

**Aim:**

To develop the skills of children in some simple sports.

Introduction:

The Sports Basics programme ideas included below offer the opportunity for the children to enjoy playing sport whilst developing their skills in a variety of different sports that can be used either indoors or outdoors.

Activity 1 Basketball Skills

Aim:

This is an introduction to the skills of basketball without using a basketball court and concentrates on dribbling of the ball.

Equipment:

- One basketball for every player, use a smaller size, say a size 3 so that the children are able to control it much better.
- Cones if being undertaken outdoors.

Preparation:

Mark out or define the playing area depending on the number of children in your group – do not make it too large an area.

Instructions:

- The children will need to bounce and dribble the ball continuously in the marked out area.
- Make one of the players 'it' and start the game of tag.
- There are several ways you can get tagged.
- First by being touched by 'it'.
- Second by holding the ball – in one hand or two – rather than bouncing it continuously.
- Third, by going outside the playing area.
- One leader will need to be the referee who will need to watch the activity very carefully.
- The action can be changed every now and then by shouting out some special instruction, such as 'only use your right hand' or even 'travel backwards'.
- Doing this activity will give plenty of dribbling practice

Tips/Advice:

Beware of the type and size of ball that you use in comparison to the size/ability of the children.



10 minutes



4+ No maximum number depending on adequate supervision.



5+ minutes



2+ No maximum
number depending on
adequate supervision.

Activity 2 Dribble & Score

Aim:

To improve children's football skills.

Equipment:

- A football for each pair of players.
- Cones to mark out the area if outdoors.

Preparation:

Mark out or define the playing area.

Instructions:

- Pair up the players and nominate an attacker and a defender in each pair.
- Give each attacker a football.
- Attackers must dribble their ball while 'chasing' their defender around the playing area.
- The defender's job is to stay as far away from their attacker as possible, but always staying within the playing area.
- After a while the leader shouts 'Stop' and all the players have to stand still immediately.
- Attackers have to put a foot on the ball to keep it under control.
- Defenders have to turn to face their attacker and stand with their legs apart.
- On your command of 'shoot', attackers try to score 'goals' by passing the ball through their defender's legs.
- Then, start again with the roles reversed so attackers are now defenders and vice versa.
- The winner is the player with the most goals when time is up.



10+ minutes



6+ No maximum number depending on adequate supervision.

Activity 3 Over The Line

Aim:

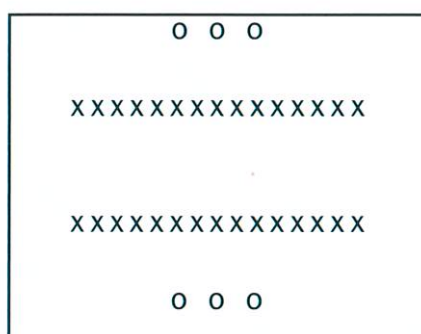
To develop throwing and catching skills.

Equipment:

- Small footballs
- Tennis balls
- Cones

Preparation:

- Mark out or define the playing area
- Use the markers to make two lines
- The team players stand behind their line



Instructions:

- Mark out 2 lines 10 metres long and 10 metres apart.
- These distances can be altered once you've seen how well the children can throw.
- The space between the lines is out of play.
- Get the 2 teams to stand behind their lines – name one 'Blues' and the other 'Reds'.
- The Blues start. A blue player throws the ball from a few paces behind their line. The aim is to throw so it lands in the opponents' area anywhere behind the line.
- Once it's crossed the line the reds try to catch the ball or at least touch it before it lands.
- If the ball hits the ground without being caught or touched, the throwing team gets a point.
- If someone in the receiving team catches the ball, they get a point. If they touch the ball but don't catch it, then nobody gets a point.
- The player who catches or touches the ball, must throw it back from where they were standing.
- If the ball hits the ground to score a point, the nearest player to where it landed takes the next turn from that spot.

As well as helping children build their throwing and catching skills, the game also teaches them something about tactics. How you position your players is an important part of playing the game well.



10 minutes



6+ No maximum
number depending on
adequate supervision.

Activity 4 Quick Goal

Aim:

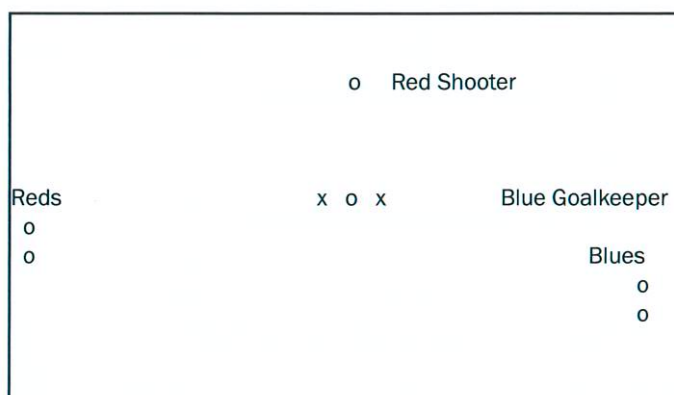
To give children the chance to practise their skills at passing, shooting and goalkeeping in quick succession.

Equipment:

- Cones or other markers
- 2 or 3 footballs

Preparation:

- Set up the cones to form a goal and a shooting line.
- The shooting line - you can have 1 line for younger children and 1 further back for older children.



Instructions:

The game works with 2 teams, the reds and the blues.

- The blue goalkeeper takes his place between the cones.
- The red players take their positions – one, the shooter, facing the goalkeeper ready to shoot at the goal and the other red players stand in line with the goal.
- The red player to the side of the goal passes the ball for the red shooter who tries to score past the blue goalkeeper.
- After this, the players rotate, with the red shooter becoming the goalkeeper and the blue team taking their turn to try and score.
- Meanwhile the red passer gets in position to be the next red shooter.
- The game continues to rotate for a fixed number of rounds, say 10, to keep the game non-stop.
- The team that score the most goals win's a good idea to have several balls to play with.
- You could tell the players which foot they need to shoot with.



10 minutes



2+ No maximum number depending on adequate supervision.

Activity 5 Tennis Catch

Aim:

To practise tennis skills without a court.

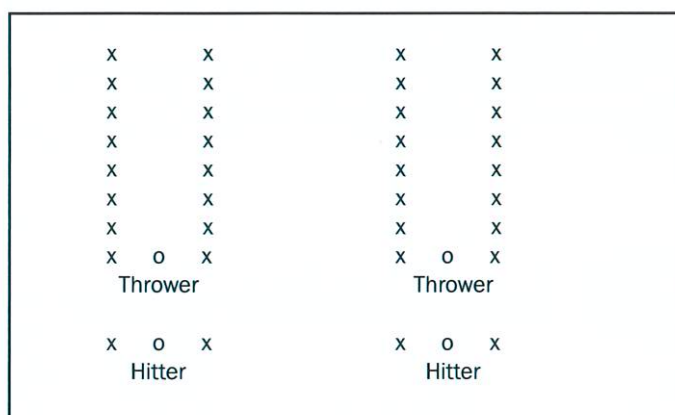
Equipment:

- 1 tennis racquet per pair of players
- 1 tennis ball per pair of players
- Cones or markers

Try to use tennis balls specially made for children as they are lighter and easier to hit. You could use sponge tennis balls indoors.

Preparation:

Using the markers or cones set out two lanes with gaps about a metre apart.



Instructions:

- In each team you will need a 'throwing player' and the others will be the 'hitters'
- The throwing player 'serves' the ball to the first hitter by throwing it in a way that makes it easy to hit.
- The hitters' task is to hit the ball back so that the thrower can catch it.
- Every time the thrower catches the ball, the hitter takes a step backwards and throws again.
- If the ball isn't caught, the thrower takes a step forwards, closer to their hitter, and throws again.
- When the thrower catches the ball from the last marker in the lane, they have completed their round.
- The players change roles and start again.

Concertrate on getting the children to hold the racquet correctly.



10 minutes



4+ No maximum
number depending on
adequate supervision.



10 minutes



4+ No maximum
number depending on
adequate supervision.

Activity 6 Rugby Catch

Aim:

To develop catching skills.

Equipment:

- A soft rugby ball

Preparation:

- Divide the children into two teams
- Mark out the area of play

Instructions:

- Give the rugby ball to one of the teams.
- That team then passes the ball among themselves for as long as possible without it being captured by a member of the opposing team.
- If the ball is intercepted, the player who caught it swaps teams with the person who last threw it.
- Then the game starts again with the new teams.
- The children swap sides if they tag a player while they're holding the ball.
- This game is non-stop action with the chance to sharpen up some key attacking and defending skills.

Activity 7 Football Two Touch

Aim:

To develop the controlling and passing of a football.

Equipment:

- Football
- Cones or markers

Preparation:

- Divide the children into two teams – Red & Blue
- Mark out the area of play.
- Place two cones or markers about a metre apart in the middle of the playing area to create a 'goal'.

o Reds o

x Goal x

o Blues o



Instructions:

- A red team player 'serves' by passing the ball through the goal from their baseline.
- The blue team must take two touches and no more to pass the ball back through the gate. Both players must touch the ball. The red team then takes two touches to pass the ball back through the goal. And so on.
- The point is lost if (a) the ball fails to go through the goal or (b) it goes out of the playing area over the opponent's sidelines.
- The point is won if the ball goes over the opponent's baseline, but it must be on the ground as it goes over the line. If it bounces or flies over, the point is lost.
- Score the game and make the winner the first team to reach a total of 10 points.
- If you want to make the game harder or easier, all you have to do is adjust the size of the goal.
- Two a side is ideal but you can easily play with teams of 3.
- However many are playing make sure the two touch rule applies.

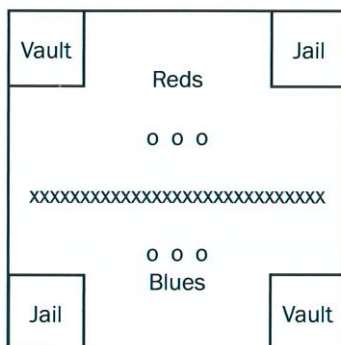
Activity 8 Treasure & Jail

Aim:

To develop football dribbling skills.

Preparation:

- Mark out the playing area as below.
- In each half mark out 2 squares – a jail and a vault.
- Put 3 footballs in each vault.



Instructions:

- Players from each team have to capture footballs from the other team's vault while defending their own vault.
- Players attack by trying to get into the other team's vault without being tagged.
- When players are in the other team's half, they can be tagged and sent to jail.
- Once a player has collected one football they dribble it back to their own half without being tagged.
- Once on home territory, they put the football in their own vault.
- Bank vaults are safe areas where players cannot be tagged.
- Prisoners in jail are released by being tagged by a team mate.
- Both are allowed a free walk back to their own half.
- Attackers can only take 1 ball at a time.
- Beanbags can be used instead of footballs. In this version, players have to carry the beanbag back to their own half.
- The winner is the team with the highest number of footballs in their vault when the time limit has been reached for each game.



10 minutes



4+ No maximum
number depending on
adequate supervision.



Relay Games

BODY



fit for fun

Aim:

Team building is very important for children. Children are not born with a team mentality and learn through what they see. Many children simply don't know how to get along with each other or are able to solve a conflict when it occurs. Participating in team building games can help children to belong in a group, learn how to communicate, to cooperate, and how to have teamwork.

Activity 1 Broken Down Car Race

Aim:

A relay race where each player is a different broken car part! Noisy fun!

Instructions:

- In the broken-car relay, each team runs three continuous races.
- In each race they will pretend that they're part of a car with a problem, such as a stuck horn that's blaring incessantly or windshield wipers that won't stop moving.
- The children run the race acting out what's broken.
- For example, if the car is stuck in reverse, the children will run backwards.
- Before each race begins, tell the runners what problems their car will have.
- Choose a starting point and a turnaround line that are about 20 feet apart and then divide the children into two teams, or have them pick which team they want to be in.
- Each team should line up single file behind the starting line.
- At your signal, the race begins.
- One by one the children run to the turnaround line and back while pretending to be the car with the first problem.
- After all the children on one team have had the first problem, they run again, this time with the second problem and then the third.
- The first team that completes all three of the relays wins the race.

Extension Tasks/Adaptations:

- Shorten the number of races to prevent restlessness if there are too many of them.
- Young children may have a hard time deciding what motions to use while they run.
- You can always give them ideas or help them to come up with their own.



10 minutes



6+ No maximum number depending on adequate supervision.



10 minutes



4+ No maximum number depending on adequate supervision.

Activity 2 Shipmates

Aim:

Help your blindfolded shipmate find scattered objects as fast as you can. It's a race against your opponents.

Equipment:

- Paper bags for each team.
- Lots of large and small objects to scatter.
- Blindfolds

Instructions:

- Divide the players into groups of two.
- Scatter objects all over the floor of a large area or room.
- There should be at least 4 objects for every team of two.
- Some objects can be small, like a pencil or a penny, and other objects can be big like a TV remote control or a paper plate.
- One person on each team is blindfolded and holds a paper bag.
- Their partner (the shipmate) must tell them where to pick up items on the floor using verbal directions such as "go right, now straight, now left, now bend down and pick it up".
- The player puts the item in their bag and whoever gets the most after all the items are gone wins!



10 minutes



6+ No maximum number depending on adequate supervision.

Activity 3 Bowling Beanbags

Equipment:

- 5 Bowling Pins or Large Plastic Bottles
- Beanbags

Preparation:

- Play on a smooth flat surface.
- Divide the children into even numbered teams.
- Place one bowling pin or plastic bottle exactly in the centre of a large circle.
- The other four pins /plastic bottles will be placed evenly around the outside of the circle – one for each team. If there are a smaller number of children then reduce the number of pins plastic bottles.

Instructions:

- One player from each of the four teams will be on the outside of the circle standing next to their bowling pin / plastic bottle but slightly behind it.
- One bowling pin / plastic bottle is placed in the centre of the circle.
- The players are given a beanbag each to hold onto while they run.
- On the word 'Go' the players run around the outside of the circle in a clockwise direction.
- Once they make a complete circle they are to stand at their bowling pin, throw their beanbag so that it will slide across the floor in an attempt to knock down the bowling pin in the middle of the large circle.
- If their beanbag misses they are to retrieve their bag and return to their throwing position and try again until someone knocks down the pin.



- The team player that knocks down the pin receives 5 points.
- The next players on each team will do the same until all players have had a chance to do the relay.
- The team with the most points is the winner.

Tips/Advice:

Demonstrate how to slide the beanbag across the circle so the children see how to do it and not 'throw wildly'.

Activity 4 Heart Action

Aim:

To carry out actions quickly and correctly.

Equipment:

- Card cut into shapes of 'hearts'

Preparation:

- Label each heart with a task and then place them upside down so the task is not showing.
- Some ideas for tasks to be labelled on the hearts could be: jump, hop, skip, walk backwards, crawl like a snake, jump like a frog, sing a song, say a poem or whatever other creative ideas you can come up with.

Instructions:

- Place the pile of heart shape cards upside down on a chair at the opposite end of a playing area.
- Divide the children into even teams.
- One person from each team will run to their pile, select a heart, return to their team and do what action is on the heart in front of them.
- The next player will do the same and this will continue until all the 'heart actions' have been completed.
- The first team to complete all the actions on their pile of 'hearts' is the winner.



10 minutes



6+ No maximum number depending on adequate supervision.



BODY

fit for fun



**Aim:**

To give children a fun experience with water.

Introduction:

The following activities are aimed at providing children with games using water which can provide an enjoyable experience.

Activity 1 Water Over/Under

Aim:

To have fun working as a team and get wet at the same time!

Equipment:

- Sponge for each team
- Bucket of water per team
- Empty bucket per team

Preparation:

- Fill one bucket of water per team with water and place a car sponge in it.
- Split the children into equal teams and get them to line up with the full bucket at the front of the line and the empty bucket at the rear of the line.

Instructions:

- On the word GO children have to empty the bucket at the front of the line and fill the bucket at the rear of the line using the car sponge.
- On a twist on the traditional game the rear bucket needs to be filled by passing the sponge back along the line over the head of the first person and under the legs of the second person, this continues in this pattern until the sponge reaches the rear of the line where it is emptied into the bucket.
- The person at the rear of the line then runs to the front and starts the process again.
- The winning team is the team with the most water in the rear bucket when the front buckets are empty or all members have had a turn.



5-10 minutes



No maximum number
depending on
adequate supervision.



5-10 minutes



No maximum number
depending on
adequate supervision.



5-10 minutes



No maximum number
depending on
adequate supervision.

Activity 2 Water Volleyball

Aim:

To get wet whilst playing Volley Ball.

Equipment:

- Volleyball net
- Water balloons filled with water

Preparation:

Fill the water balloons with water.

Instructions:

- Play the traditional game of volleyball but substituting the ball for water balloons.
- It will soon become obvious that the balloons will break more than go across the net but this just adds to the fun of it all.

Activity 3 Water Relay

Equipment:

- Disposable Plastic Cups
- Buckets or other suitable container for water

Preparation:

- Pierce 3-4 holes around the lower part of a cup.
- Fill one bucket of water per team.
- Place an empty bucket per team 10 or so metres away from the start line.
- Split the children into equal teams and get them to line up with the first person by the full bucket.

Instructions:

- On the word Go the first person per team is to fill the cup with water and run to the bucket opposite pouring the water from the cup into the empty bucket.
- They then return to the start line and pass the cup over to the next player who fills the cup again.
- The winner is the team who has the most water in their collection bucket at the end of the given time.
- An additional rule could be that the cups have to be filled up without using hands!

Tips/Advice:

This is a game to be played outdoors.

**Aim:**

For children to have fun and get messy!

Introduction:

Messy play is educational for children, even helping future learning through sensory experience. Messy play gives children an opportunity to have sensory experiences, whilst their brains are still developing. Messy games boost children's creativity and imagination and gives them the chance to invent, build, explore and develop a whole different part of the brain.

Activity 1 Banana Construction

Equipment:

- Bananas
- Knife
- Plates
- Safety pins
- Sellotape
- String

Preparation:

Prepare the area to limit the mess.

Instructions:

- Divide the group into teams – give each group a plate, banana and knife.
- There is no race, it is a game of stages – ask the teams to peel the banana and cut it up into equal pieces. You may wish to state the number of pieces.
- Once all the teams have done this - sound a horn, whistle or other sound then set out the next set of instructions.
- Tell the teams that they must now put the banana back together again as good as new. Each team gets a kit to help them – Sellotape, String, Safety pins etc.
- They will now be time limited to 3 minutes. The best reconstructed or most creative banana wins.

Tips/Advice:

The children will need to wash their hands after this game. By using a paper tablecloth you will minimise the mess. The paper tablecloth can be thrown away with all the mess on it after.

Extension Tasks/Adaptations:

This game can be played alongside teaching on how some of our actions cannot be taken back or changed.



10 minutes



4+ No maximum number depending on adequate supervision.



Check for allergies and watch the use of safety pins. Children need to take care when using knives.



20 minutes



4+ No maximum number depending on adequate supervision.



Check for food allergies.

Use swimming goggles or glasses to protect eyes.

Activity 2 Feed Me!

Aim:

To feed your partner whilst blindfolded. More of a funny thing to watch and good to get leaders to do it too. It is very messy!!

Equipment:

- 4 Chairs
- Table
- Food – yoghurt, cereal, bananas, baked beans, mousse, milk, jelly
- Tablecloth
- Ground sheet
- Spoons
- Bin bags (at least 4)
- Swimming Goggles (optional)

Preparation:

Set out the chairs, table and the ground sheet. This can be done outside. Have a selection of food on the table and set one chair behind the other.

Instructions:

- You will need four volunteers. These can be children or leaders.
- They must each put on a bin bag. Make a hole in the end for their heads. Sleeves will need to be rolled up.
- Have each team sit in front of each other and the back person puts their arms through the other person's arms and becomes their hands.
- Blindfold the back person. The person in the front has to guide the person behind to direct the food into their mouth. Each team has a certain amount of food that they need to eat. The team that eats it all first wins.

Tips/Advice:

Children will love this game, but it is very messy. You may want the person in front to wear swimming goggles to protect their eyes.



20 minutes



6+ Divided into two teams. No maximum number depending on adequate supervision.



Make sure there are no allergies. Have leaders stationed with the teams to help them.

Activity 3 Cereal Olympics

Aim:

To work their way through each stage to win.

Equipment:

Paddling pool or large bucket

Preparation:

Set out the course outside preferably.

Instructions:

- Round 1 – Snap, Crackle and Pop Pool**
 Fill a paddling pool up with water and then empty two boxes of Rice Crispies into the water at the last minute. Inside the pool drop six flat plastic disks or plastic animals. Anything can be used. The flatter the better as they will be harder to find. Each team must elect someone to go into the pool to find their three disks/animals. First to find and get back to the team wins Round 1.
- Round 2 – Weet-a-Bix Catch**
 Two members of each team must take part in this game. You need to make a head catcher. This can be made from a baby bowl with straps on or a bowl glued onto a headband. The pair stands at a set distance from each other; one with the head catcher and the other with three Weetabix. Then Weetabix must be caught in the head catcher. Once three have been caught that team wins. Points can be given for each team so that the team with the most point overall wins.
- Round 3 – Loopy Spaghetti**
 One person must be selected to play this game. Have a bowl of loops cereal and one stick of spaghetti. The person must take loops out of the bowl and put them on the spaghetti using only their mouths. When the spaghetti is filled up the team wins. If the spaghetti breaks then you can give them a new piece.
- Round 4 – Frostie Face**
 Set up a tray for each team covered in Frosties. Then use a substance such as cream, butter, face cream etc and the child must rub their face on the tray to cover their face in Frosties. The person with the most Frosties after one minute wins. This can also be done where another team member throws cereal at the other child's creamed face.

Tips/Advice:

You can add numbers to make sure that everyone in the team gets a chance to participate.



**Aim:**

To enable children to their creativity, develop their imagination and build their other strengths.

Introduction:

Children enjoy free play, unconstrained by the discipline of direction from an adult. This gives them the freedom to explore and use things that come to hand creatively. They also have the freedom to imagine, experiment and discover new things.

Activity 1 Den Making

Aim:

To give the children the materials to make any sort of den that they choose. Each child will do something different with the materials available. Just sit back and let them get on with it. A very different approach, but a good one for the children.

Equipment:

- Cardboard boxes
- Sheets
- Towels
- Chairs
- Rope
- Pegs
- Cushions
- Tables
- Rugs

Instructions:

Providing den making materials will give the children the opportunity to use their imagination to build something and then to interact creatively with their dens.

This can be done inside and outside. If you are outside let the children make outdoor shelters from sticks, trees, branches and leaves etc.

Tips/Advice:

It may be hard for you to stand back and not to give ideas but just watch how creative the children will be. They will all do something different and this is a good thing.



30 minutes



2+ No maximum number depending on adequate supervision.



You need to keep good supervision of the children and intervene if the dens are dangerous. Find ways to make them safer.



20 minutes



4+ No maximum number depending on adequate supervision.



Caution should be taken when using scissors.

Supervise the children when they are using scissors and glue.



10 minutes



6+ Divided into two teams. No maximum number depending on adequate supervision.

Activity 2 Building from Rubbish

Aim:

To give the children the freedom to build something from nothing by their own creativity.

Equipment:

- Cardboard tubes
- Toilet rolls
- Plastic bottles
- Yoghurt pots
- Coloured paper
- String
- Sellotape
- Bubble wrap
- Polystyrene
- Scissors
- Glue
- Boxes
- Foil
- Corrugated paper
- Paper plates

Preparation:

Place all the materials on the table and allow the children to choose what they want to build with.

Instructions:

Junk building is a wonderful opportunity for the children to enjoy a creative session using materials that are rubbish. Try to have as many materials as possible for them to use, give them a time limit and a short briefing including safe use of materials and then let them be creative!

Activity 3 Play Balls

Aim:

To throw small plastic balls and get the children to follow you and pick them up.

Equipment:

Box of plastic balls.

Preparation:

Set out the course outside preferably.

Instructions:

Tell the children that you will go around the room with the box of balls and tell them that you will throw all the balls out and you want them to pick the balls up and put them back into the box as they follow you around.

Some of the children will pick up the balls and put them back into the box, others will play with the balls and others will kick them around. Let them do whatever they want. You may need to stop the process occasionally to get all the balls back into the box to start the process again.

Tips/Advice:

Plastic play balls – available from supermarkets
You will need plenty of plastic balls.

Wide Games

BODY

fit for fun



Aim:

To get children outside and playing adventurous outdoor games.

Introduction:

'Wide Games' include any game in a large area of land. Provided you stick to a few simple rules they are very easy to set up, and great fun. Areas work best when there are places to hide, like in woodland or heath. However, they can equally be played in fields.

Make sure everyone is aware of the size and type of playing area. Use natural boundaries to limit the size of the playing area like paths, streams, edges of woods or fields. Having several leaders in the area will help the children to make sure boundaries and game instructions are understood. It is also sensible that all games have a signal e.g. blasts of a whistle or horn to indicate that the game is over and all children should come back to a designated point.

Activity 1 Feds & Fugitives

Aim:

To encourage teamwork.

Equipment:

Cones

Preparation:

Make sure that you check out the playing area before the game to ensure that it is suitable.

Instructions:

This is a simple wide game based on the game of 'Tag'. Players are divided into two teams; a small team of "Feds" and everybody else playing the role of "Fugitives". The Feds should establish a base, using cones to mark out the area, which becomes the 'jail'. Fugitives should then be given time to get away and hide.

Story:

A prison van has crashed whilst transporting some of America's most dangerous criminals to prison. In the aftermath of the accident the prisoners escape, and flee. The Feds have to catch all the Fugitives before they commit any more crimes.

Object:

The aim of the game is for the Feds to catch all the Fugitives. In the event that this does not occur, points are given depending on the number of Fugitives in jail at the end of a time limit. Feds capture Fugitives by being tagged (a tap/touch, you should emphasize that they should not hit or attempt to bring others down). Once caught they must go to Jail. Fugitives should try and remain uncaught, but once captured they can only be released from jail by a free Fugitive breaking them out. Feds can guard the jail, but not within the jail compound itself, e.g. 2-3m distance.

At an appropriate point if all fugitives are not caught then you should end the game to avoid children who have been caught sitting around for long periods. You could have a signal to indicate that there is only 1 or 2 minutes left before the game ends, and a signal to notify all players the game has ended and everyone should come back in to the centre (the 'jail'). You can then restart the game getting everybody back involved and changing the children's roles around.



20 minutes



8+ No maximum number depending on adequate supervision.



Establish clear boundaries for the game.

Choose a playing area with minimal natural hazards, e.g. tree roots, water, uneven ground, holes, etc



10 minutes



6+ No maximum number depending on adequate supervision.



Establish clear boundaries for the game. Send a leader out with each group.

Be aware of possible trip hazards particularly in a wooded area.



10 minutes



12+ No maximum number depending on adequate supervision.



Establish clear boundaries for the game.

Choose a playing area with minimal natural hazards, e.g. tree roots, water, uneven ground, holes, etc

Activity 2 Fox & Hounds

Aim:

To develop tracking skills.

Equipment:

- Flour
- Whistles

Preparation:

Make sure that you check out the playing area before the game to ensure it is suitable.

Instructions:

Divide the group into two teams, the "foxes" (¼ of the players) and "hounds" (¾ of the players).

Story:

Whilst on a fox hunt, hounds pick up the scent of some foxes. A chase ensues, but can the fox escape?

Object:

The foxes should seek to escape the capture of the hounds. Foxes are given a minute "head start" and told to lay flour every 20 seconds of their journey or blow the whistle every 20 seconds. The hounds should track and chase the foxes, until every fox is tagged. The foxes win if any of them are still active after 10 minutes and the hounds win if all have been caught.

It is sensible that you have a signal e.g. blasts of a whistle or horn to indicate that the game is over and all children should come back to a designated point.

Activity 3 Yeti

Aim:

To develop teamwork and strategy.

Equipment:

Energy Cards template

Preparation:

Cut out the energy cards from template.

Instructions:

This game involves finding and capturing the Yeti. Begin setting the scene in a wooded area where you have found some footprints in the mud.

Story:

The Yeti for many years was believed to be a mythical creature. However, recently there has been an influx of sightings. Now, footprints have been found in the forest, providing evidence that it does exist. You must capture it, although be aware it's going to be really dangerous. The Yeti is believed to have special powers, as people have been found here paralysed and frozen. Could this be the work of The Yeti?



Object:

In order to trap The Yeti you not only have to find it, but you'll need to have enough energy to keep you warm, so as to avoid being frozen. To do this those catching The Yeti need more energy tokens than The Yeti itself.

Distribute out small cards with various amounts of energy on them (1 to 5). Any confrontation with the Yeti that results in the failure to capture it, will lead to the Yeti stealing their energy cards. To get a new one they must return to base.

What the group don't know is that one of the leaders with them at that moment is playing The Yeti. The Yeti is given a high energy rating of 15 to start with. At the start of the game, the leader playing The Yeti can get the game going, by waiting for an opportune moment to freeze the members of a small group. When challenged the leader playing the role of The Yeti must announce their identity, and find out the collective power of the hunters. If The Yeti has a 15 energy rating and a group of players challenge with a collective energy between them of 12, they would lose their power cards. The Yeti keeps these and would then have an energy rating of 27! In the event of a tie The Yeti wins.

Tips/Advice:

Rumours will quickly spread about who The Yeti is. However, The Yeti on meeting another leader can transfer their power tokens and the role of Yeti.

Activity 4 Gold Rush

Aim:

To develop teamwork and strategy.

Equipment:

- Potatoes
- Cones

Instructions:

Split into teams of rival gold miners (there can be more than two teams depending on numbers) and establish a base for each team. Place in each base 15 potatoes (the gold) in a pile. Set up a 2-3m no go zone around each base. This is now a safe zone that only the opposing team can enter. Get the children to slightly tuck into their clothing a football sock or band. Blow a whistle so that people know the game has started.

Story:

Two groups of rival gold miners have covered huge distances after they heard rumours of an area rich in gold. They are desperate to get their hands on it, and become the only gold miner in the area.

Object:

Players must infiltrate the other teams' bases to steal their gold (potatoes). Players may only take one potato at a time. However, once out of the opposing base they may pass it to another player or can take it back to their base themselves. Players can defend their bases by removing other players' bands and eliminating them from the game, but only if they themselves still have their band.

It is sensible that you have a signal e.g. blasts of a whistle or horn to indicate that the game is over and all children should come back to a designated point.



15 minutes



8+ No maximum number depending on adequate supervision.



15 minutes



10+ No maximum number depending on adequate supervision.



Establish clear boundaries for the game.

Choose a playing area with minimal natural hazards, e.g. tree roots, water, uneven ground, holes, etc.

Activity 5 Giant, Elf, Wizard

Aim:

To develop individual strategy.

Equipment:

- Elf, Giant, Wizard Cards
- Cones

Instructions:

Create a central base, and give each player a piece of wool that acts as their life band. Ask them to tie it around their wrist. Then give them a Character Token of their choice (Elf, Wizard or Giant). Give some time for the children to disperse.

Story:

This area is infamous for its Giants, Elves, and Wizards. However, there is much jealousy between each group and they are known not to get on. You must prove which is the greatest.

Object:

Players must go around challenging each other, by either tagging another player or as a mutual decision. They must show each other their token (this will avoid arguments), and work out who wins. Characters beat each other in the following way:

- Giant defeats Elf
- Elf defeats Wizard
- Wizard defeats Giant

If tokens are the same nothing happens and players go to find someone else. The winning player gets the other's life band. The loser returns to their base to collect another life band. Players can return to base at any time and change their token if they wish. At the end of the game the winning player is the one with the most life bands.



10 minutes



10+ No maximum number depending on adequate supervision.



Establish clear boundaries for the game.

Choose a playing area with minimal natural hazards, e.g. tree roots, water, uneven ground, holes, etc.

Activity 6 Antarctica

Aim:

To develop teamwork and strategy.

Equipment:

- Flag
- Cones
- Envelope containing message

Instructions:

Form a central base with a flag, and then two bases at equal distances from the flag. Get the children to slightly tuck into their clothing a football sock or band. A sealed envelope is given to each team. On the outside is written: "To be opened at (time) o'clock." At the appointed time the team should tear open the envelope, which contains the following message:

Story:

You are in cold competition with another team in a race to be the first explorers to get to the South Pole. On the South Pole is a flag placed there by a Hot Air Balloon pilot. This flag must be brought back to corroborate your claim.

Object:

Teams must bring the flag back to their base. Players can stop each other by removing other players' bands, but only if they themselves still have their band. If a player carrying the flag has their band removed they must drop the flag immediately. Players tagged must return to the central base to collect a new life (band).

Score:

Flag returned = 10 points

Opponent tagged = 2 points



30 mins. 5 mins
briefing and
explanation



8+ No maximum
number depending on
adequate supervision.



Establish clear
boundaries for the
game.

Choose a playing
area with minimal
natural hazards, e.g.
tree roots, water,
uneven ground,
holes, etc.

Activity 7 Sherwood Forest

Aim:

To develop teamwork and strategy.

Equipment:

- Treasure (e.g. pasta pieces)
- Buckets
- Cones
- Envelope containing message.

Instructions:

There are two teams – Robin Hood's Men and the Sheriff of Nottingham's Men. Each team has a base. All team members wear a band to indicate they are in the game. This is a band or football sock tucked into their waistband. The traders will be nominated leaders (2 or 3).

Each team is given a sealed envelope. On the outside is written: "To be opened at (time) o'clock." At the appointed time the team should tear open the envelope, which contains the following message:

Team One Story:

You are Robin Hood's men and spend your time in Sherwood Forest living as freedom fighters, looking after the local people from the evil Sheriff of Nottingham and King John. A band of wealthy traders is travelling through Sherwood Forest. Every time you tag a wealthy trader you are given one piece of treasure which you must return to your base. The Sheriff's men will try to stop you by stealing your band. If this happens you must return to your base for a new band. You can only be involved in the game whilst wearing a band. You can stop the Sheriff's men by stealing their bands. When the traders arrive in Nottingham, the game stops and each team's treasure is counted.

Team Two Story:

You are The Sheriff of Nottingham's men and a band of wealthy traders is travelling through Sherwood Forest. Robin Hood's men are causing havoc in Nottingham stealing money. King John is really unhappy and demanding more money in tax. You must get to the wealthy traders before Robin Hood's men do, to protect them from the outlaws. You stop the outlaws by stealing their bands. They cannot rob the wealthy traders without a band. The outlaws will be trying to steal your band to send you back to your base to get a new band. You can only be involved in the game whilst wearing a band. When the traders arrive in Nottingham, the game stops and each team's treasure is counted.

Object:

The Traders have to go along a route to get to the safe base (Nottingham). Robin Hood's men will try to tag them and win a piece of treasure. The Sheriff's men will try to prevent this by stealing the outlaws' bands. The traders carry 15 pieces of treasure between them and will have them stolen or give them to the Sheriff when reaching safety. The winning team is the one with most pieces of treasure (most points).

Score:

One piece of treasure = 1 point

Devotional Links:

- Paul the Adventurer – Being bold in faith (2 Corinthians 11)
- Abraham the Pioneer – Man of faith, bravery (Genesis 12-25)

**Aim:**

To promote healthy living.

Introduction:

Healthy living and a good diet is central to overall good health, but do you know the best foods to include in your meals, and those best avoided? We look at the facts, to help you make realistic, informed choices.

Activity 1 Food Groups Quiz

Aim:

To teach the young people about healthy eating through a quiz.

Equipment:

- Pens/Pencils
- Food Groups Quiz template

Preparation:

Print off the attached Food Groups Quiz.

Instructions:

You could ask the questions orally to the group or print off the sheets and ask the children to complete. Some children may require support with reading. As you go through the answers ensure that the children understand and can ask other questions.

Answers:

1. The correct answer is - **B Pork**. Pork belongs to the meat, poultry and fish food group. Pork is a type of meat and contains proteins which help our bodies to build and repair body tissues and muscles.
2. The correct answer is - **A Meat**, Poultry and Fish. Like pork, chicken is a type of meat and also contains vital proteins. See if you can find out what other nutrients are in meat!
3. The correct answer is - **E Kiwi**. Kiwi is a fruit and belongs in the Fruit and Vegetable group. A Kiwi is green and comes from New Zealand. Can you think of any other fruits that are green?
4. The correct answer is - **C Fruit and Vegetables**. A melon is a fruit and there are lots of different types of melon. Melons are full of vitamin C. They are usually shaped like a long oval but in Japan you can get square melons!
5. The correct answer is - **A Fruit**. That's right a tomato is a fruit. have you tried a cherry tomato?
6. The correct answer is - **D Bread**, cereal, rice and pasta. Noodles are made from dough and are eaten all over the world with different kinds of food.
7. The correct answer is - **C Fruit and Vegetables**. Potatoes, carrots and pumpkins all belong to the fruit and vegetable food group.
8. The correct answer is - **A Milk**. Milk is full of calcium as well as other nutrients such as Vitamin D and Vitamin A. So not only does milk taste delicious it is good for us too, Great!
9. The correct answer is - **A Calcium**. Calcium helps our bodies to build strong teeth and bones, it also helps them to stay that way too.
10. The correct answer is - **D Five**. It is recommended that we should eat five portions of fruit and vegetables per day. We should eat lots of fruit and vegetables because they are packed with vitamins and nutrients which help keep us strong and healthy.



15 minutes



No maximum number
depending on
adequate supervision.



20 minutes



No maximum number
depending on
adequate supervision.

Results

Once you have been through the answers and scores added tell them about the scoring bandings below:

- **Less than six** - Nice try, you're well on the way to understanding food groups, keep practicing and you will soon be a food genius.
- **Six to eight** - Wow, you are a food group wizard! Why don't you share you cool food group knowledge with your friends and see if they know the answers.
- **Eight to ten** - Amazing, you're a food group genius! You should write you own food group quiz and get all the family to have a go.

Activity 2 Fruit Swap/Smoothies

Aim:

To get the young people to try new and different fruit.

Equipment:

- Various fruit (banana, strawberries, kiwi, apples, pear, peach, orange, mango etc.)
- Smoothie Maker
- Cups
- Milk/Ice Cream

Preparation:

- Buy various fruit (include some exotic fruit that young people might not have tried before).
- The week before tell the young people to bring some of their favourite fruit with them next week.

Instructions:

- Start off by having a 'fruit swap'. This is when the young people swap a piece of fruit that they have brought in with another child or with you.
- If there are a lot of the same fruits being swapped, you could introduce some of the exotic fruits and try to get the children to try something new.
- Get them to describe the taste, texture and tell them that all fruit is good for them and how easy it is to get your five a day.
- Once the fruit swap has finished use all the left over fruit and the fruit you bought to make smoothies.



Activity 3 Water Filter

Aim:

To look at water and think about its value.

Equipment:

Dirty Water Filter

- A filter (sock, paper towels, coffee filter, sponge, sand)
- Cooking oil
- Clean water
- 2 empty plastic 1ltr drinks bottles
- Dirt
- Grass

Preparation:

Try the experiment at first so that you know what happens and it is not a surprise to you.

Instructions:

Water is our most important resource - In fact it's so important that nothing can live without it.

Ask the children what is the best drink to drink when you are really thirsty? The best drink to quench your thirst? Answer – Water also known as H₂O

Water has no sugar, which is found in fruit drinks, fizzy drinks, so it does not cause any tooth decay. Tap water is also free and costs you absolutely nothing. It is always available, so you do not need to go to the shop to get it.

Some facts for you - 75% of the earth is covered with water – that is a lot of water! Only 3% of that water is fresh water that we can drink. 97% of the earth's water is salty because it is in the sea.

So how do we get water to drink? Does anyone know?

Water gets taken from rivers or reservoirs and is first passed through a screen to remove things like dirt, grass, twigs, plastic and fish. Then chemicals are put into the water to make all the small bits of debris stick together so that they can be taken out. Next the water is filtered through some sand and gravel to remove any small particles left in the water. Lastly a chemical called chlorine is added to kill any germs left in the water.

So shall we do our own water filter test?

Dirty Water Filter

- Take one of the plastic bottles and half fill it with clean water.
- Add to it the oil, dirt and the grass and mix it together. Mmmm!
- Cut the second bottle in half and turn the pouring part upside down and stand it in the bottom half of the bottle. (see image).
- Take your chosen filter – a sock gets a good response, feel free to take off your own sock.
- Show the children how dirty the water is in the bottle and ask them if they would like to have a drink!
- Pour the mixed up dirty water into the filter and let it filter through.
- As the water comes through tell them that it is still not clean enough for us to drink.
- Ask the children if they think that it looks any cleaner?
- Lots of children around the world have to drink dirty water because they don't have taps in their houses that provide them with clean water.



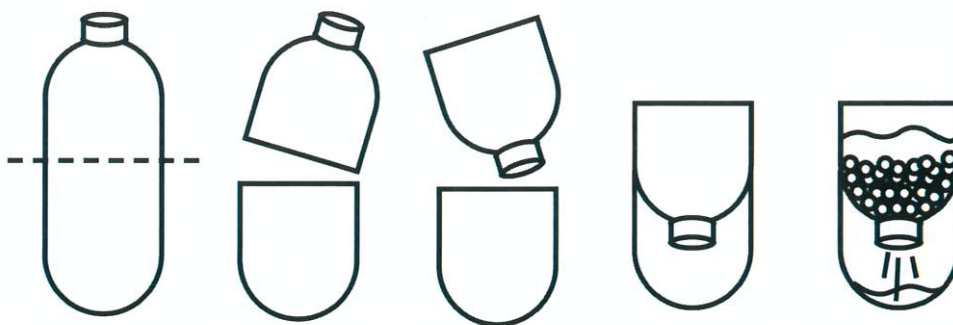
25 minutes



2+ No maximum number depending on adequate supervision.



Don't allow the children to drink any of the water that you use.



Give them a glass of water each at the end of the session. Get them to think about how refreshing water is.

Additional Resources:

Have a look at Oxfam's resources

<http://www.oxfam.org.uk/education/resources/category.htm?48> Water related learning

Have a look at Water Aid's learning Zone

http://www.wateraid.org/uk/learn_zone/default.asp

Have a look at TearFund

http://www.tearfund.org/en/what_we_do_and_where/issues/water_and_sanitation

Ball Games

BODY

fit for fun



Aim:

Ball games are a great way for children to develop social skills and learn the value of sharing, as part of a team. Ball games show children that they can work together and achieve things together that they could not have achieved alone. They develop hand eye coordination and help children to have fun and stay fit.

Activity 1 Four Square

Aim:

To develop hand eye coordination.

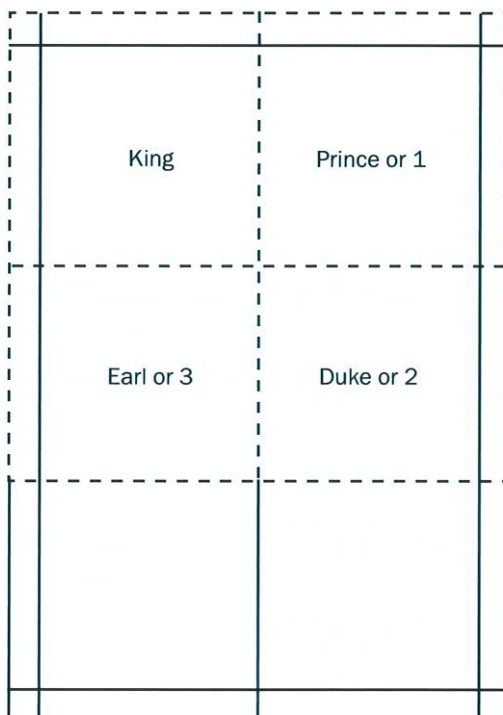
Equipment:

Large soft ball

Preparation:

Mark playing area into four squares. A badminton court can be used by extending the centre line using chalk or masking tape as shown below:

Badminton Court – the dotted lines indicate the play area



10 minutes



4+ No maximum number depending on adequate supervision.



Use an appropriate soft ball.

Instructions:

- Each player occupies one of the squares.
- The squares each have a rank order. The square with the highest rank is called the 'King'; the next is the Prince, then the Duke, then the Earl. (Or King, 1, 2, 3 for simplicity)
- To start the game, the King serves the ball by bouncing it in their square once and then hitting it (underhand) towards one of the other squares.
- The receiving player then hits the ball, after letting it bounce once, to any other player's square.
- Play continues until one of the following events occurs:
 - 1) A player hits the ball (or is hit by the ball) before it bounces once in their square;
 - 2) A player does not hit the ball before it bounces twice; or
 - 3) A player hits the ball out of bounds (it must land in another player's square first).

Once a player is 'out', they must move back to the lowest ranking square. The other players then move up to fill the vacancies. If there are more players than squares, that person goes to the back of the line, and the person at the front of the line moves onto the lowest square and plays. The object of the game is to become the King and remain the King for as long as possible.

Tips/Advice:

Players should be encouraged to hit the ball upwards (i.e. underhand). This extends the play and makes the game more fun.



10 minutes



6-10

Activity 2 Five Pin Soccer

Aim:

To practise aiming.

Equipment:

- Five 2-litre plastic bottles
- Gravel
- Sponge footballs

Preparation:

Place teams at opposite ends of the hall, and position five 2-litre plastic bottles in the centre of the playing area with a little gravel in each.

Instructions:

Start the game with one football, and at the given signal players must kick the ball from behind their line trying to knock down a pin. The player who knocks down a pin must run out and set the pin back up.

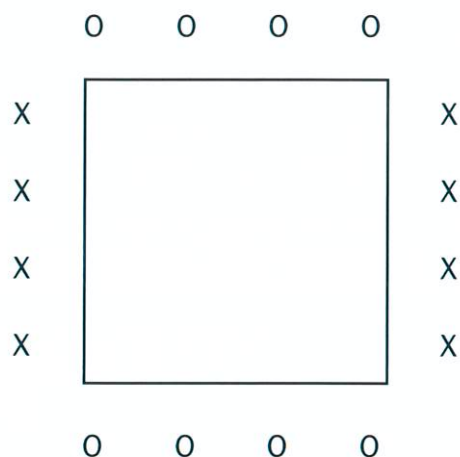
Score: One point each pin knocked down, and first to five wins.

X	O	X
X	O	X
X	O	X
X	O	X



Extension Tasks/Adaptations:

- Introduce more footballs as the game goes along.
- Younger or less skilled players could be placed closer to the pins.
- Play with four teams arranged in a square around the pins.



Activity 3 Run The Gauntlet

Aim:

To develop reaction skills and stamina.

Equipment:

- Choose 2-4 throwers to stand on the sidelines across from each other with 2-3 balls, all balls should be on one side at a time.
- Players line up at one end of the play area and run to the other end.
- If any player is hit below the waist they are out and can go to the sideline to become an additional thrower.
- Once all runners have run in one direction they have to go back again.
- The last person remaining wins.



10 minutes



6-15



Only run players
in one direction at
a time to prevent
injury.



10 minutes



6-12

Activity 4 Team Hand Ball

Aim:

To develop catching and team work skills.

Equipment:

- Soft ball
- Cones

Preparation:

Set up a playing area with two goals, and a semi circular penalty area.

Instructions:

- Choose a soft ball that players can hold with one hand and that will bounce.
- Divide your players into two equal teams.
- The object of the game is for the teams to score goals.
- In this version of the game players cannot dribble with the ball.
- Players should throw the ball to each other to create a shooting opportunity, when they should try and throw the ball past the goalkeeper into the goal.
- Players are not allowed to kick the ball, enter the penalty area with the ball or have any physical contact.

Score: One goal = one point

Activity 5 Agility Ball

Aim:

To develop reaction skills.

Equipment:

2 agility balls

Instructions:

- Split the group into two teams. the leader should stand with an agility ball in each hand with their arms stretched out to the side.
- On dropping the balls onto the ground, the first player in each team should try and catch the ball.

Score: One point for the first person to catch the ball after it bounces. First team to 10 points wins.

Extension Tasks/Adaptations:

- In pairs get the players to stand 5m apart and bounce the ball to their partner. They must catch the ball firstly with two hands, secondly with their right hand only, and finally with their left hand only. See how many times they can complete the cycle in 5 minutes.
- In pairs, each player takes it in turns to throw the ball in the air, and let it bounce as many times as they like before catching it. The number of bounces relates to the number of points that they get. The first to 10 points wins.



Activity 6 Hand Ball

Aim:

To give the children a game to focus their attention on and to do well at as a team.

Equipment:

Beach ball.

Instructions:

- Get the children to stand in a circle – then hit the beach ball in the air.
- The children must work as a team to keep the ball in the air.
- Once the children have understood the aim count how many times they can hit it as a team without it touching the floor.
- Anything over 15 will be excellent.

Tips/Advice:

This is a fun and energetic game. Make sure you have good ceiling space for hitting the ball.



10 minutes



2+ No maximum number depending on adequate supervision.

Activity 7 Petanque (Boules)

Aim:

Team game.

Equipment:

Set of boules (as an alternative you can use coloured bean bags).

Preparation:

Try the experiment at home so that you know what happens and it is not a surprise to you.

Instructions:

- Put the children into two teams – The game can be played 1v1 (3 balls per player); 2v2 (3 balls per player); or 3v3 (2 balls per player) or 4v4 (1 ball per player).
- Flip a coin to see which team starts.
- Draw a circle in the ground to throw from. The first team then throws the target ball or cochonet out about ten metres.
- The team that starts first throws their first boule, trying to get their boule as close as possible to the target. The second team's player stands in the circle, and tries to get their boule closer to the target than the opposing team. They can try to do this by rolling their boule; or even throwing to knock away the other team's boule.
- The teams alternate goes until all boule have been used.
- When all the boules are thrown, only the boules of the team closest to the target are added to the score.
- Points scoring – the boule closest to the target scores a point for that team. If the second closest boule is from the same team then they score a second point and so on until an opponent's boule is then closer.
- Teams continue to play until one reaches 13 points – they are then the winners.
- The team which wins the point starts the next round – They draw a circle around the position of the target and that becomes the new throwing point.



10 minutes



2+ No maximum number depending on adequate supervision.



Define the playing area so that no one is standing where boules are being thrown.



5 minutes



16+ No maximum number depending on adequate supervision.



Good adult supervision and clear instructions. Make sure there are no obstructing objects around the playing area.

Activity 8 Cone Ball

Aim:

The object of the game is to cover all six cones with tennis balls. Each team has six cones on their base, three with tennis balls on. The team that gets all six tennis balls on each of their six cones wins.

Equipment:

- Twelve cones
- Six tennis balls
- Large playing space
- At least twenty people

Preparation:

- Set out the playing area.
- Set up cones.

Instructions:

- The playing area should be divided into two equal sides with a centre line.
- At the base of each side should be a safety line.
- Place 6 cones on each side a few feet in front of the safety line – place 3 tennis balls on the middle three cones.



- When play begins the players own side is a safe area. When the players are in the other team's side they can get tagged.
- If a player gets to the other team's safety area they are safe.
- The cones should be set up in a line a few feet from the safety line.
- Put the children in to teams – this is a wide game and works best with large numbers.
- Start the game with both teams on their own side. Set out roles, defenders, attackers and guards.
- Once the whistle is blown players run into the other teams side with the aim of getting a ball off the cones and either running back with it or throwing it to another team member on their own side.
- Balls can be intercepted.
- The catcher then places the ball on an empty cone.
- If they are tagged whilst stealing a tennis ball they are stuck until freed by their own team mates.
- Defensive players must tag the other team's players and guard their tennis balls.
- When all six balls are placed on the cones that team wins.

Programme Links:

Juniors: Games B 1, Potted Sports Activities B6

**Introduction:**

Participating in team games can help children to develop a sense of belonging in the group, to learn how to communicate with each other, to cooperate as a team, and to learn the importance of teamwork.

Activity 1 Spaghetti Relay

Aim:

To underpin Bible verse teaching in a fun and exciting way.

Equipment:

- Ground sheet / plastic sheet
- Paper tablecloth
- Alphabet Spaghetti (food)
- Bowl
- Cones
- Hoola Hoops
- Hockey Sticks
- Ball
- Bucket / box

Preparation:

Set up the game ready in a line as follows:

- Set out 3 cones in a line.
- Followed by a Hoola Hoop
- Followed by a hockey stick and ball.
- Followed by a bucket/box on its side (so ball can be hit into it).

You will need to setup a line as above for each team (minimum 2 teams).

At the end of the lines one ground sheet/plastic sheet should be placed with the spaghetti letters placed on it. The paper table cloth needs to be laid out separately near to the ground sheet / plastic sheet. You could have a separate table cloth for each team or just have one.

Instructions:

The aim of the game is to remember the Bible verse from a talk the children have listened to. Make a point that they will need to remember the verse when you are speaking.

Get the children into teams each sitting ready behind one of the lines that have been setup. When you start the game the first child starts by hopping around the cones – when they are through the cones and onto the hoola hoop the next child starts etc etc. When they reach the hoola hoop they must spin the hoola hoop around their waist 10 times. Next they must use the hockey stick to hit the ball into the bucket/box. Only one child can do each part at any one time. When the first child reaches the ground sheet / plastic sheet with the spaghetti letters they must wait to start spelling until the whole team has finished the course.

As soon as the whole team is at the letters they may start and need to spell out the verse with spaghetti letters, placing the spaghetti letters onto the paper tablecloth. The first team to complete the verse wins.

Tips/Advice:

The children will need to wash their hands after this game. By using a ground sheet and a paper tablecloth you will minimise the mess. The paper tablecloth can be thrown away with all the mess on it and the ground sheet should remain clean.



20 minutes



4+ No maximum number depending on adequate supervision.



Have leaders stationed at each challenge so that you can be sure that the children complete the course properly and safely.



30 minutes



No maximum number
depending on
adequate supervision.



Ensure that you have
line referees and a ref
on the table keeping
everyone seated. Use
a semi soft ball.

Activity 2 Chairball

Aim:

To set out your teams like a table football and to play from the chair. The highest scoring team wins.

Equipment:

- Chairs
- Ball
- Goals

Preparation:

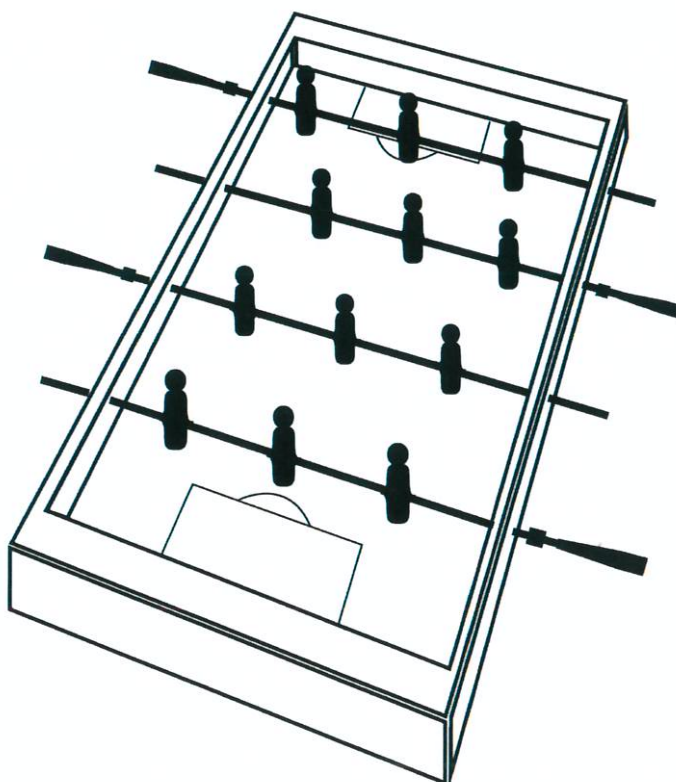
Set out the chairs as you would a table football (see image). You can edit the number of chairs per team based on the number of children you have playing. This game works with larger groups

Instructions:

- Set up your hall like a table football. One set of chairs faces forward and the other set faces the other way. Eg red and blue teams.
- The goal can be made with whatever you have available – chairs, bucket, goal posts.
- The two teams must sit on the chairs and kick the ball with their feet to try to score a goal at their end of the table. They cannot stand up or leave their chair – some stretching is allowed.

Tips/Advice:

This will be very difficult for the football lovers among the children as they will be desperate to get up. If they do then you can disqualify them or 'Sin Bin' them for one minute. You can add to the excitement by adding a second ball.




15 minutes

**5+ No maximum
number depending on
adequate supervision.**

Activity 3 Letter Blast

Aim:

To get as many balloons as possible within the time, pop them and make words from the letters to score points.

Equipment:

- Up to 100 balloons
- Letters:

a, e, i, o, u	x 5 of each
b, d, g, k, n, p, r, s, t	x 3 of each
c, f, h, l, m	x 2 of each
q, v, w, x, y, z	x 1 of each
- Assault course

Preparation:

- You need to write letters on paper squares and put them into balloons, then blow up the balloons.
- Set up a box full of balloons and a course to navigate to get to the balloons.

Instructions:

This is a balloon popping relay race.

- Divide your group into two or three teams depending on space.
- Place a large box or bag of balloons at the end of your course. These will need to be blown up with a paper letter inside each one. You can fold them to get them inside the balloon.
- The purpose of the game is to get through the course, collect a balloon and take it back to base, pop it, get the letter out before the next person starts the course.
- Once all of the balloons have been collected and popped the teams must collect the letters and try to make the longest word or as many words as they can.
- A four letter word scores 4 points etc.
- The team with the most points wins.

Tips/Advice:

Some people do not like popping balloons – make sure that if that is the case they can get someone else on their team to do it for them.



Elimination Games

BODY

fit for fun



Introduction:

Competition is good and learning to compete is good preparation for the world. But competition does not just mean winning. Children also need to learn to lose well and to learn from their mistakes. Elimination games are good opportunities for children to learn to lose, be honest and take themselves out of the game and to see others win.

Activity 1 Count Dracula

Aim:

To understand how important facial expressions are.

Instructions:

- Choose one member of the group to be 'Count Dracula', and another to be the 'Vampire Killer'.
- Players must roam round the room silently.
- 'Count Dracula' can kill them by baring their teeth at them.
- Any person 'Count Dracula' does this to must count to 5, silently, then, clutch their neck and fall to the ground with a scream.
- 'Count Dracula's' aim is to get as many people as possible before being unmasked by the 'Vampire Killer'.
- The 'Vampire Killer's' aim is to get 'Count Dracula' before he gets everybody.
- The 'Vampire Killer' gets 'Count Dracula' by plunging an imaginary stake through 'Count Dracula's' heart.
- If the 'Vampire Killer' tries to get the wrong person, that person just keeps moving.
- The 'Vampire Killer' has 3 chances to get the right person, if not 'Count Dracula' is declared the winner.



10 minutes



8+ No maximum number depending on adequate supervision.

Activity 2 Eyes Down

Aim:

To develop a strategy to stay in the game.

Instructions:

- Stand everyone in a circle, and tell them to look down at the floor.
- On the command 'Eyes Up', everyone must look up directly at someone else in the circle.
- They are not allowed to change eye direction, look between people, or look at the ceiling!
- If the person they are directly looking at is also looking at them, both players are out and have to sit down.
- Continue saying 'Eyes Up, Eyes Down' until you have a winner.

Extension Tasks/Adaptations:

Get the players to point at the same time.



10 minutes



5+ No maximum number depending on adequate supervision.



10 minutes



8+ No maximum number depending on adequate supervision.



10 minutes



8+ No maximum number depending on adequate supervision.

Activity 3 Forfeit Tag

Aim:

To enjoy a different version of a tag game.

Equipment:

- Four different coloured cones
- Bib / coloured band
- Bag
- Coloured objects

Preparation:

Use four cones to create a forfeit zone in the room.

Instructions:

- Choose 1-3 taggers to be on and give them a bib or coloured band.
- On the start command, children must attempt to get to the other side of the hall without being tagged.
- Any player who is tagged must go to the forfeit zone and carry out an activity according to the colour object that they draw out of a bag, e.g. red = star jumps, green = sing a song etc.
- Every time a new player enters the zone, a new forfeit is drawn for all those tagged to do.
- The game continues until there is one runner left.

Activity 4 All Aboard

Aim:

To develop a strategy to win the game.

Instructions:

- One person must act as the Caller, who at different points throughout the game must call out instructions. After a command is called, everyone must get in that position according to what is said.
- The commands:
- 3 Men in a boat: three people get together in a line sitting on the ground acting like they are rowing a boat.
- Man overboard: two people get together, one person down on hands and knees and the other person puts their foot on that person's back.
- Attention: everyone stands at attention, saluting.
- Time for dinner: one person crouches on hands and knees pretending to be a table, and 3 people sit in circle around them acting like they are eating off his back.
- Hit the deck: Individual lay down on their stomach as fast as they can.
- All aboard: three people get together and balance on three legs.
- Anyone who is not in a group or is the last to do the individual action is eliminated.

Circle Games

BODY



fit for fun

Introduction:

Circle games help to get every child actively involved and focussed on the game. Circle games work best with at least 10 children, although they can be adapted to fit smaller groups.

Activity 1 Time Bomb

Aim:

To get back to your place before the time runs out.

Equipment:

Sponge ball

Preparation:

Make sure the children are sitting in a circle.

Instructions:

- The ball is passed in the circle from player to player.
- If the ball is dropped everyone apart from the person who dropped it starts counting to ten.
- The aim is for the dropper to get back to his/her place by running clockwise around the circle before everyone has counted down from 10 to 1.
- The speed of the counting can be increased/decreased based on the size of the circle.
- If the person running does not get back to their spot in time then they must sit out.



10 minutes



8+ No maximum number depending on adequate supervision.

Activity 2 Fruit bowl

Aim:

To not be the last person sitting down when you swap places.

Equipment:

Chairs

Preparation:

Place chairs in a circle.

Instructions:

- Ask the children to pick three fruits. You may want to change this if you have a very large group.
- Then go around the circle giving each person one of the three fruits.
- The leader will then shout out a fruit and all the participants in the circle allocated that fruit will have to swap places.
- However if fruit bowl is shouted then it means everyone should swap places.
- The only rule is that you can't take up the seat that is next to you.
- Take out a seat before each fruit is read out so as to eliminate a person from the game each time.



10 minutes



5+ No maximum number depending on adequate supervision.



15 minutes



No maximum number
depending on
adequate supervision.

Activity 3 Hot And Cold

Aim:

To use energy effectively in order to stay in the game.

Equipment:

Various objects placed randomly around the room. These could include; a hoop, a cup, a unihoc stick, a football, a beanbag and any other items you think may be fun to use.

Preparation:

Before the children come into the room, the leader will need to arrange items in an imaginative way around the room.

Instructions:

- One of the children should go out of the room, whilst being supervised but so that they are not able to hear the rest of the group, whilst the rest of the group decide upon their noises for hot and cold and the action they want the absentee to do.
- The group then decides upon a positive sound that will indicate the child that went out of the room is close to doing the action required of them e.g Whoop.
- Contrastingly they will make a cold sound to indicate they are far or moving away from the action they need to do e.g. Brrrr.
- The only thing to decide upon is the action which you want the child to do. This should be simple and involve an object and an action e.g. put the beanbag and your head, hula with the hool-a-hoop or put the unihoc stick over your shoulder.
- Once all these things are done, the child that went out can come back in to the room and start moving around the room attempting to discover what you want him/her to do.
- Make sure you are very positive (e.g. very loud Whoops) when he picks up the right item.

Energy Cards

Cut out the cards below.

1	1	1
1	1	1
2	2	2
2	2	2
3	3	3
3	3	3
4	4	4
4	4	4
5	5	5
5	5	5

Giant, Elf, Wizard Cards

Cut out the cards below.

Elf Giant defeats Elf Elf defeats Wizard Wizard defeats Giant	Giant Giant defeats Elf Elf defeats Wizard Wizard defeats Giant	Wizard Giant defeats Elf Elf defeats Wizard Wizard defeats Giant
Elf Giant defeats Elf Elf defeats Wizard Wizard defeats Giant	Giant Giant defeats Elf Elf defeats Wizard Wizard defeats Giant	Wizard Giant defeats Elf Elf defeats Wizard Wizard defeats Giant
Elf Giant defeats Elf Elf defeats Wizard Wizard defeats Giant	Giant Giant defeats Elf Elf defeats Wizard Wizard defeats Giant	Wizard Giant defeats Elf Elf defeats Wizard Wizard defeats Giant
Elf Giant defeats Elf Elf defeats Wizard Wizard defeats Giant	Giant Giant defeats Elf Elf defeats Wizard Wizard defeats Giant	Wizard Giant defeats Elf Elf defeats Wizard Wizard defeats Giant
Elf Giant defeats Elf Elf defeats Wizard Wizard defeats Giant	Giant Giant defeats Elf Elf defeats Wizard Wizard defeats Giant	Wizard Giant defeats Elf Elf defeats Wizard Wizard defeats Giant

Food Groups Quiz

Identifying Food Groups

Being able to tell which foods belong in the different food groups is important because it allows you to balance your diet so that you are as healthy as possible. See how well you do food quiz!

1. Here is a list of foods – all except one are fruits, which is the odd one out?

- a) Banana
- b) Pork
- c) Peach
- d) Orange
- e) Raisin

2. Which food group does chicken belong to? Is it:

- a) Meat, Poultry, Fish
- b) Fats, Oils and Sweets
- c) Fruits and Vegetables
- d) Bread, Cereal, Rice and Pasta
- e) Milk, Yoghurt and Cheese

3. Here is another list of foods – all except one belong to meat, poultry and fish food group, but which is the odd one out?

- a) Chicken
- b) Beef
- c) Pork
- d) Crab
- e) Kiwi

4. Can you pick out the food group that melons belong to? Is it:

- a) Meat, Poultry, Fish
- b) Fats, Oils and Sweets
- c) Fruit and Vegetables
- d) Bread, Cereal, Rice and Pasta
- e) Milk, Yoghurt and Cheese

5. What type of food is a tomato? Is it:

- a) Fruit
- b) vegetable
- c) Meat
- d) Bread
- e) Fat

6. Noodles belong to which food group?

- a) Meat, Poultry, Fish
- b) Fats, Oils and Sweets
- c) Fruit and vegetables
- d) Bread, Cereal, Rice and Pasta
- e) Milk, Yoghurt and Cheese

7. What food group do potatoes, carrots and pumpkins belong to?

- a) Meat, Poultry, Fish
- b) Fats, Oils and Sweets
- c) Fruit and Vegetables
- d) Bread, Cereal, Rice and Pasta
- e) Milk, Yoghurt and Cheese

Food Group Facts

Identifying which group a food belongs in is important, but it's also good to know what each food contains, so our questions below get a little bit harder to test how much you know about what's in different foods. Good Luck!

8. Which of the following contains calcium?

- a) Milk
- b) Orange juice
- c) Potatoes
- d) Blackcurrant juice
- e) Lemonade

9. Calcium helps our bodies to....?

- a) Build strong and healthy teeth and bones
- b) To see in the dark
- c) Grow quicker
- d) Run faster than everyone else

10. How many portions of fruit and vegetables should we eat per day?

- a) One
- b) Six
- c) Two or three
- d) Five
- e) Ten

