there must be no physical contact.

Pipeline

Equipment:

- Drinking straws
- Water

Instructions:

Teams are given a jug of water and a bundle of straws and have 15 minutes or so in which to build a watertight pipeline to cover as long a distance as possible. Test it by pouring water through it using a funnel of paper, and by making team members lie down and hold the pipeline above them.

Suggestions

A variety of 'wet games' can be used, including a selection of the above with any of your own suggestions. These games are ideal for a warm summer's evening or part of a weekend holiday. Ensure that parents are informed and spare clothes are brought along.



No maximum number depending on adequate supervision



5/10 minutes for each game

Forest and Wooded Area Games

Before doing any forest or wooded area activity, check them out first. Make sure you know the area and are happy that the designated area is safe to 'play' in. Make sure the boys know the boundaries allowed and that there are adequate staff to patrol the boundaries.

At the start of your forest/wooded area activities, put the boys into teams and allow ALL boys in their teams to explore the designated area. Have each team pick a HQ for their team. Designate a central HQ where all boys meet and which is the finishing point for some of the games.

Kick the Can

All boys except one are asked to disperse and hide anywhere within the designated area. The boy left behind has to guard a tin can. The aim of the game is for a boy to kick the can before the 'guard' sees him. The guard should count up to 50 before looking for boys. If a boy is seen, the guard takes the can and hits the ground with it, shouting 'One, two, three I see.....(name of boy). This boy becomes a prisoner of the guard. This continues until all boys are caught. If any boy is successful in kicking the can before being seen, then all prisoners are released. Boys are encouraged to sneak in from all angles and the guard is encouraged to move away from the can to look for boys.

Catch the Spy

One of the teams is given a set of cards with the word HIKER written on all cards except one. The other card has the word SPY written on it. This team is sent to their secret HQ and must choose one of the team to be the spy. The aim of the game is for this team to smuggle their spy back to the central HQ without any members of the other teams catching him. If any members of the team with the cards are caught they must show their card to them. If they are a hiker they can continue on. No members of the opposing teams can be in the area of the central HQ.

Manhunt

This game is played by two teams. One team is sent from central HQ and is allowed 7 minutes to hide anywhere within the designated area. After the 7 minutes the other team must go and find as many of the opposing team as they can within 15 minutes. When a man is caught he is brought back to central HQ and a note of the time is taken. This is done for all men captured. After 15 minutes a whistle or horn is blown and any remaining men who are not captured must return to central HQ as quickly as possible and a note taken of the return time for each man is taken. After the whistle/horn is blown, no member of the opposing team can hinder or catch those remaining. Reverse the roles keeping a note of the times. With calculations you can work out the winning team.



Some additional supervision will be required for these outdoor games

Potted Sports Activities

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No maximum number depending on adequate supervision



5 minutes for each game

Organisation

- Games should be set up around the hall(s). If space is limited you may need to amend some of the distances which are given for each game.
- Each team will start at a different game. Each game should be played for between 2-4 minutes and then time is given to change-over. It is suggested that the following times be allocated:
 - 1st whistle Teams are at designated game and are instructed in 1 minute how to play it
 - 2nd whistle Game begins and is played for designated time
 - 3rd whistle Games stops and team moves to next game
- A time-keeper should be appointed to signal the appropriate times as above.
- A leader should be assigned to each Game. The role of the leader will be to:
 - Explain briefly to each team how to play the game
 - Supervise each team as they play the game
 - Keep the score for each team
 - Ensure that the 6 boys rotate in order during the game
- At the end of each game the leader will fill in a score-sheet for each team. A copy of a suggested score sheet is enclosed. This should be photocopied for each team taking place and cut up into 'games'. The score-sheets should be collected at the end of each time period and scores for each game put in 'place order'.
- The scoring system will be on a points basis, based on the number of teams, ie. if there are 5 teams competing in the competition the winners of each game will get 5 points, 2nd 4 points, etc. The overall winner will have the highest points score. In the event of a tie for the overall winner, the team with the greatest number of 1st places will be declared the winner.

Game 1 – Bean Bag Throw

Equipment:

- 1 chair
- 6 bean bags
- Masking tape/chalk

Layout:

The chair is placed 2 metres from the start line. The chair should be placed sideways so there is no 'back' on it.

Instructions:

From the start line boy 1 throws the 6 bean bags, one at a time, on to the seat of the chair. The number of bean bags remaining on the chair at the end of his turn are counted. He collects all 6 bean bags and gives them to the next boy. Each boy continues in turn until the time is up.

TEAM SCORE

Total number of bean bags



Watch for polished floors, trip hazards and boys bumping in to each other

Game 2 – Side Jumps

Equipment:

- Masking tape or chalk

Layout:

2 lengths of masking tape 0.5metres apart are placed on the floor.

Instructions:

Boy 1 does 10 side jumps followed by boy 2 etc. until the time is up.

TEAM SCORE

Total number of jumps

Game 3 – Quoit and Stick

Equipment:

- 1 chair
- 1 rubber quoit
- 1 stick (eg.short brush shaft)
- Masking tape/chalk

Layout:

A chair is placed on the floor with the start line being marked at a distance of 2 metres from the chair.

Instructions:

The quoit is placed on the start line. Boy 1 places the stick inside the quoit and propels the quoit once, aiming to put it between the legs of the chair. One point is given for each successful attempt. He retrieves the quoit and gives it and the stick to the next boy. Each boy continues in turn until the time is up.

TEAM SCORE

Total number of successful attempts

Game 4 – Pass and Sit

Equipment:

- 1 games ball
- 1 small hoop
- Masking tape/chalk

Layout:

The hoop is placed on the floor 2 metres from the start line. Boy 1 stands in the hoop with the ball. Boys 2,3,4,5,6 line up behind the start line.



Instructions:

Boy 1 throws the ball to boy 2 who catches it, throws it back to boy 1 and sits down. Boy 1 then throws the ball to boy 3, over the head of boy 2. Again Boy 3 throws the ball back to boy 1 and sits down. This continues until boy 6 catches the ball. He runs to take the place of boy 1 while boy 1 joins on in front of the team ie. in front of boy 2, behind the line. Continue in this way with the back boy replacing the 'thrower' as appropriate.

TEAM SCORE

Total number of good 'throw and catches'

Game 5 – Shuttle Bucket

Equipment:

- 1 badminton racket
- 3 shuttlecocks
- 1 bucket/basket
- Masking tape/chalk

Layout:

The bucket is placed 1.5 metres from the start line.

Instructions:

Boy 1 hits each of the 3 shuttlecocks in turn with the badminton racket, aiming to get them into the bucket. 1 point is scored for each shuttlecock which lands in the bucket. He retrieves the shuttlecocks and gives them to the next boy. Each boy continues in turn until the time is up.

TEAM SCORE

Total number of shuttlecocks which landed in the bucket

Game 6 – Football Dribble

Equipment:

- 1 games ball
- 6 skittles/cones/games posts
- Masking tape/chalk

Layout:

The 6 obstacles are placed in a line on the floor at a distance of 0.5 metres apart. The start line is drawn 1 metre from the first obstacle.

Instructions:

Each boy in turn dribbles the ball up and down the course, through the obstacles as appropriate.

TEAM SCORE

Total number of times the course is completed

Game 7 – Ping Pong Bounce

Equipment:

- 5 table tennis balls
- Small basket
- 5 plastic cups
- Small hoop

Layout:

The hoop is placed on the floor and the start line is marked 1.5 metres from the front of the hoop. The basket with the table tennis balls is placed beside the hoop.

Instructions:

Boy 1 stands in the hoop and boy 2 stands on the start line facing him with boys 3,4,5,6 behind him. Boys 2 – 6 hold a plastic cup each. Boy 1 bounces a table tennis ball and boy 2 attempts to catch it in the cup. 1 point is scored for each successful catch. Boy 2 replaces the ball in the basket and joins the end of the line. Boy 1 repeats for Boys 3-6 and is then replaced by boy 2 (boy 1 goes behind boy 6). Continue until the time is up.

TEAM SCORE

Total number of catches

Game 8 – Running Round Relay

Equipment:

- 1 baton or short stick
- Chalk
- Masking tape

Layout:

A large circle is drawn on the floor of the hall (size of circle depends on space available). 6 marks at regular intervals are made around the circle, with masking tape.

Instructions:

Boys are positioned on the marks around the circle. Boy 1 runs with the baton round the outside of the circle, behind the other boys, in a clockwise direction. When he returns to his place he passes the baton/stick to the boy on his left, who continues as before. 1 point is scored as each boy completes the circuit. Boys continue in turn until the time is up.

TEAM SCORE

Total number of circuits completed



Game 9 – Target Shoot

Equipment:

- 3 games balls
- 5 skittles
- Masking tape

Layout:

The skittles are placed in a straight line 0.5 metres apart. An X is marked on the floor with masking tape 2 metres from the line of skittles, opposite the middle skittle. (Mark floor where each skittle stands to make it easier to replace them).

Instructions:

From the X boy 1 kicks each of the 3 balls, aiming to knock down a skittle with each ball. 1 point is scored for each skittle knocked down. The boy retrieves the balls and gives them to boy 2. The Officer replaces the skittles. Each boy continues in turn until the time is up.

TEAM SCORE

Total number of skittles knocked down

Game 10 – Hoop Catch

Equipment:

- 1 tennis ball

Layout:

The team forms a circle, arms length apart. Boy 1 holds the tennis ball. The others, clasping their own hands together, hold out their arms in front of them to represent a hoop.

Instructions:

Boy 1 drops the ball through the 'hoop' of the boy on his right, lets the ball bounce, catches it again and proceeds round the circle this way until he reaches his own place. He gives the ball to the boy on his right and makes a hoop himself. Boy 2,3,4..... continue in the same way until the time is up.

TEAM SCORE

Total number of times the ball is caught



No maximum number
depending on adequate
supervision



5/10 minutes for each
game

Sitting Lob

Equipment (per team):

- 6 cardboard sheet 'sleds'
- 3 foot square Target (marked like RAF circle logo)
- Bean bag
- Score sheet at far end

Instructions:

Leading boy sits on sled and, using feet, pulls himself toward the line. Picking up the bean bag with his feet he lobs it toward the target scoring 1, 2 or 3 points (scores to be kept). Boy leaves sled at line and returns to rear of team 'tagging' next boy as he passes. Keep going until all 6 sleds have been used.

Balloon Dinners

Equipment (per team):

- 6 paper plates
- 6 balloons inflated to about 20cm diameter
- Small table at end of hall with knife and fork

Instructions:

- Leading boy places balloon on plate and carries it to table. He must have one hand behind his back and may only place his thumb on the top of the plate which must not hold the balloon. He may use his other hand to retrieve a fallen balloon but must put it behind his back once the balloon is on the plate.
- Arriving at the other end, he places the plate and balloon on the table and uses the cutlery to burst the balloon before running to the rear of the team, tagging the next boy as he passes.
- Continue until all 6 balloons have been carried and burst.



Watch for polished floors,
trip hazards and boys
bumping in to each other



BB Badge Puzzle

Equipment (per team):

- 'Fishing rod' (horseshoe magnets on rod and line) and hoop
- Puzzle pieces (with paper clips/etc for magnets to attach to)
- Table (with flag)
- Card 'planks'

Instructions:

- Leading boy walks the plank to hoop and fishes for puzzle piece. He may take it off the magnet and, leaving the rod at the pool, takes the piece to the table and immediately returns to the rear of the team tagging the next boy as he passes. Boys must use planks in both directions.
- When the 6th piece is placed on the table, the whole team 'walk the planks' to help assemble the jigsaw. Leader raises flag when complete.

Note: A BB Badge can be found in the Mind section templates.

Skating Ball Bounce

Equipment (per team):

- 1 pair cardboard box 'skates'
- Need 'ball boys'
- At end of hall, plastic bucket (2 metres from line) and a ball
- Could stand tables on their side to create 'alleys' to prevent inter-team interference

Instructions:

- Leading boy steps into 'skates' and glides down the hall to the line. Stepping out of the 'skates' if he wishes, he tries to get the ball to stay in the bucket. (1 point bounce out, 2 points stays in) Ball must bounce at least once on its journey to the bucket. He uses the skates to return to the back of the team, giving them to the next boy as he passes. Keep going until whistle is blown to end the game (2 minutes?). Winners = most points.
- Leader to return ball to the line ready for next boy, but to leave it long enough to determine that it won't bounce out. They can also keep the scores.



No maximum number
depending on adequate
supervision



5 minutes for each game

A Day on the Farm

Make a Scarecrow

Equipment (per team):

- Scarecrow picture on wall
- 6 skittles in a line (1.5ltr plastic soft drinks bottles with 5cm of sand in the base make ideal skittles)
- Cut out pieces on table
- Flag

Instructions:

- Leading boy picks up piece of clothing etc., runs to blank picture down the winding lane (in and out of skittles), places item in right place and returns via same route to rear of team, tagging next boy as he passes.
- When last piece has been placed and boy returns to team, team sits cross-legged and Leader raises flag.

Feed the Ducks

Equipment (per team):

- Duck picture on face of small table
- Washing-up bowl (pond) in front
- Taped line some distance from the duck
- Another washing-up bowl half-way down hall with 6 table-tennis balls and fishing net
- Team Flag

Instructions:

- Leading boy must negotiate puddles and uses net to retrieve a single ball, leaves the net at this pond, makes his way to the line short of the duck and throws it to fall into duck pond. (Leader needs to return missed balls to first pond.) Boy returns to rear of team, tagging next boy as he passes.
- When 6 balls are in the duck pond and last boy returns to team, team sits as before, Leader raises flag.

Potato Picking

Equipment (per team):

- Vegetables placed in a line down the hall
- Length of sash cord laid 3 metres from vegetables
- 1 sack beside each team
- Flag

Instructions:

Leading boy picks up sack, avoids 'mud' and other vegetables growing in the field by walking heel/toe/heel down sash-cord to pick up any one veg and places in sack. Returning to rear of team ALONG THE CORD, he gives sack to next boy as he passes. Leader raises flag when boy returns with last vegetable and team is sitting as before.



Pen the Sheep

Equipment (per team):

- Shepherd's crook
- 2 x pillars for 'gate'
- Hoop at other end of hall
- 18 'Sheep' cutouts with a team colour tag on them, all 18 Sheep in lines in middle of hall but colours mixed up, sides of field defined by pillars

Instructions:

- Leading boy enters field via gate, uses crook to hook 1 sheep (branded with team colour), shepherds it to 'pen'. Returns to team via field and gate (mind other sheep), hands crook to next boy.
- Leader raises flag when all 6 sheep are in the pen, last boy has rejoined team and all are sitting as before.

The Milk Round

Equipment:

- 4 house doors on face of small tables, 1 in each corner of hall
- 6 milk containers, plastic 1 litre bottles would be ideal
- 2 x pillars
- 1 Flag per team

Instructions:

- 2 teams to face each other from each end of hall.
- Leading boy picks up a container and, going through his gate, delivers it TO THE RIGHT HOUSE, returning to team VIA THE GATE to tag the next boy.
- Leader raises flag when all containers have been delivered and last boy joins team sitting as before.

Collect the Eggs

Equipment:

- 3 Teams form spokes of a wheel
- Each team has a table at the 'rim' with a chicken and nest with 6 eggs in it, and an egg box.

Instructions:

Boy at rim collects an egg, runs round the wheel, PAST HIS OWN TEAM to centre of wheel and passes egg down the line. New boy at rim places the egg in the box, collects another and so on. Leader raises flag when last egg is in box and team is sitting as before. Each boy may take 1 egg as they leave the game.



No maximum number
depending on adequate
supervision



5 minutes for each game

Astronomy and Space Exploration

Assemble a Rocket

Equipment (per team):

- One small wooden table
- 5 empty soft drinks cans
- 1 nose cone
- 1 blown up balloon under table.
- Rocket pieces (cans & cone) on floor at end of hall beside a small table
- Assemble rocket on middle table as an example

Instructions:

- Leading boy runs to 'launch pad' and places first stage on table before running back and tagging next boy as he returns to back of team. This next boy assembles next stage and so on until last piece is in place. Final boy then retrieves balloon from under launch pad and stands on it to burst it indicating that the team has finished.
- If rocket falls, team keep going, one boy and one piece at a time until re-built. Rocket must be standing when balloon is popped.

Moon and Stars

Equipment (per team):

- Moon and stars blutac'd to far wall, (place a chair between each set)
- Sun (with blutac on rear) and a bucket beside team
- 3 planets (hoops) in line down hall with zig-zag route chalked out

Instructions:

First boy runs to door following inter-planetary route, retrieves a star, returns to rear of team via same route and drops the star into bucket as he passes front of team. As star drops into bucket next boy retrieves next star and so on. Last piece to be retrieved is the moon which, when dropped into bucket, is the signal for the next boy to take the sun and stick it on the door. The team has finished when this boy passes the front of the team and all boys are seated.

United Nations

Equipment (per team):

- Hoop containing 9 pieces of 'globe' jigsaw at far end
- Magnetic rod at front of team at other end
- Small table and 2 boxes beside front of team
- Flag held by team judge



Watch for polished floors,
trip hazards and boys
bumping in to each other



Instructions:

- Team members will be numbered and must take turns in numerical sequence.
- Number one boy picks up 'Laser powered, solar panel guided, inter-stellar planet retriever' (fishing rod for short), and, holding magnet, places feet into moon boots (boxes) moves to end and collects one piece of jigsaw. If it falls off back inside the hoop, he must fish again. If it falls off on his way back to the team he may pick it up and carry it.
- When he returns to team, he gives rod to number 2 boy who goes for next piece, rest of team begin to complete the puzzle. Continue in sequence until puzzle complete to satisfaction of judge. Raise flag as signal.

Moon Walk

Equipment (per team):

- Cardboard 'back pack' and bucket in front of team
- Collection of polystyrene pieces at other end of hall. (Equal number per team)

Instructions:

Boy one puts on life support system (holding cord at chest) moves to end of hall walking only on the footprints, picks up one piece of rock and passes it over his shoulder to land in life support pack. If it misses, he must pick it up and try again. When it's 'boxed' he returns to team (footprints again), removes back-pack, empties rock into bucket and gives back-pack to next boy who repeats the process. Keep going until time is called, winner has highest number of pieces in bucket when whistle blows.

Supply the Space Station

Equipment (per team):

- Boys form 3 spokes of a wheel in centre of hall
- Supplies for the space station (and flag) in box at 'hub' end of team, small table at 'rim' end of team

Instructions:

Boy at hub end takes one item of supplies, passes it along team to end boy who runs round rim past both other teams, places item on table, goes round his table to hub end. He picks up next item, passes it down the team and so on. Last item is the flag which is merely raised, not passed down team.

Supplies for the space station might include food, oxygen, water, fuel etc. These could be marked up onto small boxes to symbolise the supplies.



No maximum number
depending on adequate
supervision



5 minutes per game

Games for Easter

The Egg Hunt

Cut six eggs each out of four different colours of paper. Hide the eggs throughout the room. Divide boys into teams. Give each team a written clue or directions to help them find their first egg. On the back of the first egg, write a clue or directions to the second, and so forth. The winning team is the first to find all six eggs and return to the starting point.

Mystery Egg

If possible, obtain plastic Easter eggs. (Even half a dozen is sufficient.) Fill each egg with a different substance – sand, coins, paper, sweets, rocks, grass, etc. Boys must try to guess what is inside each egg by asking questions. (i.e. Is it soft or hard? Does it taste good? Is it something usually found outside? and so forth.) A variation is to tell one boy what is inside the egg. That boy must then answer questions.

Scrambled Eggs

Cut egg halves out of paper. On the back of each half, write a word or draw a picture. On the next half, write or draw its opposite (i.e. hot/cold, big/little, over/under, etc.). Label the first half A and the second B. When boys arrive, give each one two mismatched egg halves (one A half and one B half). They must find their other half by asking others questions. When the boys make a match, the one holding the A half keeps the match. The winner is the first boy to give away his B half and find the match for his A half. (This activity may also be done with rhyming words, numbers/number words, pictures/vocabulary words, etc.)

Mother Hen

Note: This game is best played outside. If you must play inside, make sure nothing breakable is in the playing area.

Boys should form a straight line. Choose one boy from the line to be the mother hen. The mother hen will stand fifteen to twenty feet in front of the line, with his back to the remaining boys. Mother Hen then throws a ball over his shoulders to the rest of the group. Boys scramble to catch it. When one of them has caught it, they form a line again, and all place their hands behind their backs to make it look like they have the ball. After everyone is back in position, they begin to call, "cheep, cheep, cheep." Mother Hen must guess who has the ball. He may ask five yes/no questions before making a guess. If Mother Hen guesses correctly he gets another turn (max. three turns). If Mother Hen guesses incorrectly, the person holding the ball becomes the next Mother Hen.

Tag

Below are many different forms of tag all with the basics in common. For all games it is essential that the boys know the area that they will be playing in and that this area is cleared and there are no tripping hazards.

Blob Tag

Have the group line up on one side of the playing area. Object of the game is for participants to get from one side to the other without getting tagged. The person who is selected to be it is in the middle and is called the blob. When a call is made all boys will try to get across to the other side. If boys are caught then they must join the Blob in the middle by holding hands. The game is repeated until there is only one person who is not the blob, they are the winner. Sometimes it is more feasible if the Blob breaks off into smaller Blobs of around three boys.

Clam Free

First of all select a clam digger or 2 depending on the size of group; these clam diggers are IT. Everyone else is a clam. If a clam is tagged they must stand still where they are tagged, the only way for them to be freed is for two other clams to link arms around them and say "clam free". The game runs until all boys are stuck or a time limit is placed on the game. Deciding on the winner of the game depends on the size of the group. The best way is usually to say if there are less than half of the clams free then the diggers win and if there is more than half running free then the clams win.

Clothespin Tag

Before the game starts all boys will be asked to close their eyes and hold out their hands and one of them will be given a clothes peg; they will not make it known to the others that they are the one with the peg. The game then starts with all of the boys running around, the boy with the peg must try and attach it to another of the boys by their clothing. Once this has happened the new boy with the peg has to try and move the peg on again; after a set period of time a whistle is blown and the game stops and the boy with the peg has to sit down. The game will carry on until there is only one boy remaining – he is the winner.

Dizzy Izzys

This is a standard tag game only with a twist. One person is IT and the rest of the boys must run away. When someone is caught they must spin around 3 times before they can go off and try to catch anyone else.

BODY

fit for fun



No maximum number depending on adequate supervision



See Individual games



Watch for polished floors, trip hazards and boys bumping in to each other

Sardines

The person who is 'it' goes off and hides while the rest of the group covers their eyes and counts to 50. They then go off and try to find the person who was hiding. When they find them they must quietly try and hide in the same place as them; this process will then go on until only one person remains not hiding.

Triangle tag

Arrange boys into groups of four. Choose one person in every group to be IT for that group. The other three individuals link hands to form a triangle. The people who are IT from each group gather away from the triangles. The triangles will choose one person to be chased. When the IT returns to the group, the triangle must spin to try and protect the person being chased. The triangle must stay as one throughout the game. If the person is tagged then they become IT and their place is taken by the previous IT. The game then starts over with a new person being chased.

Heads and Tails

The boys will choose individually if they want to be a head or a tail. They must show their decision by putting their hands on their head or behind their back. A coin is then tossed and the outcome of the coin toss is shouted out and the people who chose that side of the coin are IT.

Fly Swat

Equipment:

- Foam 'bopper' (soft and flexible) (50cm length of foam pipe insulation 30mm diameter)

The fly swatter is IT and they have the foam bopper; the rest of the boys are flies. The Swatter has to chase the flies and hit them with the foam bopper. When a fly is hit they must sit out; the winner is the last remaining fly.

Active Games

BODY

fit for fun



Bottle topple

Place a plastic soft drink bottle at each end of the hall and assign a team to each bottle. The team's job is to stop the other team from knocking over their bottle, and at the same time trying to knock over their opponent's bottle. They do this using a soft ball. Players are not allowed to move with the ball in their hands but must throw it to each other in order to get closer to the target while the opposition will try and intercept the ball and do the same in the opposite direction. Some sand in the base of the bottle will give it more stability, don't forget to put the cap on the bottle to stop the sand spilling out.



No maximum number depending on adequate supervision



10 minutes per game

Animal

The group sit around in an arch of chairs. The object is to get to the first chair at one end of the arch. Before the game starts go around and give each boy a different animal with an action that represents that animal, this animal must stay with the seat, not the boy. The person who is going first must make their action, then say "To" and then make the action of any other animal in the arch. That person will repeat their action and then do the action of another person in the arch. If a mistake is made then the rest of the group must shout "That's not an animal, move round." The person who makes the mistake moves to the last chair in the arch, then the rest of the boys move around to fill up the vacated chair and make room on the end chair. It is important to remember that the animal is associated to the chair, not the boy so as the boys move around, the animal that they must act changes. The game ends on a time limit and the winner is the person sitting in the first chair at the end.

Do as I do

Leader places hands on part of body. (Head, shoulders, hips, knees, feet.) As placing hands on body, leader says body part e.g. touches head but says 'shoulder'. Boys have to do what the leader does, not, what the leader says. If incorrect, lose a life. Leaders should decide how many lives boys have before they sit out.



Watch for polished floors, trip hazards and boys bumping in to each other



No maximum number
depending on adequate
supervision



10 minutes per game

Quiet Games

These games should entertain the boys whilst not adding to your headache!

Pass The Buck

- Sit the boys in a circle and nominate one boy to be the Buck.
- Get the buck to put both thumbs against his temples with his hands outstretched. The adjacent boys must do this but only with their hand nearest the buck.
- The buck then must point at another boy in the circle with both hands. This can be with either his thumbs still touching his head or without.
- If the buck points with his thumbs not touching his head, then the boy whom he pointed at becomes the new buck and he and the boys adjacent must assume the position whilst the other boys are 'released'.
- If the buck points with his thumbs touching his head then this is a fake attempt to pass the buck.
- If any boys fall for the fake buck or takes too long to get into position then they must move 1-2 feet backwards in the circle and are out of the game.

Dead Fishes

- A good old classic game!
- Get all the boys to lie down in a large room and get settled.
- The boys must remain still for as long as possible; those caught moving by the leaders are out.
- The last boy/boys remaining in the game are the winners!

Last week I went to the seaside

- This is one variation of the game and can be modified easily to make it about another topic.
- Sit the boys in a circle or a line, or any way that allows you to order them.
- The first boy starts by saying "Last week I went to the seaside and took with me...." (Some sandals for example).
- The next boy repeats this and adds on an item e.g. "Last week I went to the seaside and took with me some sandals and a bucket".
- Any boys who get the order wrong are out and the next boy in order starts again.



Escape From The Giant

- Spread the boys out around a large circle and choose one boy to be the giant.
- Blindfold the giant and place him in the middle of the circle.
- The leader must then select two boys in the circle, preferably on opposite sides.
- The two boys must then cross the circle and swap places without being intercepted by the giant.
- If anyone is caught then they become the giant.

Changes

- This game is simple to do and requires very little preparation.
- The leader escorts a boy from the room. While they are out the remainder of the group change something about the room, e.g. move a table, swap the position of boys.
- When the other player returns he must attempt to guess what has changed.
- If there are a few timid people in the group this could perhaps be done in pairs?





No maximum number
depending on adequate
supervision



10 minutes per activity

Healthy Eating

The aim of this activity is to encourage the boys to think about what they eat.

Mr Fruity

Equipment:

- An assortment of fruits – try and have some fruits that the boys may not have heard of or tried before
- Paper plates

Instructions:

- Show the boys the fruits and see if the boys can name them. Do they know where they come from? If possible have a globe handy to show how far some of the fruits travel.
- Cut the fruit, and see if the boys can describe what the fruit looks like, and what they think it will taste like. Get the boys to make faces on the paper plates using the various fruits available.
- Now for the best bit, the boys can eat the fruit faces and get a chance to try the assorted flavours.

Food Funsheet!

- Give each boy a copy of the template copied onto card; however at this point do not give the boys any pencils or crayons as you don't want the sheets marked yet.
- You can then ask the boys to look at the picture and ask questions to encourage thought:
 1. How many foods can they see?
 2. How many of the foods in the picture do they like, which ones?
 3. Which foods might we eat on a picnic during the summer?
 4. Which foods do we eat just because they are nice, not because they are healthy?
- Give out the colouring crayons/pencils. Ask the boys to colour in the shapes, not necessarily an individual item of food, colouring the shapes created by overlaps could lead to a rather nice pattern.

Closing Thoughts

Talk about why we need to eat fruit and vegetables as part of a healthy diet. Talk about where we get our food from. We just rely on our parents getting the food for us. Is everyone so fortunate as this?

Dear Father God,
For boys and girls who have never tasted ice cream or chips, hot dogs or sweets,
Please take care of them.
For boys and girls who will go to sleep hungry tonight because no one has food for them,
Please take care of them.
For men and women who try to get food for the hungry,
Please take care of them.

Story Games

BODY

fit for fun



Instructions:

Copy the templates for each game onto card. Each team will require one set of cards. Cut these up ready to start.

Teams, or small groups, containing any number of children can play the games. It is more enjoyable if at least two groups can participate.

Each group requires a leader who has a photocopy of the story; they require a pen for filling in the missing words and should make sure no-one can read the story either before or during the game.

A copy of the "missing words" sheet should be photocopied for each group and cut-up in to separate words. The sets of individual words should then be placed on tables near each group.

One leader reads out to everyone the story but stops when a blank space is reached, giving no hint as to what is coming next. At each blank space, a member of each team goes forward and collects one of the word cards, returning with it to the group leader who writes in the word that has been delivered.

Naturally the children have no idea how the story will develop so whatever word they bring back is bound to be wrong!

The leader recommences the story, pausing again at the next blank space: each group collects a further word and so on until the end of the story.

By the time the story ends, the children will realise they have made some unfortunate choices!

Conclude the game by getting each group to read "their" story (complete with "missing words").

Then sit back and enjoy the fun!



No maximum number
depending on adequate
supervision



10 minutes per game



Andrew and the village harvest

In the village where Andrew lived they were holding a special party to celebrate harvest and everyone was invited.

"Wow!" said Andrew. "Look at the size of that _____ with its crooked walls and thatched roof. And look at the _____ nailed to the door. Let's go in."

Once inside Andrew saw lots of people enjoying themselves. The _____ who owned the barn was wearing a bright red shirt and a _____ was wriggling in the bag he carried, anxious to take part in some races later in the evening.

Next someone showed Andrew the _____ he had to sit on and the _____ bobbing in the water, which he had to grab in his mouth in the next game.

"That looks fun," said Andrew's mum although I am surprised that the _____ is not leaking, as it is very old."

Then Andrew's dad came over and said: "come and see the _____ revving its engine out in the yard. You can go for a ride on it round the farmyard if you like."

"No thanks," said Andrew. "I've seen the _____ roasting on a spit which is nearly ready to eat and the _____ pie covered in whipped cream. It's making me feel hungry."

So everyone sat down for a lovely meal and Andrew found the _____ he had brought and took a picture of the happy scene before joining the crowd outside dancing happily round a blazing, harvest _____.



Andrew and the cookery demonstration

One Saturday there was a cookery demonstration being held in the local shopping mall and Andrew and his family stopped to watch.

"I need a young helper." Said the lady chef and quickly Andrew jumped up onto the small stage.

"Right young man." Said the chef. "Already the _____ is whizzing round in the blender and so you need to fetch the _____ to tie round the waist to keep you clean.

The _____ will be stuffed with sage and onion and while you are preparing that I'll make sure the _____ is ready to pour down the sink to stop any nasty smells."

Andrew was fascinated by the demonstration and very soon he watched the _____, wearing his gold chain, take a seat in the front row of the audience.

"Now," continued the chef, "take this _____ and toss it up in the air while I choose which _____ to drizzle over it – but make sure the _____ over there, wagging its tail, doesn't come and eat it all up."

Everyone laughed and Andrew put the _____ ready for tasting the food and the _____ in a tall vase to decorate the table.

All the food was a great success but soon the _____ was fetched to take Andrew home so the chef thanked him for all his help and gave him a big, friendly _____.



Andrew and the fancy dress party

Andrew was very excited because he had been invited to a fancy dress party and when he arrived at the house everyone was having a great time.

As he went through the front door Andrew saw the door _____ to hang his coat in and then hurried to where the _____ sat quivering in the middle of all the food on the table.

How wonderful everything looks, thought Andrew, and he was about to try some food when a _____ scampered in chewing an old slipper.

At the party there was a variety of costumes and Andrew particularly liked the _____ Christmas with his long white beard and the _____ of the fairies with her sparkling wings. And what fun they all had. There were games and dances and a _____ to pin the tail on and a _____ to be passed round and unwrapped.

Later, after the _____ struck midnight, Andrew sat happily watching the _____ tinkling in the corner and admiring the _____ tinkling _____ hanging majestically from the ceiling. Lastly he found the _____ where he washed his hands before pedalling home on his shiny, red _____.

Simple Drill and the Basics of Figure Marching

BODY

fit for fun



Maximum of six boys
required for this activity



10 minutes over a period
of several weeks

Aim: To teach boys simple drill movements

This activity could be done over a period of several weeks with sessions lasting no more than 10 to 15 minutes. The basics of simple drill serve as an introduction to the Figure Marching activities that can be used for displays and parents evenings or for battalion competitions. Simple drill can be used as part of your opening and closing ceremony if your company chooses to do this. Some knowledge of simple drill is also helpful if your company takes part in a church parade.

The first task is to ensure that boys know these simple drill commands. Simple commands that could be taught include "attention", "stand at ease", and "left and right turn". Once the boys are confident with these, move on to marching including "quick march", "mark time" and "halt".

"Simon Says" is good way to help teach simple drill – and it encourages the boys to listen to the person giving the commands. If an instruction is preceded by the phrase "Simon says..." and a boy doesn't carry out the instruction, then he is out. Equally, if the instruction isn't preceded by the phrase "Simon says..." and a boy carries out the instruction, he is also out. It is useful to have some activity available to occupy the boys who are out. If no other activity is available, the boys who are out could help you in keeping an eye on those who are still in to try and catch them out!

Equipment:

- Church hall or open space

Notes for Leaders:

Simple drill will cover these basic movements:

The following movements are carried out when the boys are 'at the halt' (that is when the boys are standing still):

- Attention
- Stand at Ease
- Stand Easy
- Right Turn
- Left Turn
- About Turn

The following movements are carried out when the boys are on the move:

- Quick March
- Mark Time
- Halt

Giving drill commands:

These movements can only be carried out if clear and correct words of command are given. Commands must be given so that all boys can hear them.

There are two parts to drill command:

The Caution which tells the boys what to do, and

The Executive which tells the boys when to do it

With '*the caution*' being given distinctively and '*the executive*' given in a short sharp tone which encourages a smart and immediate response.

So, as example:	<i>The Caution</i>	<i>The Executive</i>
	RIGHT	-TURN
	STAND AT	-EASE
	ATTEN-	-SHUN
	STAND	-EASY
	ABOUT	-TURN
	QUICK	-MARCH
	SECTION	-HALT

As the command 'HALT' *cannot* be split into caution and executive parts, the word, 'SECTION' should be used as the caution. So the command to halt is: 'SECTION-HALT.'

Timing of a command:

A pause should always be made between the end of the *caution* and the *executive*. The length of the pause should be the time of one pace in marching. So, the command for the section to come to attention, would be as follows:

(to match the tempo of marching paces)

Command:	STAND AT	-EASE
	ATTEN-	-SHUN
	ABOUT	-TURN

Before taking simple drill or figure marching with boys, it is advisable for the leader to practise giving commands to her/himself.



Simple Drill Positions:

'STAND-EASY' (from the 'STAND AT EASE' position):

- Feet should be about 15cm apart, measured from heel to heel, feet turned out at an angle of 30 degrees
- The limbs, head and body may be moved, but not the feet
- When 'standing easy' and the command, 'Section' is given (as one word), the position of 'Stand at Ease' is assumed

'STAND AT EASE' (from the 'STAND EASY' position):

'SECTION' (this is said as one word, not split into *caution* and *executive*) – Feet remain where they are (15 cms apart at the heels) so that the weight of the body rests equally on both feet; the hands are placed behind the back with the arms fully extended, the back of the right hand placed in the palm of the left, with fingers of both hands straight and thumbs interlocked. Head and eyes facing the front.

'ATTENTION' (from the 'STAND AT EASE' position):

'ATTEN-SHUN' – When coming to attention from the 'Stand at Ease' position, keeping the leg straight, the left foot is brought up to the right without stamping and the position of 'Attention' is assumed.

- Heels together and in line
- Feet turned out at an angle of about 30 degrees
- Legs straight, body straight and square to the front
- Arms straight as the natural bend of the arm will allow
- Wrists straight, hands clenched, knuckles outside
- Thumbs to the front, close to the forefinger and immediately behind the seams of the trousers
- Head and eyes facing the front
- The weight should be even on both feet, the body is NOT tensed, and the boys should breath easily!

'STAND AT EASE' (from the 'ATTENTION' position):

'STAND AT-EASE' – Keeping the legs straight, the left foot is moved about 15cms directly to the left, so that the weight of the body rests equally on both feet; at the same time, the hands are placed behind the back with the arms fully extended, the back of the right hand is placed in the palm of the left, with fingers of both hands straight and thumbs interlocked.

'RIGHT TURN' (from the 'ATTENTION' position):

'RIGHT-TURN' – Boys are at the 'Attention' position. The movement is done in two parts.

1. Keeping both knees straight and body standing straight. A turn is made to the right on the right heel and left toe, the left heel and right toe being raised in doing so, and the arms are kept close to the sides. On completion of this first movement, the right foot must be flat to the ground and the left heel raised; the weight of the body is on the right foot.
2. The left heel is brought smartly next to the right foot to assume the position of 'Attention'.

'LEFT TURN' (from the 'ATTENTION' position):

'LEFT-TURN' – When turning to the left, the movements are done in the same ways as a right turn, but with the left heel and right toe.

'ABOUT TURN' (from the 'ATTENTION' position):

'ABOUT-TURN' – Boys will act as for turning to the right, except they will continue the turn to the right, through 180 degrees until they face the opposite direction. Arms are not used to maintain balance and are kept close to the sides. This movement usually creates some amusement until boys get the hang of it, as it is easy to lose one's balance until the technique is learned. Be patient, the boys will get the hang of it!

Once the boys are happy with the instructions for simple drill, you can introduce figure marching sequences to music. These next instructions will become easier as the boys practise.

Marching:

'QUICK-MARCH' – Boys commence marching by taking a pace with the left foot. The right arm is swung from the shoulder as the left foot advances, as the right arm is swung forward, the left arm is swung back. The arms are straight, as their natural bend will allow; the hand is not raised higher than the waist.

Moving from 'QUICK MARCH' to 'HALT':

The word '**SECTION**' is given as the right foot comes to the ground, there is a pause in the command as the left foot comes to the ground; the word, '**HALT**' is given as the right foot then comes to the ground. (So the command is '**Section-Halt**'.) One more pace is taken with the left foot; the right foot is brought into line with the left foot without stamping. And both arms are brought neatly to the sides. Boys assume the position of 'Attention'.

Turning:

To achieve a good standard of figure marching, some instruction should be given to turning corners. As each boy reaches the 'turning point' (they should have clear instructions on where it is! Mark this on the floor with masking tape, or a chalk mark), the hands must be brought smartly to the sides and while marking time for two beats, he turns the inside foot on the first beat and outside foot on the second beat, stepping off with the full pace on the third beat, commencing at once to swing the arms.

If during the figure marching, all the boys need to turn at the same time to a given command, the procedure is as follows:

Turning on the MARCH:

'RIGHT-TURN' – The commands are given on the right foot. A pace forward is taken with the left foot (a check pace), then pivoting on the ball of the left foot, a complete right turn is made, moving the right foot forward a full pace in the new direction to complete the turn. The movement is made in the tempo of the marching.

'LEFT-TURN' – The commands are given on the left foot. A pace forward is taken with the right foot (a check pace), and then pivoting on the ball of the right foot, a complete left turn is made, moving the left foot forward a full pace in the new direction to complete the turn. The movement is made in the tempo of the marching.

The section on Figure Marching provides some tips and ideas of how to use this activity with your boys.

Figure Marching

BODY

fit for fun



Aim: To get the boys interested in figure marching and try and work on their discipline in general

Introduction:

Boys of Junior Section age come in all shapes and sizes, are full of energy, interested in learning something new, eager to try out something new and above all looking for fun. Figure marching is sometimes looked upon as difficult and boring, both by boys and leaders alike, but in actual fact is neither when carried out properly. With the guide of these simple instructions it is very easy to teach and for the boys to learn. Figure marching can be used for displays, for achievements, for building team discipline or for variety in the programme.

It is essential when undertaking a figure marching session that you know exactly how much you want the boys to do. It is best to keep sessions down to around 10 minutes and not over this time, otherwise the boys will begin to get bored.

The use of music is an important part of this activity but not many companies will be blessed with a musician; it is therefore a good idea to use a tape or CD of appropriate music. The addition of music allows the boys to put a rhythm to their marching and helps them to keep in step.

Some reasons for doing figure marching:

1. If approached in the correct way it can be great fun.
2. All Junior section boys can work together, creating a sense of teamwork within the section.
3. Some boys are naturally rhythmic; others are not so blessed so marching offers them a tool by which they can work on their rhythm and timing.
4. Figure marching can be a useful lead into company section drill, (if this is part of the programme for the older boys).
5. A good figure marching routine that has been well practised is excellent to perform at open evenings and displays, as it shows parents a more disciplined side to what goes on in the BB.

Equipment:

- Large hall or open area
- CD/tape player with tunes that boys can march to
- Chalk or masking tape to mark the floor

Preparation:

As with all activities it is essential that preparation be carried out prior to the session. Here are some areas you may wish to look at.

- Consult a pianist if available over the sort of music and the tempo at which it must be played.
- If using a CD or tape player, ask the boys to choose the music.
- Plan many weeks in advance this will allow you to see how you are progressing. It is always possible to change the schedule as you work through if you think it is going too quickly or too slowly.



No maximum number
depending on adequate
supervision



10 minutes per week



Presentation:

1. Know exactly what you want the boys to do but be ready to adapt if necessary.
2. Set a good example in the way that you stand, and as you move around, march in time to the music.
3. Keep the presentation to 10 minutes or less; you can get through a lot in this time.
4. Make sure you can be heard by all of the boys.
5. Keep all instructions as clear and concise as possible.
6. Teach a little at a time.
7. Give praise and congratulate continually, correcting any faults and suggesting improvements.
8. Show how much you are enjoying the period yourself.
9. Never use drill as a punishment, which can only have a detrimental effect on the way that the boys view it, and will form an opinion of drill that will stay with them for the rest of the time that they remain in the company.
10. Explain to the boys how the commands are made i.e. in two halves. The Caution which tells the boy what to do for example 'Right' and then the Executive which tells them when to do it, for example 'Turn' (see the section in this pack on Simple Drill).
11. Ensure that a clear boundary is set in which the boys know to march.

The following four movements are quite easy to use but will need some practice over a number of weeks using one of the sequences at a time. Adding these together would make a useful item for the company parents' night.

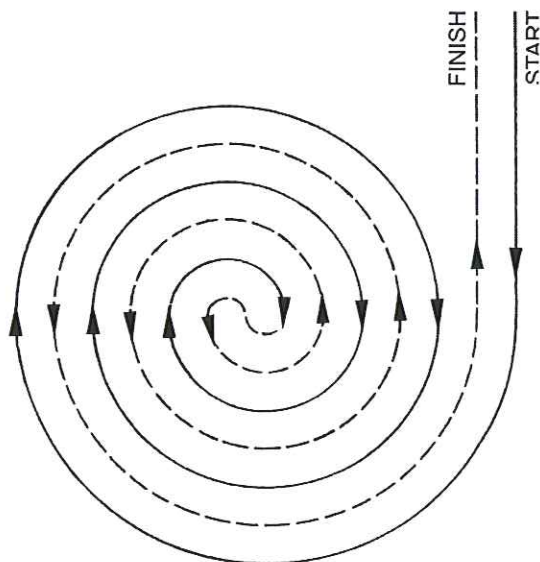
More suggestions for Figure Marching can be found in the "Figure Marching Handbook" available from BB Supplies.

Use chalk or masking tape to mark the floor according to the following diagrams, which will help the boys to learn where to make the key moves.

The Circle Maze

The Circle Maze looks difficult but is not. It can be done in a circle or a rectangle but it is more difficult to do the Rectangle as you need to execute sharp corners and boys have a habit of cutting corners.

As shown in the diagram, the section is led in ever decreasing circles until the Leading Boy reaches the centre or what he decides is the centre. Once he has reached that point he must then turn around and work his way out in the opposite direction, marching between the files of boys still approaching the centre. This is probably the hardest part.



Rectangle



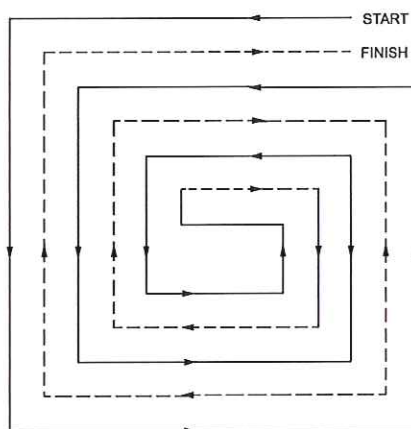
Maze

In this Maze the boy leads his Section in ever decreasing rectangles until the centre is almost reached; this is achieved by taking all turns to the left and on reaching the centre, turning to the right and commencing to increase the size of the rectangles by marching between the files advancing towards the centre, until the whole Section is free again.

The Maze can also be performed by making all turns to the right to reach the centre and then turning left to come out.

Points to consider:

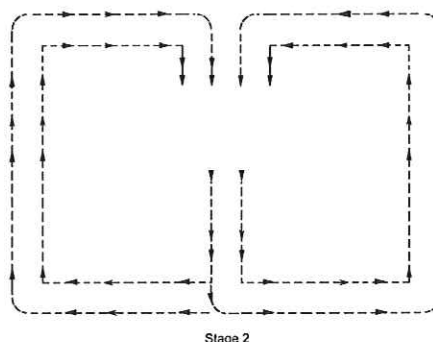
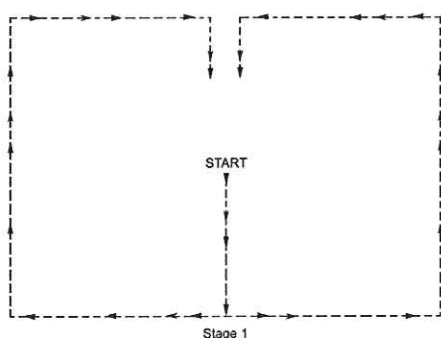
1. Good marching must be maintained all the time.
2. The final circle or rectangle should not be too small or boys will not be able to turn and confusion will arise.
3. The circles/rectangles must be made so as to leave sufficient room between the files for the boys returning to be able to march between.
4. Encourage the boys to look straight in front of them, not to the side where they will drift if looking at the other boys marching into the circle/rectangle.



The Snowball

The Snowball starts with a single file of boys and ends with four (or eight or sixteen) files, hence the name.

The Section marches in single file down the centre of the hall. At the end the first boy turns left, the second boy turns right, third boy turns left, the fourth boy right and so on. The boys, now in two files, continue to march round the outside of the hall until they meet at the centre top. When they meet, each pair turns to march down the centre of the hall. As the boys reach the end, the first pair turns left; the second pair turns right and so on. As the pairs meet at the top of the hall, they turn to come down the hall in fours. If the Section is large enough and space permits the fours can join to form eights down the centre.



Points to consider:

1. Every boy in the Section must know exactly where to go. At first a leader is advised to stand at the point where the files coming down the hall divide.
2. Dressing must be maintained as the boys march on either side of the hall and as the twos and fours are coming down the centre. To maintain dressing after dividing and turning, the first, third, fifth boys etc. need to take shorter spaces and the second, fourth, sixth boys etc need to take longer paces until they have levelled off in pairs.
3. Correct turning and marching must always be encouraged.
4. Boys must meet face to face, before turning to march up the hall in pairs.

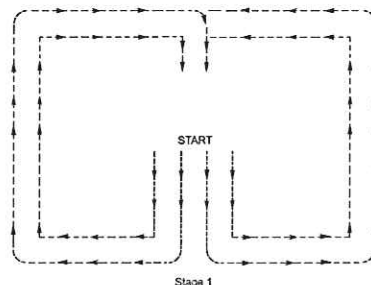
Reverse Snowball

Once the Snowball is completed the Section may proceed to another movement or the Snowball may be reversed so that the boys are again in single file.

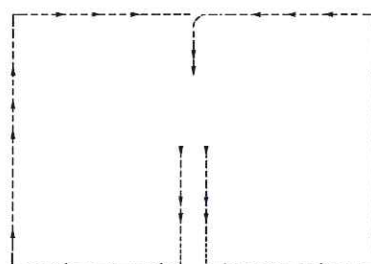
To reverse the Snowball the boys march down the centre in fours (or eights if the Snowball was continued to eights). As each four reaches the end of the hall the right hand pair wheel to the right and the left hand pair wheel to the left and continue marching round the hall.

On turning at the top corners, the first pair step out and the second pair shorten pace slightly so that the first pair reach the centre first and wheel down the centre followed by the second pair. The third and fourth pairs do the same and so on.

The boys are now in pairs marching down the centre. As each pair reaches the end the left hand boy turns left and the right hand boy turns right and continues marching round the hall. The single boy acts in the same way as the pairs did in the explanation above, coming down the centre in single line.



Stage 1



Stage 2

Points to consider:

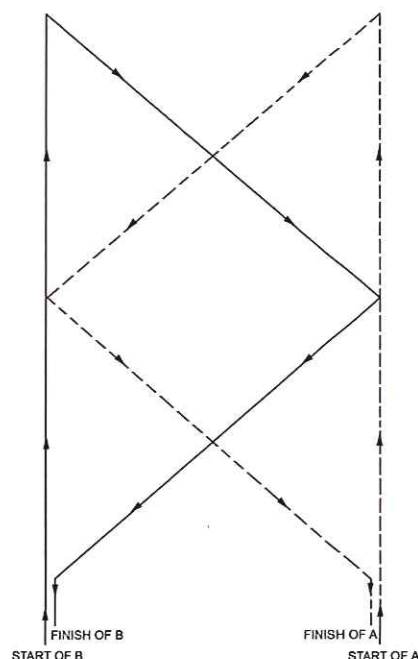
1. As they march along the sides of the hall the boys must keep level with their opposite pair on the other side. Similarly when they are marching in single file they must regulate their pace and distance to arrive at the centre at the same time.
2. Judging pace is a matter of practise. It is always alright on the night. The boys rarely let you down.
3. Leaders should occasionally halt the Section to show where the dressing is good and where it could be improved. It helps to show the boys where they are going wrong.

The Diamond

This is a movement combining two crossings, and is fairly simple once the art of crossing has been mastered. It is useful for part of a Display item and is more suitable for larger Sections. As for a Plain Cross, the Section is in two files on opposite sides of the hall marching in the same direction. The boys in the lead on reaching the end of the hall, turn inwards and march towards a point about half-way down and on the opposite side of the hall, the files crossing in the process.

On reaching the side of the hall the leading boy of each file turns inwards towards the corner. The files again cross. On reaching the Corners they turn right and left and are back in their original places.

To obtain the best visual results the leading boys should have joined up with the rear of their file, so that two unbroken triangles are formed.



Points to consider:

1. It is important to keep the distance between each boy constant.
2. All the points in simple Crossing apply.
3. It will help, at first, to mark the centre of each side of the hall with a chair.

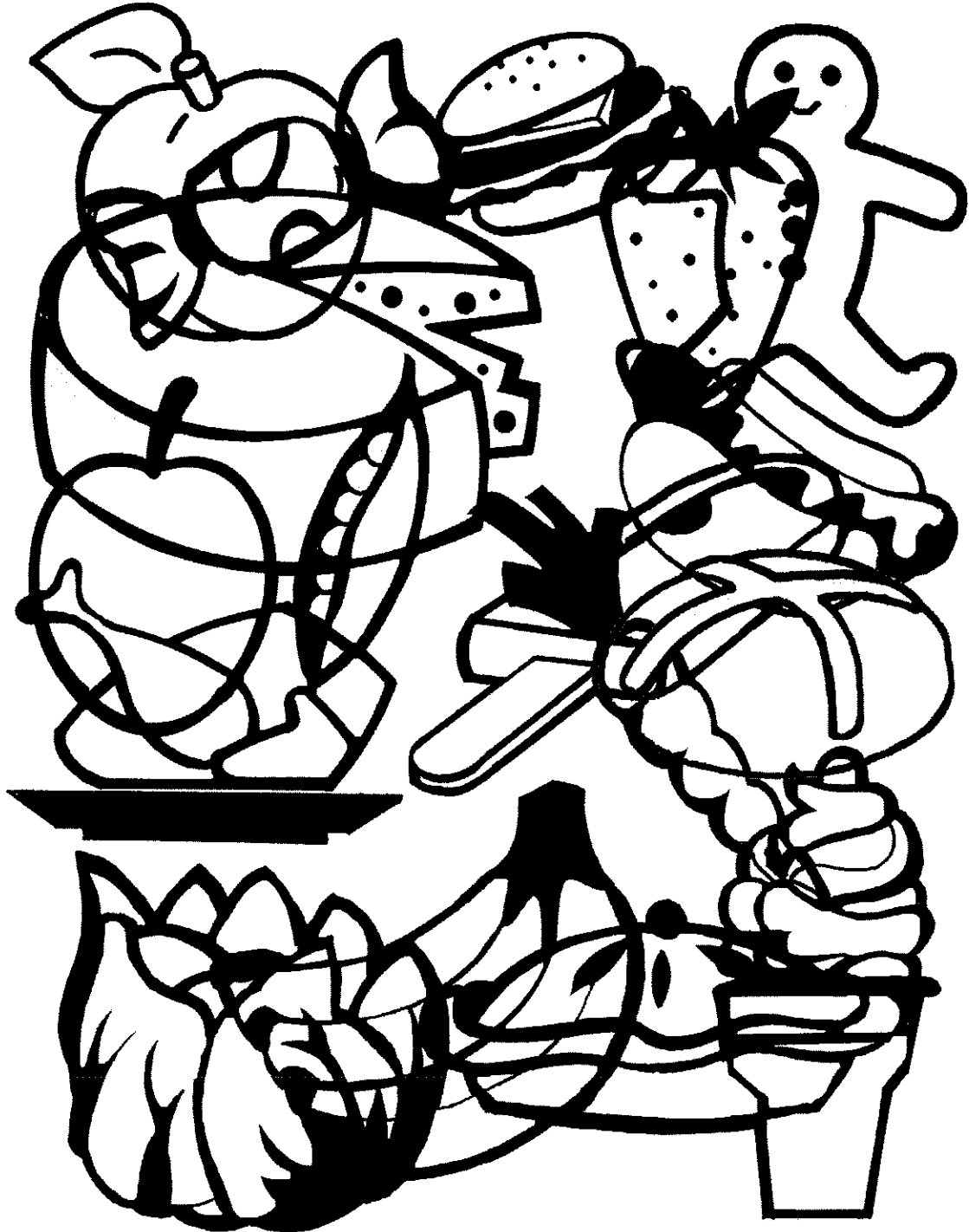
Template B-5

Potted Sports Activities

GAME 1 Bean Bag Throw TEAM SCORE POINTS	GAME 6 Football Dribble TEAM SCORE POINTS
GAME 2 Side Jumps TEAM SCORE POINTS	GAME 7 Ping Pong Bounce TEAM SCORE POINTS
GAME 3 Quoit and Stick TEAM SCORE POINTS	GAME 8 Running Round Relay TEAM SCORE POINTS
GAME 4 Pass and Sit TEAM SCORE POINTS	GAME 9 Target Shoot TEAM SCORE POINTS
GAME 5 Shuttle Bucket TEAM SCORE POINTS	GAME 10 Hoop Catch TEAM SCORE POINTS

Template B-13

Healthy Eating



Template B-14

Andrew and the Village Harvest

Ferret	Pig
Barn	Farmer
Bonfire	Wheatsheaf
Tractor	Pumpkin
Bucket	Camera
Balloon	Apple

Template B-14

Andrew and the Cookery Demonstration

Daffodil	Pig
Syrup	Soup
Pancake	Bleach
Chicken	Kiss
Apron	Dog
Mayor	Car

Template B-14

Andrew and the Fancy Dress Party

Clock	Bicycle
Father	Chandelier
Puppy	Toilet
Jelly	Donkey
Cupboard	Piano
Parcel	Queen