

RECREATION Templates

C1

Youth Hostel Trip Menu

Example Menu (2 days, walking/climbing activity)

The menu below would be suitable for a 2-day Youth Hostel trip where the group has decided to walk and climb as the main daytime activities. Please adapt it for your own group and activities. In this case, it was not necessary to provide vegetarian or nut-free alternatives.

Breakfast 1

Variety pack cereals
Toast, spread, marmalade
Tea or coffee
Milk and sugar

Breakfast 2

Variety pack cereals
Bacon, scrambled eggs, mushrooms
Tea or coffee
Milk and sugar

Lunch 1

2 rolls and spread
Ham or cheese
Salad
Nutella spread
Crisps
Fruit
Chocolate bar

Lunch 2

2 rolls and spread
Tuna or cheese
Salad
Nutella spread
Crisps
Fruit
Chocolate bar

Dinner

Chicken and noodle soup
Mince beef
Onions, tinned tomatoes, peppers, herbs or ready-made pasta sauce
Pasta shapes
Treacle pudding and custard

Supper

Cocoa or coffee
Cake or biscuits

C1

Youth Hostel Trip Activities

Example Programme (2 days, walking/climbing activity)

The programme suggested below would be suitable for a 2-day Youth Hostel trip where the group have chosen to walk and climb as the main daytime activities. Please adapt it for your own group and their interests.

Friday

17:00	Leave for Edale YH in the Peak District	Bring a packed tea or money for a Motorway meal
20:00	Arrive Edale YH,	Allowing for 30min break
20:30	Settle in	Make up beds, transfer luggage and food
21:00	Free Time	Quiet games
22:00	Supper	
22:30	Prepare for bed	
23:00	Lights out and quiet	

Saturday

07:00	Get up and wash	Dress for the day's walking, except outdoor footwear
07:30	Prepare breakfast	Duty helpers and staff
08:00	Breakfast, prepare packed lunches	
09:00	Walk from Edale YH	
16:00	Return to Edale YH	Change and shower
17:00	Prepare dinner	Duty helpers and staff
18:00	Dinner	
19:00	Climbing knots and equipment	Led by BB leaders/YH staff
21:00	Free time	Quiet games
22:00	Supper	
22:30	Prepare for bed	
23:00	Lights out and quiet	

Sunday

07:00	Get up and wash	Dress for the day's climbing, except outdoor footwear
07:30	Prepare breakfast	Duty helpers and staff
08:00	Breakfast, prepare packed lunches	
09:00	Climbing on the Edges	Led by YH staff
12:30	Return to Edale YH	Change and shower
13:00	Lunch	
13:30	Clear up	Pack, clean rooms
14:00	Leave for home	Money for a drink and snack
17:00	Arrive at home	Allowing for 30min break

C1

Personal Kit for a Youth Hostel Trip

Example Kit List (2 days, walking/climbing activity)

The kit list below would be suitable for a 2-day Youth Hostel trip where the group have chosen to walk and climb as the main daytime activities. Please adapt it for your own group and their chosen activities.

In a sports bag or small suitcase

To take while traveling and at the Hostel

Changes of underwear
Normal indoor clothes
Indoor shoes / trainers

Toothbrush
Toothpaste
Soap or Gel
Towel
Brush or comb

Torch (*)

Swimming gear (*)

A quiet game (cards or a board game)

In a rucksack for day walks

To take while walking

Warm clothes
Thick socks
Boots / strong shoes

Cagoule
Woolly hat and gloves
Leggings (*)
Sandwich box
Water bottle
Flask (*)
1st Aid Kit
Whistle
Compass (*)
Mapcase (*)
Penknife (*)
Personal medication

** optional items*

C2

Using an Ordnance Survey Map

Find out what these symbols stand for . . . use the key on your Ordnance Survey map to find out what the symbols are and write the meaning below each symbol.





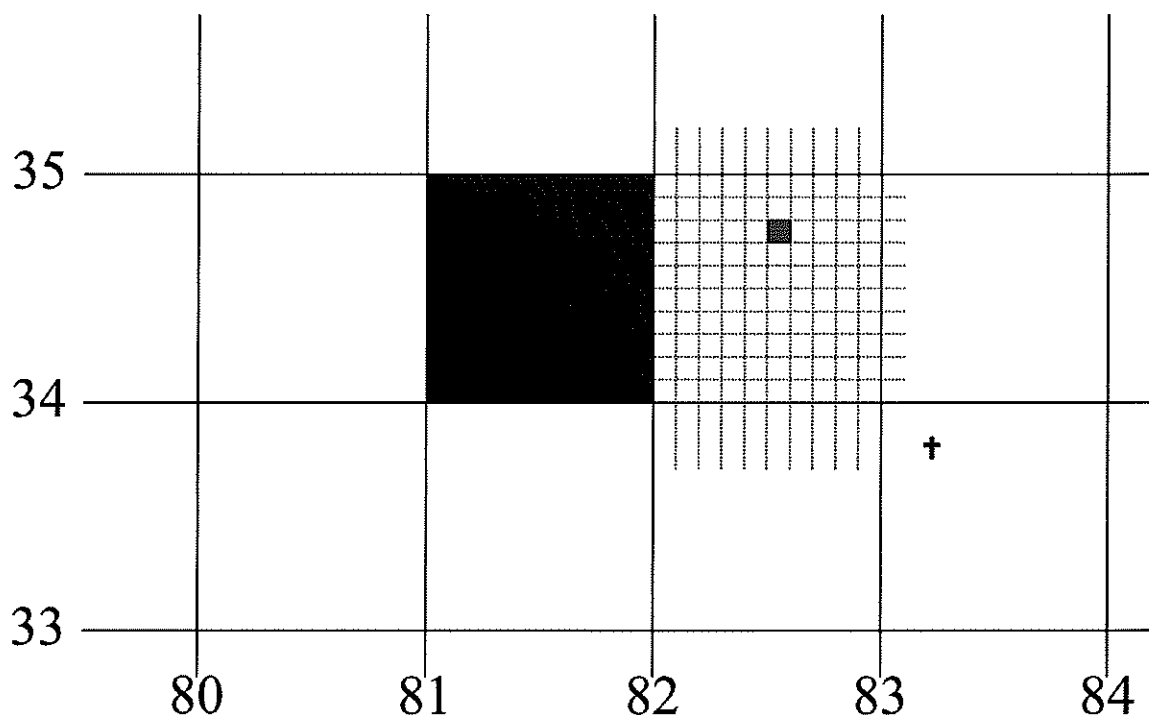




Using grid references . . .

All Ordnance Survey maps are based upon a grid. This is used for locating a point on the map. See the map below which has numbers down the side and along the bottom of the map.

When reading grid references you first of all read the eastings (across the corridor) and then the northings (up the stairs). Each square is then



Now to test your ability to read a map, using the map above and locations below find the four-figure grid reference for each point and write it in the spaces provided.

- 1) The location of the blue square is **81,34**
- 2) The location of the red square is _____,
- 3) The location of the church is _____,

A four figure grid reference gives the location of a point on a map to 1km square. To find a more exact location you would use a six figure grid reference.

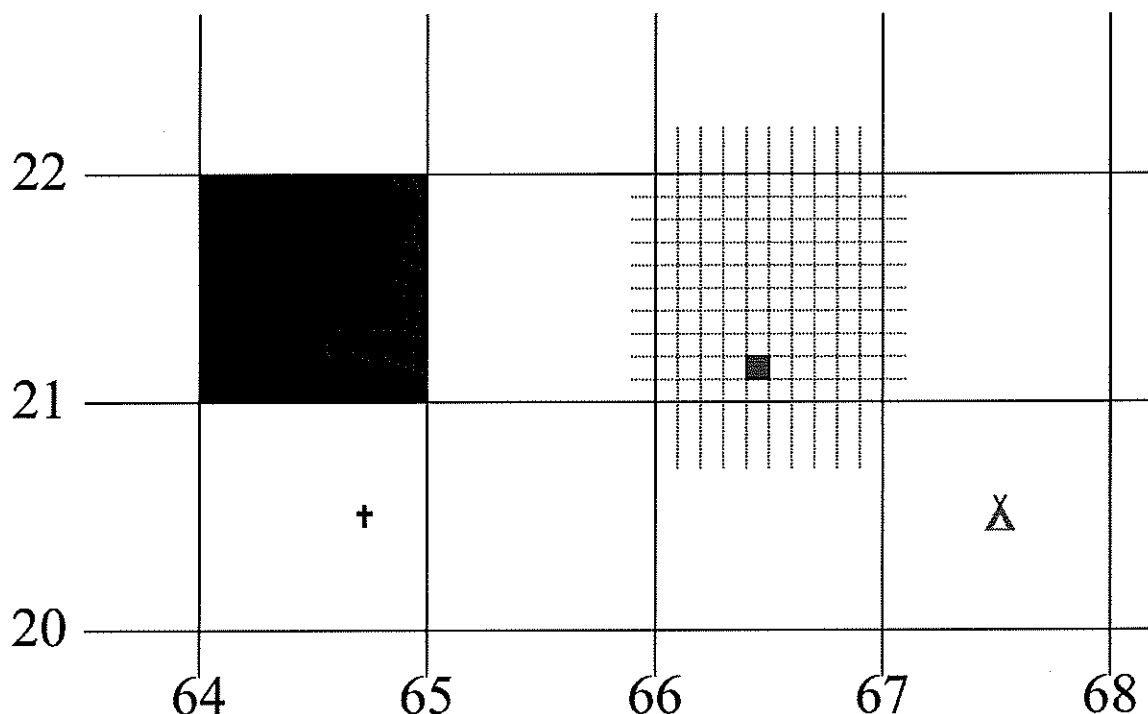
C2

Using an Ordnance Survey Map ctd.

To find a six figure grid reference you should first find the four figure grid reference leaving a space after each set of numbers, like this: **81** __, **34** __

Then in that square that you have located, you need to imagine that this is divided up into 100 smaller squares with 10 along each side.

Then continuing to go along the corridor and then up the stairs, work out the extra numbers you need and put them into the spaces you left when you completed four figure grid reference (you should then have your six figure grid reference).



Using the map above, find the six figure grid references for the locations below:

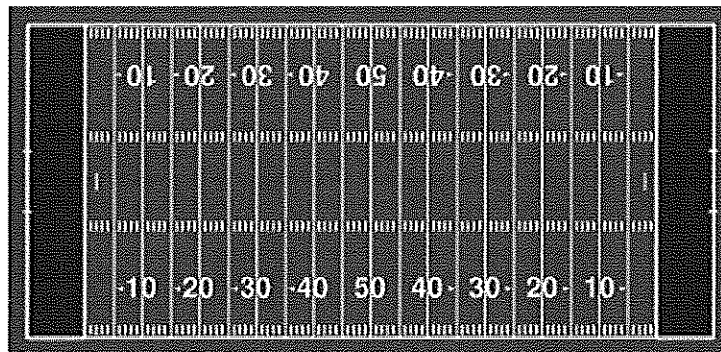
- 1) The location of the red square is: ____, ____
- 2) The location of the church is: ____, ____
- 3) The location of the campsite is: ____, ____

D2

Basics of the Game and Rules

AMERICAN FOOTBALL FACT SHEET

- The game is played between two teams, with 11 players on the field from each team at any one time.
- Substitutions can be made and up to 46 can be used by one team in a match! Most clubs have an offence and defence team as well as "special teams", who are on the field for short periods like kick-offs, field goals etc.
- The field is 120 yards long, which includes two 10-yard end zones, and it's just over 53 yards wide – much skinnier than a football (soccer) field.



The numbers on the field show how far it is to the end zone in that direction.

- Each game has four 15 minute quarters, with a half-time break after the second quarter. Because the clock is stopped regularly, games often last much longer than this in reality, sometimes 3-4 hours.

The object of the game is to move the ball forward to the opposing team's end zone to score a touchdown or field goal.

- In a similar way to rugby league, teams are allowed 4 attempts (called "downs") to advance the ball 10 yards forward.
- Each time the ball advances a full 10 yards, the team gets another 4 downs to take it another 10 yards.
- A touchdown is scored when you carry the ball into the end zone or when you receive it in the end zone. Touchdowns are worth 6 points. When a touchdown is scored, teams have the chance to go for a conversion (1 point) by kicking for goal from the 3-yard line, or they can run the ball over the line (like a touchdown) for 2 points.
- If a team is not making enough ground towards gaining 10 yards, they may, usually on their fourth down, attempt to kick a field goal, which is worth 3 points. Alternatively, they may "punt" the ball, which is kicking it towards the other team's line when they don't want to give up possession in their current position.
- A very rare way to score points is a "safety". This happens when an attacking team has been forced as far back as their own end zone and one of the players is tackled there or fumbles the ball. The 2 points are given to the defending team.

Sportsmanship Verses Gamesmanship

US Accused of Bad Sportsmanship

By BBC Sport Online's Clive Lindsay at Loch Lomond

8th October 2000

Annika Sorenstam accused the Americans of bad sportsmanship as controversy over one of her fourball shots ensured that emotions, even tempers, were running high on the final day of the Solheim Cup at Loch Lomond.

While the Swede teed off in the first of the concluding series of singles matches, referee Barbara Trammell was unable to scotch the impression that there had been some opportunistic gamesmanship on the part of Pat Hurst and Kelly Robbins.

Sorenstam, paired with Scotland's Janice Moodie, had chipped in for a birdie from the rough beside a bunker on the 13th hole – only for the US side to complain that she had played out of turn. After the shot was replayed, the Americans went on to win the hole, and the match, by 2 and 1.

However, when she was interviewed afterwards, Sorenstam – who had been left in tears on the green following the row – said: "It is just really sad to see that the ugly part of them came out, because both Pat and Kelly are the nicest they have and it is just sad to see that, that they don't even have sportsmanship."

Moodie suggested that it had all just been a misunderstanding – but there was no doubt that the Europeans felt aggrieved, captain Dale Reid insisting that Sorenstam thought that she had received the nod from the Americans to play her shot.

Trammel told a press conference that she believed that Robbins had not realised that she had been closer to the hole than Sorenstam until she had returned to her ball. "She was shocked and was agonising about what to do and it was her captain, Pat Bradley, who made the decision," she said.

However, Trammel could not explain why the Americans had not realised that Sorenstam was playing out of turn while the Swede was preparing to make her shot. The whole incident delayed play by 10 minutes as the teams argued the point, with Trammell having to pace out the distance between the two balls and discovering that Sorenstam had been more than a yard further from the hole.

While the Americans were within their rights under the rules of golf, there was no doubting that the Europeans felt hard done by.



Gavaskar Mourns Lost Sportsmanship

30th July 2003

Indian batting legend Sunil Gavaskar has criticised the standards of on-field behaviour in modern cricket and warned the spirit of the game is in danger of being ruined for ever.

The 54-year-old spoke out while giving the Cowdrey lecture at Lord's in honour of former England captain Colin Cowdrey.

"In the modern world of commercialisation of the game and the advent of satellite television and the motto of winning at all costs, sportsmanship has gone for a six," he said.

"Today, although there is a code of conduct, the verbal bouncers go on pretty much unchecked and, unless something is done quickly about it, the good name of the game that we all know will be mud."

Gavaskar, who scored a record 34 Test centuries, said there were a limited number of players who indulged in sledging but singled out Australia as the worst offenders.

Verbal abuse

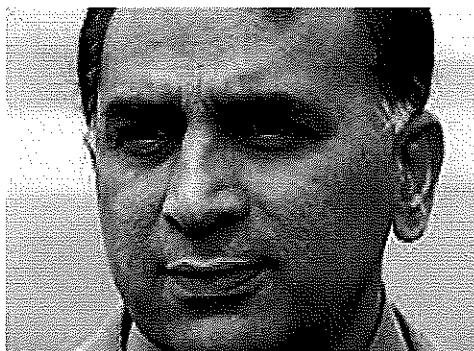
"Lest I sound pessimistic, let me say that, out of a possible 150 Test cricketers from 10 Test-playing countries, there are perhaps not even 15 who indulge in this verbal abuse and intimidation," said Gavaskar.

"But unfortunately most of these belong to a champion side [Australia] and it makes others believe that it's the only way to play winning cricket."

However, the International Cricket Council committee member said he had not given up. entirely on modern players' manners.

He praised the England and South African teams after they wore black armbands to mark the death of South African star Jacques Kallis' father.

Gavaskar said it showed "that there are people who believe that sharing in a fellow player's grief does not take away anything from their competitiveness, but does help to lessen the grief."



Serie A Investigates 'Win'

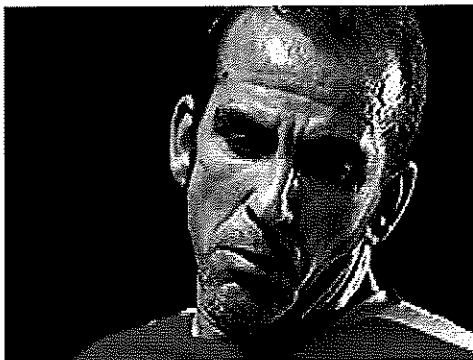
28 September 2004

The Italian league has not validated Brescia's 2-1 win at Udinese after the visitors' controversial winning goal. Keeper Morgan De Sanctis was lying injured when Daniele Mannini chipped in on 76 minutes, as Udinese players called on the referee to stop play. Udinese say there was a "technical mistake" by the referee and say the game should be replayed. Lazio's Paolo di Canio joined Italian soccer commentators in criticising Brescia for bad sportsmanship.

"It was unsporting to score like that. I think Brescia should have let Udinese score to bring the game back to level terms," Di Canio told RAI television.

Di Canio won the Fair Play Award after a similar incident at Everton in 2000. The striker, then representing West Ham, caught the ball instead of shooting at goal when home goalkeeper Paul Gerrard was down injured. Italian television broadcast footage of last month's Carling Cup match between Yeovil Town and Plymouth Argyle when the Glovers allowed Plymouth to equalise after scoring a goal in an unfair manner.

After the Brescia goal, furious Udinese players protested to the referee and Udinese's Czech midfielder Marek Jankulovski was sent off and Brescia coach Giovanni De Biasi also received a red card.



Rocket Goes Off Again

Thursday, 14 December 2006

Ronnie O'Sullivan has always been consistent in one thing – courting

controversy. Arguably the most naturally gifted player in the sport's history, O'Sullivan has probably

earned more headlines than the rest of the snooker world put together. On Thursday, the "Essex Exocet" added another dramatic chapter to his colourful career when he walked out of his Maplin UK Championship quarter-final against Stephen Hendry. Of course, O'Sullivan is no stranger to bizarre behaviour – at the same tournament last year he spent much of his 9-8 defeat to Mark King with a wet towel draped over his head.

Earlier in 2005, he looked visibly stressed by Peter Ebdon's go-slow tactics in the World Championship quarter-finals and said after his defeat that he intended to take a year off snooker. The public and the media did not hold their breath though as it was not the first time O'Sullivan had threatened to quit the sport. His many moments of brilliance on the green baize has been tempered with apparent periods of disinterest and unhappiness.

His 14-year professional career has been blighted by depression, which in turn stems from events in his family life and from drug abuse. In fact, the 27-year-old's use of recreational substances landed him in trouble in 1998 when he tested positive for marijuana after winning the Irish Masters – O'Sullivan was later stripped of the title. His emotional stability was also tested in 1996 when he was found guilty by snooker's governing body of assaulting an official at the 1996 World Championship. He was handed a two-year suspended sentence, a £20,000 fine and advised to donate £10,000 to charity. Fellow players have also felt the wrath of O'Sullivan's outbursts and erratic behaviour. In 1996, the Chigwell star decided to play left-handed against opponent Alain Robidoux. O'Sullivan eventually beat Robidoux 10-3, but there was no offer of a handshake from the Canadian after the match. In 2002 O'Sullivan launched a stunning attack on Stephen Hendry prior to their Crucible semi-final. He accused Hendry of bad sportsmanship in a previous match, adding:

"I know if I do get beat and he comes up and does a moonie in front of me and goes 'Ne ne ne', I'll just look at him and say 'well done' and say 'go back to your sad little life'."

That is all now ancient history, according to Hendry. It remains to be seen whether snooker fans will be so forgiving after The Rocket's latest explosion.



Did Derby Do Wrong?

9th September 2000

Derby County are at the centre of a 'cheat' storm following their 3-3 draw with Middlesbrough on Wednesday night. The accusations flew thick and fast after the Rams refused to give the ball back to Boro after they had kicked it out of play so one of the players could receive treatment. Derby eventually scored from the possession, which obviously caused great resentment in their opponents' camp. After all, there is an unwritten rule which says Boro should have been given the ball back.

<http://news.bbc.co.uk/sport1/hi/football/europe/3692870.stm>

Maradona Tops 'Bad Sport' Vote

16th June 2003

Diego Maradona's handball goal against England in the 1986 World Cup has topped an online poll as the worst-ever example of unfair play in sport.

In the vote, conducted by children's charity the NSPCC, Maradona's act was voted even less sporting than Mike Tyson's infamous 'ear-biting' incident when he fought Evander Holyfield.



http://news.bbc.co.uk/sport1/hi/front_page/2993246.stm

Yeovil Town 3-2 Plymouth Argyle

Tuesday 24th August

Championship high-flyers Argyle were dumped out of the cup thanks to a hat-trick from Lee Johnson, the son of the Yeovil manager. The scoring began in bizarre fashion on 28 minutes when Graham Coughlan was off receiving treatment for a head wound. Yeovil should have given the ball back to Argyle as they had put the ball back into play. Lee Johnson attempted to hit the ball back to the Argyle keeper but Luke McCormick had strayed off his line and the ball flew into the net. Very sportingly the Glovers allowed Argyle's Stevie Crawford to wander through the Yeovil half and tuck the ball away for an equaliser. Very bizarre, but very sporting.

Bobby Williamson, the manager who has taken Argyle to second place in the Coca-Cola Championship, was gracious in defeat but agreed Yeovil deserved to win.

"I don't know whether their lad tried to put the ball in the net for the opening goal but fair play to Gary he allowed us to equalise," he said.

"I have never seen a goal like our equaliser in all my life and I hope I never will again.

"We never really got to grips with the game and Yeovil played well. They deserved what they got."

http://www.bbc.co.uk/devon/sport/match_reports/august_04/yeovil_v_plymouth.shtml

Clipper Praised For Sportsmanship

1st December 2005

The Jersey Clipper has been universally acclaimed for its sportsmanship by the Round the World Yacht Race committee. The Channel Island boat was praised for coming to the aid of the New York Clipper in the Southern Ocean. The crew abandoned the race on Tuesday night to transfer a spare water maker pump head in treacherous conditions. It has requested redress from the race committee for just under 49 minutes of lost time, although the crew said their colleagues' safety was more important. The yachts are competing across 35,000 miles of sea, visiting 12 ports, before returning to Liverpool next July. The crew of the Jersey Clipper, which is currently at the back of the fleet of 10, includes people from Guernsey and Jersey.



<http://news.bbc.co.uk/1/hi/world/europe/jersey/4489182.stm>

Handshakes All Round

14th February 2002

Millwall and Bournemouth contrive to gift each other goals in a bizarre example of good sportsmanship. BBC Sport's Mark Mitchener attempts to explain this unprecedented outbreak of fair play.

Football managers are always quick to bemoan their luck when they gift the other side a goal. But Sue Barker and A Question Of Sport will be kicking themselves that they were not at the New Den on Tuesday afternoon to record what would surely be a perfect 'What Happened Next?' sequence. Light years away from the Premiership, Millwall's reserves were facing Bournemouth in the Avon Insurance Combination. The comedy began when Bournemouth's Ryan Woolfenden and Danny Thomas collided with each other. When play resumed after the pair had received treatment, the Lions sportingly thought to return possession to their opponents. Mark Hicks then obligingly knocked the ball towards where he thought Bournemouth keeper Michael Menetrier was. However, the French custodian was out of his goal and either unsighted or unaware of what was transpiring – and as the ball slowly trickled over the line, the referee was obliged to give a goal.

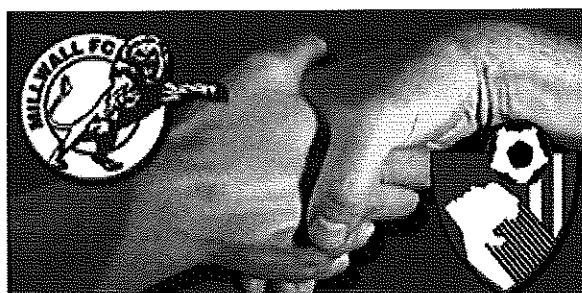
Not to be outdone, Millwall's players then stood still at the re-start, allowing Cherries striker Amos Foyewa a clear run on goal. He duly obliged to make it 1-1, before a few handshakes were exchanged. With normality restored, the rest of the game went ahead, with Ben May's free-kick eventually winning it for the home side. But Millwall's reserve coach Joe McLaughlin is surely the next recipient of a FIFA Fair Play award after his explanation of the events.

"Hicksy was trying to give it back to Bournemouth, which was only fair since they'd put it out of play for players to receive treatment," he told the Lions' website.

"There was no way that we should have been one up from that situation, so I just said to the lads, 'You've got to let them score to make it even again.'

"It was a silly situation, but I'm sure most teams would have done the same."

Currently languishing dangerously near to the Division Two drop zone, Bournemouth will be hoping to receive similar acts of charity in their remaining league games.



Campbell Applauds Clarke Gesture

Tuesday, 23 May 2006

New Zealand's Michael Campbell has heaped praise on Darren Clarke for his sportsmanship at the Nissan Irish Open.

Clarke, who eventually finished third, found his ball in a much better lie in the rough than he had left it when play resumed on Monday after a suspension.

But he opted not to take advantage of the situation despite being allowed to.

"Darren has gone up in my estimation tenfold. To basically penalise himself due to his lie 24 hours later was amazing," said Campbell.

"We have had cases in the past where we have had a few bad examples set on the golf course.

"But for Darren to do that I think shows how big a person he is character-wise. Takes a lot of guts to do that – he has definitely made us look good.

"If you ask all the players what would they do in the situation I would say half would probably go for the green and the other half probably chip out.

"No parties are actually wrong if you think about it because that is just the rub of the green. He got lucky, but he probably felt it was not the best thing to do so he chipped out sideways."

Colin Montgomerie, caught up a year ago in a controversy over his replacing of a ball in rough, also applauded Clarke's actions.

"It is only a shame he did not go on and win," said the eight-time European number one.

"It proves what a character Darren Clarke is – it was very easy for him to hit the ball an awful lot further than he did."



Di Canio Plays Down Sportsmanship

18th December 2000

West Ham United's Paolo di Canio has played down his amazing act of sportsmanship against Everton by insisting: "I'm no saint."

The controversial Italian refused to take a goal scoring opportunity in injury time because Everton goalkeeper Paul Gerrard was lying injured. It earned Di Canio a standing ovation from the Goodison Park crowd, and praise from Everton boss Walter Smith, at the end of the 1-1 draw. But Di Canio, who once served an eleven-match suspension for pushing over referee Paul Alcock while playing for Sheffield Wednesday against Arsenal, played down the incident. He said: "I am not a saint, just like I wasn't a killer two years ago with the referee when I did something wrong.

"I saw the goalkeeper was on the ground and in pain. During the game, the opposition is my enemy. But when they are injured, they are my colleagues and I must help them.

"Only stupid people would say I was wrong, and that we could be in sixth place if it wasn't for me.

"I was definitely right to do what I did. Sometimes you have to think about situations very quickly. Even if my mother and father told me I was wrong, I would disagree.

"The players and the manager have said nothing to me. They are intelligent and know why I caught the ball.

"I have never been in that situation before, but I would be lying if I could tell you how I would react if it had happened in a World Cup Final."

West Ham skipper Steve Lomas admitted to being puzzled at first by Di Canio's act.

"I did go up to him at the time and ask what he thought he was doing. But until you are in that situation you do not know how you will react," he said.

"It has to be a unique moment of sportsmanship and he did the game a great service."



D5

Men Behaving Badly

Scenario 1

Situation: Any Town and Anywhere United have a longstanding basketball rivalry. The boys all come from the same town and every year, they play each other in the last game of the season for the championship. Having played against one another for so many years, all of the boys know each other. They know who each team's best players are, and who each team's weaker players are. Any Town's leading scorer is their centre, a much bigger and taller boy who scores lots of lay ups and rebounds. However, he is very poor from distance and at free throws. So, the Anywhere United coach instructs his players to foul the centre anytime he gets the ball close to the basket and starts to shoot. This will force him to make two free throws rather than an easy lay-up. The strategy works and the centre ends up taking 24 foul shots, missing 18 of them, and scoring only 10 points. Anywhere United win the game easily, and wins the title. Is this a fair tactic?

There is no rule in basketball that prevents a team from fouling their opponent's worst foul shooters whenever they touch the ball. So, is it right to continually foul the centre, gaining a competitive advantage in doing so?

Scenario 2

Situation: Ronny Wilkinson was playing in a rugby match. At one point, he is knocked over by a big prop forward, flattening him and knocking the wind out of him. However the referee didn't call a penalty. Ronny's captain was obviously very mad and he ran up the field to complain to the referee about the foul not being called. The referee just told him to go back to his position. When play resumed, the same prop carried the ball up field. When he reached the captain and is tackled, on the way back up the captain deliberately stamps on the player. Consequently the prop is injured and needs to be substituted.

Why might the captain be justified in his actions? Did he do the right thing?

Scenario 3

Situation: In an important football match, Every Town and Everywhere United were tied in the first half. One of Every Town's strikers chased a pass into the penalty area with an opposition defender running right next to him. Just as they reached the ball, the striker jumped to his left, intentionally crossed his legs and tumbled to the ground, rolling over twice and holding his ankle faking an injury. From the referee's angle, it appeared that the defender committed an unnecessarily hard foul, intentionally pushing and tripping the striker. So, the ref not only called for a penalty kick, but also sent off the defender. Every Town scored from the penalty kick, and went on to win the game easily.

Were Every Town's striker's actions reasonable? Why did the attacker do what he did?

D5

What am I like?

SPORTSMANSHIP TEST

Agree or Disagree

- 1) It is normal to complain about officials' decisions.
- 2) Yelling at an official is OK if he makes a very questionable call or one with which you don't agree.
- 3) Taunting is just part of the game. It's part of the gamesmanship that goes on and is no big deal.
- 4) Ignoring a negative comment by an opponent or fan is the thing to do in a heated contest.
- 5) When an opponent reacts to a great piece of play or score by one of his team mates, you do not react. You stay calm.
- 6) Sincerely congratulating an opponent on a good play or victory is the way it should be in sports.
- 7) Cheering should be done for your team, not against your opponent.
- 8) Both participants and fans should walk away from confrontations or potential fights.
- 9) During or after a contest, if you can't say something nice or positive, you shouldn't really say anything at all.
- 10) If a player is injured, you should be supportive and cheer for him when it has been determined that the injury is not severe.
- 11) Inappropriate language during a contest is natural because of the intensity and emotion involved.
- 12) This push for sportsmanship is important for school athletics.
- 13) It's important to exhibit good sportsmanship, even when your opponent and their fans do not.
- 14) If pushed, provoked, or attacked, one should retaliate. It is always important to stand up for your rights.
- 15) It's OK to gain the edge in a game any way you can.

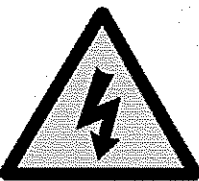
Award one point for **Agreeing** on questions 4-10, 12-13, and add one point for **Disagreeing** on questions 1-3, 11, 14-15. For each wrong answer deduct a point.

How you rate:

- 11-15 Pretty good. You certainly are on the right track.
- 6-10 There's some work to do, but you probably understand what sportsmanship is all about.
- 1-5 Basically, you are clueless. A massive effort will be needed. Seek advice and help immediately. Your attitude is totally unacceptable.

I1

Symbols Game

1 	2 	3 H_2O	4 	5 
6 	7 	8 	9 	10 
11 π^2	12 $\sqrt{\quad}$	13 	14 Ag	15 TM
16 	17 	18 	19 	20 
21 	22 	23 	24 	

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I1

Symbols Game

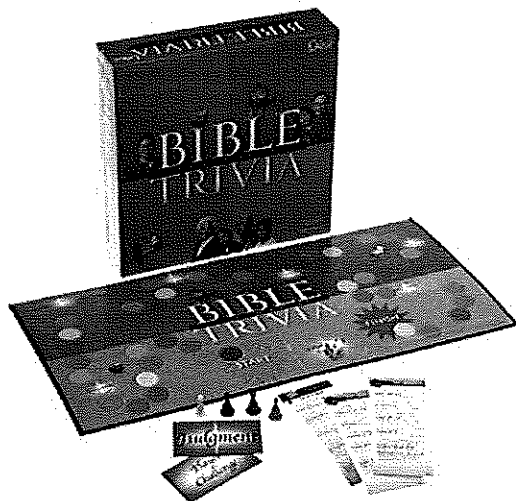
ANSWERS

1. No Smoking
2. Barcode
3. Water
4. Recycling
5. No Right Turn
6. Poison
7. Keep Britain Tidy
8. Information
9. Overhead Power Cables
10. Fire Exit
11. Pi Square
12. Square Root
13. Treble Clef
14. Silver
15. Trademark
16. Copyright
17. DVD
18. USB
19. Bluetooth
20. No Cycling
21. Camping
22. Swimming
23. Toilet
24. Battery

Christian Board Games

BIBLE TRIVIA

CATEGORY: Bible Knowledge



MANUFACTURER'S DESCRIPTION

The greatest book of all time comes to life in a new family game from Cadaco. Over 700 trivia questions challenge players to relive the history, heroic characters, and inspirational messages found in both the Old and New Testaments. Visit Mt. Sinai with Moses, survive the flood with Noah, and travel the road to Calvary with Jesus. Identify people, places, and events found in the sacred text, visiting biblical lands and remembering the men and women who lived and carried forward God's Word.

TO PLAY THE GAME

Before Play:

Each player is given one question card, which is retained by the person on their left or a leader. Throughout the game, the player will answer questions from this card. Judgement cards are shuffled and placed facedown in the designated spot on the board. Each player selects a game piece and the game begins.

To Play:

At the start of a turn, a player is asked a question from 'their' card in order 1, 2, 3 etc. If the player answers the question correctly they roll the dice and move forward the number of spaces indicated. If they land on a JUDGEMENT space, they draw a JUDGEMENT card and follow the instructions. If a player fails to answer the question correctly, their turn ends and they do not move.

When a player reaches question '5' on the card he has a chance of gaining a bonus – see board game notes.

Contents:

Game Board, 750 Adult Questions, 100 Children's Questions, 14 Judgement Cards, 4 Playing Pieces, Die, Instructions

LEADER'S NOTES

The game is based on the traditional game of Trivial Pursuit, with Biblical questions. It is fairly easy to follow and a one page sheet of rules can be read quickly.

There is a specific set of questions for children and this can be really useful – some of the adult questions are quite difficult! However, this can be addressed by a leader selecting the questions or giving clues, etc. Multiple-choice questions allow people to at least make a guess!

It is suggested that a leader work with the young people – to oversee the game, ask the questions, and explain any Biblical points that arise.

There is no time limit to the game – play as long or short as you want.

Ages:

7 and up

UNSPOKEN WORD

CATEGORY: Bible Team Games



MANUFACTURER'S DESCRIPTION

"If you speak an Unspoken Word, "BAAA, BAAA," the Overseer sounds the sheep. A clue went astray! In other words, you're goofed! Your opponents score the point. Move on to the next card and score as many points as possible before the sands of time run out. The Unspoken Word is an enjoyable way to explore the Bible with family and friends!"

TO PLAY THE GAME

Preparing to play:

Divide players into two teams. One team may have one more player than the other. The first team chooses one team member to be their Shepherd or clue giver. The other team sits behind the Shepherd to make sure the Shepherd doesn't use any of the "UNSPOKEN WORDS". One member of that team is the Overseer and controls the sheep sound-maker. After team one has completed a turn, a member of team two becomes the Shepherd and gives the clues.

To Play the Game:

The Shepherd takes a small stack of cards from the box and places them in the front of the card-holder. Each card has "The Word" on it, along with five other words that you cannot say in your attempt to get the others on your team to guess "The Word". Say "The Word" or one of the other words and the Observer presses the sound-maker and the opposing team gets a point.

Contents:

Word Cards, Timer, Pencils, Card Holders, Dice, BAAA Sounders & Sack, Instructions

LEADER'S NOTES

The Unspoken Word is a great game to introduce Biblical words.

Teams consist of a minimum of two players and there is no limit on the length of each game.

A short set of guidance notes is provided and these can be read in a few minutes.

It is suggested that a leader act as the Observer - ensuring fairness and consistency in applying the rules. Some of the words are difficult and the leader can select those that are felt more suitable

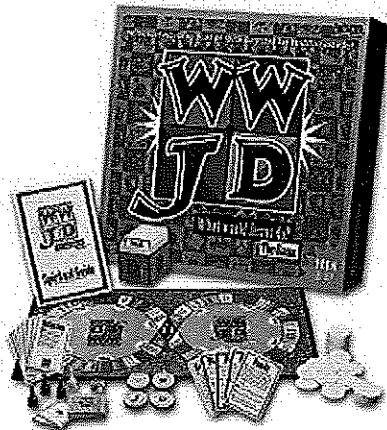
As an option, Biblical references (KJV) are given for each WORD and team members can look up the Bible to help them with the clue. The same rules as opposite.

Ages:

7 and up

WHAT WOULD JESUS DO?

CATEGORY Christian Values



MANUFACTURER'S DESCRIPTION

This group discussion game challenges you to look at the role of Jesus in your life as you explore over 600 thought-provoking questions. Each question deals with life's everyday dilemmas and provides answers on how you might respond to them. Would you take the easy route in these situations or ask the ultimate question - What Would Jesus Do?

Answer a question and receive points for players who correctly predict your answer. As you gain points, win special letter tokens. Be the first to collect W, W, J, and D and you win the game!

TO PLAY THE GAME

Players roll the dice and move their playing pieces on the game board. Answering Situation card questions and Reflection card questions that they land on earns them scoring chips and tokens. The first person to earn four different categories of Situation cards, four tokens with the letters W, W, J, and D, and then reach the end wins.

There are special spaces on the board where players can gain tokens and cards, or lose them!

When a player lands on a Situation Space they are asked a 'question' from one of two categories and decides their answer - A, B or C, from the options given (or D if they have another answer). Other players decide their response to the dilemma and Situation Cards and tokens are awarded to players depending on their response - see board game rules.

Contents:

250 situation cards, 15 reflection cards, 16 response cards, 16 WWJD tokens, 40 scoring chips, game board, 4 pawns, dice, spiritual guide, instructions

LEADER'S NOTES

A really good game for young people to consider everyday Christian dilemmas. There are some dilemmas that the game allows you to raise that would be difficult in other situations!

There is no real time limit on the game - you might not manage to get all the tokens/cards but the person with the most wins.

It is really important that a leader supervises this game as young people tend to say what they would do and not Jesus! Nevertheless, it allows the leader to raise issues from a Christian viewpoint. The dilemmas are also written in an American context/style and the leader can read these out in more suitable language.

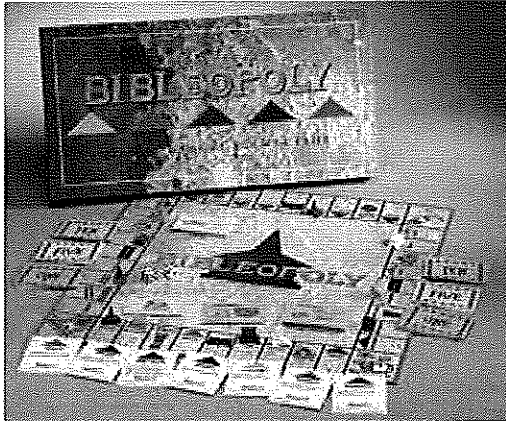
A short nine step synopsis of play is included in the board game rules.

Ages:

13 and up

BIBLEOPOLY

CATEGORY: Christian Stewardship



TO PLAY THE GAME

Preparation:

Faith/Contingency and Abyss cards are placed face down on the board. Each player reviews the Quick Start Card. To start the game, each player receives offerings as follows: 3 x 10's, 7 x 5's, 10 x 1's. The deeds are shuffled thoroughly and dealt. You deal the number of deeds depending on the number of players – see game notes.

To begin:

Each player selects a steeple as their token and places it on 'In the Beginning'. Players roll the dice to decide the order of play, and the game begins.

The game follows the general rules of Monopoly although the terms used are different. A Quick Start Card and very short guidance notes are included with the game and these are easy to follow.

Contents:

Game Board, Title Deed Cards, Custom Money & Banker's Tray, 32, 12, 6
Custom Pewter Tokens: Dice, Rules

MANUFACTURER'S DESCRIPTION

The object of the game is to be the first player to build a church in one of the Bible cities. In BIBLEOPOLY, you cannot win by destroying your opponents; you can only be the winner by assisting the fellow players. This act of cooperation is what allows you to gain the things necessary to build your church and be a winner.

LEADER'S NOTES

This game is based on the original game of Monopoly, with a Biblical theme. However, the purpose is not to earn as much money as you can but to build churches and help one another!

The game is fairly straightforward, but it does take few minutes to learn the main differences from the original game's rules – people tend to set out with the intention of gaining personal wealth!

The notes provided are excellent and can be read within about ten minutes.

The game does tend to last about an hour. When you add on a few minutes to explain the rules etc, it's not something that can be played in a short time.

It is suggested that a leader assumes the role of Observer – managing the game, explaining any Biblical questions that arise and assisting young people to consider the many issues raised.

Ages:

8 and up

L1

The Facts about Alcohol

ALCOHOL AWARENESS

What drinks contain alcohol?

The table lists a number of different drinks, some of which contain alcohol, while others do not. Put a tick or a cross in the second column to indicate whether you think the drink contains alcohol or not. In the third column indicate when someone would be likely to drink this – it could be a particular time of day or a special occasion.

Drink	Contains alcohol?	When is it usually drunk?
Appletize		
Bacardi Breezer		
Bitter Lemon		
Champagne		
Coffee		
Cola		
Cider		
Dr Pepper		
Ginger Beer		
Grape Juice		
Orange & Lemonade		
Lager		
Red Bull		
Tea		
Tonic Water		
Vodka		
Whisky		
White Wine		

L1

The Facts about Alcohol

THE EFFECTS OF ALCOHOL

How do people behave after drinking alcohol? List some different ways in which people might react after they have had alcoholic drinks.

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Look at your list. Some effects you have written may be pleasant; others may be unpleasant. Separate out the effects under the headings, "Pleasant" or "Unpleasant".

Pleasant/ Acceptable	Unpleasant/Unacceptable

Why do you think people drink alcohol?

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L1

Who would you treat?

Below are 6 characters who have arrived at the local hospital Accident and Emergency Department. Read through the descriptions of their injuries carefully and decide which order you would treat them in. Number them from 1-6, 1 being the person you would treat first.

Name: John

Injury: Broken arm

John is a rugby player and was tackled badly resulting in a broken arm. He is in a great deal of pain, but is trying not to show it.

Name: Simon

Injury: Unconscious

Simon was at a party at a friend's house. He had been drinking quite heavily all afternoon. His friends found him unconscious in the bathroom and couldn't wake him up. He was cold and his breathing was slow so they called an ambulance.

Name: Sarah

Injury: Chronic liver failure

Sarah lives all alone after her family left her. She drinks a bottle of wine each day and whisky before bed to help her sleep. She was in hospital three months ago and was warned that she needed to stop drinking. She just couldn't face it.

Name: Peter

Injury: Serious internal bleeding, broken leg

Peter is a keen cyclist and wears protective clothing. Before cycling home after work he had a few drinks with his colleague who was retiring. Peter pulled out from a side street into the path of a car whose driver had no time to stop.

Name: Amy

Injury: Minor head injury, shock

Amy was the driver of the vehicle that hit Peter. She'd had a couple of drinks at the pub and felt fine to drive. The last thing she remembered was the cyclist pulling out of the side street and the bang. She knows it wasn't her fault.

Name: Tim

Injury: Cracked skull, broken rib, broken nose

Tim had been watching his football team on TV at the local pub. He'd been drinking for most of the afternoon. As he walked home he met a fan from the rival team and got into a fight. The other guy really laid into him.

L1

Why do people drink? Health Issues

HEALTH ISSUES

The use of alcohol can lead to health problems, some short term and others as a result of regular drinking over a long time.

Mark the following statements true or false.

	True	False
Alcohol is a powerful drug		
Alcohol affects the body straight away		
Alcohol dehydrates (dries out) the body		
Alcohol lowers blood sugar levels		
Alcohol dulls the brain		
In large doses alcohol can lead to coma and death		
Alcohol affects judgement		

Excessive consumption of Alcohol can lead to:

	True	False
Stomach problems such as ulcers		
Cancer of the mouth, throat and gullet		
Liver cirrhosis (permanent damage)		
Brain damage		
Problems with the nervous system		
Sexual problems		
Loss of body hair		

As well as health issues, the regular consumption of alcohol can lead to social issues. For each of the social issues think of an example of how this might be affected.

Social Consequence	How this might happen
Becoming aggressive	
Being arrested	
Problems at school or college	
Being taken advantage of	
Financial problems	
Having an accident	
Family problems	

L1

Guidelines and the Law

THE LAW

Complete the following table by adding the age according to the law

Law	Age
It is against the law to give alcohol to children under	
It is against the law to sell alcohol to anyone under	
..... year olds are permitted to drink beer or wine in a pub with a meal	
It is against the law for an adult to buy alcohol from an off licence on behalf of anyone under	
The Police can confiscate alcohol from anyone under drinking in a public place	

HEALTH GUIDELINES

Alcohol is measured in units, based on the strength of a drink

As a general rule one unit of alcohol is equal to $\frac{1}{2}$ pint of lager = 1 measure of spirits
= 1 small glass of wine = 1 glass of sherry

The health guidelines say that the health limit for an adult male should be no more than 3-4 units per day up to a maximum of 21 units per week.

REMEMBER – These are limits, not targets

1000 young people die every year because of alcohol – that's death through drunk driving, poisoning and violence.

L1

Guidelines and the Law ctd.

HEALTH GUIDELINES

The number of units contained in a drink can be found by multiplying the % alcohol content by the volume in litres. Where the volume on the label is given in millilitres (ml) divide by 1000. When given in centilitres (cl) divide by 100.

For example, a 440ml can of extra strong lager with an alcohol content of 9% contains:

$9 \times 440 / 1000 = 3.96$ units of alcohol. This means that the can contains the recommended maximum daily amount of alcohol for an adult male.

Work out the units of alcohol contained in:

	Alcohol Content	Units
70cl bottle of vodka	37.5 %	
275ml bottle of alcopop	5 %	
2L bottle of cider	6 %	
500ml can of lager	5 %	
75cl bottle of wine	13 %	

L2

I Heard

COMPLETE THE SENTENCE IN EACH BOX.

DON'T SPEND TOO LONG AND GO WITH YOUR FIRST THOUGHTS

All drugs are....	Using cannabis leads to.....
People take drugs because.....	All drug addicts are.....
Drugs you buy over the counter are.....	Drug dealers are.....
If you try drugs.....	If the police catch you with drugs.....

L2

Exploring Attitudes

Read out the following statements.

Young people have to position themselves in the room, depending on whether they agree or disagree with the statement.

STATEMENTS

1. All young people try drugs.
2. People who get ill through taking drugs should wait longer for their treatment.
3. If you start smoking cannabis, it always leads to hard drugs.
4. Celebrities should set a better example and not do drugs.
5. It is a sign of maturity to be able to hold your drink.
6. You look older if you smoke.
7. It is safe to use someone else's prescription drugs if you have the same symptoms.
8. It is OK to smoke, if you stop when you are 30.
9. All drug users are criminals.
10. Drug users should go to prison.
11. Drug dealers should go to prison.
12. All drugs should be legalised.
13. Drugs harm the user, not other people.
14. You can always tell if someone is a drug dealer.
15. Only weak people can't say no to drugs.

L2

Reasons, Risks & Choices

WHY MIGHT YOU TAKE DRUGS?

Consider and rate the following yourself. Then discuss the matter as a group

	Low				High
To give yourself confidence	1	2	3	4	5
To enhance performance	1	2	3	4	5
To make you feel good	1	2	3	4	5
To be part of the group	1	2	3	4	5
To keep you going. To cope.	1	2	3	4	5
To build self-esteem	1	2	3	4	5
To experience something different	1	2	3	4	5
To escape reality	1	2	3	4	5
Because you need to	1	2	3	4	5
Because everyone is doing it	1	2	3	4	5
For medical reasons	1	2	3	4	5
Because you're hungry	1	2	3	4	5

CONSIDER THE DOWN SIDE OF TAKING DRUGS

Why would I not want to start? Rate the following:

	Low				High
Expense	1	2	3	4	5
Long-term danger to my health	1	2	3	4	5
Not knowing what I am doing	1	2	3	4	5
Danger of getting hooked	1	2	3	4	5
Not knowing the true outcomes	1	2	3	4	5
Losing friends and family	1	2	3	4	5
Risk of conviction	1	2	3	4	5
Consequence of a conviction to future prospects	1	2	3	4	5
Risk of dying as a result	1	2	3	4	5
Risk to other people	1	2	3	4	5
Being under the control of others	1	2	3	4	5
Being banned from sport/things I like	1	2	3	4	5
Other reasons such as					

What life style practices can I develop to avoid the temptation (draw up a list as a group)

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

How can I say no to drugs?

L3

The Choices We Make

WHO ADVISES YOU?

Look at the list in the left hand column and think about what influences your choice, or who you go to for advice or whether you decide entirely by yourself.

Then give each a rating between 1 and 3 according to how much say you and others have in your decisions (3 means a lot of say, 1 means a little).

For instance in choosing new clothes, the main choice might be yours, although you are a bit influenced by your friends. So under 'My Choice' you would put 3 and under 'Friends' you would put 1.

	My Choice	Friends	Parents	Other adults I trust	Christian Teaching, Bible, Church
Choosing new clothes					
What films to watch					
What I do out of school in the evenings					
The friends I hang about with					
What magazines I read					
The sort of music I listen to					
What I do on my computer					
What I eat when not at home					
What I spend my money on					
What subjects I study at school					
My hairstyle					
What I do at the weekend					
The sort of games I play on my computer or games console					
Who I can invite home					

L3

Christians Don't Have Any Fun

WHICH FOOD?

God gave instructions to the people of Israel that there were some things they could eat and some which they should not.

Look at the following list and put a tick against those you think they could eat and a cross against the ones they could not eat.

Sheep	
Lizards	
Goats	
Dogs	
Locusts	
Cattle	
Monkfish	
Grasshoppers	
Bats	
Owls	
Grass Snake	
Ravens	
Rock Salmon (type of fish)	
Pigs	
Rabbits	
Chickens	
Squid	
Ducks	
Horses	
Prawns	

L3

Christians Don't Have Any Fun ctd.

WHICH FOOD? – ANSWERS

- These creatures can or cannot be eaten.
- Briefly animals which chew the cud and have a cloven hoof can be eaten.
- Nearly all sea creatures can be eaten, except those which do not have scales and fins.
- Birds of prey and carrion eaters are not allowed.
- Animals which walk on paws are not allowed.
- All reptiles are forbidden.

Sheep	Yes
Lizards	No
Goats	Yes
Dogs	No
Locusts	Yes
Cattle	Yes
Monkfish	Yes
Grasshoppers	Yes
Bats	No
Owls	No
Grass Snake	No
Ravens	No
Rock Salmon (type of fish)	No (related to the shark family and does not have scales)
Pigs	No
Rabbits	No
Chickens	Yes
Squid	No
Ducks	Yes
Horses	No
Prawns	No

L4

The Facts About Smoking

Photocopy the worksheet. Cut up the numbers and distribute with the statements. Young people are to match up the correct figure to the statement.

Number of people killed by smoking each year in the UK	120,000
Percentage of lung cancer caused by smoking	98
Age before which most lifelong smokers start smoking	16
Number of under 5's admitted to hospital each year in the UK with illnesses caused by their parents' smoking	17,000
Number of working days lost each year in the UK because of smoking related illnesses	34,000,000
Number of property fires in the UK every year caused by smoking	5,400
Average number of people who try to stop smoking on No Smoking Day	1,000,000
Percentage of litter on Britain's streets caused by cigarette ends	40
World cigarette production	5.6 trillion
Number of cigarette butts thrown away every day in the UK	200,000,000

L4

The Cost Of Smoking

Find out the cost of a packet of 20 cigarettes.

Use a calculator to complete the following table

A spreadsheet would be useful

Cigarettes per day	1 day	1 week	1 month	1 year	5 years
10					
20					
30					

Having completed the sheet, look through the holiday brochures and retail catalogues and record what you could buy with money that smoking 20 cigarettes a day would cost.

Could you cut out the items from the catalogues and create a poster called, 'The Cost of Smoking'?

L5

Bullying is...

BULLYING...

BULLYING:

	YES	NO
Is persistent – not an isolated incident		
Causes deep offence and hurt		
Is seen as wrong or a big issue by the bully		
Relies on the victim not telling		
Is natural and part of growing up		
Can be verbal as well as physical		
Preys on perceived weakness		
Is carried out by an individual		
Is often inflicted by a group		
Is the result of the bully being bullied before		
Is difficult to stop		
Is based on fear of retaliation by the bully		
Is often racially or culturally motivated		
Makes the victim feel isolated		
Is brought on by the victim him/her self		
Is simply survival of the fittest		
Is a result of a victim not fitting in with the crowd		
Is something we all should be able to deal with		
Happens only at school		
Is best resolved by hitting back		
Is wrong		

L5

Bullied or Bully

WHY DO SOME PEOPLE BULLY?

	YES	NO
To get a feeling of power		
To gain attention – or material gain		
To feel part of the group by picking on the outsider		
They feel forced to by peer pressure		
They regard it as normal and part of growing up		
It's fun – get excitement from fear in others		
They feel the victim deserves it		
It compensates for lack of personal success		
It lets off anger on other issues		
They don't recognise that it does any real harm		

Have you ever been bullied or have bullied someone else?

If you feel able write down what happened in this box. There will be no need to share this if you don't want to.

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